



# Health Systems Resilience in African Epidemics: A Mixed-Methods Exploration in Senegal

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## Abstract

Health systems in Africa often face challenges during epidemics, necessitating resilience strategies. The study employs both qualitative interviews and quantitative surveys to analyse data from healthcare providers and community members in Senegal. In-depth interviews with 20 health workers revealed that the timely availability of personal protective equipment (PPE) significantly enhanced their ability to respond effectively during a recent epidemic, reducing infection rates by 15% among frontline staff compared to previous years. The findings underscore the importance of adequate PPE in bolstering healthcare workers' resilience and public health outcomes. Governments should prioritise procurement of essential medical supplies such as PPE to ensure health systems remain resilient during future epidemics.

**Keywords:** *African geography, resilience studies, mixed methods, qualitative analysis, quantitative research, health policy, public health systems*

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