



# Health Systems Resilience during Epidemics in Gabon: An Action Research Perspective

Mboya Mbenzaïda<sup>1,2</sup>, Achouo Obiangwa<sup>3</sup>

<sup>1</sup> Department of Advanced Studies, Omar Bongo University, Libreville

<sup>2</sup> Department of Interdisciplinary Studies, University of Science and Technology of Masuku (USTM)

<sup>3</sup> University of Science and Technology of Masuku (USTM)

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**Correspondence:** [mmbenzada@gmail.com](mailto:mmbenzada@gmail.com)

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## Author notes

*Mboya Mbenzaïda is affiliated with Department of Advanced Studies, Omar Bongo University, Libreville and focuses on African Studies research in Africa.*

*Achouo Obiangwa is affiliated with University of Science and Technology of Masuku (USTM) and focuses on African Studies research in Africa.*

## Abstract

In recent years, Gabon has experienced several epidemics that have tested the resilience of its health systems. The study employed a participatory action research approach, involving direct engagement with healthcare workers in various regions of Gabon. Data collection included interviews, focus group discussions, and document reviews focusing on epidemic management strategies. Findings indicate that despite resource constraints, local health facilities demonstrated remarkable resilience by leveraging community networks for information dissemination and coordination. The research underscores the critical role of grassroots engagement in enhancing health system resilience during epidemics. Health policymakers should prioritise strengthening community-based healthcare infrastructure to complement existing institutional efforts.

**Keywords:** *African geography, health systems resilience, participatory action research, community engagement, epidemic preparedness, public health policy, socio-economic factors*

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