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# THE HEALTH SERVICES CHRONICLE

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#### STOP PRESS!!

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

#### BIBLE VERSE

"See, he is puffed up; his desires are not upright – but the righteous will live by his faith".  
~Habakkuk 2:4 (NIV)..

# State-of-the-Art Pediatric Hospital in CBCHS In-View!

A state-of-the-art hospital for pediatric services will be constructed in the CBC Health Services soon. US based African Children's Healthcare Fund is the brain behind the construction of such a novelty in Cameroon as a whole and the CBC Health Services in particular.

Cameroonian born Dr. Daniel Gwan-Nulla, cardiothoracic surgeon in Georgia, USA led a three-man team to Mbingo Baptist Hospital and Baptist Hospital Mutengene from February 28 to March 1, 2024 to prospect the site that is most suitable to host such a giant pediatric hospital. Speaking to the press in the CBC Health Services head office in Bamenda, Dr. Daniel Gwan-Nulla said they will pray and allow God to choose the hospital that will be accessible to every Cameroonian as well as the

Central Africa sub region.

Quizzed on his motivation to construct a pediatric hospital, the cardiothoracic surgeon who hails precisely from Bali in the Northwest region said he is interested to change the narrative of high infant mortality rate in African countries. He explained that the hospital will serve as one-stop-shop where a child comes in and gets whatever specialist service, he/she needs to stay alive – no referral to another hospital elsewhere!

On the choice of the CBC Health Services, Dr. Daniel Gwan-Nulla said it is on record that the organization is best in the provision of quality healthcare in Cameroon, and therefore, the choice could not be otherwise.

"A similar hospital has been constructed in South Africa and after Cameroon, we shall move on to another African country," Dr. Daniel Gwan-Nulla revealed.

Two other team members included: David Wright, Architect & CEO, HFG Architecture, Wichita, Kansas and Ellery Walker, Master Planning Fellow, Engineering Ministries International (EMI), Colorado Springs, Colorado. Both officials registered positive remarks of their sojourn to the CBC Health Services.

The Deputy Director for Administration and Finance, DDAF, Mr. Warri Denis received the team on behalf of the DHS.



BHM receives Pediatric Hospital team with enthusiasm



Tour of MBH to prospect suitable site for possible construction of Pediatric Hospital



Visiting team being received by the DDAF

# CBCHS Seeks Solace and Strength in Prayer Conference

The Cameroon Baptist Convention Health Services (CBCHS) held its 2nd annual prayer conference, themed, "God of Possibilities," on February 22-23 at the Mvan Resource Center in Yaounde. The gathering united staff, mainly from the chaplaincy department from all CBC Health Services institutions in the country in a powerful display of faith and resilience amidst immense challenges.

The conference acknowledged the ongoing conflict's impact on CBCHS services, finances, and staff safety. Professor Tih Pius, Director of Health Services, highlighted the plight of the institution's "two mother hospitals in Banso and Mbingo operating at one-third" of capacity with staff facing torture and even death. He expressed gratitude for the continued support

of partners and emphasized the importance of prayer during these difficult times, highlighting their desire to "do more with us and Cameroon".

Despite these hardships, the conference resonated with hope and determination. Rev. Ngwang Simon, Chaplaincy Coordinator explained the need for the gathering, calling on the Chaplaincy and others to take up spiritual oversight for the staff and the institution.

Mr. Wirba Livinus, facilitator, further emphasized the power of prayer. He stated that "Prayer is only as effective as the burden you carry, there is so much to pray for".

Participants engaged in prayer sessions, testimonies, and reflections, fostering unity and

purpose. Intercessory teams were formed to ensure continued prayer and support beyond the conference.

Professor Pius highlighted the resilience of the CBCHS, stating, "How are we still able to keep drugs, keep staff, send drugs and pay salaries? We balance needs in a careful way to maintain services." He encouraged staff to "stand firm and be diligent," emphasizing the need for leadership to push forward.

This event underscored the CBCHS's core values: unwavering faith, commitment to community service, and resilience in the face of adversity. The spirit of hope and unity resonated throughout, empowering participants to move forward with renewed strength.



