



Health Systems Resilience in African Epidemics: Lessons from Nigeria 2009

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Abstract

The resilience of health systems in Africa during epidemics is critical for effective disease management and population protection. A survey-based approach was employed to gather data from healthcare professionals and government officials in Nigeria. Healthcare facilities reported a significant increase in patient consultations and admissions due to the pandemic, highlighting both preparedness and demand pressures. The findings underscore the need for continued investment in health infrastructure and training of healthcare personnel to enhance future resilience against epidemics. Implementing continuous improvement plans for healthcare facilities and enhancing public education campaigns are recommended to mitigate potential future outbreaks.

Keywords: *African geography, resilience theory, public health policy, epidemic management, healthcare infrastructure, outbreak response, community engagement*

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