

December 2019,
Vol. 5, No. 29



THE HEALTH SERVICES CHRONICLE

A Monthly Publication of the CBC Health Services Communication Unit



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Mother of all CBCHS Institutions,
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STOP PRESS!!

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

BIBLE VERSE

*"While they were there, the time came for the baby to be born,
and she gave birth to her firstborn, a son. She wrapped him in cloths
and placed him in a manger, because there was no guest room for them".
Luke 2:6-7 (NIV).*

DHS Calls for Resilience in Traditional End of Year, New Year Address

“We have a System. Defend it!”

This is, perhaps, the summary of the Director of Health Services (DHS) traditional End of Year and New Year address to the over 4000 workers of the Cameroon Baptist Convention (CBC) Health Services.

Desperate moments as the ongoing situation in the country call for desperate measures. Thus, the DHS does not mince words as he begins his renewed 4-year mandate to steer the affairs of the CBCHS.

“I wish to encourage all of you to be more responsible, accountable and duty conscious during these difficult times. Things are not the same and may never be the way they used to be. Please adjust and live modestly. There are numerous challenges at individual and Organizational levels but do not give up. Be positive in your thoughts and plans. Continue to cling to our Mission and Vision statements. Be united in purpose and respect your leaders. Stand firm and defend our values, policies and what we have built together”.

Prof. Tih made a retrospection of 2019 and noted areas of success. *“At the beginning of the year, we prioritized drugs, salaries, and payment of taxes. We are happy to inform you that our drug supply situation significantly improved with an average of 75% of drug availability in most of our health facilities throughout the year. This contributed greatly to the quality of care given to patients. We thank the Central Pharmacy for their hard work and good supervision”.*

The DHS appreciated the entire finance team under the able leadership of the Chief of Administration and Finance for the stringent management of our limited income. *“You are witnesses to the fact that our salaries were paid*

regularly throughout this year in spite of the low cash flow situation in the System. Our staff would have suffered more if the payment of salaries delayed given the socio-political crisis that has imposed economic hardship on all of us. Families are increasingly unable to put food on the table for their children. Businesses, farming, and travel have become difficult, if not completely stopped. Some organizations have not paid salaries for many months. We thank God for His blessings and provision. We paid taxes regularly throughout the year to avoid penalties”.

Even though the CBCHS achieved most of her goals in 2019, the DHS lamented that “Our Nursing Care has not improved as desired”. He noted that measures are taken to abate the situation such as in-service seminars and advice, yet the public still complains about the decline in our Nursing Care. As a remedy, he announced the DHS Special Nursing Care Award beginning in 2020 to give special incentives to Wards and to individuals who excel in Nursing Care. The DHS encouraged all Stations to abide by the Dress Code instituted in January 2014.

Speaking to the staff at the CBCHS Central Administration on December 21, 2019, a few days

after the Board meeting that re-elected Prof. Tih Pius as DHS, he reiterated the need to work with those who are trustworthy, hardworking and available to carry the vision and mission of the CBCHS forward. Prof. Tih said he was only a servant as the biblical Ballam’s ass to lead the team to achieve its mission of providing compassionate healthcare to all who need it.

“Everyone is watching and admiring us including the government,” the public health expert told the staff as a caution to stay on guard in their services to mankind. He narrated his recent invitation to the Ministry of State Audit in Yaounde not for a query as is the norm, but for praises about the quality care, CBCHS offers to Cameroonians. Also, the DHS announced an expansion to the Far North Region in 2020 following the handing over a big hospital to the CBCHS to run (More on this in our next edition).

On behalf of the staff, the Chief of Administration and Finance, Mr. Warri Denis congratulated the DHS on his re-election and pledged the support of the staff to the DHS in his new 4-year mandate.



Prof. Tih Pius Muffih, Director of Health Services

MBH Graduates Two Specialist Doctors, Retires Four Workers

Mbingo Baptist Hospital (MBH) is very much alive and functioning as the citadel and mother of all CBC Health Services institutions contrary to rumour and misinformation that the hospital has been transferred to Bamenda owing to the ongoing socio-political crisis rocking the Northwest and Southwest regions since November 2016.

Against all odds, the hospital graduated on December 14, 2019, two doctors from her specialization programs; one from the seventh batch of the Christian Internal Medicine Specialization (CIMS) and one from the eighth class of the Pan African Academy of Christian Surgeons (PAACS). Both Cameroonians included: Dr. Sama Akanyu as the pioneer female General Surgeon graduate from PAACS and Dr. David Sunday from CIMS.

The Commencement Address, as well as the Charge to the graduates, sounded like a sermon in church, all pointing to the compassionate care of Jesus Christ as exemplified in the training at PAACS and CIMS. And that makes a whole lot of difference with the specialization training programs in Mbingo Baptist Hospital.

Dr. Jonah N. Wefuan, Senior Consultant Physician, Internist and Rheumatologist and former Chairman of the CBC Health Board felt honoured to admonish the new specialist doctors with his long-standing experience in the Commencement Address. According to the retired Director of Bamenda Regional Hospital, *“Specialization enables the healthcare professional to focus on a specific niche or area within the medical community, enabling more efficient and higher quality care with the specialist mastering his area of specialization”.*

Talking on the benefits of specialization, Dr. Wefuan said specialized healthcare providers see more patients, increase output and reduce errors, are open to a differential or several possible diagnoses, make quick diagnoses without frequent reference, and meet a great demand for leadership.

Dr. Wefuan cautioned the graduating specialists against the danger of practicing good medicine as an island entirely of themselves. *“The more you know, the more you realize that you know less and that even though you have specialized in general surgery and internal medicine, there are several subspecialties in your discipline,”* he noted.



Dr. Sunday and Dr. Sama commissioned to be evangelists in their medical practice

On this premise, Dr. Wefuan told Drs. Sama and Sunday interact well with professionals of other subspecialties, listen to advice from nurses, pray with patients when the urge comes, be humble to check their notes and textbooks especially verifying management protocols and not to give up quickly on a dying patient.

In his charge to the graduates, Dr. Albert Nyanga, Assistant Director of CIMS and former resident of the program harped on compassion as the key tenet of the specialization programs in Mbingo. He charged the two graduates to emulate the biblical Good Samaritan and be evangelists in their medical practice. In a vivid analogy, Dr. Nyanga said it is compassion that pulls patients to CBCHS hospitals especially Mbingo and Bansa Baptist Hospitals located in rural settings.

