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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**

*"This is what the Lord says: "Maintain justice and do what is right, for my salvation is close at hand and my righteousness will soon be revealed". Isaiah 56:1 (NIV).*

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## **CBC Director of Health Services Calls for Vigilance in his End of Year Address**



DHS calls on staff to be of good courage, have a positive outlook to the future and be at peace with all in 2019

**C**BC Director of Health Services (DHS), Prof. Tih Muffih has charged staff to take necessary security measures that would enable them to stay safe and keep serving as they should. In his Christmas 2018 and New Year 2019 greetings, the DHS underscored the need for staff to be in possession of required identification documents as they move around, abstain from sensitive discussions and to cooperate with the forces of law and order as need be.

The DHS' address comes at an unusual moment when the CBC Health Services is striving to stay afloat in the face of tumultuous socio-political crisis.

First off, the DHS exhorted staff to consider the goodness of God in 2018. He reassured that if God could spare the lives of staff during difficult times as these, it means that "there's still some work to do."

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## CBC Director of Health Services Calls for Vigilance in his End of Year Address

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Prof. Tih Pius contrasted the way Christmas was being celebrated in bygone times as against today's reality. In his own words, "Christmas used to be about new clothes and food, but today, it's about fears and tears."

However, the charismatic leader raised the bar of hope by exhorting workers to reflect on the person of Jesus Christ and experience his touch, love and blessings which may come in the form of peace of mind, peace in the family, childbirth, friendship, marriage, marriage engagement, among other things.

The Director of Health Services (DHS) went back in time to paint a picture of the year 2018. "Our services suffered from the socio-political instability in the Northwest and Southwest regions in different ways. Some of our staff were detained and some slept in bushes escaping from their houses for safety," lamented the DHS as he sonorously counted the losses of the CBC Health Services.

He also made mention of the toll of the crisis on the Pan African Academy of Christian Surgeons (PAACS) program in Mbingo Baptist Hospital (MBH) which came under severe trials, with some of her residents relocated to other countries. Given that desperate times call for desperate measures, the Director highlighted that the PAACS and the Christian Internal Medicine Specialization (CIMS) programs in Mbingo will now have an extension

campus in Nkwen, Bamenda. This, according to Prof. Tih Pius, is one of several measures to keep the system buoyant.

The DHS went on to appreciate all suggestions and prayers that have been made by staff during these trying times and appealed for more in the coming year.

The DHS did not fail to recount the gains made in 2018. "Many of our institutions realized major projects, recruited competent staff and sent more people for training," he said.

"In 2018, we dedicated Ekounou Baptist Health Centre, Bafoussam Baptist Health Center and Nkoabang Baptist Health Center new buildings," noted the DHS while announcing that the newborn health centres in Kribi and Bonaberi shall be dedicated in 2019.

The Director of Health Services revealed the theme song for 2019 titled, "Tis so sweet to trust in Jesus." He called on staff to be of good courage, have a positive look at the future and be at peace with all as they go into 2019.

## New Hope Village Resonates with the Symphony of Christmas

**V**isiting friends, families, prisons, underprivileged centers, old people's homes or an orphanage during the Christmas season can be fun as well as a sacrifice.

On this premise, the Director of Health Services (DHS) Central Administration respected tradition on December 19, 2018 when they paid a visit to the residents at New Hope Village in Mbingo Baptist Hospital (MBH) to share the love of Christ at Christmas. The inmates are ex-Hansen's Disease patients who could not return to their communities of origin either due to neglect or abandonment.

New Hope Village is hosting 18 people cured of the Hansen's disease (HD) otherwise known as Leprosy. The Hansen's disease Department of the Cameroon Baptist Convention (CBC) Health Services is using the village to continue providing holistic care to the people pending total reintegration and reunion with their families.

Exhorting the people of New Hope Village, Pastor Fongoh Godwin, and Chaplain at CBC Health Services Central Administration said Christ should be at the center of every celebration during Christmas. According to him, Jesus Christ came to show God's love for Mankind.

Drawing inspiration from John 3:16, Chaplain Fongoh assured them that: "Christ is the perfect gift at Christmas that should cause anyone to reexamine their relationship with Him." The Chaplain also presented to the residents physical gifts from staff of the CBC Health Services Central Administration including 3 bags of rice, 2 cartons of washing soap (savon), 2 large tins of peak milk, 2 packs of toilet tissue, cooking oil, sugar and tea.



**CBC Health Services shared love at Christmas with the people of New Hope Village**

Speaking on behalf of the combined team from DHS Central Administration and Mbingo Baptist Hospital (MBH), Mr. Ndem Emmanuel, CBC Health Services Fixed Assets Manager called on the people of New Hope Village to exhibit brotherly love towards one another while holding fast to God's love at Christmas. He noted with excitement that in the African culture "if you pay a visit to someone and meet him at home, in an expectant mode for the visit, then you are indeed a great guest."

