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CAMEROON BAPTIST CONVENTION HEALTH SERVICES **The Health Services Chronicle**

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Stop Press!!

Read the HS Chronicle and pass it on to the next person.

Bible Verse of the Month

“And now, do not be distressed and do not be angry with yourselves for selling me here, because it was to save lives that God sent me ahead of you”. Genesis 45:5 (NIV).

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CBC Regional Training Center Graduates Pioneer Batch of Trainees



Pioneer trainees will work hand-in-gloves with government in identifying & solving health problems in communities

The Cameroon Baptist Convention (CBC) Regional Training Center of Excellence for Health Personnel, in partnership with the Mildmay Institute of Health Sciences, Uganda, has graduated its pioneer batch of 31 trainees. The maiden graduation ceremony held on November 24, 2018, at the CBC Health Services Complex – that hosts the training centre – in Mutengene, Cameroon.

The 31 trainees most of them already serving as full-time health practitioners graduated from the Diploma in Health and Social System Management, Diploma in Paediatric Palliative Care, and Diploma in Community HIV & AIDS Care Management programmes.

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CBC Regional Training Center Graduates Pioneer Batch of Trainees

Prof. Tih Pius Muffih, CBC Director of Health Services (DHS), who was guest of honour at the graduation, said the CBC Regional Training Center of Excellence for Health Personnel that was created in 2004, is an offshoot of the organisation's partnership with AWARE HIV and AIDS.

In a brief historical presentation, the DHS said USAIDS, from the onset, recognized the Regional Training Centre as the best and promising center of excellence for Prevention of Mother-to-Child Transmission (PMTCT) of HIV services in West Africa.

"Through this recognition, funds were obtained through the Action for West African Region (AWARE) Project to provide Technical Assistance to some 18 countries in the West and Central African Region and to start the Regional Training Centre (RTC) for excellence," recounted Prof. Tih Pius.

After the AWARE funding ended in 2007, CBC Health Services re-launched some short courses ranging from 1-2 weeks on HIV Counselling, Leadership in the Healthcare Sector, Community Healthcare, Palliative Care, Health Management Information System (HMIS) Technology, Health Administration and Hospital Management Module, Drug Logistics, Health Financing, Medical and Nursing Improvement, among others. Even with the re-launch, training was not scaled up due to some constraints.

Prof. Tih recalled that in 2012, the Health Board approved Mr. Nkouh Godlove to study at the Mildmay Institute of Health Sciences where he realized the existing gap in Cameroon in terms of learning opportunities especially on-the-job learning.

After continuous strong collaboration with the Mildmay Institute of Health Sciences, Mbarara University of Uganda and the University of Manchester in the UK, training effectively started in March 2016 with 33 trainees – 31 of them successfully went through.

Prof. Tih Pius Muffih who awarded certificates to the graduates at the heavily attended convocation reiterated that the pioneer trainees are sent out as agents of change. "The skills the trainees have acquired will help them work hand-in-glove with the government to diagnose problems plaguing Cameroon's health sector and propose solutions," he added. The graduates, he said, are expected to offer some of the best quality health services to people at the grassroots level.

Rev. Dr. Nditemeh Charlemagne, Yaounde Field Pastor of the CBC, in a sermon drew inspiration from Romans 1:1-7, and cautioned the trainees not to conform to the patterns of this world as they seek to provide health care to communities.

"The love for money has gripped the world and people are dying in hospitals because they can't pay the cash demanded by some health practitioners. Be the change, serve the people and save their lives as an expression of Christ's love," said Rev. Dr. Charlemagne.

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In an academic discourse, Dr. Jane Frank Nalubega, Dean of the Faculty of Applied Sciences, Mildmay Institute of Health Sciences, Uganda, appreciated and congratulated the graduates for their persistence in learning in spite of their ages. She called on them to set realistic goals and standards for their lives so as to achieve even greater things.

"What you set out to do today is what you will rip from tomorrow. ...as you go to serve the people remember what you are leaving behind so you can best fill the gap. Trust in the Lord with all your heart; don't depend on your understanding. Seek his face in all you do and he'll show you the path to take," exhorted Dr. Jane as she paraphrased Proverbs 3:6-7.

Another key part of the ceremony was the charge. Dr. Henry Ndasi, Head of CBC Health Services' Orthopedic Unit, who played the role, told the graduates that "The diplomas you have obtained are just papers, but what qualifies you is your character and the services you provide to people." He called on them to take the challenge to build their characters in order to sustain their certification.

Through their representative and a graduate himself, Mr. Gamngong Emmanuel, the students pledged their commitment in putting into practice the knowledge and skills acquired from the Centre.

"We are going out there to create more impact by ensuring that we listen to the people, and involve them in decision making so that we can better understand their health challenges." Mr. Gamngong noted: "At first we did not know how to really relate properly with the people but now we have gotten a deeper and better understanding of how to work with the people to solve their problems."

The creation of the Regional Training Centre of Excellence for Health Personnel was based on the need to train staff and upgrade the skills of personnel in peculiar relevant fields of public health and community outreach. The courses are chosen and designed based on felt needs, contextual realities, changing trends and global standards.



Trainees commissioned to be change makers in providing health care in Cameroon

Goals and Budget Meeting: Leaders told to Ensure Sustainability

In times of crisis, every organization makes adjustments to stay afloat. The escalation of the Anglophone crisis in Cameroon means that organizations involved in healthcare delivery, which is quite complex, have to move with the times – ensuring that they are sustainable.

The CBC Director of Health Services (DHS), Prof. Tih Pius Muffih, did not hesitate to tell the leaders especially the younger ones to be visionary. In his opening statement, the DHS said, the meeting was holding at an unusual time. "We've been going through this crisis and you've worked hard to find ways to stay afloat and to continue providing care to the patients," he commended the leaders.

Leaders of the CBC Health Services, indeed, have had to make real adjustments for which Prof. Tih Pius was grateful. The effective collaboration among the leaders is one key factor that has enabled the organization to continue thriving against the odds.