The Directors of PAACS and CIMS, Prof. Jim Brown and Prof. Dennis Palmer respectively presented Dr. Sama Akanyu and Dr. David Sunday as qualified specialists who have completed five and four years of rigorous training. They received their certificates from the hands of their Directors as a symbol of initiation into specialization. Dr. David Sunday spent additional one-year training in intensive care and he will be in charge of the Intensive Care Unit in MBH.

In their responses characterized by emotions of joy, Dr. Sama Akanyu, and Dr. David Sunday thanked all who contributed in any way in their successes: Program Directors, MBH family, and family members who were all present to witness the colourful graduation ceremony.

On the sidelines of the PAACS and CIMS graduation was the retirement of four workers from MBH. Before presenting their profiles, MBH Senior Administrator, Mr. Nji Richard Nkeh congratulated the henceforth, senior citizens, for their faithfulness and loyalty that kept them until retirement at age 60.

The four retirees included: Emmanuel Chia Ngong, Technical Services Department, who served for 38 years, Nyingcho Erasmus Ngam, nurse, who served for 38 years, Visameh Mulumuh Frida, nurse, who served for 40 years and Yuh Amina, caterer, who served for 29 years.

Rev. Dr. Nfor Ephesians, MBH head chaplain prayed to commission the graduating specialist doctors and for the retirees who go to begin a new life as senior citizens.



MBH honours four retirees for loyal and effective services

World AIDS Day 2019: The Person to Stop HIV/AIDS is 'You'



Free HIV screening during Community Sensitization gets communities directly involved in curbing HIV & AIDS

The effort to ensure that the community is involved in fighting against HIV and AIDS is never enough until everyone sees it as a responsibility to advocate against the World killer disease in their everyday activities.

Community Initiative AIDS Care and Prevention (CIACP) program of the CBC Health Services on December 1, 2019, celebrated the 32nd Edition of World AIDS Day (WAD) 2019. This year's event held at the Health Services Complex in Mutengene, under the global theme, "Communities make the difference".

Lauretta Babara, Manager of CIACP program says that one of the first ways the community can make a difference in fighting against HIV and AIDS is by accepting people living with the disease. "Acceptance, Love and Support give psychological healing to patients living with HIV and AIDS," she noted.

Expanded access to antiretroviral therapy (ART) has greatly reduced the number of HIV and AIDS-related deaths and global infections from 1.7 million in 2014 to 770,000 in 2018, but stigma resulting from community actions many at times increase risk of

more and more patients dying of the disease.

The CIACP program each year ensures that persons living with HIV and AIDS are brought together in an event like World AIDS Day to help them share experiences and ideas to better manage the disease condition.

"During this World AIDS Day, we organize plays, sports events, talk shows, share testimonies, teach crafts, and many other activities to encourage them to know that they can become anything in life, though with the disease," The Program Manager explained.

Babara said that the Support Group initiative of CIACP has also helped patients to locate proper treatment, get effective follow-ups and learn life skills that help them live happily in society.

But more is required from the community. A conscious and concerted effort is needed to see that this disease is curbed. However, as part of what we do, the Program Manager said, CIACP has reinforced community sensitization in Churches, Schools, the Radio and TV stations to educate com-

munities on the importance of knowing their status, use of contraceptives, abstinence, proper hygiene and how to better relate with persons living with HIV and AIDS.

"We screened about 6000 people this year in the Southwest Region of Cameroon within this period of WAD 2019, and about 101 persons were tested positive of HIV", Babara added. Results this year showed a 2% drop in HIV prevalence in Cameroon. "We are making progress. Everyone especially pregnant women is encouraged to know their status".

Health Campaigners advocate that everyone has to take it as a personal commitment to educate their family, friends and local communities to make a difference in the fight against HIV.

Some people, especially partners rely on the results of their partners to determine their status. Babara remarked that "We are encouraging them to always go for a checkup because HIV is not only transmitted through sexual intercourse. We also screen against Non Communicable diseases like hypertension, diabetes, and cancers".

Limiting Consequences of GBV in Northwest: Response in Place

The Cameroon Baptist Convention (CBC) Health Services in partnership with the United Nations Population Fund (UNFPA) has set up a One-Stop-Shop for survivors of Gender-Based Violence (GBV) in the Northwest Region.

The One-Stop-Shop, which is first of its kind in the region, is a good practice in service-delivery which involves bringing together services in one location, especially to domestic and sexual violence survivors who are often in need of holistic care.

Josephine Nsono, Child Protection Officer and Gender-Based Violence expert says the One-Stop-Shop will house medical, psychosocial, mental health and legal services. "At the medical service, emergency contraceptives and post-exposure prophylaxis will be administered to survivors of sexual violence to make sure they don't end up with HIV (Human Immune Virus) and other related concerns. The social work service will provide psychological and psychosocial support, while the legal service is there to ensure that survivors access justice as well as bring perpetrators to book," she explained.

According to the World Health Organization (WHO), "Sexual and other forms of gender-based violence are increasingly reported in situations of complex emergencies involving political instability and armed conflicts".

Pamela Njume, Gender-Based Violence expert at

UNFPA Northwest says the crisis in the region has led to an untold increase in the cases of GBV, necessitating immediate actions and urgent response. "So this One-Stop Shop is one of the response actions to the alarming rates of GBV while helping survivors to seek available services. This will go a long way to help them to come out of the difficult experiences and develop positive coping mechanisms to live a normal life in the society," she said.

"Besides the crisis, the enclave nature of some localities in the region further exposes vulnerable groups such as women, persons with disabilities and children to various forms of abuse. Therefore, the One-Stop-Shop is indeed a stitch in time," detailed Pamela.

"The term, "Sexual and other forms of gender-based violence comprises not only rape and attempted rape but also sexual abuse, sexual exploitation, forced early marriage, domestic violence, marital rape, trafficking, and female genital mutilation," says WHO.

In a litany of speeches at the launch of One-Stop-Shop, Mr. Wirba Assan, Northwest Regional Delegate of Women's Empowerment and the Family said the initiative is laudable. "This is going to be a safe place for GBV survivors undergoing pain to have solace, thanks to the kind of care that will be offered here". He saluted the collaboration between government, UNFPA and the CBC Health Services in

promoting and protecting the plight of the vulnerable population.

