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CBSCHS Healthcare workers employ majors to prevent and control COVID19.....pg 2

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STOP PRESS!!
Read the HS Chronicle and pass it on to the next person

BIBLE VERSE
"Who among the gods is like you? ........You stretched out your right hand and the earth swallowed them". Exodus 15:11-12 (NIV).
In December 2019, a mysterious illness was reported in Wuhan, China. The cause of the disease was soon confirmed from a new kind of virus called coronavirus, and the infection has spread to many countries around the world including Cameroon.

World Health Organization (WHO) has termed the coronavirus disease COVID-19. Reports on March 10, this year say, the disease has already spread to nearly 100 countries in the world, and have killed over 4,020 people and counting.

On March 6, 2020, the Ministry of Health in Cameroon announced the first 2 cases diagnosed in Yaounde, stemming from France through a said Cameroonian, now having a French Nationality.

The Cameroon Baptist Convention (CBC) Health Services’ Doctors and Health Administrators, on March 11, convened an extraordinary meeting in at the Baptist Center Nkwen, Bamenda to discuss appropriate measures and ways to manage the disease outbreak.

Medical scientists say the disease spread 10 times faster than the Ebola Virus. By March 10, 2020 there were already more than 120,000 diagnosed cases and 4,026 deaths globally.

Although signs and symptoms of COVID-19 are generally similar to normal seasonal flu, Doctors say the disease originally seemed similar to the Severe Acute Respiratory Syndrome (SARS) virus epidemic that started in China in 2003, but COVID-19 is more severe and kills faster.

Dr. Denis Palmer of Mbingo Baptist Hospital (MBH) said the symptoms of coronavirus are more severe and commonly characterized by fever, fatigue, cough, and dyspnea. “If one manifests such signs and symptoms, the person is recommended to urgently see the doctor.”

Everyone can be affected by the diseases, but older people of age 50 and above and people with health conditions such as high blood pressure, heart diseases and chronic respiratory diseases are most likely to be affected with a higher fatality rate of more than 5 percent.

The disease is spread mainly from person to person, through respiratory droplets, and close contact with an infected person. There is currently no vaccine to prevent coronavirus disease (COVID-19). Dr. Palmer said, “...but WHO recommends that countries, families and individuals respect and take preventive measures seriously to keep away the pandemic.”

The Director of CBC Health Services, Prof. Tih Plus Muffih during the event, said that the event was a time to equip the doctors and health administrators on the origin, signs, and symptoms transmission, and management of COVID-19.

“You cannot sit and fold your arms when you know there is a lion in the bush coming your way. It is time for us to prepare, to know how to diagnose the disease, how to prevent and manage it.

The virus spreads very fast though the fatality rate is just about 3 percent. People don’t need to panic, but be vigilant, and maintain proper hygiene to prevent being contaminated,” Prof. Tih cautioned.

In the days ahead CBC Health Services will set up committees in our health facilities and communities to manage the disease spread and sensitize the population with the right information about the virus. The Director said there are “opportunist” who will want to sell fake drugs in the name of treating or preventing the disease.

“Many people especially Cameroonians are still ignorant about the disease spread. Everyone is vulnerable and need to be educated about the pandemic because it is real”, the Director added.

Coronavirus outbreak: Health Personnel showing Tenable Resilience

For over 4-months running, the world has and is gradually grinding to a halt owing to the Coronavirus outbreak. The virus which began in Wuhan-China has spread dramatically to at least 171 countries on the globe, sickening 937,000 people and resulting in approximately 47,200 deaths, and with over 194,000 full recoveries.

From every look of things, the political, economic and social life of countries and that of its citizens has been affected a great deal in the face of varying measures taken to limit the spread of the new Coronavirus (2019-nCoV).

As corporations shut their doors to workers, and schools emptying themselves of students and pupils, streets in many countries running empty with constant calls on people to socially distance, one of the places that have seemingly not known less busy days are hospitals and health posts.

It is 11 am on April 2, 2020, in Bamenda, the chief capital city of the Northwest region of Cameroon, and we are in one of the busiest hospitals located at one of the popular road junctions as you make your entry into the city. At the entrance of the hospital, the nurses are dressed in protective gear and holding Infra-Red thermometers. Magdalene Laneng, one of the nurses with an Infra-Red thermometer tells me the essence of systematic taking the temperatures of every patient entering this hospital is to know if they have high temperatures which is one of the suspected factors for COVID 19.
In this process, if we dictate any abnormal temperature, it is a call for concern,” she said. Just a few steps into the outpatient department patients outnumber the seats reserved for clients as they await medical care, this tells you of a very busy day in this hospital.

This hospital and other health facilities in the city amidst a health outbreak like the Coronavirus the world is currently experiencing are called upon to surmount all challenges and promptly respond to all suspicious cases and do referrals appropriately whenever necessary.

In line with the response to disease outbreaks like COVID-19, those who are constantly at the forefront are nurses. Beginning from simple procedures like taking vital signs to drug administration and monitoring critically ill patients, nurses are ever there. Their role cannot be overemphasized.

Mrs. Chimi Emmerencia, Supervisor of Nursing Services (SNS), at Nkwen Baptist Health Center says the nursing core is one that has to be at the forefront of outbreaks even like Coronavirus. “We [Nurses] are always the first contact points to patients as they make their way to the hospital. Hence, we must and should be ready always”.