MBH Chief Medical Officer, Dr. Nora Ndi saluted the joy and camaraderie that existed among the inhabitants of the New Hope Village. Being her first visit to the village during her 6-year stay in Mbingo, she also brought them a Christmas gift and pledged to visit them more regularly.

The inhabitants of New Hope Village through their spokesperson expressed appreciation to their guests for thinking about them during this Christmas season.

Meeting the needs of people of New Hope Village can be very demanding given that many of the people there are left with major amputations due to their disease condition. Mr. Ngoran Augustine, Yard-Man at New Hope Village with over 19 years of service, says, "Giving care to the people is no longer a challenge to me. I bathe those who can't on their own, clean their houses and run other errands for them. After all, they now see me as part of them."

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## New Hope Village Resonates with the Symphony of Christmas

Cont'd from pg. 2

Pauline Vassimi, an inhabitant who doubles as the Chief of New Hope Village, has had to grapple with Hansen's disease for quite a while now. After completing her treatment some 7 years ago and reuniting to her family, the condition resurfaced again. "The tissues on my leg got rot and the bone was exposed. I had to leave Balikumbit, a village in Santa Subdivision, Northwest Region of Cameroon and return to Mbingo Baptist Hospital in a rush for my life," Narrates Pauline while adding that after an operation she had to return to New Hope Village.

The female Chief laments that for the time she has spent in the New Hope Village none of her family members have come to see her. "You are now my new family. I am honored by your gift and love," says Pauline. Quizzed on how she leads her people in New Hope Village, Ma Pauline as fondly called by her subjects says "I handle them well! When there are any disputes, I judge and provide possible solutions."

Mr. Fombang Oliver, Hansen's disease Department Supervisor, notes that one of the major challenges the Mbingo Baptist Hospital Administration is facing is that of providing food and other recreational facilities to people at New Hope Village. To be able to provide holistic care to the people here, Mr. Fombang prescribed that you need to consider them as a part of you.

"This is what I have done in the past to win their love for me. They are just so fond of me and this has lightened the burden of the disease on

them. If I were to restart my career with CBC Health Services, I will still love to work with them," retorts Oliver.

Paying a visit to New Hope Village can be a life-transforming trip. Christa Njerim, one of the team members said, "It was a time for me to come to reality with all the theories I have read in the past on people being disabled due to a disease condition. Just being here for a while has changed my perspective of extending love to people. Just singing a Christmas carol ignited great joy in the hearts of people of New Hope Village. I pray this could be a regular rendezvous."

The Centers for Disease Control and Prevention (CDC), says Hansen's disease (also known as leprosy) is an infection caused by slow-growing bacteria called *Mycobacterium leprae*. It can affect the nerves, skin, eyes, and lining of the nose (nasal mucosa). With early diagnosis and treatment, the disease can be cured. People with Hansen's disease can continue to work and lead an active life during and after treatment.

Though Leprosy was once feared as a highly contagious and devastating disease, now we know it does not spread easily and treatment is very effective. Nonetheless, if left untreated, the nerve damage can result in crippling of hands and feet, paralysis, and blindness. Visiting the underprivileged during Christmas is an old tradition in the CBC. It is an opportunity to share the joy of Christmas with people in the community. Merry Christmas and Prosperous New Year 2019!

## CBC Health Services Empowers Parents of Children with Disabilities to better Cater for Offspring



Parents are encouraged to treat their children with disabilities with love and care.

**C**lose to 40 parents of children with disabilities drawn from Associations in the country have been equipped with relevant skills and knowledge to better cater for the needs of their children at home and in the community. This was during a five-day training workshop organized by the Empowerment and Disability Inclusive Development (EDID) program of the CBC Health Services from December 10-14, 2018 in Yaounde.

Participants at the workshop were drilled on essential components of the Community Based Rehabilitation (CBR) approach, which is a strategy within general community development for the rehabilitation, equalization of opportunities, poverty reduction and social inclusion of all persons with disabilities.

CBR is implemented through the combined efforts of people with disabilities themselves, their families, organizations and communities, relevant governmental and non-governmental health, education, vocational, social and other services. This approach stresses the need to use locally available material to reduce the cost of

care for persons with disabilities in resource limited settings.

Speaking at the opening of the training, the Director of Health Services (DHS), Prof. Tih Pius Muffih called on participants to love their children equally, especially those with disabilities who are not necessarily a burden to their families but sometimes a window of opportunity in disguise. He called on the parents to be role models of love for their children with disabilities because the way they treat them will determine the kind of treatment they receive in the society.

Topics handled at the training were carefully selected to ensure that parents play their pivotal role of primary care givers and advocates for their children with disabilities at home and in the wider society. Thus, they were equipped with knowledge to identify the various types of disabilities and their causes in a bid to dispel rampant myths on the causes of many disabilities which often lead to stigma and discrimination.

