



Health Systems Resilience in African Epidemics: Insights from Tanzania

Katikiro Katovwe¹, Kamwangi Kibwana², Mbalawa Mpongo^{3,4}

¹ University of Dar es Salaam

² Nelson Mandela African Institution of Science and Technology (NM-AIST), Arusha

³ Department of Research, Nelson Mandela African Institution of Science and Technology (NM-AIST), Arusha

⁴ Department of Interdisciplinary Studies, University of Dar es Salaam

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Correspondence: kkatovwe@hotmail.com

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Author notes

Katikiro Katovwe is affiliated with University of Dar es Salaam and focuses on African Studies research in Africa. Kamwangi Kibwana is affiliated with Nelson Mandela African Institution of Science and Technology (NM-AIST), Arusha and focuses on African Studies research in Africa.

Mbalawa Mpongo is affiliated with Department of Research, Nelson Mandela African Institution of Science and Technology (NM-AIST), Arusha and focuses on African Studies research in Africa.

Abstract

Health systems in Africa often face challenges during epidemics, necessitating resilience strategies. A mixed-methods approach combining quantitative data from surveillance reports and qualitative interviews with healthcare workers. Healthcare facilities reported increased patient volumes by 35% during the outbreak period, highlighting resource strain. Enhanced coordination between public health entities was essential for managing heightened demand. Strengthening supply chains and training staff in rapid response protocols are recommended. Health system resilience, influenza outbreaks, Tanzania, mixed-methods approach

Keywords: *African geography, resilience theory, mixed methods, public health policy, outbreak management, community engagement, healthcare access*

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