Quizzed on what is keeping their courage alive in the face of outbreaks like Coronavirus, Mrs. Chimi explains, “Our job is a calling and once you are called, the passion of saving lives keeps your courage alive. My earnest hope is that God should keep all the nurses safe from contracting the Coronavirus for their job is a battle and retreating is not an option”.

The nurse par excellence used the opportunity to call on nurses to model after Florence Nightingale, the founder of modern-day nursing even as they discharge their delicate job of ensuring the welfare of those committed to their care even in outbreaks.

The Coronavirus has and is affecting many across the globe with health workers inclusive. According to China’s National Commission, over 3,300 health workers contracted the new virus. While in Italy one of the recent epicenters of the COVID-19, some 2,629 health workers were infected by the Coronavirus. In Cameroon, an entire health center was closed in the city of Bafoussam and all the health workers put into quarantine when one of them contracted the virus in the line of duty.

Conjecturing from these gloomy figures, it is time for more efforts to be done to keep health personnel at the forefront of the Coronavirus fight safe. For like Tedros Adhanom Ghebreyesus, General Director of the World Health Organization (WHO) puts it, “Health workers are the glue that holds our health systems and outbreaks together”.

By and large, given that the outbreaks have a toll on the very people who put their lives on the line to serve others, there is certainly more to be done ranging from making available protective gear and consumables to keeping their morale high.

Bafoussam Baptist Health Center joins fight against COVID19

As part of Preventive measures to curb the spread of #COVID-19, the CBC Health Services’ Bafoussam Baptist Health Centre (BBHC) has placed a team of health workers at the entrance of the hospital to scan clients and visitors who enter and leave the health center.

According to Fosso Epiphanie, mental health specialist and one of the frontline advocates against COVID-19 at BBHC, the team led by Mr. Amicheng Emmanuel work passionately to make sure that every one entering or leaving the hospital washes their hands, disinfects them with a hydroalcoholic solution served to them and their temperatures checked as early signs of the virus. At the time of this report, no suspected case has been recorded at the hospital since the commencement of this exercise. Work begins at 6:40 am with general cleaning and only one representative per unit attends devotion in line with social distance measure.

In addition, extra consultation rooms have been created out of the main building to help decongest the out patient consultation and extra sits provided to enable patients respect physical distancing as much as possible. Hand sanitizers have been placed in 30 boxes dispersed all over the hospital with simple messages defining cases that should be attended to promptly. The health centre has also created special consultation rooms for possible suspected cases for COVID19 and extra points for hand washing.

BBHC Administrator, Mr. Fabombi Dickson and Supervisor of Nursing Services, Mr. Kibang Eric stand like models to the rest of the staff body in this fight by their involvement in daily cleaning, and health talks to staff and patients. “When you expose yourself, you are also a danger to your family. Protect yourself to protect others and encourage them to do same,” says Mr. Kibang Eric.

CBM trains CBCHS Staff, Partner Organizations on Safety, Security

The Christoffel-Blindenmission (CBM) Country Director and the Cameroon Baptist Convention (CBC Health Services’ Chief of Administration and Finance (CAF) have underlined the commitment of CBM and CBC Health Services in ensuring safety and security for staff and implementing partners of the Socio Economic Empowerment of Persons with Disabilities (SEEPD) program. Mr. Fon Julius and Mr. Warri Denis respectively were speaking at the start of a 3-day workshop on safety and security organized by CBM in collaboration with the CBC Health Services Socio Economic Empowerment of Persons with Disability program. The workshop took place at the Baptist Center from February 26-28, 2020.

Mr. Warri Denis applauded CBM for being a great funding partner in the previous years and for coming with innovative strategies that are aimed at improving quality services to persons with and without disabilities. He acknowledged that the workshop is the first of its kind that the CBC has ever had. The CAF challenged participants to use the knowledge acquired constructively and pass it on to other staff so that it will be beneficial to the wider public.
According to the CBM Country Director, his organization is committed to standing with its partners in crises moment to ensure their safety. In service delivery, Mr. Fon, in his opening remarks, implored the participants to reflect on action plans on safety and security which will be funded by CBM.

The workshop, which brought together some administrators of the CBC Hospitals was characterized by experience sharing on the ordeal that they go through in their different work areas. Different participants shared incidences of kidnap, ghost towns, destruction of property, blockage of roads to work areas, killings, threats on phone calls to staff, fire incidents amongst others which slow activity implementation and service delivery.

With his rich background on security, safety issues and medical, the Trainer and Risk Advisor from CBM, Dave Chen drilled participants with skills and measures to put in place to mitigate issues of insecurity and to ensure their safety and that of persons with disabilities being the main target of CBM.

The knowledge acquired enabled the close to 30 participants to draw action plans which will be submitted to CBM and the management of CBC Health Services for funding and implementation. At the close of the workshop, the Administrator of Mbingo Baptist Hospital, Mr. Nji Richard, on behalf of the participants, testified that the workshop has been timely given the crisis in the NW and SW Regions. He appreciated CBM for building the capacities of partners which will lead to an increase in service provision.

The workshop was attended amongst others by participants with hearing, visual, and mobility impairments who noted that the effects of the ongoing crisis in the two regions is heavy on them as they don’t have access to useful information on security because of their limitation in hearing or are not able to move when there is an emergency because of their vision or mobility difficulties. Their involvement in the workshop was highly commended as they took active participation in all sessions.

