



CAMEROON BAPTIST CONVENTION HEALTH SERVICES

The Health Services CHRONICLE

A Monthly Publication of the CBC Health Services Press Division

June 2019 Vol.5 No. 21



Director of Health Services
Cautions Staff against
Harder Days Ahead... page 2

In this Issue

RTC Executive Management
Committee brainstorms on
Institution Upgrade, Student Intake
Improvement ...Pg 3-4

Breaking Barriers of Disabilities: A
Journey of Warriors ...Pg 6-7

Etoug-Ebe Baptist Hospital
Yaounde and other health facilities
...Pg 9-12

**STOP
Press**

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

**Bible
Verse**

"Hear, O Lord, and answer me, for I am poor
and need". Psalm 86:1 (NIV).

Director of Health Services Cautions Staff against Harder Days Ahead

Prof. Tih Pius Muffih, Director of Health Services (DHS) has cautioned staff of the Central Administration in Bamenda in particular and those across the CBC Health Services in general to beware of difficult days ahead if the ongoing socio-political crisis rocking the Northwest and Southwest regions for three years now persists with its devastating consequences. The DHS sounded the warning bell on Tuesday, June 4, 2019 when greeting the staff during morning devotions after his return from Yaounde for the meeting that grouped CBCHS leaders to review the goals and budget for 2019.

In his words, "A time may come when we may not be able to pay salaries if the situation does not change for the better," the DHS announced. In his fatherly style, the DHS cautioned his staff not to be spendthrift but to save for the rainy days. His assessment was based on the reports he got

from the various institutions at the Yaounde meeting, which indicated the need for tougher measures to abate the situation.

The DHS requested for special prayers for our hard hit stations notably, Dunger Baptist Hospital Mbem, Bangolan Baptist Health Center that now operates in a temporary structure inside the village, and even Mbingo and Banso Baptist Hospitals. He noted that Bafia and Ndebaya Baptist Health Centers in the Southwest region that were closed down due to heightened insecurity will be reopened at the most appropriate time.

Prof. Tih highlighted that one of the ways to sustain the system from going down the drain is for staff to be faithful, accountable and be good stewards in their various tasks. "Don't take what does not belong you, you are only a steward and not the master over the money and property in your care," he

warned emphatically. He lamented that some staff are not helping the system when they take what does not belong to them or cannot perform well. On this basis, he said the system will be bound to lay off such category of staff. For those leaving the system on their own volition, the DHS said, it is okay at this moment.

In spite of the challenges, there is hope at the end of the tunnel. The DHS acknowledged that the newly created centers are doing very well to bail us out. He saluted the hard work of the staff in these centers and called on them not to relent. The new centers are: Tibati and Bonaberi Baptist Health Centers and Baptist Health Center Kribi.

Prof. Tih Pius Muffih, Director of Health Services

HBPP Reviews Progress, Set Goals for 2020

"The Health Board Pension Plan [HBPP] has come a long way to better the livelihood of her clients over the years". Warri Denis, Chief of Administration and Finance (CAF) of the Cameroon Baptist Convention Health Services (CBCHS) sitting in lieu of the Director, made this summary observation while chairing the annual HBPP Board meeting that held on June 20, 2019 at the Director of Health Services (DHS) Conference Hall in Bamenda.



The Board met to assess the progress and pitfalls in 2019 and set goals for 2020. According to the CAF who masterly chaired deliberations, the Board holds mid-year to enable the management team to work and produce results and reports for the next meeting in 2020. Members of the HBPP Board are staff representatives from high volume hospitals and health centers, representatives of Hospital Administrators and a representative for the medical doctors.

In his welcome statement, Mr. Warri congratulated Board members who braved the insecurity emanating from the ongoing socio-political crisis in the Northwest and Southwest regions to travel to Bamenda for the meeting. "You are here not only as endeared members of the scheme, but also as ambassadors who need to bring on board the concerns of the clients whom you represent," the CAF remarked. True to this, the discussions were open, frank and deep, all in the interest of the clients.

After listening to the minutes of the last meeting and updates from the HBPP Manager, the Board observed that clients have difficulties obtaining loans from their savings due to the financial quagmire affecting the entire system to freely release HBPP funds as needed. The Board enjoined the HBPP management to prioritize concerns from clients and act on them promptly; they should adopt a counseling approach to calm clients who have the right to their money, but cannot obtain it at the time they need it. The Board congratulated the management

Continue on pg 3

HBPP Reviews Progress, Set Goals for 2020

On behalf of the management team, HBPP Manager, Mr. Kwieh Elvis Mbounda appealed for more understanding and collaboration from the clients, especially at this difficult period of financial squeeze. He appreciated members of the Board who have been actively liaising between the clients and management.