"We need many more of such events," Prof. Tih tells Prayer Conference participants



CBCHS Chaplaincy Coordinator, Rev. Ngwang Simon delivering welcome address

# CBCHS Project Staff end Weeklong Exchange, Learning Visit to Rwanda



Both teams during the exchange visit



Meeting with VSLAs



SEEPD Program Manager sharing experiences of CBC Health Services in disability work

Staff members of the CBC Health Services' Comprehensive Program for Empowerment of Persons with Disabilities and Inclusive Access to Basic Services of Health and Education in the Northwest region of Cameroon have carried out weeklong learning and exchange visit to Rwanda. The exchange visit enabled the team to visit a similar project initiative funded by CBM in some provinces in Rwanda.

The team comprised; the SEEPD Program Manager, Mr. Awa Jacques Chirac, the Assistant Program Manager, Mr. Tamon James, the Project Coordinator Mr. Lohshie Eugene and Mr. Chick Sama, the General Coordinator of the Coordinating Unit of Association of People with Disabilities (CUAPWD) Northwest region.

The visit began February 19, 2023 with a meeting at the CBM Rwanda office in Kigali, where the project team presented their objective of

the visit and shared the experience of CBCHS as a CBM partner organization in Cameroon.

Weeklong activities took the team to four districts (Huye, Ngoma, Gisagara, Rwamagana) across two provinces (East and South), holding meeting with district authorities and understanding their involvement and role in promoting inclusion and ensuring the full and effective participation of people with disabilities in community life.

With the major objective of the visit being to understand the implementation of livelihood project, the team met with several Village Savings and Loans Associations (VSLAs) to understand how they are empowering members/participants to increase access and control over resources and how they are using collective power to overcome social and financial barriers.

The team also met with several youths accessing technical vocational education and training in formal and informal settings. Highlight of the visit was meeting with the leadership of the Rwandan National Council of People with Disabilities (NCPD), who spelled out how the government is working in policy to improve on the situation of the vulnerable population especially those with disabilities.

With field support and orientation from staff of the National Union of Disability Organization (NUDOR), the visit ended with a debriefing session at the CBM Rwandan Country office, where the project team presented their learning and suggestions to the Rwandan team.

This activity was supported with funding from CBM.

## Efficient Data Management and Evidenced-Based Programming Strengthening CBC Health Services

Staff from different programs, specialized services and facilities of the CBC Health Services have undergone a 2-day workshop geared towards reviewing the 2023 statistical reports for integration into the 2023 Annual Reports and approve indicators for integration into the 2024 reporting. The training from February 1-2, 2024, was organized under the Planning, Monitoring, Evaluation, and Learning (PMEL) program of the CBC Health Services.

Participants during the training benefitted knowledge on the PMEL Strategy within the CBC Health Services, the CBC Health Services Data Management and Protection Policy, Data management structure, roles and responsibilities.

The training will enable participants who are PMEL Focal Points in health facilities, programs and specialized services of the CBC Health Services to evaluate their performance in 2023 as they plan better reporting strategies from 2024.

Welcoming participants, the Deputy Director for Administration and Finance (DDAF), Mr. Warri Denis congratulated them for the work they are doing in their respective facilities and programs to uphold the Mission of the CBC Health Services, which is the provision of quality healthcare to all. He encouraged them to continue in the same light even amidst the challenging times.

The DDAF called on the participants to build a culture for the effective use of data and evidence-based management. Evidence-based management and practice, he reiterated, helps in decision making for the institution's leaders. *"The data management team as pace-setters in this domain has to show the value of data to decision-making. Intentionally prioritizing data collection and management will lead to the success of this endeavor,"* he concluded.

The training had as main facilitator, Dr. Nshom Emmanuel, the PMEL Supervisor who also provides Technical Assistance to the PMEL program.

The Communication Unit caught up with two participants after the training to know the added value that the training will have on their work:

*"I am really happy that I took part in this two-day seminar which had to do with bringing together all the data staff in various programs and especially the PMEL Zonal coordinators who gathered together to review the past year 2023 and also to review the indicators that are used to indicate how our services are progressing. I have learned of programs that I was not aware of and now we are called up to work together, we have to collaborate with these programs that are within the zone, so that together we can collect data that is going to be used by various stakeholders. We also had to review the data collection tools so we are going back to have a meeting with the data collectors and make a plan on how to implement the changes to collect more and accurate data at the level of the Mboppi zone"* - Kommy Calvin, Mboppi Baptist Hospital Doula