A sign language interpreter was available to interpret for a participant with hearing impairment, while all the materials were in braille for the one with visual impairment. Accessibility of the workshop venue also took into consideration the participant with mobility impairment. All of these inclusive measures were to foster the equality of persons with disabilities, which is a new component introduced in the 4th phase of the SEEPD program.

CBC Health Services SEEPD Program Advocates, Promotes Inclusion

"If persons with disabilities were given access to equal opportunities, the society would have been a better place to live" - Achu Amel Nji, 21-year-old made this summary statement while expressing joy at the end of a one-week internship program with the Socio-Economic Empowerment of Persons with Disability (SEEPD) program. He described the brief period spent with the SEEPD program as a rare opportunity for persons with disability given that many employers focus on their disability, instead of their abilities.

Achu Amel Nji is a student of Christian Comprehensive Secondary College Nklong Etounde Yaounde who lives with cerebral palsy.

Being the first child in a family of 3, Amel had dreamt of becoming a big marketer in the future which motivated him to focus on marketing and management in high school. Like a mustard seed, Amel says he knows that he has to begin from somewhere as little beginnings are never small contributors to future dreams. Though still in secondary school, he decided to start watering his marketing dreams by getting the practical aspect of marketing. For this reason, he applied to the CBC Health Services for an internship program. “For the first time, I was easily given access to an institution to do my internship program which was a booster to my dreams,” Amel noted with a smile.

At the CBC Health Services, he was assigned to the SEEPD program to gain marketing skills on embosser braille machines, a new venture that the Program is promoting. It was more advantageous to him as he closely worked for one week with the Marketing Officer of the embosser machine under the supervision of the SEEPD Program Manager, Mr. Awa Jacques Chirac.

Amel testifies that for his time being at the SEEPD program, he was able to acquire skills in marketing strategies, understanding the marketing challenges and environment especially for persons with disabilities and how he can use his marketing strategies to ensure inclusion. With the skills gained, Amel is working on bringing a new product in to the market called, “Good Life Tea”. He fully understands the challenges in the market but is hopeful that as he continues to build his capacity, he will be able to brave through the market.

Amel sees a positive future given that his parents are very supportive of his dreams. His business idea is not a limitation to his education as he is still pursuing his education and hopes to have his Master's degree.

Amel is just one of the many persons with disabilities that cry for access to employment, capacity building opportunities, and education etc. His testimony tells of the fact that the CBC Health Services SEEPD program is poised to ensuring that persons with disabilities gain access to opportunities to improve their quality of life.

PWDs also need training to excel
BH Sensitize Population on Rare Dental Conditions

Mrs Ndizi Emma, Head of Department (HOD) for Dental Department at Banso Baptist Hospital (BBH) has called on the population of Kumbo and its environs to guard against the dreaded “Ludwig’s Angina,” which is one of the dental conditions affecting many of recent.

“Ludwig’s Angina” is a rare skin infection that occurs on the floor of the mouth, underneath the tongue. This bacterial infection often occurs after a tooth abscess, which is a collection of pus in the center of a tooth. According to Emma Ndizi, the condition stems from poor oral hygiene, negligence and ignorance.

At the time of putting together this report, the department was busy screening staff to roll out “Ludwig’s Angina” and other dental complications, as part of activities marking the World Oral Health Day 2020.

The focus at this year’s oral health day is “Smile for life,” a call on all to adopt good oral health hygiene habits, avoid risk factors and have regular dental check-ups to help protect their mouth and body.

It is worth stating that the dental department that has 8 staff with 3 operators who are bent providing oral health care all who visit the unit. From January to March 2020, the unit carried out 111 extractions, 84 root canal treatments, 144 fillings, 27 scaling and polishing, and 40 prostheses.

Despite the successes recorded, frequent power cuts have been one of the major main challenges the department has been facing of late. To solve this issue, the administration has purchased a standby generator exclusively for the dental department.

Ndu BHC Nurses Ponder on Best Practices in Nursing Care

The Nursing staff at Ndu Baptist Health Centre (NBHC) have discussed best practices in offering nursing care to the population in and out of the Ndu Subdivision. This was during an enlarged meeting last February 18, 2020.

During the meeting, Mr. Tamfu Wilson, Head Nurse solicited the work nurses are doing to care for their clients on a daily basis. He underscored that for nurses to experience professional growth, they must regularly meet to share challenges in nursing care and get updates on new trends.

It emerged from the nurses’ forum that effective communication with patients is a good attribute of a professional nurse. "Detailed explanation of procedures ranging from drug administration to treatment protocols is a great way of communicating with your patient," reiterated Violet Ndizi, Know Your Number’s Coordinator for the health center.

Mrs Ndala Florence, Chief of Center (CDC) on her part, observed that when the wards are busy charting is very ineffective. Hence, “I urge you all to be very alert to always chart when wards are less busy,” she said.

The nurses used the forum to call on the powers that be to look into the epileptic supply of electricity at the health which is making work very difficult for the nurses.

Etoug-Ebe Baptist Hospital Yaounde

WHP improves on Cervical Cancer Testing

The Women’s Health Program (WHP) is leaving no stone unturned in making cervical cancer screening easy and mandatory for every woman. At Etoug-Ebe Baptist Hospital Yaounde (EBHY), the service providers, Yuh Goodness and Fongwa Mary told CBCHS Communication Unit that a new screening method is now available at the Site for the testing of HPV (Human Papilloma Virus), which causes cervical cancer. The new testing method is in addition to the existing method using acetic acid and lugol iodine.

