



Health System Resilience in Lesotho's Response to Epidemics: Lessons from Africa's African Context

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Abstract

Lesotho, an enclaved kingdom in southern Africa, faces endemic health challenges exacerbated by climate variability and economic instability. The country's healthcare system is particularly vulnerable to epidemics due to its limited resources and infrastructure. A qualitative study utilising semi-structured interviews with healthcare professionals, community leaders, and epidemiologists was conducted in Lesotho's major urban centers to gather insights on the country's experiences with recent epidemics. Data analysis focused on thematic content. The findings reveal a significant reliance on international aid for epidemic response, particularly during severe outbreaks such as the Ebola epidemic (-). Community engagement was crucial in early detection and containment of local diseases like meningococcal meningitis (MenB) but varied across regions. Lesotho's health system resilience is contingent upon strong international partnerships, effective community mobilization, and sustained investment. Lessons from Lesotho can inform broader African strategies for epidemic preparedness and response. Developing robust national surveillance systems, enhancing local healthcare capacity, fostering stronger inter-agency collaboration, and promoting continuous public health education are recommended to bolster resilience against future epidemics.

Keywords: *African geography, resilience theory, public health systems, climate change impacts, economic vulnerability*

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