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Given the current global economic crisis with the accompanying decrease in foreign funding, participants were extensively schooled on the importance of local resource mobilization, various techniques of mobilizing resources locally and how to attract local donors.

Through the use of documentaries, sketches, relevant visual aids and group work, participants gleaned practical tips on how to carry out

successful advocacy and raise awareness on issues surrounding disabilities in the community. Strategies on how to determine relevant stakeholders and ensure their commitment to the cause of children with disabilities were also discussed.

In this light, participants were made to know that CBR requires team work and can only be sustained if all team members fully understand

their roles. The meeting stressed on the importance of Associations of Parents of Children with Disabilities, who can serve as catalysts in bringing stakeholders together through their personal involvement and their level of commitment in the community. Participants left the training visibly satisfied with the knowledge and skills acquired and shared their resolve to not only care for their children better but also to ensure that they make use of

## Stakeholders Partner to Ensure Safety of Persons with Disability

**A situational analysis carried out by the Coordinating Unit of Associations of Persons with Disability (CUAPWD) reveals that 176 persons with disability have been identified as internally displaced persons within Bamenda II Council area in Mezam Division of the Northwest Region.**

A monitoring tool developed by CUAPWD further reveals that 10 males with disabilities have been shot dead, 21 persons with disability have experienced property loss and severe torture. Based on this analysis, the Program Manager of CUAPWD, Ndi Veronica Ngum has lamented that lives of many persons with disabilities have been severely affected by the Anglophone crises.



Participants being drilled on safety measures to manage people with disabilities during crisis situations.

A young boy (name withheld) from Bamenda with hearing impairment recounts the ordeal he went through saying, "I was bitten by the military because they asked for my Identification Card and I could not understand what they were asking for since I don't hear. In an attempt to understand what they were saying, they didn't care that I had hearing impairment. Instead, they brutalised me with beatings."

"I couldn't do that kind of sport since I can't see but the military didn't understand. So they molested me and asked me to go back after taking me far away from my room. I couldn't come back since I was not with my white cane. I had to wait until I found someone who led me home," narrated the boy with visual impairment.

In this regard, the Delegation of Women's Empowerment and the Family in collaboration with the CBC Health Services' Socio-Economic Empowerment of Persons with Disability (SEEPD) program and the United Nations Office for Coordination of Humanitarian Affairs (OCHA), organized a one day workshop on the safety measures for persons with disability in crises situation.

"Persons with disability have difficulty accessing humanitarian assistance programs due to variety of societal, environmental and communication barriers, including gender-based violence (GBV)," said Mr. Wirba. He added that the workshop falls within the context of the 16 days campaign to fight GBV, for which the SEEPD program has been raising awareness through a radio drama series.

A representative from the Red Cross drilled participants on safety measures in crisis situations. Participants were told to stock food in their homes, water, and first aid medication, be aware of the emergency numbers, call a hospital ambulance when need arises, and create solidarity chains, among other things.

A resource person from OCHA, through a presentation, educated participants on inclusive assistance in humanitarian settings. The presentation highlighted the key elements of humanitarian actions; safety measures, the dignity of recipients, accountability, participation, and empowerment.

The workshop, which was attended by over 50 persons with disability in Bamenda was one amongst the many outcomes that the SEEPD Program has recorded in its partnership with the Ministry of Women's Empowerment and the Family (MINPROF).

The workshop was an opportunity for the SEEPD program to expand its partnership with organizations like OCHA and Red Cross, which hopefully can join the program in exploring ways to improve on the quality of life of persons with disability. The partnership between the CBC Health Services and MINPROF, which has been applauded by the Minister of MINPROF, is thanks to the support from Australian Aid and CBM.

The workshop came on the heels of the commemoration of the International Day for Persons with Disability on the theme, "Empowering persons with disability and ensuring inclusiveness and equality," which took place on December 3, 2018.

## CBC Health Services Participates in the African Disability Rights Conference



**Mr. Awa Jacques Chirac**

*Coordinator of Services for Persons with Disabilities  
CBC Health Services.*

Represented CBC Health Services and presented a Paper on “A New Model of Inclusive Education in Cameroon”



**The 6th Annual African Disability Rights Conference** in Pretoria addressing barriers to inclusive education in Africa

The strides made by the CBC Health Services in supporting and promoting inclusive education in Cameroon since 2010 were recognized with an invitation to participate in the 6th Annual African Disability Rights Conference organized by the Centre for Human Rights, University of Pretoria. The conference took place at St. George Hotel in Pretoria, South Africa from November 5-7, 2018 under the theme “Are we learning together? Addressing barriers to inclusive education in the African region.”