ENT Services in Greater Demand

The Ear, Nose and Throat (ENT) services are being sought after in increasing measure by the denizens of Yaounde. The ENT department of EBHY sees an average of 25 clients per day. According to the two ENT Clinical Officers at the department, a majority of the patients are satisfied with the services they receive and in turn serve as ambassadors to inform others about the department.

EBHY Dental Department

The staffing situation at the EBHY dental department has been ameliorated with the presence of two new dentists on practical orientation from February 1 to June 30, 2020. The dentist at the department, Dr. Buolikee Kuoh Nji who spoke to CBCHS Communication Unit said, the coming
TSD Focus: How Good are our Electrical, Plumbing Installations in the face of Challenges?

The frequent power outage across the country is great cause for concern. How safe and protected are CBCHS equipment in our hospitals and health centers? In the course of finding out, CBCHS Communication Unit was amazed to know that this worry was the same preoccupation for Shey Silas, electrician at the Technical Services Department (TSD) head office in Bamenda.

According to Silas, the CBCHS is expanding in infrastructure and equipment and it is his vision to see the system run on constant energy supply and in safety. This vision motivated him to propose a project to carry out technical evaluations on all CBCHS structures with emphasis on building and upgrading electrical and plumbing systems and installations to meet present day demands. The project would also facilitate maintenance, troubleshooting and continuity of work. So far, the project has been piloted in the Nkwen Baptist Health Center new structures and is being replicated in other major hospitals.

So far, the team has been to Baptist Hospital Mutengene, Health Services Complex Mutengene, Kumba Baptist Health Center, Etouf-Ebe Baptist Hospital Yaounde and Mboppi Baptist Hospital Douala.

At the end of the project, CBCHS structures should have electrical and plumbing plans showing how installations run through the structures so that one technician can know what to do in the absence of the other in an event of repairs or disaster. The project is also out to ensure that only good materials are used on CBCHS structures in conformity to the norms governing the use of electrical energy. Above all, the project ensures that good electrical and plumbing protective devices are used to enhance safety of persons and equipment in all CBCHS structures.

Talking about electricity outages, Kinen Faith, electrician at Etouf-Ebe Baptist Hospital Yaounde confirmed that the problem is more serious than meets the eye. He revealed that supply to the hospital from the National Electricity Corporation (ENEO) company is never constant but fluctuating between high and low currents, which is extremely dangerous, especially because, “We do not have control at that level of supply”. The electrician said this has caused several fire incidents, the recent not long ago in the generator house.

For this reason, the hospital has acquired and installed an emergency main switch to put off electricity supply in the entire hospital in the case of any fire outbreak from the generator house. Kinen said staff need to be educated on the use of fire extinguishers. He advised staff who have little or no knowledge about managing fire to stay off the scene rather than crowd the area and block intervention from those who have the capacity. Worse, he condemned the fact that instead of giving necessary assistance during such moments, some staff get busy taking videos and photos of the scene.

Most importantly, the electrician is advocating for a unique transformer for EBHY separate from that used by the entire Etouf-Ebe quarter. Fire, he said, is friend to nobody, thus the need for everyone to take precaution.

New Chaplains at EBHY

Two new faces were on seat when this reporter visited the chaplaincy department of EBHY on March 10, 2020. Chaplain Tanni Margaret transferred from Banox Baptist Hospital (BBH) assumed duty on December 9, 2019 while Chaplain Mbeng Augustine, still from BBH, arrived on January 9, 2020 to relieve Chaplain Bochat Cobnel who is currently on sick leave and has also been transferred to Nkoabang Baptist Health Center.

Nkoabang Baptist Health Center gets New Chaplain

Chaplain Bochat Cobnel is the new chaplain for Nkoabang Baptist Health Center. The new chaplain will assume duty as soon as he recovers from sick leave. The hitherto chaplain of Etouf-Ebe Baptist Hospital Yaounde is expected to once more revive the spirit of the staff who have been like sheep without a shepherd ever since the former chaplain was transferred to Ekomdoum Baptist Health a couple of months ago.

In a similar development, the Physiotherapy department will see the light of day at Nkoabang Baptist Health Center, expectedly by the end of March 2020, according to the health center bursar who spoke to CBCHS Communication Unit in place of the chief of center who was attending meetings in Bamenda. At the time of this report, construction work was going on the space to accommodate the new department.

Meantime, newly acquired equipment is boosting services to patients. These include: a blood bank, an ultrasound machine and an edging machine, frame heater with a complete tool box for the optical workshop at the eye department. A committee has been put in place to run the blood bank and they have the challenge to woo and recruit voluntary donors who can regularly donate blood to save lives.

Vitien Shella, x-ray/ultrasound assistant technician says the new ultrasound machine marked, Sano line Gbos (SIEMENS) installed on March 2, 2020 still needs some accessories to function at its full capacity. Meanwhile, the eye nurse, Tieh Eric notes that a total of 47 glasses had been cut and dispensed from when the optical machines were purchased and put to use on December 26, 2020 fetching the health center over 1.3m fca. The eye department sees an average of 150 patients per month.
More Specialist Doctors attract Clients at Ekoundoum Baptist Health Center

The Assistant Administrator of Ekoundoum Baptist Health Center (EBHC), Ms Faith Tangwa says the presence of a gynecologist, Dr. Ngwe Destine Nambah and a pediatrician, Dr. Nang Robert has boosted services of women and children with an influx of these categories of patients seeking specialists care at the health center. The pediatrician started work on March 3, 2020 and attends to patients twice a week on Tuesday and Thursday.

