



Health Systems Resilience in African Epidemics: A Kenyan Perspective

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Abstract

In recent years, Africa has faced numerous epidemics, highlighting the critical need for resilient health systems to effectively manage and mitigate their impacts. A mixed-methods approach was employed, combining qualitative interviews with quantitative data analysis from public health records over a five-year period (-). The findings indicate that while the Kenyan health system has shown significant improvement in preparedness and response mechanisms, there is room for enhancing community engagement to foster more effective epidemic management. This study underscores the importance of strengthening community participation as a strategic intervention to improve health systems resilience against epidemics. Health policymakers are encouraged to prioritise collaborative efforts with communities in designing future pandemic response strategies.

Keywords: *African geography, resilience theory, mixed methods, public health systems, epidemic preparedness, cultural contexts, community engagement*

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