This annual event focused on addressing the barriers to the implementation of inclusive education in the African region and brought together a diverse range of actors namely: parents, educators, policy makers, funding organizations, students, disability rights activists and development managers working to promote inclusive education in the African continent. At the conference, the CBC Health Services' Coordinator of Services for Persons with Disabilities (SPD), Mr. Awa Jacques Chirac, made a presentation titled “A New Model of Inclusive

Education in Cameroon” in which he highlighted the challenges currently faced by children with visual impairments despite Cameroon's ongoing practice of inclusive education. The presentation proposed feasible solutions which constitute the new model for training children with visual impairment in any African education system to foster inclusion.

Quizzed on why the CBC Health Services was selected to participate in the conference, the SPD Coordinator said, “We submitted a paper which was selected based on its merit in addressing current challenges to inclusion in education in the African continent.” Mr Awa added that unlike other conferences, this one had a unique approach which combined experience sharing with workshop sessions on topical areas of inclusive education. He described the workshops on advocacy and inclusive education and teachers' training in inclusive education as learning and educative forums during which professionals shared their experiences.

The Services for Persons with Disability (SPD)

Coordinator noted that new learning included ways on how to best engage universities to support the inclusion agenda, a lesson which will certainly strengthen the CBC Health Services' ongoing partnership with the University of Bamenda.

He maintained that as planning for future perspectives on CBC Health Services' work in inclusive education commences in January of 2019, both the University of Bamenda and CBC Health Services will be looking forward to institutionalizing inclusion.

The CBC Health Services was also represented at the conference by Bridget Longla Fobuzie, Socio-Economic Empowerment for Persons with Disability (SEEPD) Program Education Advisor, Glory Tsangue, Manager of the Empowerment and Disability Inclusive Development (EDID) Program, Jaff Romanus, Mayor of Jakiri Council and Barbara Johnson, an overseas volunteer with the CBC Health Services.

## CBC Health Services Celebrates World Diabetes Day

The Cameroon Baptist Convention (CBC) Health Services has joined the international community in celebrating World Diabetes Day. The day is celebrated every year on the birthday of Canadian Medical Scientist, Dr. Frederick Banting, – the co-founder of insulin – who was born on November 14, 1891. The theme for the 2018 event was “The Family and Diabetes.”

**World Diabetes Day (WDD) is an international health awareness day created in 1991 by the World Health Organization (WHO) and the International Diabetes Federation (IDF) as a response to the escalating number of people dying from diabetes.**

The day is set aside to promote advocacy and create awareness on diabetes. In a circular to all CBC Health Services' institutions, the Director of Health Services (DHS), Prof. Tih Pius Muffih encouraged all staff and their families to adopt regular physical exercise. Prof. Tih Pius, who is a public health expert said, “Diabetes runs in the Family because no one runs.”

He used the occasion to reiterate the CBC Health Services' unwavering commitment in providing care to those living with diabetes through diabetic units found in her hospitals and health centers.



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## World Diabetes Day 2018

Diabetes runs in the family because no one runs. Diabetes concerns the family!

Over 425 million people, according to the International Diabetes Federation, are living with diabetes globally. The same body says diabetes causes more than four million deaths yearly. It is the leading cause of heart diseases, blindness, kidney failure, and lower limb amputation. In 2017, four million people died from diabetes related complications. If current lifestyle trends continue, the number of people living with diabetes is expected to rise rapidly to 500 million people globally within a decade.

Cameroon is experiencing an increase in the burden of chronic non-communicable diseases (NCDs). According to the country and regional data on diabetes by WHO, 70,000 Cameroonians were living with diabetes in the year 2000 with the number estimated to reach 171,000 people by 2030.

Some CBC Health Service's health facilities also joined in the commemorative activities. Etoug-Ebe Baptist Hospital Yaounde (EBHY), for instance, celebrated the event under the theme "There are four ways to live with diabetes to the glory of

God." The theme highlighted the fact that God knows about the condition of those living with diabetes and that they need to submit to Him.

The event at EBHY, like in other CBC Health Services' institutions took the form of 'Know Your Numbers' screening, health walks, speeches, dance displays, sketches, health talks, jogging, testimonies from diabetics, refreshments, and presentation of gifts to some diabetic patients. The Administrator of EBHY used the occasion to announce free eye consultation for all diabetics till January 2019.

During celebrations at Nkwen Baptist Health Center in Bamenda, a diabetic shared his story to encourage other patients. Mr. Nguelewen Jean, 68, has been living with diabetes since 1988. His father, mother and sister died from diabetes.

"Diabetes runs in my family. Presently my sister is diabetic and I have been living with diabetes for 30 years now," says the father of 8. "When I was told that I'm diabetic, I thought I'll not live for up to 3 years because my sister was declared diabetic and died three years after."

