



Health Systems Resilience Mechanisms in Epidemic Response: Insights from Tanzania's Experience

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Abstract

Health systems resilience refers to a system's capacity to absorb shocks, adapt to changes, and maintain essential services during crises, such as epidemics. The theoretical framework highlights key resilience mechanisms such as resource allocation flexibility, stakeholder collaboration, and rapid decision-making processes that can enhance health systems' preparedness for future epidemics. Governments should prioritise investments in healthcare infrastructure and strengthen inter-sectoral coordination to build more resilient health systems.

Keywords: *African Geography, Health Systems, Resilience Theory, Epidemic Response, Complexity Science, System Dynamics, Public Health Anthropology*

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