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*"The data management workshop was actually an avenue for learning and we were able to gather with other projects and specialized services. I presented on our project, and what was presented was our overall goals, the objectives, the indicators and key realizations in 2023. It was an opportunity for us to see how much we are able to*

*intervene in the South West region. It was also an avenue for us to share some of our common challenges and way forward for 2024. We pray that many of such workshops can come up so that we can continue to build our capacity"* - Nformi Ruth Fajong from Baptist Hospital Mutengene

The CBC Health Services currently collects, analyses and preserves data in many formats and will continue to improve, thanks to novel strategies employed and the active involvement of all stakeholders to facilitate the process.



The DDAF addressing participants



The DDAF tells participants that Data management is all encompassing in the CBCHS

## SEEPD Program Stakeholders appraise Progress in Current Phase

Hospital equipment comprising digital wheelchair scales, manual wheelchairs, auxiliary crutches, walkers, and otoscopes amongst others have been donated to five District Hospitals and the St. Joseph Children and Adults Home (SAJOCAH) Bafut in the Northwest region.

The Director of CBC Health Services Prof Tih Pius Muffih handed the equipment to Administrators of the hospitals in the presence of other stakeholders at the end of a one day stakeholders meeting that took place at the Baptist Center Nkwen Bamenda on February 15, 2024.

The meeting was organized by the Comprehensive Program for Empowerment of Persons with Disabilities and Inclusive Access to Basic Services of Health and Education in the Northwest Region of Cameroon.

Speaking during the handing over, the Director of Health Services (DHS), Prof. Tih Pius Muffih extended gratitude to CBM for the support that has enabled the program to provide some equipment to the hospitals. He said the equip-

ment are intended to support and improve service delivery for vulnerable people especially those with disabilities. He revealed that efforts have been made in demonstrating good practices on access in the area of remodeling of Out Patient Departments and Water, Sanitation, and Hygiene (WASH) facilities.

The meeting, which was chaired by the Director of CBC Health Services, Prof. Tih Puis Muffi brought together stakeholders from the Health, Education, Livelihood, and Social Inclusion domains of the program. According to the Director, the objective of the meeting was to provide an understanding of the mandate of stakeholders as well as provide updates on the implementation of project activities highlighting the outputs, outcomes, and challenges. He thanked the stakeholders for their contributions to the program in promoting inclusion at different levels of society.

The high point of the meeting was the presentation of a progress report for 2022 to 2023 presented by the Program Manager, Awa Jacques

Chirac. The Manager said for this period of implementation, the program has recorded the following results; Health and Rehabilitation 106%, Inclusive Education 74%, and Economic Empowerment and Social Inclusion 89%.

Under the Health Component, the Program Manager noted that the program has built the capacity of 15 District Medical Officers, Directors of District Hospitals, and Municipal authorities on inclusive healthcare and financed accessibility assessment and remodeling in five District Hospitals and SAJOCAH amongst others. As a result of these actions, there has been improved access to the built environment, increased acceptance by healthcare providers, and provision of healthcare with principles of universal design which have improved access to healthcare for 171,182 persons with disabilities with an 86% increase compared to 2020-2021. In addition, 2400 children received neonatal ear screening and 62 were referred for follow-up.

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DHS handing equipment to hospital representative



Program Manager presenting progress report



Stakeholders united in purpose

Mr. Awa underlined that under the Education component, the Program trained 82 examiners and education authorities, equipped 2 special exam centers, carried out an annual review of exam sessions and revision and adoption of good practices in inclusion, and conducted an assessment of the entire exam circle and proposed recommendations for inclusion. With these efforts, there is an improved access and participation of learners with disabilities in GCE Exams with 55 of them who wrote the GCE in 2021 with a 46.67% passing and 70 who wrote in 2023 with a percentage passed of 76%. In addition, there has been the revision of exam guidelines including the use of scribes, additional time (30min/1hr), and revision of exam registration forms to inform the provision of reasonable accommodation measures.

In the Livelihood and Social Inclusion domain,

the program has lobbied, advocated, advised, and technically supported Councils, the Regional Assembly, and two technical structures to ensure the inclusion of people with disabilities and socio-economic opportunities. Also, the program provided fee and material support to 50 youths with disabilities to access Technical Vocational Education Training (TVET) programs.