Rebecca Atemkeng, Regional Delegate of Social Affairs, on her part, commended the CBC Health Services and UNFPA for making resources available to set up the One-Stop-Shop, which will address the GBV situation in the region. She pledged her unflinching support to the initiative in a bid to keep GBV under control.

The uniqueness of the One-Stop-Shop is an accommodating space for survivors in life-threatening conditions to rest while the legal staff processes a restraint. The Space located at UP Station in Bamenda can accommodate the survivor for three days while competent services are being sought.

Mr. Wango Barnabas, Assistant Administrator at the Director of CBC Health Services' Office speaking on behalf of the Director of Health Services appreciated UNFPA for making funds available for the One-Stop-Shop. "This will go a long way to restore the dignity of survivors who often are objects of scorn and rejection in their communities after being violated upon," he said,

It is worth stating that UNFPA is the United Nations sexual and reproductive health agency, with a principal mission to deliver a world where every pregnancy is wanted, every childbirth is safe and every young person's potential is fulfilled.

One-Stop-Shop for GBV Survivors Goes Operational in BHM

A One-Stop Shop for Gender-Based Violence Survivors in Emergency and Maternity Waiting Home has been opened in the Southwest region of Cameroon. This new department has come to counter the difficulties GBV survivors have endured throughout the 4 years of the socio-political crisis in the North and Southwest region of the country. Hosted at the Baptist Hospital Mutengene (BHM), the one-stop-shop/maternity-waiting home is funded by the United Nations Population Fund (UNFPA). This ceremony took place on December 14, 2019, at Baptist Hospital Mutengene.

The CBC Health Services' Gender and Child Protection Officer, Mrs. Nsono Josephine, while appreciating the United Nations Population Fund (UNFPA) for funding, submitted that "This is a space reserved and dedicated for gender-based violence survivors

to receive holistic care from stigma and trauma involved in going from one service provider to another as well as the challenges involved in accessing legal services and justice".

Present at the handing over and dedication of the one-stop-shop were the Divisional Delegate for Women's Empowerment and the Family (MINPROF), administration of Baptist Hospital Mutengene (BHM), heads of services, and the media among others. The Divisional Delegate of MINPROF, Mrs. Ashu Veronica lauded the CBC Health Services and UNFPA and noted that the one-stop-shop is a very welcome initiative in her jurisdiction given the growing reports of gender-based violence in the face of the crisis in the Northwest and Southwest Regions of Cameroon.

The Delegate related a case in Tiko, which she revealed, will be the first case she will send to the centre. "This has come to add to already existing centres in the division to handle the growing psychosocial issues of survivors of gender-based violence but this one is ideal given the services offered in one space," observed the Delegate.

The Chief Medical Officer of Baptist Hospital Mutengene, Dr. Ndasi Henry said it is a privilege for his institution to host such a facility that will help them give holistic care to their clients. Adding his voice to the CMO, the Assistant Administrator in charge of Personnel, Mr. Nfor Ngamngong Emmanuel noted that the hospital administration is ready to partner with the ministries and others to help the hospital achieve its goal of offering holistic care and quality services to all who need it with compassionate love.



Fighting against GBV is team work

After the brief session at the chapel, the Gender and Child Protection Officer walked the Divisional Delegate, administration, media, and others present through the one-stop-shop explaining the different services offered there.

“Services available at the centre are provided by office assistants, social workers, a men-

tal health nurse, a medical doctor, and a legal adviser who will focus on the protection measures for the client. The space has rooms for clients to rest for a few days before being integrated into their society or community. The equipped maternity home has rooms for pregnant women and girl survivors to stay a month or two in anticipation of their day of delivery,” explained Josephine.

A short film was projected at the centre to show a scenario of gender-based violence and how it should be handled in the services already made available in the centre. The head chaplain of BHM, Rev. Timlak George dedicated the centre and the workers in the hands of God. He also prayed clients will find solace after leaving the centre.

56 Young Advocates for Prevention of NCDs commissioned as Community Ambassadors

Young Advocates for Non-Communicable Diseases (NCDs) Prevention and Control (YAP) have been commissioned to employ the skills they have acquired in their four-months training to make a mark in the fight against NCDs in Cameroon.

In lieu of the Director of Health Services (DHS), the CBC Health Services Chief of Administration and Finance (CAF), Mr. Warri Denis made the charge while speaking at the end of the course ceremony. The occasion took place in the DHS Hall at the Baptist Centre in Nkwen, Bamenda. The 56 Advocates were trained to promote awareness among peers, initiate and implement innovative NCD-related projects involving communities, and to engage all stakeholders to advocate for policies that counter modifiable NCD risk factors.

While appreciating the facilitators and the advocates for going through the training successfully, the CAF observed that “This training is the first of its kind in Cameroon. As Young advocates, you are expected to go out and make a difference. There is a need to shift from facility provided services to

community services of promoting healthy practices in preventing illnesses. You have to engage communities and stakeholders, influence policies and cultural practices to ensure healthy-living in all populations in Cameroon”.