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Goals and Budget Meeting: Leaders told to Ensure Sustainability

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Leaders have been called to be visionary in order to ensure sustainability in the organisation

Understanding the difficulties that our institutions, especially those in the restive English-speaking regions, are going through, Prof. Tih Pius said, "Don't be discouraged! God isn't done with us yet." Prof. Tih praised the staff for being very cooperative; with some of them heeding the call to sometimes leave their families to serve where the need is greater.

On a more optimistic note, the DHS said reports from CBC Health Services' main institutions showed that all hands are on deck to ensure sustainability. CBC Central Pharmacy, he said, is on its toes to ensure the continuous availability of drugs and medical supplies.

"During this unusual time, we opened Kribi and Bonaberi Baptist Health Centere which are all doing well," he rejoiced. "The church grows in times of difficulty," he remarked.

With these words of encouragement, the meeting was off to a good start with the leaders spending two days under the chairmanship of Mr. Warri Denis, Chief of Administration and Finance, to ensure that the goals and budgets are as realistic as possible. If anything, the planning was wisely done with some great ideas and strategies for growth sprouting and resonating almost equally with all the leaders.

Counsel from the word of God was readily available throughout the meeting that was also graced with singing. The Head Chaplain of Mboppi Baptist Hospital Douala, Fanny Njaba, brought a timely message on day two. Preaching from Nehemiah 4:8-9, she told her listeners that in order to overcome obstacles in their leadership they must be: passionate about what keeps them strong, pursue their vision and goals with determination, never fight battles that do not exist and remain accountable to God and man.

Meanwhile, on day one of the meeting, Pastor Bambo Denis, Senior Administrator of the AIDS Care and Prevention Program, talked to the leaders on what he titled: "The cure for anxiety." Drawing his inspiration from Mathew 6:25-34, Pastor Bambo affirmed that: "Our times are in God's hands and these are good hands."

He averred that the cure for anxiety is to know that Jesus lives and because of this fact we can face tomorrow. "Leave everything in God's hands to make it bitter or sweeter as he pleases," he exhorted while warning that anxiety dishonours God and brings no favour to us.

Mr. Nfor Daouda, Administrator of Mboppi Baptist Hospital Douala, was quite pleased that his hospital was hosting the goals and budget committee meeting for the first time. He assured the other hospitals and health centres in Northwest and Southwest regions of their prayers.

Speaking at the close of the meeting, the Director of Health Services, Prof. Tih Pius encouraged all CBC Health Services' doctors, dentists and nurses to register with the National Order of Doctors, National Association of Dentists and the National Nursing Association, respectively.

He said all staff must travel with a mission order, carry name tags and national identity cards, be careful with what they do and say, be at home on time and be wise at all times. The goals and budgets were due to be presented to the upcoming Health Board meeting in Bamenda for approval.

CBC Health Services Creates New Health Centre in Bonaberi

In keeping with her mission statement – of providing quality healthcare to all who need it as an expression of Christ's love – the Cameroon Baptist Convention (CBC) Health Services has opened another health centre this time in Bonaberi, Douala in the Littoral Region of Cameroon.

Bonaberi Baptist Health Centre (BBHC) started offering services to the population on November 1, 2018. One week after the opening, precisely on November 5, 2018, the CBC Director of Health Services (DHS), Prof. Tih Pius Muffih visited the Health Centre for the first time.

This maiden visit saw Prof Tih Pius touring all the departments of the Health Centre and encouraging staff to provide the best quality healthcare possible to clients in accordance with the CBC Health Services' vision and mission. The CBC Health Services administration, according to the DHS, has put in place a cream of staff including general practitioners, dentists, screeners, midwives, and nurses to meet the health needs of the population.



DHS and staff of the newly created Bonaberi Health Center

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The Health Centre already offers a wide range of services including outpatient consultations, maternity services (antenatal care), ultrasound services, laboratory, and pharmaceutical services. Other services like eye, dental, and pediatric services are expected to go operational by the end of November 2018.

Even before the Health Centre clocks one month, there are already great prospects for it to become a full-fledged hospital in the not-too-distant future.

Mrs. Ful Morine, Assistant Administrator at CBC Health Services Central Administration, assisted with the setting up of the Health Centre and spent two weeks there after it went operational. She said the Health Centre's set up was supported by Mboppi Baptist Hospital Douala (MBHD) that provided some equipment and assigned staff to clean the environment. On their part, Baptist Hospital Mutengene (BHM) and Bansa Baptist Hospital (BBH) assisted with ultrasound machine and laboratory equipment, respectively.

Already, the services of Bonaberi Baptist Health Centre are in high demand. "On the November 5, we saw a total of 69 patients with some admitted in the observation room for the administration of infusion fluids before being discharged," says Mrs. Ful Morine.

With the rapid growth in patient turnout, the Health Centre is already experiencing space challenges as there are so many patients longing for admission. For now, the new Health Center only admits children and offers postpartum care to nursing mothers. All the other patients are seen at the level of the Outpatient Department.

"Mrs. Ful notes that Bonaberi Baptist Health Centre has over 40 staff with others still to add. The Health Centre has at least 60 beds per ward with many planned structural adjustments on the way to maximize the available space.

The CBC Health Services' Chief of Administration and Finance (CAF), Mr. Warri Denis, says the creation of a new Health Centre in the Littoral Region is an indication of our commitment to providing quality health care to Cameroonians at all times.

Douala is a cosmopolitan town with many health challenges and so we have a commitment to provide quality health care to the people there. We feel that opening a Health Centre in Bonaberi will enable us attend to more people who have health needs in this highly populated city," explains the CAF.

After two weeks of leading the team at Bonaberi Baptist Health Centre, the pioneer Chief of Center, Mr. Mbanye Lucas avows that work is well on course. He reveals that the daily patient turnout is increasing steadily. The Health Centre recorded her first delivery – a baby girl – on November 6, 2018.

The Chief of Centre says the most common diseases patients are presenting with are malaria, sexually transmitted diseases (STDs), respiratory tract infections, and road traffic accidents to name but a few.