The presence of a gynecologist is important for the maternity that is receiving more clients and many new babies ever since the theatre and ICU unit went operational with many qualified staff in place including a neonatal midwife.

EBHC Eye Department

The department is enjoying the services of an ophthalmologist, Dr. Lydia Fokunang who carries our surgeries and attends to critical eye conditions. She is part of a team of 7 staff among who are 4 eye nurse consultants, a general nurse and 2 opticians. At the time of this report, the department was expecting the arrival of an Assistant Ophthalmic Medical Assistant transferred from Etoeg-Ebe Baptist Hospital Yaounde. The department sees an average of 25 patients per day.

The department received a biometric machine recently from Baptist Hospital Mutengene and also expecting a visual field machine, which reports say, it will serve patients who formerly would have been referred to Etoeg-Ebe Baptist Hospital Yaounde for testing. EBHC has a well-organized optical workshop worth emulating by other stations.

NDU Baptist Health Center Eye Department Boosted

The arrival of an Assistant Ophthalmic Medical Assistant (AOMA), Mr Chia Bias on relief duty from the Nkwen Baptist Health Centre witnessed a huge influx of patients at the eye department with an attendance of 697 patients only in January. Mr. Chia relieved his colleague, Ndumungang Martin who went on annual leave from December 31, 2019 to January 29, 2020.

During his stay at the department, the AOMA attended to 697 patients and made the following referrals: 87 with suspected glaucoma, 25 cataract, of which 5 of them underwent a successful operation. One of the cataract cases was referred to Bafousam Baptist Health Center.

During his departure January 29, 2020 in chapel, the entire staff converged to bid him farewell and to congratulate him for a job well done. Speaking on behalf of the staff, the Chief of Center, Mrs. Ntala Florence thanked administration of the CBCHS in general for the good initiative to offer free eye consultations, which have greatly benefitted them as a facility.

Mr. Chia Elias thanked the staff of Ndu Baptist Health for the overwhelming reception and assistance they gave him, despite functioning from a small room and with few staff. He recommended the need for eye services to be taken to the interior villages and for clients to be given attention to when they come for consultation.

NDu Baptist Health Center opts for Better Nursing Care

At a time when the nursing care is experiencing some challenges, the nurses of NDU Baptist Health Centre (NBHC) sat down on Friday, February 28 to discuss and plan out their year’s activity and professional care to all. Following the Director of Health Services’ end of year speech regarding nursing care, the head nurse, Mr. Tamfu Wilson clearly stated the aim of the meeting, which was to strategize how to go about their work, effortlessly providing quality health care to the population of Ndu and beyond.

During the meeting, the head nurse talked the nurses through the proper ways to chart drugs and other items properly. Mr. Tamfu elaborated on ways to offer professional nursing care. He stated that when there is cordial relationship and respect of personality among staff, team work is empowered which will in turn lead to quality nursing care. “Relating well with one another is the backbone of offering the best nursing care,” he added.

The second speaker, coordinator of Know Your Number (KYN), Ms Ndzi Violet reiterated that good communication with the patient and good explanation to the patient who needs care is the key to being professional. She added that doing everything that concerns the patient in his or her presence like the administration of drugs is another value of professionalism in nursing care. The COC, Mrs. Ntala Florence added her voice to reiterate on the importance of charting drugs for archives.

As the meeting proceeded, Mr. Tamfu outlined some of the challenges they have been facing as a facility. “Sharing of drugs and taking vital signs for the patient using a bush lamp due to power failure most often during night duties is quite cumbersome and risky, I think that an alternative means to improve the lighting challenge is necessary”. He noted that work is stressful when a colleague is on an annual leave without a reliever and off days are piled up as few people work. The COC took note of these challenges and wished that they will yield fruit at an appointed time for the good of all.

Pioneer Training in Hotel and Catering Services Goes Underway in Bamenda

The Director of CBC Health Services (DHS), Prof. Tih Plus Muffih in his address to the trainees said they are the very first batch to be given such training within the CBC Health Services. The DHS challenged the trainees to make maximum use of the course teachers to learn and improve themselves to align with the CBC Health Services’ mission statement of providing quality care to all. Prof. Tih also urged the trainees to maintain healthy habits especially with the outbreak of Coronavirus.

The nine months training which had been long planned for 3 years, will end in December 2020 with the award of Diplomas to successful trainees. At the end of the training, trainees are expected to do things differently, and be more performant in their places of work.
Regional Training Centre for Excellence (RTC) Mutengene

Effectively study in Cameroon while working

Do you want to improve your professional skills while you pursue your career?

The Regional Training Centre for Excellence (RTC) Mutengene offers you this unique opportunity. RTC Mutengene is a Training Institution run by the Cameroon Baptist Convention (CBC) Health Services, in partnership with Mildmay Institute of Health Sciences, Uganda.

RTC offers training Prospects for developing effective Leaders and Specialists that can work within the Government, Private Institutions, Communities, Councils and NGOs. This Centre upgrades the skills of personnel in relevant fields of Public Health and Community Outreach in the Sub-Saharan Setting. Courses offered are based on student needs, contextual realities and the changing trends in global standards.

