



Health Systems Resilience in African Epidemics: Lessons from Kenya

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Abstract

The Sahel region of Africa is prone to various epidemics, including malaria, cholera, and meningitis. Kenya faces similar challenges but has implemented health system resilience strategies that have shown promise in mitigating these outbreaks. A qualitative approach was employed to examine case studies and policy documents related to epidemic management in Kenya. Focus groups were also conducted with healthcare workers to gather insights on system resilience. Data from the study revealed that despite challenges such as inadequate infrastructure and human resources, there is a clear trend of improved health outcomes following robust health system interventions. The analysis underscores the importance of investing in resilient health systems for epidemic preparedness. Lessons learned can inform future policy decisions aimed at enhancing public health security. Investment in infrastructure and training programmes should be prioritised to bolster local healthcare capacities, particularly in remote areas where epidemics often occur first.

Keywords: *African Geography, Health Systems, Epidemics, Resilience Theory, Community Engagement, Public Health Policy, Framework Development*

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