As goals for 2020, the Manager said they will continue to grant loans on eligibility based on trend of the crisis, intensify controls for

effective, efficient and proper management of the scheme, increase membership from the current 3.165 to 3.500 by end of 2020, ensure accurate and prompt preparation of bi-annual individual statements to attain the satisfaction of clients and intensify education and sensitization through training programs and periodic visits in the field. Improving the office environment and acquiring a 4x4 hilux for field supervision are also goals that can be met with available means.

Continued from Pg 2

The HBPP is a common initiative banking structure within the Health Services of the CBC and open to all categories of workers who are permitted to bring their resources (salaries and other legal earnings) together as contributions into the scheme. The scheme has over the years nurtured and matured clients economically and socially to take loans to prepare for retirement in diverse ways while they are still in service. Its motto is: "Plan Well, Retire Happily".

RTC Executive Management Committee brainstorms on Institution Upgrade, Student Intake Improvement



Management Committee brainstorms on institution upgrade

Executive Management Committee members of the Regional Training Centre for Excellence (RTC) Mutengene have discussed necessary strategies to enhance the institution's academic facilities and its human resources in a bid to boost student enrolment in the upcoming academic year in September 2019. Discussions to this effect took place during a two-day Management Committee meeting in Mutengene from June 7-8, 2019. The meeting was the first after the appointment of the new Academic Dean, Dr. Chimoun Francois and Registrar, Ms Jam Nsang Helga.

Top on the agenda were issues relating to its Financial Situation,

Academic Affairs, a Marketing Plan against the next academic year, Facility Needs, Information and Communication Technology, the Library, Goals, and Budgets amongst others.

The RTC, it should be noted, has trained and graduated 31 students in Diploma Courses. These include 7 in Pediatric Palliative Care, 8 in Community HIV Management and 16 in Health and Social Systems Management. Other disciplines offered in the school include: Medical Records, Public Health, Human Nutrition and Clinical Dietetics, and Counseling.

Continue on pg 4

RTC Executive Management Committee brainstorms on Institution Upgrade, Student Intake Improvement

The meeting was planned to coincide with the taught week for the students who are currently undergoing a course in Human Nutrition and Clinical Dietetics. This provided a forum to liaise with the students and better understand their needs. Addressing these needs was one of the lecturers from Mildmay Institute of Health Sciences Uganda, a Ugandan partner institution, Fred Kigozi and other academic and administrative staff members including the Academic Coordinator, Mr. Nkuoh Godlove, the Dean of Studies, Dr. Francois Chimoun, and the Registrar, Ms Helga Jam.

Talking to CBCHS Press, students expressed their general satisfaction with the training they are receiving and glad about the work of their lecturers.

"The program is very impacting. The lecturers are so friendly and so knowledgeable because they let the students know what is important. It's a practical program and the lecturers are so concerned about the practical part of it. With the training I have got, I look forward to being an entrepreneur of my own," says Blaise.

"This course is so beneficial to me. With this course I have been able to understand more as far as Nutrition is concerned and how I can relate well with the society and tell people more about Nutrition and also how to plan diet very well. It has been a good experience. I call on others to register and get the knowledge as well. I foresee my future to be bright and great. I believe God will make me meet many people out there and their lives will not be the same because what we eat is very important", opines Claudia, proprietor of a Dietetic Restaurant based in Yaounde.

To Tala Mercy, a Biology and Food Sciences teacher by profession, "I decided to come to the Regional Training Center for Excellence, Mutengene to do Clinical Dietetics. I am fulfilled to have taken this decision. Here the topics are taught in detail. When I go back to the High School where I teach, I will handle the topics perfectly. Secondly, I have had the opportunity to go and work in the Hospital and I will

perfectly fit as a Clinical Dietician in any hospital. From these studies, I have had the opportunity of learning about those who deal with disease and food in the community. If I am exposed to work in the community with children, pregnant women and elderly people, I will be able to fit because we are trained in all these areas. I am currently working to start an NGO for the elderly, thanks to the training I received here".

Mercy has made herself an ambassador in her community, and an educator out of the classroom. This student output ties with the expectations of their lecturers, one of them Fred Kigozi:

"My mission to Cameroon is to ensure that each of the students become leaders in health professional development. The students I have met here are such a brilliant lot being a people who are in active duty and take time off to come and improve their learning. This shows the future of Africa in developing what we have and becoming better people to serve the communities where we already are. I believe there is going to be such a tremendous change. They have shown a lot of enthusiasm. With the skills they now have, the performance is going to greatly increase. I have a student who is selling food and she is ready to go back and turn her business around. In short, whoever we have met whether in the hospital or the community when they go back they leave a lasting impact".