The courageous diabetes patient said, "I want everyone to know that diabetes is not a death sentence. If anyone is diagnosed with diabetes they should try to control it and live long. Family support is essential and people with diabetes thrive on it every day."

World Diabetes Day 2018 coincided with the monthly diabetic clinic day, which enabled clients to do their monthly check ups and refill of drugs. The first World Diabetes Day was celebrated in 2007, after the United Nations Resolution in 2006 made the day a recognized UN Day.



Physical exercises like stretching, reduce risk of diabetes



"I discourage the consumption of alcohol, smoking and I urge all to practice proper dietary habits such as reducing the intake of sugary substances" submits Ma Tamfu Mary, a regular attendee of the Diabetes Clinic at Bansa Baptist Hospital



# CBR: Ensuring Effective Management of Cerebral Palsy at Grassroots Level

Since the EDID program was created in 2014, the CBC Health Services as a Strategic Partner Organisation of the Dutch-based Liliane Foundation has worked with partner organizations in eight regions of the country to ensure that children and youths with disabilities from 0-25 years have access to education, health, social and livelihood opportunities. The program also makes sure that an enabling environment is provided for children with disability in their families, communities and the nation at large.

The EDID program has embraced a new strategy in the management of Cerebral Palsy called Support Tools Enabling Parents (STEP). This strategy developed by the Liliane Foundation is also being piloted in Uganda, Kenya, and Tanzania.

Cerebral Palsy is a physical disability that affects movement and posture. It is usually due to damage to the developing brain either during pregnancy or shortly after birth. It affects children in different ways and can affect body movement, muscle control, muscle coordination, muscle tone, reflex, posture, and balance. Although Cerebral Palsy is a lifelong condition, some of its signs can improve or worsen over time. Children who have Cerebral Palsy may also have visual, learning, hearing, speech, and intellectual impairments and epilepsy.

With STEP, CBR field workers are trained not only to dispel the many myths that still surround disabilities in the communities, but also to help improve the functionality of children having Cerebral Palsy by coaching the parents through simple practical skills to manage this condition.

EDID Program Manager, Mrs. Agho Glory, says, before now parents would take their children with Cerebral Palsy to rehabilitation centers with very high and unrealistic expectations, which revealed their ignorance about the condition. "Compared to taking children with Cerebral Palsy to rehabilitation facilities with little or no results, with STEP, CBR field workers are empowered to effectively simplify the understanding of the condition for parents who can, in turn, participate in managing and realizing improvements in the lives of their children," explains Mrs. Agho.

"When parents go to rehab centres with their children who have Cerebral Palsy, most often their big one goal is only to see their child walk, and when this is not happening fast enough, they are disappointed. They don't understand that the child's ability to walk depends on the communication that goes on in the brain, and since children with Cerebral Palsy have some parts of their brain damaged, it may take a longer time for the brain to ever process the information to enable the child undertake all the activities that will eventually lead to walking. STEP ensures that the management of a child with CP is broken down into small steps. For a

child to walk, that child has to learn to sit, then crawl, before standing and walking. Apart from these, the child also needs to eat & drink well, learn proper toileting and communication skills; be able to play and interact with other children etc. These are all little things which children with CP find difficulty accomplishing and they need to be trained on how to do all these. When goals are set around these areas and parents are coached on how to accomplish them, the parents appreciate the progress being made," expatiates EDID Program Manager.

The Supervisor of CBC Health Services' Physiotherapy Department, Mr. Fanfon Timothy, on his part, says the STEP Project, though at its early implementation stages in Cameroon, is proving to be an effective way of managing Cerebral Palsy.

"We are now seeing more Cerebral Palsy children as we meet them in their homes and empower their families with basic skills to assist children. This has made providers more effective in managing the condition," says Mr. Fanfon.

Families of children with Cerebral Palsy are finding hope and believing in a bright future for their children with the STEP interventions. Raphael Sonkeng is one of such children. He is four years old and is the first in a family of two children. Before the CBR field worker started seeing Raphael at home "he was not able to sit by himself, and when he tried, his forehead was touching the ground; he could neither talk nor walk, couldn't control nor raise his head up."

Raphael's mother had a prolonged labour. Two days after his birth, he developed a high fever and was diagnosed with meningitis. At five months, Raphael could not do things infants of his age do. He was taken to the hospital where a C-T Scan was done. It was realized he had brain damage, probably due to lack of oxygen during prolonged labour and the effects of meningitis.

When the field worker met with Raphael's family, his mother wanted her son to sit normally, walk



After 16 Weeks with CBR field workers, Raphael was able to sit on the chair by himself for a long time

and talk. The field worker explained to her that they will have to set little goals at a time.

After fifteen weeks of work, Raphael's mother confesses, "I see improvements, they are not very big, but my son's life is visibly changing; he is now able to sit in a chair for long; I'm happy to be involved in his care and understand his condition more; this helps me to be patient and better appreciate any feat he attains."

