



Health Systems Resilience in African Epidemics: Kenya's Lessons

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Abstract

Health systems in Africa have faced numerous challenges during epidemics, necessitating resilience strategies to mitigate risks and enhance preparedness. A comprehensive literature review method was employed, synthesizing existing research on health systems resilience across Africa with a focus on Kenya's experiences and policies. The analysis revealed that post-COVID-19 reforms in Kenya have significantly improved the country's capacity to respond to future epidemics by enhancing healthcare workforce training and infrastructure development. This review underscores the importance of continuous adaptation and investment in health systems for effective epidemic response across Africa. Governments should prioritise ongoing reform efforts, particularly in strengthening public health education and expanding telemedicine services.

Keywords: *African geography, health systems, resilience strategies, epidemic preparedness, public health interventions, community engagement, socio-economic factors*

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