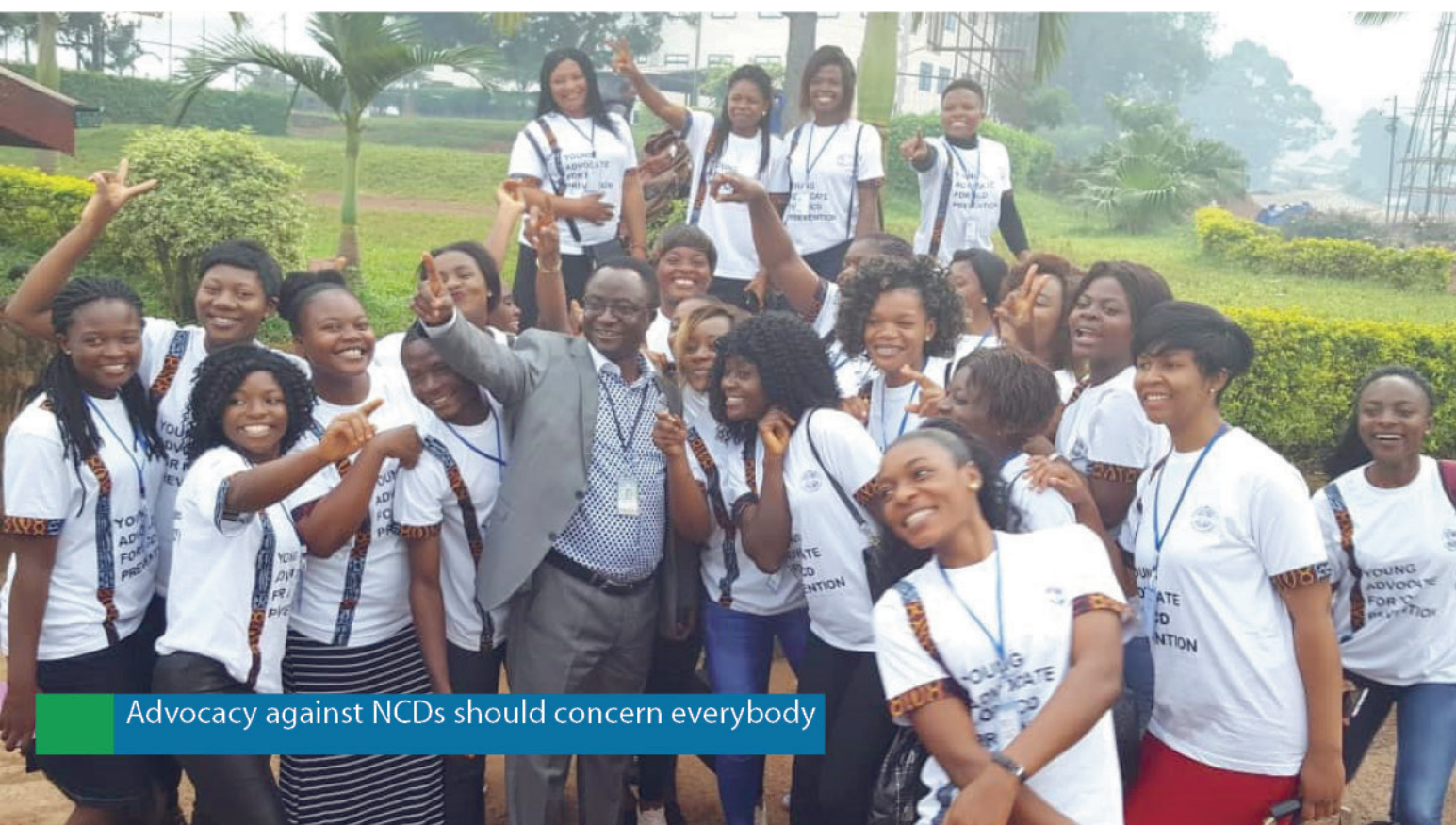
Dr. Epie Njume, General Supervisor of the CBC Health Services Non-Communicable Diseases Prevention and Control Program (NCD-PCP) presented the advocates to the administration and audience. “These 56 YAPs have gone through an intensive course over the past four months to an overview of NCDs and types, communication skills to enable them to educate the communities, proposals and grants writing to enable them design and implement funded projects, and advocacy to enforce or drive the elaboration of policies which foster healthy living. The trainees performed beyond expectations. We trust that they will contribute to driving the fight against NCDs forward in Cameroon,” Dr. Njume affirmed.

Representing the DHS, the CAF presented end-of-course certificates, to all those who undertook this course.

The Mayor of Bamenda I Municipality, Mrs. Caroline Bi Bongwa charged them to use the knowledge and skills they have acquired to change not only their own lives as individuals but also that of their families, communities and the nation.

Through a speech presented by their class representative they appreciated the CBC Health Services Administration for the skills they have acquired while pledging to do their best in the fight against NCDs. “We will be more performant if we are given opportunities to work within organizations, the training would be a failure if there is no platform under which to operate,” added Ndi Emmanuella Ngani.

The event was punctuated by singing, dancing and poetic renditions by some of the YAPs that all served to sensitise the public on NCDs. It should be noted that the fight against NCDs is everyone’s responsibility. I can fight it, you can fight it and together we can fight it.



Advocacy against NCDs should concern everybody

PWDs hail CBC Health Services' Quality Health Care Delivery



CBC Health Services stays true to the mission of providing quality care to all

Persons with Disabilities (PWDs) have greeted with gratification the work of Cameroon Baptist Convention (CBC) Health Services in providing exemplary health care. The commendation came on the heels of a free screening campaign organized in the bill up to and during celebrations marking the International Day of Persons with Disabilities (IDPD) 2019 in Cameroon.

The week-long health campaign presented an opportunity for PWDs to screen for various health conditions in CBC Health Services' facilities in some major towns in Cameroon. The screening culminated in a grand outreach at the Centre National de Rehabilitation Des Personnes Vivant Avec Le Handicap (National Center for the Rehabilitation for Persons with Disabilities) Paul Emile Leger Etoug-Ebe, Yaoundé.

Access to health care remains a major problem for many PWDs who live below the poverty line. The situation is even worse in those whose disabilities have rendered them incapacitated, unable to fend for themselves. Mr. Kong David Ngum, a PWD and Chief of Services for Special Inclusive Education, Sports, and Animation at the National Center for the Rehabilitation for Persons with Disabilities says out-of-pocket payment for health care and assistive devices make life very difficult for PWDs. "Just the cost of a wheelchair for those with mobility impairment can render an entire family poor," he said.

The average cost of a standard wheelchair is FCFA 295,693 (\$500 US Dollar) which is seven times the minimum wage in Cameroon. By implication, it will take a minimum wage earner in the country 7-months wages to buy a wheelchair, not to mention those who live virtually on less than a dollar day.

Conjecturing from the firsthand hardship PWDs

face accessing health care and acquiring assistive devices, Mr. Kong says initiatives like that of the CBC Health Services to provide free medical consultations to PWDs should not only be limited to international day celebrations. "The life of PWDs is not limited to a number of days. Therefore, stakeholders should work hard to let them have these services where and whenever needed," he said.

The IDPWD is a United Nations' (UN) Day held annually on December 3 to focus on issues that affect people with disabilities worldwide. This is usually under a chosen theme to chart the course for including PWDs in mainstream society. This year's event was under the international theme, "Promoting the Participation of Persons with Disabilities and their Leadership: taking action on the 2030 Development Agenda".