Mr. Awa also highlighted that Memoranda of Understanding (MoUs) have been formalized with decentralized local authorities 12 Councils, the United Cities and Councils of Cameroon (UCCC) and National School of Local Administration (NASLA), and the introduction of a module on inclusive development in NASLA's curriculum.

Despite the results recorded, the Program Manager expressed some challenges faced some of which are that the adoption of universal design

practices in municipal development is still below expectation, new projects are conceived and implemented without accessibility and awareness of the 2010 law on the promotion and protection of the rights of persons with disabilities remains low among duty bearers, thereby restricting the benefits and participation of persons with disabilities in health and education amongst others.

At the end of his presentation, stakeholders applauded the project for the results recorded so. Prof. Tih moderated a session during which participants made salient recommendations that would go a long way to improve the current phase of the program as well as ameliorate the lives of persons with disabilities.

This program is implemented with support from CBM.

## Mbingo Baptist Hospital motivated for championing treatment of Fistula

The hospital was encouraged to do more in the treatment of women with obstetrics Fistula during a ceremony at the Baptist Center in Bamenda, February 14, 2024 to donate Fistula repair equipment to the hospital.

The equipment comprised 41 surgical items worth 5 million FCFA funded by Hope and Healing International via the Socio-Economic Empowerment of Females with Fistula, SEEFF, project of the CBC Health Services.

Prof. Tih Pius Muffih, Director of CBC Health Services handed the donated items to the beneficiary hospital.

Receiving the equipment on behalf of Mbingo Baptist Hospital, the surgeon in charge of Fistula repair, Dr. Ngock George and the Assistant Administrator for Personnel, Kwalar Rene expressed profound gratitude to Hope and Healing International Canada for donating the equipment that will greatly improve the treatment of Fistula not only in Mbingo but in Cameroon.

SEEFF project officer, Yasmine Ayenjika hailed Mbingo Baptist Hospital for treating over 60 of the about 100 women with obstetrics Fistula within the project cycle.

Although support to treat women with Fistula from Hope and Healing International ended in December 2023, the treatment still continues in Mbingo and Nkwen Baptist Hospitals with the clients taking full responsibility for their treatment.



Dr. Ngock, Fistula repair surgeon & Kwalar Rene, Assistant Administrator receive donated items for MBH



HHI donated equipment to MBH for Fistula repair

## Nkwen Baptist Hospital Opens New Skin Clinic to Serve Bamenda Community

The Nkwen Baptist Hospital has announced the opening of its new skin clinic, which will provide comprehensive dermatological care to the people of Bamenda. The clinic is staffed by a team of experienced healthcare professionals, including Dr. Nji Nancy Labu, a passionate doctor who is committed to providing affordable, quality care.

A prayer and dedication ceremony was held at Nkwen Baptist Hospital on February 2, 2024, to mark the launch of its new skin clinic department. The event aimed at raising awareness of the existence of a doctor in charge of skincare at the skin clinic.

The hospital's administrator, Mr. kangong Joce expressed his joy at the launch of the skin clinic, which he said had been a long-time goal of the hospital. He noted that the hospital had been providing some skincare services in the past, but that the passion of Dr. Nji Nancy Labu, a physician who had furthered her studies in dermatology, had led to the decision to launch a more comprehensive service.

Dr. Labu said that the dream of the skin clinic began when she realized that Bamenda, a city of about 2 million people, barely has a dermatologist who is resident in the town. She said that she saw many patients with skin diseases who were often referred to other regions for

care. She decided to study dermatology and, after completing her postgraduate diploma, she proposed the creation of a skin clinic at the hospital. *"So I submitted a proposal in respect to the skin clinic and they bought the idea so we are about pioneering it,"* she happily announced.

The skin clinic will offer a variety of services, including outpatient consultations, skin biopsies, and intralingual injections. The clinic is currently only offering outpatient services, but it plans to expand its services in the future.

# Children Momentum Equality Project shines Light on Sexual Health for Adolescents with Disabilities in Cameroon

Three hospitals in Cameroon – Mbingo Baptist Hospital, Belo Baptist Health Center, and Fundong District Hospital – joined forces with the Equality Project to tackle a crucial issue: the knowledge gap in sexual and reproductive health (SRH) and HIV awareness among adolescents with disabilities.

