



# Health Systems Resilience in African Epidemics: A Mixed-Methods Exploration in Zimbabwe

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## Abstract

Health systems across Africa have faced significant challenges in responding to epidemics, necessitating a deeper understanding of resilience mechanisms. The study employs mixed methods including qualitative interviews with healthcare professionals and quantitative analysis of public health data from the Ministry of Health, complemented by historical documentation. Healthcare service continuity was maintained despite resource constraints, with a notable proportion (60%) of facilities continuing operations without interruption during critical periods. The findings suggest that sustained community engagement and robust institutional support were critical in sustaining health system functionality during epidemics. Policy makers should prioritise long-term investments in healthcare infrastructure and training programmes to enhance resilience against future outbreaks. Health systems, Zimbabwe, Epidemic response, Mixed methods study

**Keywords:** *Africanization, Contextual Analysis, Epi-Resilience, Mixed Methods, Qualitative Inquiry, Quantitative Research, Social Constructivism*

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