Inhabitants of Bonaberi have responded positively to the creation of the Health Centre. The Health Centre, they say, has reduced the long distance they used to cover through the heavy traffic jam to cross the Wouri Bridge to reach Mboppi Baptist Hospital and other health facilities. Some other people used to also travel to Baptist Hospital Mutengene in the Southwest Region, but they will now only have to undertake these trips if referred for specialist care. What is more, the population of Bonaberi, according to the Chief of Center, is excited because of the CBC Health Services' reputation and the quality of services she offers.



Bonaberi Baptist Health Center located at Grand Hanger besides Michelin around the new Flyover in Douala

Nkwen Baptist Health Center Accelerates Work on Maternity Building Project

Construction work has intensified on the Nkwen Baptist Health Center (NBHC) maternity building project. Bulldozers belonging to the sub-contracting Company, Kendely Construction Company can be seen working round the clock; excavating and landscaping the surrounding and giving the building final touches.

Technicians of the CBC Health Services' Technical Services Department (TSD) have joined in to give the work an added push. The site is like a beehive: scaffolds have been dismantled, the building has received a coat of paint, tiles are being put on the floors, windows are being fitted, electrical work is far advanced, two ramps have been constructed to link the new building to the existing health center and series of meetings are being held to, among other decisions, repartition the building to include other specialized services that were not originally envisaged.

The CBC Health Services' Chief of Administration and Finance (CAF), Mr. Warri Denis inspected the ongoing works at the building site during an impromptu visit immediately after morning devotions on November 28, 2018. In a guided tour, the TSD Technical Supervisor, Mr. Chiambah Abraham led the CAF through almost all the rooms of the 5-storey building to see for himself the progress of work. The CAF asked questions and received clarifications.



Maternity of Nkwen Baptist Health Center at the last phase of construction

As it stands, the section of the Nkwen Baptist Health Center Maternity Building that was reserved for administrative offices will be reserved for the Christian Internal Medicine Specialization (CIMS) program and a theatre to accommodate the Pan African Academy of Christian Surgeons (PAACS) program where elective surgeries can be done and only complicated ones referred to Mbingo Baptist Hospital.

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Quizzed, the CAF explained that this decision is in the interest of patients who are unable to go to Mbingo during this difficult period of the crisis when the roads are sometimes blocked at the detriment of dying patients needing specialized

care. "Everyone has to sacrifice at this point," emphasized the CAF. He revealed that his office in the building has been given up to accommodate services that will serve the population.

Speaking to CBCHS Press, the TSD Technical Supervisor, Mr. Chiambah Abraham announced that the plan is to see that some services begin at the new building in the first week of December 2018.

CBC Health Services Promotes Disability Inclusion Through Sports

The United Nations International Day of Persons with Disabilities (IDPD) has been observed every December 3rd around the world since 1992. The theme for this year's IDPD is "Empowering persons with disabilities and ensuring inclusiveness and equality."

The Empowerment, Disability and Inclusive Development (EDID) program of the CBC Health Services on November 28, 2018 commemorated IDPD by organizing inclusive sports to promote talents and healthy lifestyle among persons with disabilities in Bafoussam, West Region of Cameroon.

A CBM 2013 study of the Economic Cost of exclusion and gains of inclusion of people with disabilities revealed that households of persons with disabilities in low and middle-income countries like Cameroon spend 36% more average monthly income on health care than households without disabilities.

The study also revealed that even when people with disabilities access care, they are less likely to receive routine checks on issues such as blood pressure, weight, and sugar level which can lead to serious health complications later in life if not controlled.

Mr. Andre Kamga, EDID Program Officer and a person living with disability said, "This event is to encourage healthy lifestyles among people with disabilities and to prove to the world that people with disabilities have talents worth supporting."

Mr. Kamga observed that sports is a fundamental human right and that people with disabilities need to express this right by being given the opportunity to use their talents and even represent their communities. "Reducing inequalities and barriers to inclusion through sporting activities may not only lead to health gains amongst people with disabilities, but also increase their social, cultural and economic participation in the communities," added Mr. Kamga.

The inclusive sporting campaign that started in 2014, and sponsored by the Liliane Foundation through the EDID program of the CBC Health Services holds under the umbrella of the National Games event popularly known as



Sporting activities for persons with disabilities promote their talents and reduces risk of NCDs

Forty-two-year-old Cindy Micheline, a mother of 3 and winner of the wheel race in the women category said, "I'm so happy to win for my people in Bafoussam. Sport is very good and I need to keep myself fit. It may feel tiring in the beginning but one needs to persevere and be consistent because it will make one to feel stronger at the end."

Nuja Jr., 23-year-old visually impaired person, won the 100 meters race and says he is motivated to be the best runner in Cameroon. "I'm so happy that I emerged the winner of the 100M meters race in the men's category of DIXCIADES 2018," said Junior after his fantastic performance. "I'm training hard towards the national competition during which I plan to give my best to see that I go to the international level," added the courageous Nuja Jr.

The sporting event involved persons with or without disabilities in order to instill the spirit of solidarity and inclusion.

The Regional Delegate of Social Affairs for the West Region, Mr. Fonsah Emanuel explained that the government of Cameroon is taking positive measures to ensure the inclusion of persons with disabilities. He announced that in 2010, the government passed a law on the protection of persons with disabilities, adding that the text of application has been made available to ensure their practical inclusion and protection.

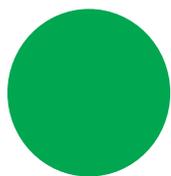
He noted that pilot mainstream schools exist in Bafoussam to ensure inclusion of children with disabilities. He said that through the DIXCIADES event, the government is working to achieve the inclusion of persons with disabilities and ensure that their talents are promoted.

The World Health Organisation (WHO) reports that about 15% of the world's population lives with a disability and it costs billions of dollars to cater for them. The greater cost is incurred when persons with disabilities are not included in development actions or given the chance to contribute to the gross national product of their countries.