Over 100 young people participated in the three-day initiative, which ran from February 14-16, 2024. The urgency of this program stems from a concerning reality: while HIV and STI prevalence among adults has decreased, it

remains alarmingly high among children and adolescents, with those with disabilities being particularly vulnerable due to social and physical barriers, and their lack of knowledge.

Baseline assessments conducted by the Equality Project confirmed this lack of knowledge, highlighting the urgency of such programs. By providing tailored education and support, the initiative seeks to empower these young people and their caregivers, fostering healthier individuals and communities.

The sessions covered a range of topics, from body awareness and SRH rights to HIV and STI prevention. Interactive sessions and open discussions fostered understanding and challenged taboos.

Moved by the initiative, one father shared his distress: “My daughter with a mental disability started her period at school, but no one helped her. I felt helpless. This project helped me download an app to track her cycle, so I can be better prepared”.



Belo Baptist Health Center participants in a joyful mood



Open conversations among caregivers in Fundong District Hospital

Heartening confessions emerged from the participants. Open communication emerged as a key theme. Many adolescents admitted to a previous lack of knowledge and expressed increased openness to discussing concerns related to SRH.

However, challenges remain, particularly regarding the use of proper terminology for private parts due to cultural taboos, to which the project and facility team which included a sign language interpreter, doubling as a native speaker, actively engaged in corrective education, helping the adolescents and

their caregivers to understand the importance of using the right terminology. The sessions all ended with screening for HIV and STIs.

The Equality Project emphasizes the importance of empowerment initiatives beyond mere education. The program aims to equip communities with the tools and knowledge needed to continue supporting their disabled members, fostering a culture of inclusion and understanding. Meeting their needs also ensures they are included in the global fight to ensure all the three 95 targets of UNAIDS are attained

in the Northwest region of Cameroon.

This collaborative effort between hospitals and the Equality Project represents a significant step towards bridging the knowledge gap and empowering disabled adolescents in Cameroon. By addressing their specific needs and fostering open communication, the program paves the way for healthier individuals and more inclusive communities.

## DHS honours Kumbo based Artist



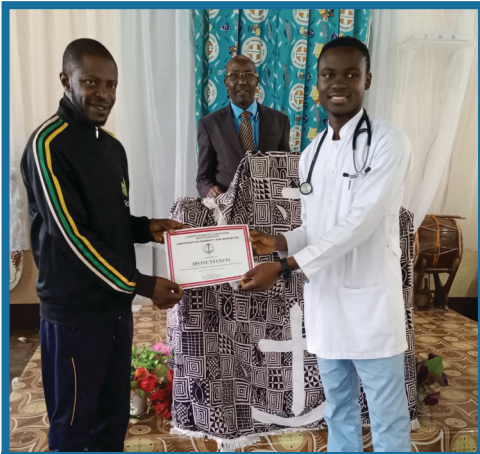
BBH Senior Administrator, Mr. Nji Richard poses with craft work of BBH OPD & the artist, Divine Nyuyuni

Divine Nyuyuni is a young Kumbo based Cameroonian artist who transforms bamboo into replica of buildings, cars, chairs and other devices for posterity has received a certificate of ingenuity and innovation from the Director of CBCHS for producing a replica of the Bango Baptist Hospital Out Patient Department.

Handing over the certificate to Divine Nyuyuni during chapel on January 3, 2024, BBH Senior Administrator, Mr. Nji Richard Nkeh on behalf

of the DHS appreciated Divine for producing the replica of BBH OPD calling on him to continue using his God given talent for the advancement of God's kingdom on earth.

CBC Health Services Communication Unit correspondent in BBH, Tata Emile got in contact with Divine shortly after the chapel service in the following chat...



**Representative of CMO of BBH, Dr. Taku Samuel handing over certificate of recognition to Mr Nyuyyuni Divine**

What prompted you to come up with this beautiful art?

Divine Nyuyuni: I am a genuine artist from within and I know that anything that I see and I believe that I can do, I can do it. When I saw this structure being erected, I told a friend of mine who was a worker here by name Kinga Stephen that I can bring up this structure with bamboo. He didn't believe me but I told him that deep in my mind I can do it. Then came a time that I laid the foundation, came here and moved round the structure and went to work. What inspired me is the fact I have something in me that gave me the courage to produce this.