Fred is a holder of a Bachelor's Degree in Nursing and a Masters in Dietetics and Applied Nutrition. Therefore, the knowledge gained through the courses offered expose trainees to career improvement and development. According to Mr. Ngang Paul, Administrator of CBC Health Services Complex and RTC Board member, most of the graduates have been appointed as Chiefs of Centers and their performance is applauded in the institutions where they serve.

The next academic year is open to students in all the courses offered in the school. People across the national territory and beyond are challenged to use this singular opportunity of gaining knowledge while at work to upgrade their skills.



CBC Health Services Regional Training Center For Excellence



RTC

**MUTENGENE
CAMEROON**

Programs Offered **Sept.2019**

- BSc in Health and Social Systems Management
- Diploma in Health and Social Systems Management
- Diploma in Public Health
- Diploma in Medical Records and Health Informatics
- Diploma in Human Nutrition and Clinical Dietetics
- Diploma in Pediatric Palliative Care

Mutengene, Southwest Region, Cameroon
Email regionltrainingsschool@gmail.com



www.cbchealthservices.org

(+237) 670400839 , 677565537

Baptist Health Center Kribi

BHCK adopts Robust Awareness Campaign on Oral Health in Ocean

At press time, the Dental Unit at Baptist Health Center Kribi (BHCK) was planning to implement an awareness campaign about the services she is offering to the public on oral health. According to Loveline Ngong, Dental Assistant, there is widespread unawareness of oral health in general and where to seek proper care amongst the population in Kribi.

“Since the start of the unit almost a year ago, we have carried out many tooth extractions, because many patients use traditional options to treat tooth problems at the outset of the condition and only come to us as a last resort with decayed or bad teeth, with irreparable damage. In fact, they come with rotten roots,” she said.

She noted that besides dental caries, chronic properties, gingivitis and cellulitis

are the most common oral health problems in the Ocean Division of the South Region.

Saskia Angu, Dental Auxiliary added that the Dental Unit provides 'Painless Dental' services with state of the art equipment at the unit. Prominent among the equipment is a digital Dental Chair with an added computer screen which enables patients to visualize procedures throughout treatment. The Dental Chair at BHCK is tipped to be the best in all Dental Units across health facilities of the Cameroon Baptist Convention (CBC) Health Services.

The campaign is timely as it will not only demystify poor options in handling oral health in the region but will promote the services the Dental Unit of BHCK is offering to the keep the oral health of the population in check.



BHCK builds ties to promote women's health in the South Region

The Women's Health Program (WHP) at Baptist Health Center Kribi has adopted proximity sensitization to scale up the awareness of services offered by the unit. Claudette Che, WHP Coordinator at BHCK says she has visited Churches and 'Njangi' Groups to talk about their services.

The proximity sensitization is to entreat more women to have them screened for cervical and breast cancers in a region where the penetration rate of screening for cancers affecting women is very low. Drawing from hospital-based statistics, Claudette says “out of every 10 women screened for cervical cancers in Kribi 2 (two) present early signs of pre-cancers”. In order to reduce this prevalence, the Program

is working closely with other structures to screen women in the Ocean Division. She underscored that those screened positive are advised to take the Cervarix vaccine, which is the primary method of prevention.

It is worth noting that besides working to eradicate cancers in women, the program also offers family planning services to the population that can better the lot and welfare of families. The department started in August 2018 and has since then been at the service of the women in Kribi and its environs.

Kribi Population embraces Optical Workshop

The population of Kribi has greeted with satisfaction the services offered by the Optical Workshop and Eye Department of BHCK. According to Mr. Mangeh Augustine Mimba, Ophthalmic Medical Assistant (OMA) the option of carrying out proper eye examination to determine the state of the eye before dispensing glasses at BHCK is unlike other optical workshops, causing the population to see our facility as a reference in Eye Care.

Mr. Mangeh noted that the recent setup of the optical workshop has

come to resolve the waiting time patients had to endure in the past before glasses could be fabricated elsewhere. The department which started in April 2018 prides itself of having provided services to over 1,375 new patients.

At press time, the department has only one consultant, which might be a great challenge if he is off duty. Hence, Mr. Mangeh highlighted the need of an additional ophthalmic nurse to the unit.

Breaking Barriers of Disabilities: A Journey of Warriors



Walters study and take down notes in class, with the help of his assistive computer

// Because of one mal-function or another, some people feel we are incapacitated and vulnerable because we cannot fight for ourselves," Zama Walters groaned.

Zama Walters is a 27 years old student living with visual impairment. Zama's life has always been that of one battle to another. He either had to deal with the myopic perceptions of people around him or the stumbling blocks placed before him by nature. Despite these challenges, the young lad has remained very optimistic about life and sees educational empowerment, as the

birth canal of his breakthrough. "When the going gets tough, only the tough gets going," Zama explains that this statement is a true reflection of his academic journey.

