



Innovative Medical Approaches in Sub-Saharan Africa: An Original Research Perspective from Egypt

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Abstract

Sub-Saharan Africa continues to experience substantial healthcare challenges, particularly in maternal and neonatal health. Egypt, while geographically separate, has developed medical innovations in obstetrics and gynaecology that may hold lessons for sub-Saharan African contexts. A systematic examination of these approaches is required. This study aimed to identify and characterise innovative medical approaches from Egypt with potential applicability to improving obstetric and gynaecological care in sub-Saharan Africa. Its objectives were to catalogue these innovations, assess their perceived transferability, and identify facilitators and barriers to their adaptation. A qualitative, multi-method design was used. Data were collected through in-depth, semi-structured interviews with a purposive sample of 35 senior Egyptian clinicians, healthcare administrators, and medical educators. Documentary analysis of hospital protocols, training curricula, and health technology assessments was also performed. Data were analysed using thematic analysis. Five key thematic areas of innovation were identified: mobile health (mHealth) for antenatal monitoring, task-shifting protocols for emergency obstetric care, low-cost simulation training models, integrated telemedicine networks for specialist consultation, and community-based health worker programmes. A prominent finding was the strong emphasis by participants on the necessity of adapting—not directly adopting—innovations to local resource constraints and cultural contexts in sub-Saharan Africa. Egypt has developed a range of pertinent medical innovations. Their successful transfer to sub-Saharan Africa depends less on the technology and more on systematic adaptation to the target health system's human resource capacity, infrastructure, and socio-cultural environment. Formal collaboration frameworks between Egyptian and sub-Saharan African teaching hospitals should be established to pilot adaptation projects. Priority should be given to innovations that strengthen health systems and community-based care. Future research must involve sub-Saharan African stakeholders in co-designing adaptation pathways. medical innovation, obstetrics, gynaecology, sub-Saharan Africa, Egypt, health systems, adaptation, task-shifting, telemedicine. This study provides a structured analysis of Egyptian medical innovations, offering a practical framework for considering their adaptation to improve obstetric and gynaecological care in sub-Saharan African settings.

Keywords: *maternal health, neonatal health, Sub-Saharan Africa, medical innovation, healthcare delivery, implementation science*



ABSTRACT-ONLY PUBLICATION

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