Disability advocates say the biggest problem is when people still think of minor roles or disable roles to place people with disabilities in social or economic works. Everyone with the needed skills should be given the chance irrespective of their conditions.

Liliane Foundation

Open the World for a Child with disability



Clarifications on Events Surrounding the Interception of Bansa Baptist Hospital Vehicles

Following the redeployment of staff to one of our new health facilities and other busy stations, the belongings of the following staff were loaded into the Bansa Baptist Hospital (BBH) Vehicle,

Toyota Dyna 350 NW289AW (Cargo), on October 26, 2018:

- 1- Houhitanghi Loveline Ful – Midwife
- 2- Akuhmbom Elizabeth Viyof – Midwife (whose chair the bees elected as their residence)
- 3- Nkemgang Rainata Rabbiatu – Nurse
- 4- Gam Larissa Ngehma – Nurse

The vehicle took off on October 27, 2018, with these staff and many others on posting in other hospital vehicles, but due to felled trees which blocked the road in Nkar, a village before Jakiri, they were forced to return to BBH and wait for the road to be cleared.

Since the staff needed to resume work in their new stations, the BBH Administration focused on getting them out of Kumbo through other roads which only four-wheel drive vehicles could ply, with the hope of sending their belongings in the cargo vehicle later on. This struggle went on up to November 11, 2018, and most of the staff managed to leave Kumbo.

However, 80% of their belongings remained in the hospital. The movement of the cargo vehicle on Friday, November 16, 2018, was the first trip to start transporting the things. The cargo vehicle was intercepted by unidentified gunmen at Sop and taken alongside the driver (Taku Robenson) to a nearby school.

The main allegation that has circulated on social media is that the BBH vehicle carried a policeman and that we have been transporting security forces.

How could we be transporting security forces and their belongings at the detriment of our staff and their children who, for close to a month now, are out of Kumbo without their beds, clothes, pots, etc.?

The law enforcement officer (an elderly policeman who was in civilian clothes and unarmed – Ephraim Ngafi) who was in our vehicle had been sick and treated in BBH severally like any other persons including the wounded soldiers and

fighters from both parties in respect to the International Humanitarian Law in times of war and according to our Mission Statement – providing compassionate care to ALL WHO NEED IT. As a patient, the policeman who appeared in civilian attire and helpless desired more medical follow up out of Kumbo. The said policeman had no luggage.

The driver, who had seen the law enforcement officer in the hospital several times, tried with a compassionate heart to help him out. The driver at the time was rushing to cover many trips given that he needed to transport so many staff belongings out of Kumbo and bring in drugs from Bamenda. As we write, none of these things have been transported either way.

The swarm of bees got into the vehicle because it was parked up for more than three weeks and the content made up of foodstuff and assorted belongings attracted them. The driver drove the car off without being aware of the bees that hid under the luggage. Staff names are written on most of the things as proof of ownership. BBH has never been involved in transport business.

Therefore, the information circulating on social media that Bansa Baptist Hospital (BBH) has been transporting security forces and that we use supernatural powers (referring to the swarm of bees discovered in the luggage), is false. This misleading information jeopardizes the image of our hospital that is completely apolitical, operates based on sound Christian principles, and does not discriminate against anyone in the provision of healthcare, especially during this crisis.

The cargo vehicle was released after all its content (staff belongings and two drums of fuel for the hospital's standby generator) was offloaded by unidentified gunmen. Three other hospital vehicles were released on November 30. These vehicles were not initially involved when the gunmen intercepted the cargo vehicle but were later apprehended when they arrived at the same area on the same day as they travelled from Bamenda to Kumbo.
Thank you!

**Department of Communication
CBC Health Services**

Promoting Infant, Maternal Health Care

Health campaigners and public health systems have made visible milestones towards promoting global maternal and infant health care. The World is a healthier place for nursing mothers and their babies today than ever before, but more commitment is needed, given that 6 million children die globally every year before their 6th birthday from mostly preventable causes at the early stages after birth.

According to the CIA World Fact Book, 51 children in 1000 children born in Cameroon, die before 12 months mostly as a result of neonatal causes arising during pregnancy or within the first month of birth.

Cameroon Baptist Convention (CBC) Health Services' Antenatal Care (ANC) clinics are making commitments to better the health of babies and their mothers during pregnancy and after birth.

At the Nkwen Baptist Health Center (Mbingo Annex) Bamenda, close to 120 women with their babies gather every month during antenatal for routine vaccines and checking of vitals for their babies.

Marry Anne Chumbong, Midwife at the Infant Welfare Clinic at NKwen Baptist Health Center says babies are vulnerable to many diseases at early stage after birth. "When we vaccinate the babies, we immunize them against infections such as Poliomyelitis, tuberculosis, measles, pneumonia and a host of others," Anne said.



Over 100 women and their babies visit the Nkwen Baptist Health Center for routine checks and vaccination every month

Our immunization calendar (routine vaccination) here begins from 0-59 months. But we don't have a maternity yet at Nkwen Baptist Health Center, so BCG and Polio Zero is given in the hospitals where the children are delivered". She noted that "We start receiving babies here from six weeks and take them with the routine vaccination till 59 months".

Ann outlined some list of routine baby vaccines and said, "In the second stage (at 10 weeks), we give them Pneumo 2, Rota 2, Polio 2 and DTP 2. At 14 weeks, we continue with Pneumo 3, Polio 3, DTP Three, and the Injectable Polio Vaccine (IPV). At 6 months, we give the children 100,000 International Unit Vitamin A, and continue with weight taking of the children".

The midwife explained that "For effective follow up of routine vaccination of children at Nkwen Baptist Health Center, we issue a certificate to the mother after her baby has consistently received routine vaccination in nine months".

However, health reports say fighting against infections such as polio, is one of the biggest success stories in global health. But Every Breath Counts says 860,000 children died of Pneumonia in 2017. The disease kills more children than any other infectious disease. In 2016, the polio virus was said to be existing only in Afghanistan and Pakistan, compared to 350,000 cases recorded in 125 countries in 1988.

