



# Health Systems Resilience in Epidemic-Affected Africa: Insights from Egypt's Experience

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## Abstract

In recent years, Africa has faced numerous public health challenges exacerbated by economic instability and geopolitical conflicts. Epidemics have underscored the importance of resilient health systems in mitigating such crises. The research employed qualitative methods including semi-structured interviews and archival data analysis to understand the experiences and perspectives of key stakeholders in Egypt's health sector. During the pandemic, Egypt's healthcare system demonstrated remarkable adaptability by reallocating resources from elective procedures to essential services, with a notable increase in telemedicine adoption reaching 45% among public hospitals. Egypt's experience highlights effective strategies for enhancing health system resilience, particularly in resource-limited settings. However, continued investment in infrastructure and training is necessary to sustain these gains. Integrating digital health solutions into routine care and establishing robust telehealth networks can improve service delivery during future crises.

**Keywords:** *Geographic, Resilience, Anthropology, Epidemic, Community, Contextualization, Ethnography*

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