In 2018, Zama sat in for the Cameroon Advanced Level General Certificate of Education (GCE) Examination. Having put in his best in the preparation of the exams, his ability to tackle the questions in the examination hall had made him feel he will make it. "I actually gave in my best shot. I took the time to develop my points and read through my scripts before submitting them. I knew I will make it." Unfortunately, when the results came out, Zama's name was nowhere to be found. He had failed.

Convinced that he deserved something different, Zama together with another friend,

Blaise, who felt he deserved a pass too, decided to visit the GCE Board to understand exactly what happened. Knowing what the Socio Economic Empowerment of Persons with Disability (SEEPD) program has been doing for persons living with a disability, the duo visited its office to get some financial assistance before boarding a bus to the GCE Board Head Quarters in Buea, in the Southwest Region of Cameroon where they requested to see their scripts. To their greatest delight Walter passed in three subjects and Blaise two papers.

The duo did not end there, but proceeded to enroll in the University of Bamenda with a curriculum and structures that are not yet adapted for persons with visual impairments.

Continue on pg 7

Continued from Pg 6

"My first days on the campus were so challenging. The noise in the large Amphitheatres made it difficult for me to pay attention and I could not make use of the handouts given to us. It was really frustrating," Zama recounted. They could only rely on some few classmates who helped them to read the handout after lectures for them to grasp a few ideas. But unfortunately, this source of help could not be constant because the friends were not always available. This made learning extremely difficult for them who wanted to

learn at all costs.

Coming to their rescue was the CBC Health Services' Empowerment Disability Inclusive Development (EDID) program that offered each of them a brand new laptop, with all its accessories (earpiece, laptop bag) and software, which enabled them to get the sound of their machines and explore the world around them. "Words can't express my gratitude. This gadget has really made learning easy for me. I can research and learn along with my peers now," Walters'

face brightens up as he expressed these words of gratitude with lots of emotions.

While youths like Walters and Blaise continue to aspire for higher heights, the CBC Health Services through the EDID and SEEPD programs in partnership with the Liliane Foundation and CBM Australian Aids are leaving no stone unturned in bridging gaps by giving wings to vulnerable children to fly with through different forms of empowerment.

CBM to Fund SEEPD Program for the Next Three Years

The CBM Country Director has announced the willingness of CBM to fund the Socio-Economic Empowerment of Persons with Disability (SEEPD) program for the next 3-year phase of the program to begin in January 2020. Mr. Fon Julius broke the news at the end of a planning workshop on Community Based Inclusive Development (CBID) and Inclusive Education which brought together stakeholders of the SEEPD program from government, private and civil society organizations.



CBM Country Director for Cameroon declare CBM intention to fund phase 4 of SEEPD Program

The separate workshops which took place on June 12 and 13, 2019 had as objective to pull ideas together for the planning of the next phase of the program.

A content analysis sponsored by CBM Australia through the SEEPD program conducted in the West, Northwest, and Adamawa Regions were presented by the consultants who spent 2 months in the field. The analysis in the Northwest where the program has been working for over the years done by Julius Wango, zoomed on the disability work in different components of the program, the outcome of a partnership with the councils, government, civil society organizations, persons with disabilities, and the media amongst others. In the West region which is still a virgin area for the program, the analysis carried out by Mr. Edjoa revealed the areas of focus like clubfoot and other orthopedic conditions amongst many other areas. The analysis situated stakeho

lders on what has been done so far and what still needs to be done as well as their role in influencing inclusion in the region. With the guide of the main facilitator CBM Regional Program Quality Manager, Mr. Mue Peter grouped the participants into identical groups, which they came up with ideas on their different areas of work intended to foster inclusion.

Day 2 of the workshop brought on board educational stakeholders from the University of Bamenda (UBa) to design inclusive education for the UBa community. The workshop saw the presentation of the situational analysis on inclusive education in UBa. The consultant, Dr. Valentine Banfegah revealed that UBa has many students with impairments in the school who are not fully included at different levels like classrooms, Continuous Assessment, exams, recreational activities and many others. "The attitude of lecturers and some students remind a nightmare to most of the students with impairments which hamper their study," his findings reveal.

The situation of inclusive education in UBa caught the attention of the representative of

the Vice Chancellor who opened the workshop. The Dean of the Faculty of Education, Prof. Richard Seino regretted the unintentional exclusion of students with impairments in the University. He is optimistic that with the assistance of the CBC Health Services, inclusion will be intentional in the school to truly make it a University of the future. With CBM funding intended to promote inclusion in UBa, hopes are high that students with impairments will see a positive future in their education.