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What Next After Third UN High Level Meeting on NCDs?

The Third United Nations High-Level Meeting on Non-Communicable Diseases (UN HLM on NCDs) was an opportunity for governments to review their commitments on NCDs in the Sustainable Development Goals era. A total of 76 countries made statements during the plenary segment held on September 27, 2018 at the UN Head Quarters in New York.

Dr. Tedros, Director General of WHO asked everyone to "Stand up if you have lost a loved one to cancer, cardiovascular disease, diabetes, and respiratory disease". Every single person at the HLM3 was on their feet.

NCDs are now the leading cause of mortality worldwide, responsible for 70% of annual global deaths!

President Uhuru Kenyatta of Kenya, in his statement, pitched strong follow-up commitments on NCDs as first Head of State to speak in the plenary. He highlighted the need for a global catalytic fund to combat NCDs. "Demands from countries for technical support for advancing prevention and treatment will not happen without sufficient resources," he emphasized.



Governments pledge to be more intentional in the fight against NCDs

The Government of Cameroon was represented by the Minister of Public Health, His Excellency Andre Mama Fouda, who summarily indicated in his speech that "More than 95% of Non-Communicable Diseases care in Cameroon is subsidized".

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Promoting Infant, Maternal Health Care

Routine vaccination has proven effective for babies in fighting against these infections, but access to primary health facilities and consistency on the side of parents in ensuring that their babies get complete vaccination dose over the required period of time remains a big challenge.

Henrietta Fore, UNICEF Executive Director during the October 25, Astana Conference on Primary Health Care said PHC means the global community bringing quality health services close to those who need them.

Mrs. Njoya Perpetua, head of the Mother and Child Health Department at Nkwen Baptist Health Center noted that CBC Health Services has health facilities in villages that are not motorable, making it difficult for women to visit the hospital during pregnancy and even after birth. However, she assured that "We have devised a safe means by which our field workers trek and carry these pregnant women by head to the health center for delivery, which is a tedious task. A healthy child starts during pregnancy, and the child's health after birth is also determined by the health care the mother had during pregnancy", Perpetua added.

Perpetua remarked that the strong commitment made by midwives at Nkwen Baptist Health Center has given the health center a better position above other health facilities in the city of Bamenda. "In 2012, we were receiving averagely 35 children and just about 20 pregnant women in a month, but today we see close to 150 children for routine vaccination, and about 120 pregnant women who come here for antenatal every month.

On October 25, 2018, countries around the world met during the Astana Conference and signed the Declaration of Astana, vowing to increase commitments in strengthening primary health care in their respective regions as an essential step towards ensuring universal health coverage. If stakeholders 'walk the talk' in after the Astana Conference declarations, then maternal and child health will be a reality in many underserved communities.

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The women who come here testify about our services during pregnancy and after child birth. Though we don't have a maternity yet, the number of women who come here every month is more than the number seen in big hospitals with big maternities in Bamenda," the head nurse revealed.

On October 25, 2018, countries around the world met during the Astana Conference and signed the Declaration of Astana, vowing to increase commitments in strengthening primary health care in their respective regions as an essential step towards ensuring universal health coverage. If stakeholders 'walk the talk' in after the Astana Conference declarations, then maternal and child health will be a reality in many underserved communities.



Routine vaccination of babies strengthens their immune system against infections such as poliomyelitis

What Next After Third UN High Level Meeting on NCDs?

Many calls were made by World Leaders speaking at the High Level Meeting and these included notably repeated calls to implement the "WHO Best Buys" to take action on commercial determinants of health, such as including increases in the taxation of tobacco products and sugary drinks. "Best Buys are no brainers. They're like a toolbox, but the thing about tools is that they only work if you get them out of the box and use them," Dr. Tedros emphasized.

It is important to note that according to the new country profile for Cameroon released on September 23, 2018 by WHO, deaths from NCDs is on the rise in Cameroon, accounting for 35% of annual deaths in 2016 as compared to 31% in 2014.

Amplifying the voices of those living with NCDs was Zoleka Mandela who shared her heartbreaking stories of living with NCD and loss. Zoleka Mandela is a Breast Cancer Survivor and road safety activist and an Elder. In an emotional tone, she voiced out loud and clear that, "We have had enough of inaction, neglect, and failure! Enough of the lack of health services and coverage, enough of inadequate screening and treatment, enough of toxic air and unsafe environments. Our voices are demanding change! Let them be heard".

According to Mike Bloomberg, WHO Global Ambassador for Non-Communicable Diseases, the slated date for the High Level Meeting on NCDs is set for 2025. "What were they thinking! Who set the date for the next meeting in 7 years' time! Absurd, when so many people's lives are being lost on a daily basis," Mike Bloomberg expressed his worries. While asking these hard questions in the Multi-Stakeholder Panel, Mike highlighted that holding the next HLM on NCDs in 2025 is way too far in the future.

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"We should not look at 2025 as a justification to slow down efforts, but to accelerate and scale up action! Non Communicable Diseases are largely preventable, and we know what works," says Mike Bloomberg, who will serve a second term as the WHO Global Ambassador for Non communicable Diseases.

The High Level Meeting on NCDs was not without limitations. Many Ministers and Heads of State who were present were not able to address the plenary due to time limitations and many of them had to leave without addressing the plenary.

The High Level Meeting was meant to provide a strategic opportunity to propel the response from where we want to be in overcoming NCDs and how to get there. But it felt short of hard commitments. "The meeting was a lost opportunity," says the Civil Society. At the current rate of progress, countries will not reach global NCD commitments by 2030.

It is evident that some governments choose to ignore or undermine political declaration negotiations during the United Nations' Third High Level Meeting (HLM 3). Fiscal policies and tax were most contentious issues during the High Level Meeting and it ended with weak commitments.

Civil Societies like NCD Alliance continues to make calls for more steadfast actions to overcome NCDs saying that the High-Level Meeting has come and gone, but the world has not changed; it is up to us to change the state of things.

