



Sustainable Approaches to Medicine in Togo: A Southern African Perspective from

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Abstract

Sustainable medicine is a critical concern in resource-limited settings. Togo faces significant challenges in its healthcare system, including access to essential medicines and equipment. This report examines sustainable approaches within Togo, offering a perspective relevant to health system challenges in Southern Africa. This brief report aims to describe and analyse key sustainable approaches to medicine implemented in Togo. It seeks to identify transferable strategies that could inform policy and practice in similar Southern African settings. A narrative synthesis was conducted using available programme reports, policy documents, and relevant grey literature. This desk-based analysis focused on identifying documented initiatives and strategies categorised under sustainable medicine. The analysis identified several recurring themes: task-shifting, local production of essential supplies, and community-based health insurance schemes. A prominent finding was the emphasis on integrating traditional medicine with biomedical systems, with a high reported reliance on traditional practitioners for primary care. Solar-powered vaccine refrigeration was also a notable technological adaptation. Togo has implemented a range of pragmatic, context-specific strategies to enhance the sustainability of its medical services. These approaches demonstrate innovation within constraints and highlight the importance of adapting global health concepts to local realities. Further investment in local pharmaceutical production and formal training programmes for traditional birth attendants is advised. Southern African policymakers should consider piloting adapted versions of Togo's community health worker models and explore south-south partnerships for knowledge exchange on sustainable medical technologies. Sustainable medicine, Togo, Southern Africa, health systems, resource-limited settings, traditional medicine integration This report provides a focused analysis of Togolese sustainable medicine initiatives, consolidating practical lessons for Southern African stakeholders. It contributes to the discourse on south-south learning in health systems strengthening.

Keywords: *Sustainable medicine, Sub-Saharan Africa, Essential medicines, Health systems strengthening, Resource-limited settings*



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