How long did you take to complete this project?

Divine Nyuyuni: It took me over 2 months of serious work to realize this work

When and how did you learn this?

Divine Nyuyuni: It is something within me. At times when I look at the work and imagine how I was working, I still ask myself, is this how I can do something of this nature? Notwithstanding, in the primary school I remember the first handwork that I presented in school was a small cupboard, my handwork master looked at me and said that if I could go to a technical school, I will be a great person. I never knew the difference between a technical and a grammar school and unfortunately for me, he was transferred. Maybe if he remained, he would have pushed me to pursue technical education and by now, I believe I would have been a great architect.

This art has been here for close to 10 years, what delayed this recognition?

Divine Nyuyuni: This is a piece of art work that was done in August 2012, 11 years ago. At that time, I was pursuing education so I had myself registered in the university of which I was the one sponsoring myself. That is what made me to stay away for some time before the recognition delayed as such. Another thing is that when I came back for the Christmas break, somebody told me that they are presenting talents at the Ngonso' Cultural Festival in December 2012, I took this art to the palace and I had only 3 days to spend here. When I went back to the palace to collect, I was told that the festival is not over and that I should allow it till the festival is over. Since I had no time, I had to go back to school because I had a continuous assessment to take. Two months later, a friend called me that the art has been taken to BBH, I was shocked because it was taken without my knowledge. During the second semester break, I came up to inquire and I was told that it was sent from the palace by the fon as a gift from him to the Hospital. I was confused because it was gifted without the producer's knowledge. I came to the hospital and met the former Administrator, Pa Ngam Joseph, I talked with him and he told me that it was a gift from the palace. I explained to him what actually transpired and told him that my work cannot just be taken out like that.

Like it was said in the chapel, the DHS, Prof. Tih Pius saw it by the road at our village at Kikaikelaki and he commended me to come and see the Administrator. I came with some photos of

the art. We talked at length but it didn't yield any fruit. I had to leave since I was pursuing my education. Since then, I never had time to come back again. Deep within me, I knew that one day I will be recognized. That is why it took that long before the recognition is coming today and am very grateful. When I came here and met the present Administrator, Pa Nji Richard and, the Assistant Administrator in-charge of Personnel, Mr. Ngew Samuel Kwi, they pushed it forward for the recognition to come. I am really grateful to them.

Have you been able to do replicas of other edifices?

Divine Nyuyuni: Presently, I have one that is standing in the house, it's also a magnificent structure like this one, that is the St. Michael the Arch Angel Convent at Kikaikelaki parish that I produced and it is still under completion.

Have you had an opportunity to train other young Cameroonians to ensure continuity of this talent?

Divine Nyuyuni: Not quite but I have some children in the quarter that when am working, they will come and seat beside me observe and also assist me. I keep telling them to remain focus and follow their dreams.

What are you studying at the university, is it related this artistic work?

Divine Nyuyuni: It is rather very unfortunate that my university dreams did not come true; I had a problem along the line with my university studies. I was for my third year and a problem came up that my being in the third year

was not due. They said I had to go back to level 2, since I was the one sponsoring myself and could not afford to continue due to finances, I decided to drop out. I went into bike riding in order to help myself; but unfortunate, men of the underworld could not allow me to grow. Time and again my bike is being stolen and life has not really been easy on me. If I am alive today, it's thanks to God because my hands are still there and I can still work. I know that God's plan for me will still be realized.

What are your plans for the future and what does this recognition from the DHS mean to you?

Divine Nyuyuni: I plan to intentionally and consciously train young ones who are willing and ready to learn. Now that am back home, I will encourage hand work especially at the level of primary schools. I pray that someone should buy this great idea and I bet you we will have great architects in future. This award has marked a turning point in my life. When I look at this certificate, I know that it will keep reminding me of the great task that I have ahead of me. I want to sincerely thank Prof. Tih Pius for this great recognition and my wish is that I will be able to see him again face to face and relay my appreciations.

According to reports, Mr. Divine Nyuyuni still remains optimistic that a good Samaritan can still come to his rescue and he will realize his dream of becoming a great architect.

## Field Reports:

### *MBHD celebrates World Cervical Cancer Awareness Day*

Mboppi Baptist Hospital Douala (MBHD) joined the international community on January 24 to commemorate this year's World Cervical Cancer Awareness Day under the theme, "Ending cervical cancer within a few generations".