“Bonaberi Baptist Health Center (BBHC), a newborn threatening to walk without creeping” – Reporter's Point of View

Numbers are storytellers. Startup statistics for Mboppi Baptist Hospital, Kribi Baptist Health Centre and just recently, Bonaberi Baptist Health Centre (BBHC) confirm that numbers tell the story better. During the opening of Mboppi, 42 patients were seen. Kribi began with an initial attendance of 48 patients. Bonaberi Baptist Health Centre announced its presence with a record attendance of 59 patients on the day it went operational.

“From creation until this moment, we have seen a total of 940 patients since the Centre went operational in November 5” announced Mr. Mbanye Lucas Kenji, Chief of Center of BBHC. By 2pm on November 19 when CBC Health Services Press visited the facility, a total of 102 patients had already been seen and the registration list was still open and ongoing. While some patients were calmly seated awaiting their turn, a few others were pacing back and forth on the hallway, impatiently waiting for their medical results.

Quizzed on her preference for the new medical facility, a female client who was on the waiting list told the press that “Baptist hospitals are some of the best in Cameroon, they treat virtually everything.”

The health centre which currently boasts of staff strength of 45 runs outpatient consultations, maternity services and ultrasound services. With the recent transfer of a Dental Surgeon from Mboppi to Bonaberi, dental services were expected to kick off before the close of the third week of November. In the same vein, eye services were billed to go operational before the end of November.

“I am thankful for the good staff selection that was done for BBHC,” said the chief of center who has served with the CBC Health Services for 17 years.

At the time of this report, the pediatric unit had seen 7 patients, 4 deliveries had been conducted and 25 ultrasounds done. With a lone doctor and two screeners and yet-to-be-realized hopes of having a chaplain, the Health Centre is tireless in her pursuit of excellence in healthcare delivery.

Kumba Baptist Health Center CBS Provost visits Kumba Baptist Health Center

The new Provost of the Cameroon Baptist Seminary (CBS) Kumba has paid a courtesy call to the Kumba Baptist Health Center. Rev. Shu Azie Ndaza visited the Health Center last October 26, 2018. During the visit, the Provost saluted the ties the Health Center shares with the seminary.

According to Rev. Shu, his role at the seminary is that of reconciliation; reconciling the ministers (seminarians) and the entire Christian body. He observed that the motto of Cameroon Baptist Convention (CBC); “One Lord, One Faith, One Baptist” can only be objectified if all departments of the Convention work in synergy. “Hence my visit here is to strengthen the bond Kumba Baptist Health Center and Seminary has shared in past.”

Drawing inspiration from 1 Corinthians 12:14-15, Rev. Shu entreated the staff of Kumba Baptist Health Center to work in synergy and see each other as part of the body of Christ which is undivided.

The Chief of Center, Yungseh Peter, and the Head Chaplain, Rev. Ngange Silas appreciated the Provost for accepting such a huge responsibility. They prayed that God should grant him wisdom to carry on smoothly.

In a separate development, Kumba Baptist Health Center now runs a Men's Clinic. The clinic, which sits every last Friday of the month, is the brainchild of the Community Initiative AIDS Care and Prevention (CIACP) Programme.

According to the CIACP Supervisor, the move is aimed at encouraging men to come to the Health Center for normal routine checks whether they are ill or not. Mrs. Ngum Lauretta noted that men usually endure in the face of health challenges and only come to the hospital when it becomes an emergency which is not a healthy practice, given that many illnesses including NCDs begin small.

The clinic had over 50 members at the time of this report. They rally every other month to share knowledge on common diseases and how to prevent them. These pioneer members have committed to mobilizing many other men to take advantage of the clinic to chat the way forward with regards to their health.

Banso Baptist Hospital & her Institutions

BBH Diabetic Clinic members exhorted to respect Treatment Protocols

Patients living with diabetes receiving care at Banso Baptist Hospital (BBH) Diabetic Clinic have been exhorted to respect monthly rendezvous to the clinic as well as take drugs prescribed by the physicians. This call was issued recently by Mr. Nkinen Martin, Diabetic Nurse at BBH during commemorative activities to mark the World Diabetes Day (WDD) 2018.

Dr. Jam Divine, Clinic Physician, during the commemoration urged diabetics to encourage their family members to get tested at least once a year, rather than wait for signs and symptoms which usually come only in the late stage of the malady. “Getting tested will reduce complications and burden brought to bear on the family by this disease and other Non-communicable Diseases (NCDs),” added Dr. Jam.

He remarked that the theme for WDD 2018 adopted by the International Diabetic Federation (IDF) focusing on the family was timely given that family has an important role to play with regards to the wellbeing of those affected.

It is worth noting that the WDD 2018 was observed in BBH on November 1, 2018 under the theme, “Diabetes and the Family.” The event was colorful as diabetics converged at the esplanade of the hospital carrying banners with messages such as: ‘Diabetes concerns everyone in the family,’ ‘Limit sugar intake,’ etc.

Health Services Complex Mutengene

CIACP reaches more IDPs through Targeted Community Outreach

“There have been massive community sensitization and screening since the first week of November,” reports Mrs. Ngum Lauretta-Barbara, Program Manager of the Community Initiative AIDS Care and Prevention (CIACP) program. Targeted communities which have benefited from this exercise are those which are easily accessible.

According to the Program Manager, site mapping was done prior to the sensitization and screening exercise. In keeping with the plan, various stretches were covered during the outreach campaign.

Groundbreaking work took place on the Tiko-Douala stretch of the road. Right after that, the Limbe stretch which winds from Isokolo up to Idenau was being targeted at press time. Plans were underway to continue the exercise in Buea and its environs and to wrap up the exercise on the Kupe Manenguba stretch in the last week of November which will culminate in the celebration of the World AIDS Day slated on December 1, 2018.