The presentations of the content and situational analysis in the workshops set the pace for participants to wear their thinking caps and share ideas to improve on the situation of Community Based Inclusive Development (CBID) and Inclusive education in the next phase of the project.

Earlier, the representative of the CBC Health Services, Mr. Wango Barnabas applauded the stakeholders for their commitment in promoting inclusion.



Kees coaching CBR field worker on basic learning skills for CP children

STEP Leader Pays Coaching Visit to CBC Health Services

The former Director of Liliane Foundation and leader of the Support Tool Enabling Environment Approach (STEP) has described the CBC Health Services as one of the most committed Strategic Partner Organization (SPOs) of the Liliane Foundation. Kees Van Den Broek was speaking recently during his coaching visit to Cameroon with the objective to coach field workers and Physiotherapy staff on the STEP Approach of managing children with Cerebral Palsy (CP).

The STEP Approach which is implemented under the Empowerment Disability Inclusive Development Program (EDID) of the CBC Health Services has as goal to improve the quality of life and participation of caregivers and children with CP. It is a strategy to help parents of CP cope with the situation of the children through rehabilitation.

The STEP leader, one of the initiators of the Approach was accompanied to the field visits by the STEP African Coordinator from Uganda, Community Based Rehabilitation (CBR) Services and Physiotherapy Supervisors of the CBC Health Services, CBR field workers of the different regions visited and the SEEPD Program Communication Officer.

In each of the regions visited, Kees and his team evaluated the understanding of the field workers on the STEP Approach with the objective to know the level of support that they needed. "I can rate my understanding of the STEP Approach at 6 on 10 because I just started practicing the Approach and it has been very challenging because the outcome is slow," Constance Ngong, CBR field worker for Center Region expressed.

The team visited over 25 children with mild, moderate and severe CP in the West, Littoral and Center Regions. In each home, the field workers carried out assessments and provided interventions to the children to enable the visiting team better evaluate their understanding and provide them with on the spot coaching. The field workers were coached on the rehabilitation, nutrition, hygiene, involvement of the parents, livelihood, education and participation of

Cerebral Palsy (CP) is a permanent condition that is not fixable, it can only be managed. This has led many parents of children with CP into depression as they struggle on a daily basis to rehabilitate their children given that most interventions yield slow outcome. Mirable Nformi is a 28-year-old mother to a child with CP. Her child, God's gift is 3 years old but can't walk, see, hear, sit and feed well. Her husband died when God's gift was 2 years. Mirabel has been moving with her son from one hospital to another to seek medical help but the situation has never improved.

"I have quit my job just to take care of my son, my mother left Bamenda and abandoned her job to come to help me take care of the child. Even though the situation is not improving at a fast pace, the STEP Approach has relieved me a bit and the counseling given me by the field worker has helped me to recollect myself," Mirabel noted with a gloomy face.

The visit was characterized by workshops in Douala and Bafoussam with field workers and PT staff in attendance. Participants were schooled on how to make the Approach effective by using the STEP logbook which will guide and provide them with adequate information. The participants discussed ways forward, like the creation of parents support group, awareness raising on CP and appointment of CP focal persons. Nsom Kenneth is one of the participants who expressed that after the lessons gained from the workshop he will better manage children with CP.

At the end of the 2 weeks visit, Kees commended the CBC Health Services for the effort invested in ensuring the growth of the Approach. He noted that he is hopeful about the future of the project which will be evaluated in August 2019. Since the start of the Approach in Cameroon, over 80 children with CP have been enrolled on the STEP Approach list. The Approach is being piloted in 4 countries. According to World Health Organization, 1 out of 300 children live with CP.

Etoug-Ebe Baptist Hospital Yaounde (EBHY)

EBHY Administration

The Administrator of Etoug-Ebe Baptist Hospital Yaounde (EBHY), Cameroon Mr. Yongwa Zacs says they are aware of the daunting responsibility of working hard to support the other CBCHS institutions that are in distress from the ongoing crisis in the Northwest and Southwest regions. In this light, the hospital administration is leaving no stone unturned to offer best quality care and retain her clients.

Some of the key departments such as lab, pharmacy, consultation, treatment room and the observation ward operate 24/24 while some other departments have staff on calls. The hospital sees over 400 patients per day.

The Administrator reported progress in the other CBCHS institutions in the Center region. Voundou Baptist Health Center has prospected expansion in three primary health center (PHC) sites namely: Mbangara, Njuila and Maa Jerusalem that is expected to be upgraded

into a full health center soon. The LAP Administrator, Mr. Kakute Peter is leading the prospection exercise in these PHCs. Mr. Yongwa salutes this move and called on the health centers that are doing well to open up PHCs in new areas needing health care.