Promoting participation warrants that PWDs are fully a part of all policies and actions for them. Mr. Bonkung Handerson, a person with speech impairment says, "Every person with a disability has the right to inclusion and participation in nation-building." However, for full participation to be a reality "the society at large has to desist from the myth that minor roles are meant for PWDs and focus on their ability to deliver," said Mr. Bonkung, Editor-In-Chief at the CBC Health Services Communication Unit.

According to Chansiline Nanze, a person with a mobility impairment and Journalist with Cameroon's National Broadcaster (CRTV) says, PWDs have to see their disability as an opportunity to make a name in the society and surmounting the odds to be successful. "Determination and acceptance are key for the participation of PWDs in the political and social life of the country," she remarks.

In a keynote address, Mme Pauline Irene Ngene, Cameroon's Minister of Social Affairs said the move towards an inclusive society in the country is well on course and there has to be strong advocacy to make the future accessible and promising for PWDs. "My Ministry will continue to work in synergy with partner Ministries, private organizations and civil society to translate Government resolutions and policies into actionable strategies that can improve the welfare and lot of PWDs," she explained

The Minister saluted the services of private organizations like CBC Health Services in promoting and protecting the rights of PWDs. In a tour to exhibition stands at the Centre National de Rehabilitation Des Personnes Vivant Avec Le Handicap Paul Emile Leger Etoug-Ebe, Yaoundé, Mme Irene Nguene made an appraisal of the free screening health campaign, which the CBC Health Services was offering to PWDs. "I am impressed with the work you are doing for Cameroonians. Thank you," she submitted.

Mr. Yongwa Zacks, Administrator at Etoug-Ebe Baptist Hospital Yaoundé noted that the free screening which started on November 26 to December 3, 2019, allowed for PWDs to check for eye defects, ear, nose and throat problems, hypertension, diabetes, mobility problems, and mental health conditions.

Cameroon has an estimated population of 25-million people according to the world population review. Out of this number, 3-million are PWDs constituting 15 percent (%) of the country's total population. Therefore, taking actions that improve their livelihood will have a great impact on the country's workforce.

The IDPD 2019 was celebrated in Cameroon under the national theme "The future is Accessible".

Humanitarian Services: EDID Program Advocates Access for Persons with Disabilities

Persons with Disabilities (PWDs) in the Northwest and Southwest Regions of Cameroon have saluted the work of the Empowerment and Disability Inclusive Development (EDID) program of the Cameroon Baptist Convention (CBC) Health Services for standing by and creating the enabling environment for them to access humanitarian assistance amidst the Anglophone Crisis.

Armelle Nogning, a person with mobility impairment voiced her appreciation in Bamenda last December 20, 2019, at the Coordinating Unit of Association of Persons with Disabilities (CUA-PWD) while receiving equipment on behalf of her household to set up a poultry farm.

“Words are not enough to express my [our] appreciation for this donation. The proceeds from the poultry will go a long way to boost the income level of my family. I want to thank all the organizations that mobilized resources to make this donation to get to PWDs.” she said.

The Coordinating Unit of Association of Persons with Disabilities is a network of associations of PWDs and other stakeholders that have come together to form a platform to address the issues of inclusion of PWDs into mainstream society. The Unit has a goal to improve the quality of life of PWDs and enhancing inclusion. Thanks to the

work of the Unit, coordinated actions are now being taken towards PWDs.

Edwin Nsah, a person with visual impairment says, “I feel like a boat floating on the Nile after receiving this equipment that will enable me to engage poultry farming to generate income. I must state here that the current crisis in the region has stifled our living standards a great deal. As of now, I can’t say I have a steady income. As such this donation will help for economic sustainability.” He added that “I have people who depend on me, so this will not only go a long way to support me but my entire household.”

According to Samuel Nyincho, General Coordinator of the Coordinating Unit of Associations of Persons with Disabilities, “The EDID program has provided support relief assistance to PWDs in the region, as well advocate for the inclusion of PWDs in humanitarian interventions by other stakeholders. So far we’ve provided basic needs to over 330 PWDs and 25 others trained on income-generating activities with 12 of them provided basic capital of less than 25000 FCFA,” Nyincho revealed.

Besides providing relief assistance to Internally Displaced PWDs, Nyincho said, “At the Coordinat-

ing Unit of Associations of Persons with Disabilities we have adopted an approach of sensitizing the community on the plight of PWDs in the advent of the armed conflict. The crisis caught us off-guard given that we did not know about humanitarian work and response in crises. However, thanks to the resources provided by the EDID program, we have been able to engage United Nations (UN) agencies through which we have had a series of trainings on humanitarian work to reach out to PWDs,” he added.

In line with the success recorded as a result of the CUAPWD’s advocacy to humanitarian organizations, Mr. Nyincho Samuel says, “The Food and Agricultural Organization (FAO) has adopted and instituted a policy that 10 percent of their beneficiaries will be PWDs, thanks to our advocacy work. We have equally had 63 PWDs trained by FAO on home gardening and poultry farming.”

It is worth stating that before the advocacy by the Coordinating Unit of Association of Persons with Disabilities many PWDs were left out during humanitarian assistance due to the lack of information. However, many PWDs now have access to aid with the help of the coordinating unit where every message is tailored based on the specificities of the disability in question.

CBC Health Services Commune with Orphans at Christmas

Children at Mispa Orphanage Nkwen-Bamenda have appreciated the Cameroon Baptist Convention (CBC) Health Services for communing with them at Christmas. This was during a courtesy call on them last December 24, 2019, by some staff of the CBC Health Services Central Administration in Bamenda.

In a welcome that is reserved for ‘bearers of goodness,’ the Children chanted “welcome... welcome and come again.”

Addressing the children on behalf of the team,

Mr. Wango Barnabas, Assistant Administrator reminded the children of God’s love by chanting the chorus of “Jesus loves the little children....”. He assured the children that “*You are indeed precious in his sight*”.

Mrs. Musa Bih Celine, Matron of the Orphanage hailed the CBC Health Services for choosing to visit them at this time of the year. “We are grateful that God is using you to fulfill the Scriptures of taking care of the orphans and the underprivileged,” she said.

Mispa Orphanage saw the light the day in 2005 with 23 children. Today the institution is hosting over 123 children. The orphanage has a kindergarten, primary school where children study. Upon graduation from primary, the children continue their studies in nearby secondary schools and thereafter to the University.