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CIACP reaches more IDPs through Targeted Community Outreach

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In a similar vein, Sawa doctors in Dibombari have joined efforts to conduct a health campaign in honour of late Professor Gottlieb Lobe Monekosso in Dibombari. Having identified the initiative as a laudable one in the interest of the community, the CIACP program stepped in as a veritable partner to contribute her quota towards the success of the health campaign which ran from November 16-19, 2018. It should be noted that Professor Gottlieb Monekosso, a one-time Minister of Public Health in Cameroon, passed on to the world beyond on November 19, 2017.

During the free medical campaign, a total of 148 persons were tested for HIV with 4 positives, 2 indeterminates with 2 of them being IDPs from Kumba-Mamfe Road who are currently under follow-up.

There was free medical consultation by doctors from Laquantini Hospital Douala, who pledged to offer their services free of charge to screen the population. The doctors were joined by some ophthalmic nurses from Acha Annex Douala for visual acuity.

HSC Installs, Tests New Equipment to boost Productivity

Central Pharmacy General Manager, Pharmacist Ngah Edward has praised the capacity of some recently installed equipment at Health Services Complex.

"It is expected that they will produce at least thrice the amount of intravenous fluids as well as eye drops that used to be produced," he heralded. The range of installed equipment included a boiler, a water treatment plant and a distiller. Only the autoclave machine was still pending installation.

It should be recalled that the aforementioned equipment which were procured from China arrived sometime in late June 2018, but the installation was contingent on the arrival of some engineers from the company that sold the equipment. The long awaited engineers arrived on October 25, 2018 to begin the installation exercise, which went on hitch-free, thanks to the groundwork that had been done on the installation site prior to their arrival. The entire exercise lasted for less than fifteen days.

Worthy of note is the fact that the purchase of the equipment was necessitated by the need to improve on the infusions that were being produced coupled with the fact that the Ministry of Public Health had given the Central Pharmacy an authorization to function as a manufacturer. There was thus, the need to expand the base.

Commenting on the prospects that loom in the horizon, thanks to the completion of the first phase of the installation of the production line, Francis Munfi, Production Pharmacist at Central Pharmacy announced that in the days ahead, the production unit will be able to produce intravenous fluids with improved quality and in larger quantities to meet the needs of the CBC Health Services, the Cameroon market and beyond. The engineers from China travelled back on November 11, 2018.

HIV-Free Southwest makes more Strides in Contact Tracing

Targeted testing and contract tracing for HIV have now hit a new high in the Southwest Region as a link has been established between Tuberculosis and HIV.

"It is estimated that about 25% of HIV patients will have Tuberculosis and up to about 35% of Tuberculosis patients will have HIV. Therefore, if someone is diagnosed of HIV they should be followed up for cardinal signs of TB which include; cough, weight loss, night sweats and fevers," explains Dr. Mbamulu Philip Achu, Clinical Supervisor for HIV-Free Southwest Project.

In order to meet up with the expectations of the project, a training agenda was adopted for health workers. In keeping with that agenda, 7 people are to be trained in each facility. These trainings started in October 2018 and so far, Tiko Central District Hospital; Tiko Central clinic, Limbe Regional Hospital and Baptist Hospital Mutengene have been covered.

The expectations of the project are to; track down and investigate all persons who present with signs and symptoms of TB and place them on treatment, clearly document the correlation between HIV and TB, strengthen the working relationship between those who work in the HIV unit and those who work in the TB unit, break the transmission chain for TB through targeted testing and prevent the development of TB in children under five who are living with active pulmonary TB.

Baptist Hospital Mutengene & her institutions

BHM Administration

Life is gradually returning to the wards in Baptist Hospital Mutengene (BHM). The outpatient department (OPD) is being filled up, patients are being seen and staff are on their toes generating statistics as they serve on the line of duty. Baptist Hospital Mutengene is too busy counting her fresh blessings that she has no time to reminisce on past glories. Just recently, over 419 patients were seen at the outpatient department on a single day.

The staffing is also being beefed up. "We recently received six Finance Clerks from Bansa Baptist Hospital on practical experience," confirmed BHM Senior Administrator, Mr. Wirba Samuel. The first set arrived BHM on November 13, 2018 and the rest were expected arrive in the days ahead.

In another light, a Wash Chart has been donated to the hospital by the Mutengene Water Authority in partnership with Orange Cameroon. The Wash Chart which was donated on November 14 is an infection prevention protocol which portrays pathways of transmitting water-related diseases. The gesture only comes to complement the activities of the CBC Health Services Infection Prevention and Control program.

On to something else, the BHM Maternity unit was preparing to send a participant to the upcoming Advanced Life Support in Obstetrics training which was slated to begin at the Health Services Complex on November 28.

BHM Eye Department braces up to meet higher demand for services

Mr. Fai Samuel, Head of Department of BHM Eye Department says life is returning to normal as eye patients are trooping to the facility in their numbers. With a workforce of 11 staff, the unit was able to see a total of 738 patients who patronized her services in the month of October.

The impression that greets a visitor at the waiting room of the unit is that patient load is on the increase. The Head of Department who recently returned from annual leave together with the Ophthalmologist, Dr. Njikam Jude are understandably putting up with the increasing workload. As of November 17, over 15 surgical operations had been done by the ophthalmologist who was also on leave in October.

With just 17 days into the month of November, the Department had attended to a total of 513 patients. Thanks to these statistics, Baptist Hospital Mutengene continues to consolidate her position as the leading provider of quality eye care in the Southwest Region of Cameroon.

The 1000 Project gathers more steam at BHM

More than FCFA 200,000 has been contributed by staff at BHM into The 1000 Project fund. This money which was realized between October and early November came in handy, thanks to a presentation that was done during this year's World Hospice and Palliative Care day.

The moving presentation which took place on October 13, 2018 at the Chapel was spiced by a testimony from a beneficiary of The 1000 Project.

The 1000 Project is an initiative that is intended to subsidize the cost of treatment for Palliative Care patients. The project was borne three years ago through the initiative of the CBC Health Services Press Division whose reporters witnessed the suffering of a terminally ill patient and felt burdened to contribute in alleviating the pain and suffering of these patients.

