



# Health Systems Resilience in African Epidemics: Lessons from Liberia

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## Abstract

Liberia experienced a severe Ebola outbreak in -, highlighting the critical role of resilient health systems in managing epidemics. A qualitative study employing semi-structured interviews with healthcare workers, community leaders, and government officials to capture diverse perspectives on the Ebola response in Liberia. Interviews revealed a significant challenge of maintaining staff morale amidst high caseloads and resource constraints, which necessitated innovative management strategies such as flexible rostering and mental health support programmes. This study underscores the importance of comprehensive planning, stakeholder engagement, and human resources management in enhancing epidemic response capabilities. Health systems should prioritise staff retention and morale through tailored interventions to ensure sustained capacity during future outbreaks.

**Keywords:** *Ebola, resilience, health systems, anthropology, qualitative methodology, public health, community engagement*

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