Sermonizing from Genesis 21:8-21, Rev. Fongoh Godwin, Chaplain at the CBCHS Central Administration told the children never to think that God has abandoned them. “God cares for you all,” he submitted.



CBC Health Services extends the Joy of Christmas to Orphans

Young Advocates for NCD Prevention commemorate 2019 World Diabetes Day with Fanfare

The CBC Health Services joined the international community to commemorate World Diabetes Day on November 14, 2019. "The Family and Diabetes," theme of this year's celebration, emphasized the importance of raising awareness on the impact that diabetes has on the family and support network of those affected. The theme also promotes the role of the family in the management, care, prevention and education on diabetes.

The Director of CBC Health Services, Prof. Tih Pius Muffih enjoined staff of his organization to take their families to health facilities and get themselves and their eligible family members screened to know their risk of developing type 2 diabetes and to ensure those with established

diseases are on treatment with appropriate follow-up. "Our wish is to harness family support to make in-roads in improving health outcomes for persons living with diabetes," the public health expert emphasized.

Persons living with Diabetes at the NKwen Baptist Health Centre Diabetes and Hypertension Unit took ownership of the day and participated in exciting interactive games such as musical interpretation, aerobic dance, tug-of-war, line picking, hoop game, drama presentation, and a health walk. They also seized the opportunity to request a reduction in the cost of diabetes medicines.

Young Cameroonians who are currently undergoing training with the CBC Health Services to be

advocates for NCD prevention brought a sparkle to the event with the production of a short film on diabetes titled, "Sweet Blood". They also composed a song & poems on diabetes which were presented at the CBC Health Services Central Administration during morning devotions. The film was also enacted to the diabetes clients at the Nkwen Baptist Health Centre, Bamenda.

World Diabetes Day has come and gone but diabetes awareness continues! According to the International Diabetes Federation, an estimated 232 million people are diagnosed with diabetes globally every year. Knowing your risk is the key to prevention and early diagnosis.

Two Brothers with Cataract Gain Sight after Surgery

"Medical health is a right for every child even when some parents do not know or have decided to ignore this fact". As small as they are Tamfu Amihayu Ngwani, 13 years old and his 6-year-old younger brother, Ndukong Mustapha made this statement after living with cataract condition from birth. They were born in Taku village in Donga Mantung Division to Mr./Mrs. Tam fu Patrick who is now resident in Magba, Noun Division in West Region. Their parents do petit-trading and small jobs around to sustain their homes.

The mother explained that the children gradually lost their vision as they grew up. The education of the children was hampered with the difficulties they faced in learning and studying and even socializing with their peers. According to Madam Mary class 3 teacher in the CBC Bilingual Primary School Magba, "I usually put in extra hours to closely work with Amihayu for him to be able to understand his lessons due to his poor vision despite the fact that he sits on the front seat closer to the board," she explained.

The children express the challenges they experienced in the past, "In class, we hardly saw what the teacher wrote on board. We couldn't do our house chores normally, and when walking around, people mock at us because we can't see," lamented Mustapha.

The story of these children took a positive turn when

the screening team of the Ngounso Baptist Health Center identified them in the CBC Bilingual Primary School Magba. They were referred to Mboppi Baptist Hospital with a recommendation for surgery. When news of their operation got to them, they excitedly told their school mates of their joy and hope to one day regain their sight.

Given that their parents were not financially viable for the surgery they gave little attention to the medical report and preferred to manage through with the little vision that the children had. The delays kept the situation deteriorating until the intervention of the Empowerment Disability and Inclusive Development (EDID) program through the Community Based Rehabilitation Services of the CBC Health Services. In line with her objective to improve on the quality of life for children with disability, the EDID program spent 350,000 FCFA for the surgery of both children which took place in Mboppi Baptist Hospital

After the diagnosis, the Ophthalmologist, Dr. Kamdem Elvis explained that both children had bilateral cataract which is not very common in our setting given that they are from the same parents. He noted that it may be a genetic cause. "I regret the delay of cataract surgery in the children which has greatly affected their vision especially that of the elder brother, Amihayu," Dr. Kamdem underlined. He clarified that the only treatment of cataract is surgery, which

he said, was supposed to have been done on the children before now.

The successful surgery that lasted for close to 2 hours for both children was the magic that made two brothers see and appreciate the beauty of the world for the first time. The surgeon encouraged the parents to respect instructions so as to ensure the best outcome of the surgery.

For the first time in 13 and 6 years, the children felt as if they were in a different world as they experienced an improved vision. The smile on their faces tells of children who had longed to regain their sight. The excitement was the same back in the community where people saw them struggle through with their sight.

The uncle of the children could not hide his feelings as he expressed appreciation to the CBR team, the EDID program and the Liliane Funds for giving back sight to the children. He rejoiced that this will improve their educational life and social participation.

These children are just a few in the hundreds of children that the EDID program has provided interventions to in the community. Community members continue to express gratitude to the EDID program of the CBC Health Services for the judicious use of funds from the Liliane Foundation.



Improved vision, few days after operation.

True Life Story

"I met an angel who changed my daughter's Life" - Teffo Godfrey

The 7-year-old Simaira Angele was born with mobility impairment which prevented her from walking because of the pains that she felt in every attempt to walk. She is the last born in a family of 10 and comes from a polygamous family. Her father, Teffo Godfrey aged 72, narrates how he met an angel who added value to the life of his child, Simaira.

Having to provide for his ten children from his farm produce has been a struggle for Mr. Teffo. The condition became worst when Samira was born with her condition without the financial backing to take care of the child. *"Samaria was born with bilateral knock knees which kept her on her own for 4 years without walking. Taking care of her has been an extra burden to the family because I had to carry the child to school on daily basis at the expense of other home responsibilities, the child could not play with her peers normally which caused her siblings to be grounded around her to keep her company,"* explained Simaira's mother, Teffo Pauline.

They live in a small village, Koptamo in Fouban,

West Region where it is believed that disability comes as a result of witchcraft. *"When Simaira was born many people in the village advised us to kill the child because, according to them, Simaira was not a normal child giving that she couldn't walk at age 4. We received all types of insults, stigmatizing and slangs and that is when we decided to take our child to the hospital,"* added Samaira's mother.