Like Raphael, close to ten thousand children have benefitted from CBR interventions since 2015 in communities across the eight implementation regions through the EDID Program.

Also, thousands of families of children with disabilities have been sensitized on the right attitudes towards disabilities, while more than 1200 children have had corrective surgeries for various mobility impairments and are reacting positively to rehabilitation.

This is clear proof that Cerebral Palsy, alongside other disabilities, is not a death sentence as opposed to the general perception in most communities. With appropriate assistance, children with this condition can live to fulfill their dreams like other children.



Raphael was not able to sit or raise his head by himself before his family met with the CBR field workers

## NCD Prevention, Control Program Strategizes to Beat NCDs

It is already three years since the CBC Health Services' Non-Communicable Disease Prevention and Control Program (NCD-PCP) came into existence. After implementing activities for this length of time, it was incumbent on the program to bring together stakeholders to evaluate its three-year strategic plan that comes to an end in December 2018 and to draft a plan for the next five years.

This was, therefore, the focus of a three-day strategic planning meeting that held at the Baptist Center in Nkwen, Bamenda from November 1-3, 2018.

The NCD-PCP Manager, Mr. Mbiyzenyuy Ferdinand, presented the program's services, highlighting that the previous strategic plan had seven components namely: Screening and referrals, NCD management, capacity building, research, advocacy and networking, surveillance, population based, and lifestyle interventions.

The Program's lead evaluator for the first phase of implementation, Dr. Louis Mbibeh, presented the findings on the successes and limitations of the program following the evaluation that was carried out in October 2018. The evaluation results tuned the minds of the participants to raise more questions and recommendations that helped to frame the different components and goals for the program moving forward.



Participants are strategizing to beat NCDs

The CBC Director of Health Services (DHS), Prof. Tih Pius Muffih, thanked all participants for meeting to pave the way forward for the NCD-PCP. He reminded all that the essence of such a meeting is to review the program's objectives and trends of NCDs and also to seek targeted solutions in solving the NCDs burden in the country.

The DHS reiterated the need for research and publications saying, "There is a need for a research unit to ease the work of the Institutional Review Board (IRB) and the use of the CBC Health Services' NCD Data for publications." The Director further remarked that "research and publications unit will showcase the work of the program, advance knowledge and improve on services within the CBC Health Services."

The revised strategic plan is expected to contribute to the realization of the National Strategic Plan and the Sustainable Development Goals (SDGs). The comprehensive five-year strategic plan seeks to mobilize resources to do a thorough analysis on the NCD situation and establish collaboration with all NCD related services within the CBC Health Services. The new strategic plan maintains the mission and vision of the first plan, which is to have "Communities free from preventable NCDs." It has five components – as earlier stated – instead of seven in the previous strategic plan.

## Thriving Despite the Stereotype of Her Disability

Magrace Makeu, 15, was born with Cerebral Palsy. She acquired her disability from birth as a result of her mom's labour complications. Doctors monitored her growth from birth but realized that at six months she couldn't carry out activities for children of her age.

"At seven, Magrace couldn't walk, talk, eat or do anything by herself. I thought all hope was lost for Magrace until I heard a CBR field worker deliver a sensitization talk on Cerebral Palsy in our Church. I hurriedly met the field worker after the Church service to know more about the CBR program and the kind of help and assistance children like Magrace could get," narrates Magrace's mother.

Afterward, the field worker visited Magrace's parents at home to do a need assessment and an individual rehabilitation plan for their child. Magrace was first placed on physiotherapy and was later enrolled in a special needs school.



Grace Makeu is now able to walk and go to school by herself and also help her mother do house chores

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## Thriving Despite the Stereotype of Her Disability Cont'd from pg. 8

Magrace's physical functionality and composure have significantly improved in school thanks to the regular follow-up of the field worker and her mother's commitment.

"Magrace now goes to school unassisted, walks, and eats by herself. She even assists me with house chores especially in the kitchen," adds her mom whose pain over her daughter's condition has been alleviated with CBR's intervention.

Looking after Magrace has inspired her mom to become a change maker in her community. As President of the Parents Support Group of Children with Disabilities, she uses her daughter's experience to encourage other parents of children with disabilities.

Magrace is, today, a very playful and interactive girl, loved and accepted by her family and community.

Stories like that of Magrace are becoming rampant within target communities of the CBC Health Services and her network of Partner Organisations.

While there is no known cure for Cerebral Palsy yet, we continue to see more and more children born with the condition.

Considering the absence of fully developed management options for Cerebral Palsy in Cameroon, the CBC Health Services has gone ahead to implement a new evidence-based standard of treatment method known as Support Tools Enabling Parents (STEP) to better manage the condition.

STEP was developed by the Liliane Foundation and has since been successfully implemented in countries like Uganda, Kenya, and Tanzania.