In this regard, people commit themselves to donate a specific amount of money beginning from FCFA 1000 every year.

According to Henrietta Tumasang, a Palliative Care nurse at BHM, patients are crying foul over the lack of Morphine which is a preferred pain killer. She noted that the alternative, which is Codeine, is far more expensive and thus difficult for struggling patients to get.

Despite this and the decline of outreach activities due to security concerns, the Palliative Care unit at BHM still managed to see a total of 66 patients in the month of October.

Mboppi Baptist Hospital Douala

MBHD Administration

Reports say the recent creation of Bonaberi Baptist Health Centre has not affected activities at Mboppi Baptist Hospital Douala (MBHD) as much. There is still remarkable stability in the area of staffing and patient attendance. The attendance statistics for September and October shot up because of the increasing number of Internally Displaced Persons (IDPs) who flooded into the Littoral Region seeking medical attention.

Some of the IDPs who were staff in other affected CBC Health Services' institutions have been absorbed by the facility. The hospital has also played host to some Finance Clerks who came in some two weeks ago to start their practical experience.

In other news, a new machine has been procured for the Laboratory at Mboppi. The Chemistry Analyzer, known as Chemwell was secured recently through the Strategy Nine Project Package. It is a fitting replacement for the non-functioning chemistry machine which used to serve the lab.

HIV-Free Littoral Project to implement Voucher Initiative

Following a meeting organized by the Center for Disease Control and Prevention (CDC) which brought together PEPFAR supported countries in early 2018, Cameroon and Ivory Coast were flagged for implementing user fees for HIV clients. It was, therefore, recommended that a mechanism be put in place to alleviate or scrap off the user fee for clients.

In response to the aforementioned recommendation by CDC, the Cameroon Baptist Convention Health Services came up with a voucher system that will temporarily subsidize fees paid by HIV patients. This came on the heels of baseline assessments that were made in some sites. These assessments revealed that some sites were charging higher than the stipulated government prices.

The voucher initiative was endorsed and adopted by both the Ministry of Public Health and the Regional Delegation of Public Health for Littoral Region. Within the confines of the initiative, a good number of services offered to HIV clients shall be subsidized. This includes Antenatal Care to a maximum of FCFA 12,000, basic tests, viral load for clients on treatment and consultations, amongst others. The pilot phase of the project shall be implemented in the Littoral and Center regions.

In the course of this project which is billed to run from October 10, 2018 to March 31, 2019, preference shall be given to children and young adults. At the end of the project, there shall be a reassessment of the impact of the strategy on the quality of healthcare of people living with HIV by the CDC while pending a universal health coverage program.

MBHD Eye Department procures new equipment

Two new machines have been procured by the Eye Unit through the Strategy Nine Projects Package (S9PP). These machines include a surgical microscope and an Optical Coherence Tomography. According to Mr. Tontoh Zik, an Ophthalmic Medical Assistant, the surgical microscope performs better than the old one that was being used.

The Head of Department told CBC Health Services Press that the Optical Coherence Tomography is very important for diagnosing diseases of the retina and thus is an answered prayer to glaucoma patients.

These machines, which were procured over a month ago, will help improve on the quality of management of diseases of the retina because of better assessment. Early diagnoses of such diseases will henceforth be guaranteed.

Meantime, there is an upsurge in patient load with a daily average of 95 patients. In the month of October alone, 2641 patients were seen in the unit. According to Mr. Tontu Zik, the most common eye condition that patients present with at the unit is conjunctivitis. He said the use of motorbikes, fans and air conditioners are the leading causes of this condition.

For doubting Thomases who see no reason for the large scale patronage of the services of the eye clinic by patients, there's an indisputable point of order: the unit offers comprehensive eye consultation for a token of FCFA 10,000 and above – a gesture that is rare to find in other health facilities in Douala. It boils down to this: when you pay for eye consultation, a comprehensive eye exam is done without the demand or request for extra fees.

The impressive statistics brewed at the Department is indicative of a dedicated workforce. In addition to the cream of staff currently serving at the Department, Napoleon Nono, an intern from the Ophthalmic training program in the Faculty of Health Sciences of the University of Yaounde 1 with French acronym CUSS, joined the Eye Department in the month of November to commence his orientation.

Tackling NCDs WHO NCDs “Best Buys”



Tobacco Use

- Tax Increases
- Smoke-free indoor workspaces and public places
- Health information and Warnings
- Bans on tobacco advertising, promotion and sponsor

Cardiovascular disease (CVD) and Diabetes

- Counselling and multi-drug therapy for people with high risk of developing heart attacks and smokes (including those with established CVD)
- Treatment of heart attacks with aspirin

Unhealthy diet and physical inactivity

- Reduced salt intake in foods
- Replacement of trans fat with polyunsaturated fats
- Public awareness through mass media on diet and physical activity

Harmful Alcohol Use

- Tax Increases
- Restrict access to retailed alcohol
- Bans on alcohol advertising

Cancer

- Hepatitis B immunization to prevent liver cancer (already scaled up)
- Screening and treatment of Pre-Cancerous lesions to prevent cervical cancer



Prayer Concerns

1. Thank God for successful Goals and Budget meeting that took place at Mboppi Baptist Hospital Douala on November 26, 2018.
2. Thank God for the successful graduation of the pioneer batch of students from the Regional Training Center at the Health Services Complex Mutengene on November 24, 2018.
3. Continue to pray for the disturbing socio-political crisis rocking the Northwest and Southwest regions for two years now.
4. Pray for the safety of our staff and property in our institutions that are beginning to be points of target by gunmen. Pray especially for Banso and Mbingo Baptist Hospitals that can longer function to full capacity due to the ongoing crisis.



The latest issue of your only English Language health magazine, Health Mirror is here! This issue focuses on Non-Communicable Diseases (NCDs). Get your copy at 1.000 FCFA from any CBC Health Service's station. Subscription is 3.000fcfa for 4 issues in a year. Subscribers are encouraged to pick up their copies and also renew their subscription. For any inquiries, call: 654075040 or 657266811.