

# PROFILE OF A NURSING LECTURER



## KHADEEJA SHAKIR

**Khadeeja Shakir** started her journey as a nurse by completing her Diploma in Nursing from Faculty of Health Sciences in 2003. She completed her Bachelor of Nursing (Hons) in 2008-2009, UCSI University, Malaysia. Later on, she completed her Master of Social Health and Counselling under AUSAID scholarship in 2012-2013 at the Macquarie University, Australia.

A registered Nurse, by occupation, Khadeeja currently works as a lecturer at the School of Nursing, Maldives National University. Prior to joining MNU, she worked at the Ministry of Health following completion of her Master's programme.

In addition to teaching, Khadeeja provides voluntary support to MNA, HOPE, SHE, and MRC. At present, she devotes her time to volunteer at MRC Psychosocial Support (PSS) Call Centre since the outbreak of Covid-19 pandemic in the Maldives and also conducts PSS training sessions. She is also trained in responding to Covid-19 takes PPE from Maldivian Nurses Association (MNA) and conducts PPE sessions to nurses in atolls. The following is a current contribution in her own words.

I started volunteering when the first positive case of Covid19 was identified. It was early March. Maldives Red Crescent (MRC) had

called all the volunteers to come forward for Psychosocial Support (PSS). Psychological first aid is a set of skills that you can use to cope with distressing situations and events. Psychological first aid aims to reduce the initial distress someone feels after a difficult event or experience. It provides for a person's practical and basic needs, such as helping someone find somewhere to stay if they have had to leave their home or helping them contact family or other help.



PSS is an umbrella of activities that address psychosocial needs of affected populations, whereas PFA is a type of psychosocial activity/service provided in the immediate aftermath of a distressing event.

In MRC, PSS call center, we were calling all the people who were contacted in contract tracing. We help in finding out what has happened and is happening, finding out the person's immediate basic and practical needs and assessing what emotional reactions the person is experiencing and what kind of help will be caring and supporting. We listen to identify what the person needs and assess what we can do in the immediate situation

and what do we need to do to link them to more help elsewhere.

Psychological first aid is often one-time intervention and required for a short time. However, since the clients were in isolation and separate from their loved ones, our role was to help the people to help themselves and to regain control of their situation.

As we have few volunteers for PSS, and I am trained in conducting PFA sessions, I volunteered in conducting trainings. Hence, I was conducting trainings and also volunteering at the call center.

When the first community case was informed in mid-April, we were working on conducting online trainings and attending to calls online as well. Since the start of Ramzan, that is late April, Virtual call center of PSS was established. Presently, I am volunteering to take online trainings as well as attending to call center.

During these difficult times, I am also got the opportunity to be trained in responding to COVID-19 critical care from both Maldivian Nurses Association (MNA) and School of Nursing (SN). I have conducted PPE session to healthcare staff of R. Ungoofaru hospital.

I have also volunteer at SHE and have facilitated a live session on Sexual and Reproductive Health (SRH) needs in a pandemic. In addition to this, I am representing and volunteering from MNA to the Maldives Medical Response Team (MMRT), where we are implementing community-based nursing interventions.