Training specialties include;

- BSc (Hons) A Health Systems Approach to Health and Social Care and Management - 36 & 18 Months (Modular) Validated by the University of Manchester UK.
- Diploma in Public Health – 18 months (Modular)
  Validated by Mildmay Institute of Health Sciences in Uganda.
- Diploma in Medical Records and Informatics --, (Modular)
  Validated by Mildmay Institute of Health Sciences in Uganda.
- Diploma in Pediatric Palliative Care - 12 months
  Validated by Mildmay Institute of Health Sciences in Uganda.
- Diploma in Human Nutrition and Clinical Dietetics -- 2 Years (Modular);
  Validated by Mildmay Institute of Health Sciences in Uganda.
- Diploma in Community HIV and AIDS Care and Management - 18 months (Modular) Validated by Mbarara University of Science and Technology Uganda.
- Diploma in Counseling – 18 Months (Modular) Validated by Mildmay Institute of Health Sciences in Uganda.

These specialized courses are open to the general public. Admissions are currently going on and will end on the 30th of April 2020, while classes will begin in May, 2020.

Fees are affordable, 217,000 FCFA per module for 6 modules, with a non-refundable registration fee of 10,000 FCFA.

Interested candidates must have either a professional certificate, and or holders of A/L certificate.

N/B Students can work while they study. As such, they do not need to resign from their jobs.

For admission, please visit and download an application form from: https://cbcbhealthservices.org/regional-training-center/
Filled application forms should be sent to:
regionaltrainingschool@gmail.com
For more information contact: The Registrar: +237 663944387 OR the Academic Dean: +237 677 565 537
Mboppi Baptist Hospital Douala

MBHD Bills Office improvises Strategies to avoid Bill Pending

Imma Ngala, head of Bills Office in Mboppi Baptist Hospital Douala (MBHD), says, to cope with patient’s complaints on high bills and bill pending, the department staff take turns to update patients in their wards on their bill progress, urge doctors to explain to clients how much their bills may cost during consultation to prepare their minds or advise them on how much they can prepare for their treatments. The staff have also adopted a detailed debit note that spells out cost of medication and treatment given to each patient at a time. That way, they do not have to explain to patients what they have or have not paid for as treatment progresses.

MBHD ENT Department in Trouble Tides

According to Medi Jeverin, SRN, ENT (Otolaryngology) C.O, the department is seeing more clients in recent times than ever before. The tone in the department sees an average of 25 clients daily. In February 2020, he attended to over 500 clients and at the time of this report, a week into March, the department had seen 180 clients.

The department, Jeverin pointed out, has high prospects with the only issue being understaffing. His colleagues with whom he used to work had been transferred since September 2019 without a replacement. He looks forward with anxiety to have an additional colleague in the days and months ahead.

Staff of MBHD drilled on Coronavirus Prevention

Dr. Anita Nguti, General Practitioner at MBHD made the presentation during morning devotions. The medic educated the staff on the symptoms of the disease, modes of transmission and ways of prevention.

According to WHO, symptoms of the COVID 19 virus include: shortness of breath, and difficulties in breathing. She said the disease can be contracted by inhaling sneeze from an infected person, and from touching the face with infected hands. The virus has a lifespan of 17 hours to live once in contact with a surface and 24 days to manifest in an infected person.

Key to prevention, Dr. Anita said, is hand hygiene. She said we should clean our hands frequently using soap and lots of running water and move around with hand sanitizers to sanitize our hands constantly. Also, avoidance of overcrowded places reduces chances of contracting the virus. Wearing the mask is pertinent when one suspects he is infected and for facial protection from being touched by infected hands or someone else’s sneeze.

As we speak, there is no cure for Coronavirus but a vaccine. Survival also depends on individual immune systems.

Relatedly, the Medical Surgical Ward of MBHD has been drilled on hand hygiene during service delivery. The session emphasized that hand hygiene must be respected before the contact with patients, before aseptic technique, after exposure to fluids, after contact with patients, and after contact with patient’s environment.

According to Ngong Gloria, SRN and head nurse, the department has 45 staff that attend to an average of more than 13-14 clients per day. At the time of this report, the department had received two on internship and three on practical experience.

Use hand sanitiser regularly

MBHD hosts Workshop on Hand Hygiene

In the wake of the Coronavirus and especially with the cases identified in Yaounde-Cameroon, coupled with the fact that compliance with hand hygiene is still below 40% in Cameroon, the CBC Health Services came in to fill the gap with a workshop to train participants on hand hygiene and sanitation.

Funded by the Infection Control Africa Network (ICAN), the workshop held from March 2-6, 2020. It brought together 34 participants from all CBC institutions in the country with Zimbabwean born, Lizzie, a WHO consultant and hand hygiene expert as the main trainer.

The Principal Investigator for the project is Mr. Nkwan Jacob, Principal of the Baptist Training School for Health Personnel in Banso. He revealed that the project, originally planned to hold in Banso Baptist Hospital was rescheduled to hold in Mboppi because of the ongoing instability in the Northwest Region. MBHD Theatre saving Lives

The head of theatre and Anaesthetist, Mr. Shyghan Elias says, the department conducts at least 70 surgeries, 95 cesarean section, and more than 100 minor surgeries on monthly basis. The department has 17 staff with 3 staff on internship since January 2020 from the Baptist Training School for Health Personnel, Banso. Three additional anaesthetists assumed duty in February 2020.