While at the Catholique Notre Dame De La Sante De Btsenga hospital, the child was assessed and referred for surgery which was going to cost over 800,000cfa. *"Without even a consultation fee to pay, we cried out and said our child will have to live like that for the rest of her life because we couldn't afford such an amount. Aware of our condition, the head of the EDID Program Partner Organization (PO), Compagnie Chitou Ramadam Koufontom Founban, asked us to go for an orthopedic surgery in Dschang which was going to be paid by the Liliane Funds through the EDID Program. As depressed as we were, I shared tears of joy,"* testified Simaira's father.

"As if it was a joke, we struggled and raised a little money which was added by the EDID Program

through the PO and my daughter was operated upon. Tears ran down my chicks when my daughter came out of the theater. A month later after being discharged from the hospital, just like a dream Samaira was able to get up from the bed and walk. This action drew the attention of everyone in the village". Samaira's mother recalled as she burst into tears of joy.

Samaira's treatment made her parents answer hundreds of questions from villagers and all along, they told the villagers they met an angel who gave value to their daughter's life.

Three years after her operation, Simaira is able to walk to school, play with her friends accompany her parents to the farm and participate in other social activities. Her parent's desire for her is that she should study and become an orthopedic surgeon in the future so that she can operate others.

Samaira's parents continue to appreciate the partner organization that journeyed with them throughout the surgery; the EDID program and the Liliane Foundation that sponsored the surgery which has given new impetus to Simaira's life.

HSC Staff Advised to live Kingdom Focused Lives During Christmas, New Year 2020

The staff of the Health Services Complex (HSC) Mutengene has been encouraged to live kingdom-focused and counter culture during Christmas. As they enter the New year 2020, Ngam Esther, Chaplain of the Complex and Coordinator of activities that marked the 2019 end of the year said, the encouragement was in line with the theme for this year as "Kingdom Life, Living Counter Culturally".

According to the chaplain, the theme that runs

throughout the entire Cameroon Baptist Convention (CBC) departments; Evangelism, Health, and Education is a reminder to Christians that they are Children of the Kingdom and should live their lives conscious of the Kingdom of God especially in this festive period that is full of distractions.

"God has been faithful to us until this time of the year, but unfortunately during this time, many staff lose focus in the way they celebrate the birth of

Christ. Many celebrate based on the standard of this world; rather, this is a time for reflection of the lives we live as Christians, thanking God for the birth of a Saviour who came and redeemed mankind from sin," Chaplain Esther said.

The period of Christmas is also a time for fellowship, happiness, and peace. If we celebrate with this in mind, Chaplain Esther says, we will be living a Kingdom life and living counter-culturally.

Mboppi Baptist Hospital Douala (MBHD) Administration

Mr. Kouamo Alain, Assistant Administrator in-charge of Personnel for MBHD says the hospital needs more space to cope with the ever-increasing patient turnout, especially in recent times. He appreciated the fact that there has been an additional ophthalmologist and a gynecologist in the hospital. The hospital now offers dermatology services with a qualified dermatologist.

The Assistant Administrator said the additional gynecologist is a great relief to the constantly increas-

ing number of pregnant women who visit the hospital. Many of them can now be attended to easily and faster than before.

"The women who come here now appreciate how fast they are being attended to. At first, we had just a gynecologist attending to about 100 women a day. But now the load is relieved," Mr. Kouamo observed.

"Many clients have also appreciated the coming of the dermatology service in the hospital. We did not

have this before. The dermatologist takes care of all kinds of skin diseases," he added.

The Assistant Administrator revealed that the quality and extensive services offered in MBHD are attracting many companies that are seeking partnerships to advertise their services in the hospital. He added that there are also plans to decongest the hospital in the nearest future.

"Christmas is a time of indulgence, but it can take its toll on teeth," BHM Dental Unit cautions

As Christmas comes, many families are planning to feast to their desires. Unfortunately, the meats, beverages, sugary diets, and stuff they plan to consume are harmful to the teeth if not properly managed.

Mercy Manchep, Head of Dental Unit at Baptist Hospital Mutengene (BHM) says people who consume lots of sugary diets are of a high risk of having dental illnesses. *"Many people want to consume all the meats, the fish, sweets, beverages during this period, but pay very little interest on the after-effects".*

"Too much sugary foods can cause tooth decay, and when meat and other foodstuffs are consumed if not properly managed can result in bleeding gums

(gingivitis), dental abscess and many others," Mercy advises.

Oral hygiene is often considered a basic form of cleanliness, but the dentist says many people still don't know how to take care of teeth. *"Many people only properly brush their front teeth, but the bulk of food particles after eating stays in the molars, which if not properly brushed or removed result in inflammations. We see over 300 dental cases here every month. Over 60% of these cases come with unclean molars, already resulted in a dental condition that most often leads to the removal of one or more teeth,"* the dental therapist added.

Apart from hormonal changes, age, and cancers, decayed food particles in the gums, high sugar, and tobacco use have proven to be the leading cause of most dental diseases.

"Taking care of the teeth is medical. Everyone is expected to consult a dentist at least once in 6 months. Proper brushing in every angle with a good toothbrush is required. Medical experts advise toothpaste with fluoride".

"Eat well during Christmas, but regulate or avoid food substances that are not healthy for the teeth. And visiting a dentist after the festive period should be your next bus stop," the therapist advised.

Ndu Baptist Health Center Gets New Chief of Center

Leadership has changed hands at Ndu Baptist Health Centre (NBHC) with Mrs. Ntala Florence taking over as Chief of Center (COC) from Mrs. Budzi Margaret. The Assistant Administrator of Bansa Baptist Hospital (BBH), Mr. Sama Jean presided at the handing over ceremony, which took place on December 4, 2019, during morning devotions.

On behalf of the Administration of BBH, the Assistant Administrator in-charge of Personnel used the occasion to appreciate the administration and staff of NBHC for standing the test of time amidst the crisis rocking the two English speaking regions of the country.

Our field correspondent, Nginyu Bless noted that Mrs. Budzi Margaret served as COC for NBHC for seven years. The outgoing COC expressed satisfaction with her job as a CBCHS

worker and stated that the handing over was delayed as a result of the ongoing crisis in this part of the nation. Being the longest-serving COC in NBHC, Mrs. Budzi regretted that the pertinent goal in 2019 for the OPD project could not be realized due to the present upheavals in our region and wished that as the situation is gradually returning to normal, this project will be achieved. She ended by handing the keys and the report book to the incoming COC, Mrs. Ntala Florence.