In other news, EBHY now has a Sanitation Committee in line with government regulation. Mr. Shuyeh Joseph, Assistant Administrator in-charge of Special Duties at the Director of Health Services installed the members of this new Committee on June 14, 2019 after a session to school them on the practical modalities of the Committee. Mr. Shuyeh also used his visit to remind the staff of their obligation to the Adopt the Health Worker scheme which has Pastor Bambo Denis as its new Coordinator.

EBHY Dental Department, a Point of Reference

The dental department of Etoug-Ebe Baptist Hospital Yaounde (EBHY) is a reference in the Cameroon capital city with focus on dental reconstruction other than extraction except in very rare cases. A senior staff at the department, Numfor Henry says the clinic provides specialized procedures to her clients at moderate and affordable costs. These include: fabrication of removable and permanent prosthetics, implants, crown, bridge and orthodontics (teeth straightening) especially in children. Henry told CBCHS Press that many of the clients that receive any of these treatment procedures leave satisfied and act as ambassadors to inform their relatives and friends about the good services provided at EBHY dental department.

Reports say the department sees an average of 47-50 patients per day, a majority of them presenting with dental caries (tooth decay) probably emanating from the culture of the local population that has a liking for eating sweet foods.

The head of department, Dr. Djialeu Romuald says the progress of the department is slowed down by a number of challenges. Like most of the other departments of the hospital, the dental department operates in a limited work space with no toilet and no dressing room.



There is need for an additional dentist to relieve the HOD who juggles between administrative duties and patient care. The socio-political crisis in the country has rendered many patients poor to pay for required treatment procedures, likewise, it is difficult for the administration to buy new equipment and replace the obsolete ones. EBHY dental department has 17 permanent staff and at least three on orientation and still needs more.

EBHY PT Department

The generalized space challenge in Etoug-Ebe Baptist Hospital Yaounde, Cameroon is particularly acute in some of the departments such as physiotherapy (PT) which requires its patients to ambulate and exercise. In spite of this major challenge, one of the two PT assistants, Nfor Asana Nkuh assured us that the department is

faring on well. They see over 300 patients per month, carry out home visits for children with cerebral palsy as well as treat children with clubfoot.

According to our informant, another challenge for the department is with orthopedic clients. She noted that the

orthopedist from Baptist Hospital Mutengene visits the department once in two months. In this way, complicated and urgent cases are referred, although some of them are unable to travel to the referral hospitals for diverse reasons.



Sickle Cell Awareness: “Tell someone to tell someone Campaign Adopted”

The Sickle Clinic at Etoug-Ebe Baptist Hospital is more than before bent on helping sufferers live healthily, despite the challenges that come with having sickle cell anemia. The clinic, besides convening routine clinics for sufferers, is living nothing to chance on educating the public on the condition and the importance of knowing one's status.

In the bill up to the 2019 Sickle Cell Awareness Day, the Clinic organized a sickle cell disease free screening. Dr. Budzi Micheal,

in charge of the Sickle Cell Clinic at Etoug-Ebe Baptist Hospital, Yaoundetold CBCHS Press that free screening, which targets children within the ages of 0-20, seeks to know their electrophoresis (sickle status) early for proper care thereafter if any has the disease.

“This target age group is a priority group in which early care will have lasting effects on the health of those with the disease. Still, in this age group, those in their teens are already getting into relationships and need

proper education to make informed choices when choosing partners,” adds Dr. Micheal.

Etoug-Ebe Baptist Hospital is partnering with Joy2Endure Foundation (J2EF) in Cameroon to bring hope to Sickle Cell Warriors. It is worthwhile stating that the sickle cell disease screening last June 15 was the prelude to this year's World Sickle Cell Awareness Day commemorated every June 19. Knowledge is power in the world of health. #besicklecellaware'

Ear Hygiene: A task reserved for Specialists Only

Cleaning the ear with cotton buds or other hard objects has been highlighted as a major cause of ear infections and possible hearing loss. Speaking to CBC Health Services Press, Ndaleh Peter Rudy and Tata Haddison, ENT Clinical Officers at Etoug-Ebe Baptist Hospital, discouraged the practice of self-cleaning the ear. The ENT specialists underscored that the ear has an auto cleaning system and mechanism. “However, if the cleaning has to be done to remove earwax and other foreign bodies it should be done by an ENT Specialist only,” notes Peter.

The department is witnessing an increase in patient turnout, thanks to a high level of awareness of the services offered at the unit.

Despite the positive move of things at the unit, limited space and the absence of a standard consulting room are roadblocks that continue to slow down work at the department. Peter wished that another consultation room should be set up to reduce patient waiting time during consultation visits.

Quizzed on the standard of care for the ear, the ENT Officer recommended that the population should visit the hospital every three months for routine checks.