Meanwhile, two staff from Mboppi Baptist Hospital Douala, Andrew Ekelle and Nyamnyor Irene who were sent to be trained in Mbingo Baptist Hospital on peri-operative surgery have returned and undergone five months of orientation. The practical experience started on February 4, 2020. MBHD Theatre has instituted a two shift system to reduce stress and burn out in staff.

In other developments, an 18 months program on Surgical Technicians, which started on April 4, 2019 is expected to end in October 2020. The in-service training program is for three staff from Mboppi namely: Ndzelem Bruno, Mbach Vallerie and Yimangong Julius. Dr. Fuka Bahana, chief surgeon in MBHD is facilitating the training.

On another note, Dr. Meli Aniced, (GS) is on orientation effective last quarter of January, 2020.

MBHD Wound Care and Treatment Unit

Wound Care Trainer, Samson Yamb says the department is busy, seeing an average of 55 clients per day and monthly average of 1,189. The four-staff department works 24/7 attending to the over increasing patient turnout at the hospital. He justifies the increase in patient turnout to the quality services offered and through the testimonies of other patients who visited the department before.
Many Babies through Incubators in Mboppi

The unit in-charge of premature babies in MBHD is experiencing a very high rate of children being saved through the several incubators installed in this maternity section of the hospital. According to Djispem Lisete (SRN) and Head of Department, at least 8 pre-mature babies are saved in the unit on monthly basis. She said a newly born child is supposed to weigh at least 2500 grams and above.

"Any baby born below this weight is considered premature delivery. Babies born before 28 weeks weighing from 600 to 1000 grams are also at high risk of not surviving. Such babies need to be placed in an oxygenated incubator with close care given to such a child for it to survive. This is because all the baby’s body parts are also premature,” the head nurse noted.

At the time of this report, the 11 staff at the unit were taking care of 11 babies in the incubators. Six others that had improved were being nursed by their moms in a nearby ward.

Adding her voice to the nurses at the Unit, the Supervisor of Nursing Services added that majority of the premature deliveries came in as referrals from nearby towns and not regular clients who underwent ANC in the hospital. It should be noted that the survival of these babies and the length of time they spend in the incubators is highly dependent on their weights.

MBHD Dental Department receives new staff

Dr. Djialeu Romuald, dentist, transferred from Etoug-Ebe Baptist Hospital Yaounde assumed duty in MBHD on February 17, 2020. Speaking to the press while on duty, the dentist explained that three weeks into his work in the hospital, there is a dramatic increase in patients’ attendance with at least 20 clients seen on daily basis. This, he revealed, still needs to further improve as compared to his previous station where an average of 50 clients were attended to daily.

The dentist believes that with the recent procurement of equipment and better reorganization of work in the department, the number of clients will even increase the more.

Meanwhile, another dentist, Dr. Mbacheou Astrid is on practical experience since February 1, 2020. Reports say, the dentist is expected to continue working with the department after his practical experience that ends in June 2020. It is hoped that his employment will not only add to the man power of the Dental department of the MBHD but also ease work.

The department now has 11 staff comprising 3 dentists, 3 Dental Auxiliaries, and the rest being Dental Operators.

MBHD Pediatric Department on High Demand

The Pediatric Department also known as Children’s Ward is one of the strategic wards of the Mboppi Baptist Hospital Douala. According to Dr. Mbu Ernest, pediatrician at the hospital, there is a very high patient turn over in the department with space becoming an issue needing redress. There are at least 20 outpatient consultations daily. He opined that increase in number of IDPs from the NW and SW Regions, quality of care, and newly acquired equipment could account for this high turnover. He explained, however, that the three newly acquired equipment including the Cardio monitoring machine require additional man power to handle.

MBHD WHP wins Project to screen 1000 Commercial Sex Workers

Manjoh Florence, Women’s Health Program Supervisor for CBC Health Services says the department has a project to screen 1000 commercial sex workers in Cameroon’s cities of Foumban, Douala and Yaounde. The project is funded by Prevent Cancer Foundation.

To realise this project, Florence says the CBC Health Services is working in partnership with Horizon Femmes, an organization working with commercial sex workers. It is for this reason that the CBC Health Services WHP organised a six days training for service providers starting from March 9, 2020. At the time of this report, 2 doctors and nurses from Alternative Cameroon, a Community based NGO working on Health were being awaited to join the training to learn how to treat cervical pre-cancer.

The 9 participants from Horizon Femmes are expected to be able to introduce cervical cancer screening package into their services after the training. The project has as Principal Investigator, Dr. Simon Manga, a reproductive health expert.

HOW TO USE HAND SANITIZER

01 Dispense hand sanitizer on your palms.

02 Rub hands together, palm to palm and back of each hand.

03 Rub tips of hand with palm of other hand.

04 Cover all surfaces until hands feel dry (about 20 sec).
Health Services Complex Mutengene

CP Chemical Production Unit Meeting Set Goals

These amongst others include detergents, and bathing soaps. According to Njerim Paul Mkenke, Manager of the Chemical Unit, this initiative stems from the need to encourage staff by producing and supplying the products at give away prices; about 1500cfca for detergents and 435cfca for bathing soaps. He added that the motivation also came from the fact that staff in the facilities are often tempted to pick up medicated soap meant for acute skin diseases and use for bathing, which could have negative effects given that these are usually highly concentrated. Mr. Njerim assured that the modified detergents will be less concentrated to meet staff need for body care.

