



Sustainable Approaches to Medicine: A Southern African Perspective for a Libyan Forum

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Abstract

The need for sustainable healthcare systems is pressing, but contextualised models for resource-constrained environments remain scarce. Southern Africa has cultivated pragmatic, resilience-focused medical approaches under substantial economic and infrastructural strain. This expertise holds significant relevance for nations such as Libya, which confront analogous challenges in rebuilding and maintaining health systems, particularly within obstetrics and gynaecology. This paper distils core principles of sustainable medicine from Southern African experiences and proposes a framework for their potential adaptation in Libya. It aims to enable knowledge transfer concerning practical, low-resource innovations in maternal and reproductive healthcare. A qualitative, desk-based review and synthesis of documented sustainable practices from Southern African public health systems was undertaken. This included a thematic analysis of reported implementation challenges and success factors to develop a transferable conceptual model. A principal finding was the effective deployment of mid-level healthcare workers and task-shifting to broaden service coverage. Community-based health education programmes led by peer supporters and the strategic repurposing and maintenance of existing medical equipment were also identified as salient, sustainable practices. Southern African models indicate that sustainability in medicine frequently depends on systemic adaptability and human resource optimisation more than on technological novelty. These approaches offer pragmatic lessons for health system strengthening in Libya. Libyan health forums should consider piloting adapted task-shifting protocols within obstetric care. Establishing formal learning partnerships with Southern African institutions is recommended to facilitate direct exchange of sustainable practices. Sustainable medicine, healthcare systems, task-shifting, resource-limited settings, knowledge transfer, maternal health, obstetrics, gynaecology This paper provides a novel synthesis of Southern African sustainable healthcare practices, explicitly framed for potential application in a North African context, offering a practical framework for cross-continental learning.

Keywords: *Sustainable healthcare, Resource-constrained settings, Sub-Saharan Africa, Health systems resilience, Contextualised models, Pragmatic medicine*

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