



Health Systems Resilience in African Epidemics: A Mixed-Methods Inquiry

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Abstract

Health systems across Africa have demonstrated resilience in responding to various epidemics, including those exacerbated by climate change and socioeconomic challenges. The study utilizes both qualitative interviews and quantitative data analysis, including surveys among healthcare workers and public health records from Moroccan regions affected by recent outbreaks. Data collection spans across urban and rural settings in Morocco. Quantitative findings reveal that 75% of surveyed healthcare workers reported a significant improvement in their preparedness for future epidemics after receiving training modules. Qualitatively, themes emerge around the importance of community engagement and cross-sector collaboration as critical factors in resilience. This study underscores the multifaceted nature of health system resilience and highlights the effectiveness of combined qualitative and quantitative research methods in understanding complex public health scenarios. Health policymakers should prioritise continuous training for healthcare workers, strengthen community partnerships, and integrate digital tools to enhance epidemic preparedness across all regions of Morocco.

Keywords: *African geography, qualitative analysis, mixed methods, resilience theory, public health, socioeconomics, urbanization*

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