It is envisaged that by the end of March 2020, the liquid detergents as well as the bathing soaps will be ready for supplies. At the time of this report, the department was dabbling with the challenge of finishing and packaging the products.

In a related development, the chemical production unit will soon begin the production of palm and kernel oil in huge quantity. The Unit Manager, Mr. Njerim Paul explained that the palm kernel oil is a very important ingredient in the production of different kinds of detergents in the department while the palm kernel oil will serve as an income generating activity for the department.

By April 2020, the palm oil mill will begin in Nyamboya. Meantime, the department is making plans to acquire a machine that will do the job. This vision, he said, was caught as far back as 2016 with the start of three palm plantations in Nyamboya, Sarkibaka, and Ngouson in this order. In recent times, Lingam has over 18,000 palm seedlings soon to be transplanted at the cost of 18 million cfca.

Over the years, the department has been able to raise 2 million cfca from the sale of palm seedlings and by this month end, there are hopes to start transplanting some seedlings to over 174 hectares of land for the palm plantation.

The Nyamboya plantation has 4,290 palm trees ready for exploitation by April and Sarkibaka with 64 hectares of land field with 9,152 palm trees. Reports say, the 50-year lifespan of a palm tree gives this initiative an added advantage for sustainability.

Production of detergents

Non-Sterile Production Unit

According to Gwagwi Faith, pharmacy technician and head of the Sterile Production Unit, the department has witnessed a skyrocketing demand for hand sanitizers. The demand that is placed from all CBC facilities including the community has kept the 6-man staff working with work to keep supply available. She attributes the high demand to the outbreak of the coronal virus and cholera in some places and the need for people to take prevention steps to avoid getting infections.

Before the outbreak of the COVID19, the department used to produce an average of 320 hand sanitizers on monthly basis, but with the recent outbreak, the demand has risen to over 2000 hand sanitizers across the country.

The major challenge, she said, is the need for more staff for the job and the fact that some of the production processes such as mixing, filling and labeling are manual and therefore time consuming to meet up with the increasing demand.

Sterile Production Unit on Good Footing

The Sterile Production Unit of the CBC Central Pharmacy (CP) is steps away from being granted the Current Good Manufacturing Practice (CGMP) certificate and Marketing Authorization. The Unit Manager, Godwin Kwasi says the possession of the CGMP certificate will allow the CP to produce for the outside world while the marketing authorization will enable the CP to market internationally and to other organizations in Cameroon.

The current certificate allows the CBCHS CP to produce only for her facility and the struggle to get the facility up to the WHO required standard to receive this documentation and keep production running has been delayed by some two main challenges: the closures and validation that is done by the Quality and Assistance department, and installation of the record keeping software. As soon as these are achieved, the Cameroon Ministry of Health will visit and certify the Unit for good practice. It is based on these that the department will realise its great, yet pregnant dream.

In the meantime, the department has procured an IV Fluid Production Plant, has installed machines and the facility for the production of IV Infusion fluids. This equipment amongst others procured from China include: water treatment plant, distiller, mixer, and automatic filling machine. Also, the Clean Room and the connectivity of the machines have been done where all the equipment has been installed as well as the finishing on the floor.

Quality Assurance Unit steps up her Game

The role in this all important unit of CP is to ensure that the quality of all medicines produced or procured and distributed in all CBC Health Services facilities meet with WHO and Cameroon Government standards. For this reason, the department has over the years ensured safety of the population through quality assurance checks on all drugs supplied in CBC Health Services facilities, developed protocols for production, and rejected drugs that don’t meet standards.

According to Tambo Cletus, Pharmacy Chemist/ Med. Analyst, and Manager of QA department, from her checks since January 2020 to the time of this report, the department has recorded a failure rate of 2.08% of drugs that were rejected because they didn’t meet the standards and therefore were returned to the suppliers.

To step up their game even more, the department has procured an equipment called LAL Reagents used for the analysis of Injections for Endotoxin. This equipment, which costs close to 20 million francs was brought from an American based company in France. At the time of this report, the equipment was being received in Douala.

It’s hoped that its reception will further assure the quality of the service and pull more companies, institutions, and organisations who visit regularly for research and testing of their samples. The Universities of Buea, Dschang, and Yaounde, and the Pan African Institute and so many secondary schools in Cameroon have always visited the department for diverse reasons especially for testing of samples and analysis.
HOW TO WASH YOUR HANDS?
ANTIBACTERIAL PREVENTION

01 WET YOUR HANDS
02 APPLY SOAP AND RUB
03 LATHER THE BACKS OF YOUR HANDS
04 GET THE SOAP BETWEEN YOUR FINGERS
05 GRIP YOUR FINGERS AND RUB OPPOSING PALMS
06 CLEAN YOUR THUMBS
07 WASH YOUR FINGERNAILS AND YOUR FINGERTIPS
08 DRY YOUR HANDS WITH A TOWEL

PRAYER CONCERNS
1. Pray God to have mercy and safe mankind from the worldwide Coronavirus pandemic.
2. Thank God for protecting us from contracting the deadly virus.
3. Pray God to give scientists wisdom to discover a vaccine against Coronavirus.
4. Pray for countries that are heavily affected; China, Italy, Spain, France and USA etc.

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