With STEP, CBR field workers are empowered to effectively simplify the understanding of the condition for parents who can, in turn, participate in realizing improvements in the lives of their children.

**Looking after Magrace has inspired her mom to become a change maker in her community. As President of the Parents Support Group of Children with Disabilities, she uses her daughter's experience to encourage other parents of children with disabilities.**

**Magrace is, today, a very playful and interactive girl, loved and accepted by her family and community.**

## Mbingo Baptist Hospital (MBH)

### MBH Renovates Wards to Boost Quality Healthcare Delivery

The Technical Services Department (TSD) in Mbingo Baptist Hospital (MBH) has in the recent past been very busy with renovation works in some wards in the hospital. The renovation works in the Men's Ward, Female Ward, Children's Ward, Maternity and Out Patient Department (OPD) are thanks to funding from donors who have stood by MBH to give it state-of-the-art structures for quality service delivery even during this difficult period of crisis.

Our Mbingo-based correspondent, Hilda Nambu accompanied the TSD supervision team to the maternity ward where work was advancing a great deal. Mr. Lambi Daniel, Head of TSD in MBH told the press that the maternity is yet to have a new look as renovation work is still ongoing. He said the renovation works involve the total

replacement of the ceiling, tiling of the floor and affixing a new coat of paint on the walls.

Mr. Lambi, said their lone challenge that slowed down the pace of work in the maternity was the fact that they had to manage patients on the one side of the building while work was progressing on the other part of the ward. In other wards, patients were moved to other wards to create space in order to accelerate the progress of the work. Despite this challenge, the Supervisor was optimistic that the cream of TSD Technicians on site will finish the work in record time.

Mr. Lambi further remarked that much structural adjustment works are also taking place at the OPD. He revealed that the

renovated OPD will now have a place for beds to serve as the emergency unit of the hospital.

In a related development, construction of low-cost houses to accommodate some staff is well on course. The low-cost houses upon completion will provide lodging to six staff. The houses are made up of three rooms each.

Reports say although this project will not solve all the housing problems staff are facing in Mbingo, it will at least provide accommodation for some families whose houses have been burnt or looted in the course of the ongoing socio-political crisis in the English-speaking regions of the country.

## BBH 'Abducted' Vehicles Re-dedicated

The Nso Field Pastor of the Cameroon Baptist Convention (CBC), Rev. Sanda Martin has called on the staff of Bansa Baptist Hospital (BBH) to be emissaries of Christ who preach the word of God at all times. He was speaking on December 1, 2018, during a twin event to receive and re-dedicate the BBH 'abducted' vehicles for service. The abducted cars were a Prado and two Hilux 4x4 vehicles, which were intercepted and confiscated by unidentified gunmen on November 16, 2018 along the Kumbo-Bamenda highway.

During the dedication program, Rev. Sanda described evangelism as the best tool for effective service especially during this crisis period. The field pastor commended the BBH staff for the work they are doing to meet the health needs of patients. "Though I am not always around to encourage and pray with you, I act from the background. The Cameroon Baptist Convention is one and as a family, if one part is sick then the whole family is affected," the church leader remarked. Every situation whether good or bad, according to him, is an opportunity to proclaim the risen Christ.

For his part, BBH Administrator, Mr. Kangong Joce appreciated the man of God for standing by BBH during the difficult moments. He praised the staff for the collective efforts made towards the release of the seized vehicles.

Earlier on in an inspirational devotional thought from Ephesians 6:10, Chaplain Bache Joseph revealed that the struggle of Christians is not against flesh and blood but is spiritual. "God has proven his word by bringing the vehicles back to BBH," the Chaplain rejoiced. The event was crowned by a re-dedication prayer said by a college of pastors among whom was Rev. Kimbung Joseph, Senior Pastor Kumbo of Baptist Church who accompanied the Field Pastor.

## EBHY Celebrates World Diabetes Day

Etoug-Ebe Baptist Hospital Yaounde (EBHY) joined the rest of the world on November 14, 2018 to celebrate this year's edition of World Diabetes Day under the theme "Diabetes and Family." Many diabetes patients who usually come for follow up in EBHY showed up to partake in commemorative activities.

The day began as early as 6a.m. with consultation, followed by physical exercise that started at 7:30a.m. and marked the high point of the commemoration ceremony.

Speaking during the event, Chaplain Cobnel Bochat exhorted the patients to know that taking insulin and drugs every day is a reminder that God provides for all our needs. He also encouraged them to respect and follow up their appointments in the hospital. The exhortation was graced by a choir number rendered by the hospital choir.

The Administrator of EBHY, Mr. Yongwa Zaccs, in his speech appreciated the diabetes patients for choosing Etoug-Ebe Baptist Hospital Yaounde for their consultation. He made them to

understand that it is a privilege for EBHY to have them come and consult with them. The Administrator informed them of the special privileges that the hospital offers to them especially concerning their consultation, and lab tests. He promised that the hospital will always pay much attention to them each time they come to the hospital.