On this premise, BBH Assistant Administrator in-charge of Personnel, Mr. Sama Jean thanked the outgoing COC for a job well done in her tenure and urged the incoming COC to be courageous as she takes over office. Cueing in, the chaplain of the institution, Mrs. Tume Mercy prayed to dedicate the incoming COC.

As a sign of respect to the community author-

ities, the BBH Assistant Administrator introduced the new COC to some authorities of the Ndu Sub Division including the Ndu Field, Rev. Koyo Lawrence Nformi, who thanked the CBC Health Services for having braved the odds at such a difficult time to make this a reality. The Field Pastor seized the occasion to make three requests for the health center namely: the need for a resident doctor to replace the former one displaced by the crisis, the need to upgrade NBHC into a full hospital and the need a solar system to solve the problem of electricity failure and to curb cost of running the generator.

The Assistant Administrator took note of the Field Pastor's demands for exploration by the hierarchy in due time.



Commissioning the incoming CoC of Ndu HC, Mrs. Ntala Florence (center) into her functions

● Ndu Association Women visit Ndu Baptist Health Center

"The belief in a universal bond of sharing that connects all humanity" is a philosophy that best exudes the manifestation of the Ndu Association Women's visit to the Ndu Baptist Health Centre (NBHC). Marching in their bright and colorful attire and coordinated by their chair lady, Mrs. Tando Mary, the women made their way to the outpatient department of the Health Centre at 10:35 am on Friday, December 13, 2019.

Reports say the visit coincided with the commemoration of World Diabetes Day in NBHC, giving the women an opportunity to commune with a larger audience including the diabetic clients who came for the celebration.

In their brief programme at the OPD area, the women presented gifts such as sugar, milk, fruits, 43 tablets of Savon and a sum of 2,700frs to the patients. Receiving the gifts, the new

chief of center (COC), Mrs. Ntala Florence expressed gratitude to God and the Association Pastor for stirring up the women to extend this act of philanthropy and generosity to their clients and staff of NBHC. In a guided tour led by the COC and the institution's chaplain, Mrs. Tume Mercy, the women dialogued with patients in the wards and offered gifts and words of encouragement to the diabetic clients in their corner.

The visit that lasted less than one hour began with an opening prayer and devotional thought by the Children Minister for First Baptist Church Ndu, Mrs. Fola who admonished the patients who came for a consultation to continue to live right for God and commit themselves to the Lord Jesus who will heal them from all diseases. She prayed for the clients, the staff of the NBHC and the entire CBCHS workers, to effectively offer their servic-

es to every client.

It should be noted that the 2019 World Diabetes Day was on November 14 but it was recognized on December 13 in NBH as that is the Diabetes Clinic Day in the health center. This allowed for greater impact and participation in the celebration. The commemoration included activities such as health talks on proper nutrition, good hygiene, the reading of the Director of Health Services' speech on the occasion, and a minute of silence in honour of those who died from diabetes among others. The DHS donated a carton of washing soap (Savon) to the group which was received with thanks.

The health center traditional dance group, called 'Njuh' graced the occasion with their song, "Enough Enough Diabetes". Refreshments and collection of drugs by the clients ended the event.

Sabga Baptist Health Center gets new Chaplain, sends forth the Former

The staff of Sabga Baptist Health Center have appreciated Chaplain Mbemngong Emmanuel for his services as an undershepherd at the Center. During a send forth service in his honour last November 4, 2019, Chaplain Mbemngong was hailed for working hard to ensure that God's love is reflected in all compartments of life at the health center and the community.

In a response, Chaplain Mbemngong expressed gratitude to God for all he was able to do during his three-year stay at Sabga Baptist Health Center. "I thank God that some of my objectives in advancing God's kingdom [were] have been met. During my stay here I experienced brotherly love, mutual

respect from staff and community members as a whole," he said.

As challenges are part of everyday life, Chaplain Mbemngong said he faced challenges in counseling and guiding youngsters in the community to rightly divide the word of God with their peers. It should be noted that Chaplain Mbemngong Emmanuel is leaving Sabga Baptist Health Center on transfer to Bansa Baptist Hospital.

The send forth ceremony presented an opportunity for Sabga Baptist Health Center family to welcome a New Chaplain in the person of Pastor Nseimbon Elvis.

In other updates, Mr. Ekfui Godlove Fonka, Chief of Center for Sabga Baptist Health Center has enjoined his staff to maintain hygiene and safety at the workplace. He made the call during a ceremony to award a certificate to the Laboratory Department for its outstanding performance in maintaining hygiene and safety.

The laboratory grasped all points on a score of 100 established by the health center for evaluating the implementation of hygiene and safety measures at various units. "Maintaining good standards at the workplace will enable patients have confidence in our services," the COC stressed.

Gebauer Field Bible Conferees schooled on Dangers of Alcohol misuse

Christians of Gabauer Field of the Cameroon Baptist Convention (CBC) have been encouraged to limit high alcohol intake due to its adverse effect in the body. Mr. Ekui Godlove, Chief of Center for Sabga Baptist Health Center made the call last November 15, 2019, while addressing Gabauer Christians at their annual Bible Conference.

"Alcohol contains toxic substances that can cause Liver diseases, Breast cancer, Heart diseases, and Mental illnesses as well as lead to Moral decadence," he said.

Contrary to beliefs that alcohol wards off one's boredom, stress, and problems, Mr. Ekfui said consuming alcohol rather adds to one's problem not

solving them as they claim. He warned that spirited sachet drinks that come in different brands and sizes should be avoided owing to the high percentage of alcohol in it.

Mr. Ekfui enjoined the conferees to engage in regular physical exercise to avert Non-Communicable Diseases, which are on a rise in the community.



1. We cannot thank God enough for keeping us alive at a time when many among us have died either naturally or through bullet wounds. Praise Him!
2. We cannot thank God enough for sustaining our organization, the CBC in general and the CBCHS in particular in a context when many organizations have been forced to fold up because they could not cope with the effects of the crisis in the Northwest and Southwest regions. Praise Him!
3. As we approach the New Year 2020, pray that the staff of the CBCHS will not get distracted than stay focused on the vision of the organization by providing quality health care to all, even in difficult circumstances as now.
4. Continue to pray God's intervention so that peace can return to the restive NW and SW regions. Pray for justice as a prerequisite to peace.

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