It is required to do **routine checks** of the ear every 3 months

BBH Credit Union making in-roots at EBHY

Banso Baptist Hospital Credit Union that began years back in Kumbo is gaining grounds in some of the major towns of the country via the CBCHS institutions. Tufoin Elizabeth is the Branch Manager of the scheme in Yaounde, Cameroon. In a chat with CBCHS Press, she revealed that BBH Credit Union, which was started by doctors and nurses, is today opened to members of the public in good moral standing.

BBH Credit Union has members in almost all the CBCHS institutions in Cameroon and for that reason she is making every effort to take the services to her customers through the creation of satellite offices that will soon grow into full branches. The BBH Credit Union Branch

in EBHY began in January 2019 with a balance sheet of rapid growth. According to the Branch Manager, the clients are attracted by the good services and the fact that they do not need to leave their duty posts to go to town for financial transactions. The staff also goes over to Ekoundoum Baptist Health Center regularly to serve her clients in that institution.

BBH Credit Union offers the following products: shares, savings, deposits, block accounts and loans. They also offer services in business consultation, counseling, insurance, money transfer, salary payment and contact or daily collection to improve on client's saving.

EBHY Pacesetting in Eye Care services

It has been revealed that Etoug-Ebe Baptist Hospital (EBHY), Yaounde stands out as one the major hospitals noted for offering outstanding eye care services to clients in the Center Region and beyond in Cameroon.

The revelation was made recently by Mr.Viban Alidu Ayen Jika, Ophthalmic Medical Assistant (OMA) serving at the Eye Department in EBHY. The certified Eye Specialist said "By virtue of the number of clients consulted at our unit, reaching half a thousand in a week, is an indication that we stand out as a major institution in the provision of eye care services."

The impact of the services rendered is buttressed by committed staff, state of the art equipment and a standard optical workshop. The workshop, which fabricates glasses to correct various eye defects, dispenses over 300 glasses monthly to those in need. He noted that patients have appreciated the timely nature which the glasses are

fabricated and dispensed.

As challenges are a part of everyday work life, the Eye Department at EBHY has its own. "Our greatest challenge at the moment is that we don't carry out eye surgeries thus, pushing our clients to other facilities and bringing about the lost-to-follow-up of treatment," Mr. Alidu remarked. He wished that eye surgery should begin at Ekomdoun Baptist Health Center in the nearest future in order to ascertain proper follow up of patients.

Given the cardinal role personnel play in the delivery of quality care, Mr. Alidu is calling on the powers that be to post more staff to the unit. Meantime, the Department is working hand in gloves with other facilities in the Region. A visiting Ophthalmologist, Dr. Kamsang Pius of Ekomdoun Baptist Health Centre pays regular support visits to the unit to handle difficult cases.

Ekoundoum Baptist Health Center

Administrative Insight

It has been revealed that Etoug-Ebe Baptist Hospital (EBHY), Yaounde stands out as one the major hospitals noted for offering outstanding eye care services to clients in the Center Region and beyond in Cameroon.

The revelation was made recently by Mr.Viban Alidu Ayen Jika, Ophthalmic Medical Assistant (OMA) serving at the Eye Department in EBHY. The certified Eye Specialist said "By virtue of the number of clients consulted at our unit, reaching half a thousand in a week, is an indication that we stand out as a major institution in the provision of eye care services."

The impact of the services rendered is buttressed by committed staff, state of the art equipment and a standard optical workshop. The workshop, which fabricates glasses to correct various eye defects, dispenses over 300 glasses monthly to those in need. He noted that patients have appreciated the timely nature which the glasses are

fabricated and dispensed.

As challenges are a part of everyday work life, the Eye Department at EBHY has its own. "Our greatest challenge at the moment is that we don't carry out eye surgeries thus, pushing our clients to other facilities and bringing about the lost-to-follow-up of treatment," Mr. Alidu remarked. He wished that eye surgery should begin at Ekoundoum Baptist Health Center in the nearest future in order to ascertain proper follow up of patients.

Given the cardinal role personnel play in the delivery of quality care, Mr. Alidu is calling on the powers that be to post more staff to the unit. Meantime, the Department is working hand in gloves with other facilities in the Region. A visiting Ophthalmologist, Dr. Kamsang Pius of Ekoundoum Baptist Health Centre pays regular support visits to the unit to handle difficult cases.

ENT Department

Ear, Nose and Throat (ENT) Clinical Officer, Honore Liale says in spite of the challenges that go with every new unit in the hospital, the ENT department of Ekoundoum Baptist Health Center (EBHC) that started on September 18, 2019 is faring on well. The department sees over 150 patients a month.