Other activities that spiced the occasion included health talks by Dr. Godlove and Dr. Ndasi Cordelia, testimonials, a drama, and a song. In his presentation, Dr. Godlove, who is in Charge of Diabetes Unit, shed light on this year's World Diabetes Day theme. He reassured the patients that he will always make sure they are treated with love whenever they come for consultation.

"I have been moving from one hospital to another without being able to find a solution to my health challenge. However, my story changed when I came to Etoug-Ebe Baptist Hospital. Indeed, my health has improved tremendously" testified Gladys (not her real name), a grateful beneficiary of the diabetic services offered at EBHY.

## BBH launches Christmas Celebration

In keeping with tradition, Bansa Baptist Hospital (BBH) joined the rest of the facilities across the Cameroon Baptist Convention Health Services to launch Christmas celebrations for 2018. Declaring celebrations opened in BBH, Rev. Mangeh Godfrey, Head Chaplain stated that celebrations ought to be a way of life for all staff of BBH with the dawn of every new day.

He noted that "It is no longer news that we [BBH staff] are in the midst of war. However, because we are alive, it is and should be an opportunity to celebrate the love of God in our lives before pursuing our daily activities." The theme for the Christmas celebration in BBH this year was "Celebrating the Peace of God in the midst of war," drawn from Colossians 3:15.

Launching the Christmas season on November 26, 2018, the Head Chaplain, Rev. Mangeh called on all departments to make the Christmas season an eventful one through songs and sketches.

According to our BBH correspondent, Amos Wirngo, the Christmas festivities were expected to reach a crescendo from December 15-22, 2018, when staff were expected to show love to patients and caregivers through their presentations in the wards, Chapel and other areas of the hospital.

**This is what the Lord says:  
"Maintain justice and do  
what is right, for my  
salvation is close at hand  
and my righteousness will  
soon be revealed". Isaiah  
56:1 (NIV).**

**Primary  
HealthCare**

# ACHAP 2019

Africa Christian Health Associations Platform  
9th Biennial Conference 2019, Yaounde-Cameroon

# ACHAP 2019

**Contact or Register to**

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**Theme:** Re-Igniting Primary Health Care:  
The Role of ACHAP

**Date:** February 25 – March 1, 2019

**Host:** CBC Health Services

**Venue:** Hotel Mont Febe, Yaoundé, Cameroon

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## Prayer Concerns

1. Thank God for bringing us as individuals and as an institution to the end of 2018, which has been a particularly difficult year in the history of our nation.
2. Continue to pray for the disturbing socio-political crisis rocking the Northwest and Southwest regions for two years now.
3. 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 no longer function to full capacity due to the ongoing crisis.
4. Pray for the leadership of the CBC Health Services in particular and the CBC as a whole that are grappling with the effects of this crisis at various dimensions.

### Tackling NCDs WHO NCDs “Best Buys”



**World Health Organization**

#### 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

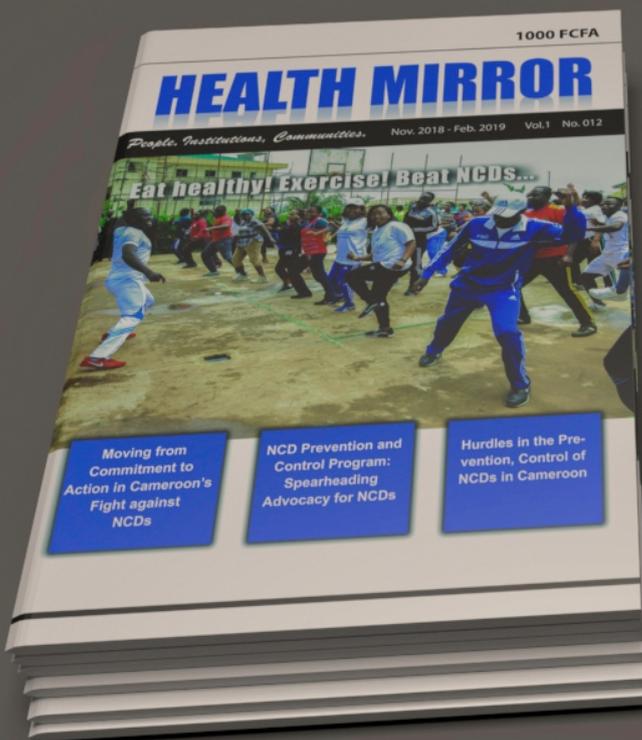
- Reduced salt intake in foods
- Replacement of trans fat with polyunsaturated fats
- Public awareness through mass media on diet and physical activity

#### 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



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