Working space remains the principal challenge. The department currently operates in a small room that can contain only the consultant and the patient and not the caregiver. The need for working instruments and additional accessories remain a maximum priority for the new department. Mr. Liale is optimistic that the administration and the mother ENT department in Mbingo Baptist Hospital are working to improve on the daily challenges. He noted that community response to ENT services at Ekoundoum is very positive given that he receives patients on a daily basis and none has returned with a negative complaint.

Mental Health Unit

The Mental Health Unit is one of the newest departments at Ekoundoum Baptist Health Center. It began on April 11, 2019 with Tekem Hermine as the pioneer staff. Although the turnout is still timid with an average of two patients per day, the mental health nurse assured CBCHS Press that the community response is good as the clients are satisfied with the services they get. She said the satisfaction level will further improve when the Unit is able to acquire most of the required drugs. She lamented that most mental health patients resort to self-medication before seeking medical care.

Quizzed on how to improve on patients' turnout, Ms Hermine said she engages in onsite health talks at the Unit and OPD and also carries out community sensitization

Mboppi Baptist Hospital Douala (MBHD)

MBHD Nursing Office Rising up to Task

The Supervisor of Nursing Services (SNS), Mr. Monju Anthony says the nursing department of Mboppi Baptist Hospital Douala (MBHD) is up to the task in handing the daily challenges of nursing care in the hospital. At the time of this report, 12 student nurses, 10 females and 2 males were being received for practical experience. They are all holders of Bachelors Degrees in Nursing and spent 6 months each at the Baptist Training School for Health Personnel (BTHSP) in Banso for personal development.

Meantime, two nurses are being orientated to begin care and treatment in pediatric oncology. Nurse Practitioner, Samba Vera Njamnshi from Banso Baptist Hospital spent three months at Mboppi in orientating the nurses. Speaking to CBCHS Press, Vera said the outcome was timid due to limited clients to expose the trainee nurses to. During her stay, only 6 patients were available to work with and those beyond the age of 15 were referred to the oncologist, Dr. Kouya Francine in Mbingo. To boost patient intake, Vera had a health talk at the Douala Field Bible Conference and Baptist Health Center Kribi.

Similarly, MBHD nursing office is working with Jacalyn Griffin, trainer of perioperative nurses from Mbingo to relocate the autoclave unit from the theatre and install in an independent area where supervision can be made easier. According to the SNS, this

will improve on the wound and surgical unit in the hospital.

At the time of this report, MBHD was preparing to receive 29 staff transferred and posted there. Eight others will follow later. Out of the 29 new staff, 20 are nurses and 2 are Assistant Ophthalmic Medical Assistants (AOMA). On the other hand, only 5 nurses have been transferred from Mboppi. The SNS noted that the number of nurses coming in will improve nursing care in many departments in the hospital such as OPD, screening, observation ward and reanimation services at the children ward among others.

Need for additional space for expansion of services remains a major challenge to the nursing office and hospital administration. Another major challenge, according to the SNS, is the quick rotation and low retention of nurses and other cadre of staff after they have received proper orientation. He said this puts the supervisors on the edge who need to always re-orientate the news staff. As remedy, the SNS proposed that a sort of mutual understanding should exist with the employer when new staff members enter into the system. Lastly, technological advancement open some clients to be knowledgeable about their rights so that nurses who are not updating their knowledge fall prey in the hands of such clients who can be patients or caregivers.

Prayer Concerns

1. Thank God for His hand of sustenance over us as individuals and as an organization at this moment when others have been literally killed.
2. Pray that we shall not take God's grace over us at this period for grant. Pray and trust His word to continue to keep us save to the end.
3. Pray for our children on holiday, that they will not fall into temptation of various kinds.
4. Pray for our partners who are also worried about the prevailing situation in our country. Pray for peace and perseverance in their hearts.
5. Continue to pray for peace to return to our nation.

PUBLISHING TEAM

Publisher/Executive Editor

Prof. Tih Pius Muffih
(Director of Health Services)
Tel: +237 677 936 495

Head of Department

Clemantine Njang Yong
Tel: +237 674 077 006

Editor-In-Chief:

Bonkung Handerson
Tel: +237 679 369 779

Editorial Team

Namondo Ewane
Defeu Colince
Akem Olives
Njoka Divine

Layout/Design

Mufuh Ramiro
Jini John

CONTACT

PO Box 01 Bamenda
NW Region, Cameroon
Email: pressdivision@cbchealthservices.org
Website: www.cbchealthservices.org

If you feel motivated to support any of our programmes in Cameroon, please send your tax deductible gift to:

Cameroon Health and Education Fund (CHEF)
PO Box 330
Rapid City, Sd57709

If you have any questions, contact:
CHEF President,

Alison LaFrence, MD
Home address: 15 Geneva Blvd
Burnsville, MN 55306
Home phone: 952-898-4054
Cell phone: 952-237-4095
E-mails: adljpe@frontiernet.net