In a presentation on the occasion during morning devotions in chapel, Madam Simeni Madeline, head of the Women Health Program, (WHP) described the cervix as the lower portion of the uterus (womb). She said, cervical cancer, therefore, is a disease in which the cells of the cervix become abnormal and start to grow abnormally forming malignant tumors. According to the presentation, cervical cancer is caused by HUMAN PAPILLOMA virus (HPV) and it is the fourth most common cancer in women worldwide, 604,127 new diagnosis per year. Cervical cancer is a major cause of death worldwide; a woman dies every 2 minutes from the disease.

In Cameroon, cervical cancer is the most common cancer, over 2,770 new cases are been diagnosed per year with an estimated 1,787 deaths per year, 8 new

cases a day and 5 deaths in a day. HPV 16 (54%) and HPV 18 (13%) account for the majority of worldwide cervical cancers. HPV 6 and 11 are the most often associated with external genital warts.

Our Mboppi based reporter, Andrew Ekelle noted the presentation highlighted on some of the risk factors of the disease such as a woman who has never been screened for cervical cancer, smoking, having multiple sexual partners, multiple deliveries, having transmitted infections like chlamydia, and HIV.

Some of the screenings done in MBHD WHP department are HPV testing, pap smear visual screening methods (VIA/VILI), colposcopy and VIA/VILI in adjunct to digital cervicograph. Some signs and symptoms of cervical cancer are heavy offensive vaginal bleeding, loss of appetite, lower abdominal pain lumbar pain and oost coital bleeding.

The WHP head nurse equally made mention on the management of cervical cancer, simple hysterectomy (removal of the uterus and the cervix, Radical

hysterectomy (removal of the uterus and cervix plus pelvic lymph nodes dissection), Chemotherapy, Radiotherapy and palliative care. She added that cervical cancer can equally be prevented primarily by HPV vaccination (Gardasil and Quadri valent vaccine that helps prevent four types of HPV virus; secondary by treatment of the cervical pre-cancer (Thermal ablation and LEEP) Regular checkup and Tertiary by Referral and palliative care.

She ended her presentation by encouraging the that early diagnosis of cervical cancer saves life, women should come for screening along with their daughters for vaccination and men should send their partners or wives for screening. The program ended with a quiz which winners took home prizes. It should be noted that the WHP department is been managed by 5 staff and it is located on same building with the MUGFIC micro finance bank within the hospital premises.

### *LAP Basic Training takes-off at Allat-Banyo*

The Life Abundant Primary Health Care (LAP) program of the Cameroon Baptist Convention Health Services (CBCHS) has resumed basic training for her community health workers, otherwise called, promoter. The 2024 training, reports say, is the largest class with 19 students; 3 males and 16 females drawn from different communities located in West, North

West and Adamawa regions of Cameroon.

Addressing the 5th batch of the Promoters' Basic Training class meeting at Allat since February 4, 2024, LAP Administrator, Mr. Njenih George advised and encouraged the candidates in strong terms to be available, punctual, determined and study with the

zeal to make it at the end of the training and be fit to serve when they return in the communities. The LAP Administrator wished the students God's guidance in their challenges during their period of training. As a mark of initiation, the students were introduced to the LAP logo on day one of the training.

## DHS Keep Fit Tournament:

### *Littoral Pool plays Difficult Music for BBH in Bafoussam*

On Saturday, January 27, BBH and her posterity MBHD, BBHD and BHCK drew the lines to the 8th and quarter finals qualification games of the ongoing DHS Keep Fit Tournament. The Littoral (MBHD, BBHD and BHCK) defeated BBH in 7 of the 10 games played that at the Bamendzi Municipal Stadium in Bafoussam.

The events of the day were all dedicated to God in prayers led by Chaplain Mbock Eric. After the singing of the CBCHS Mission Statement, the Administrators of the different Hospitals present saluted everyone. They all challenged the sporters to play with the spirit of sportsmanship and love.

On behalf of the Littoral pool, Madam Fon Rose Nyimeh, Administrator of BBHD (Bonaberi) remarked that "It's a new year and we have come with new surprises, the games will be full of surprises".

The Administrator of BaBH (Bafoussam), Mr. Chepjem Jean Sama welcoming the 247 staff from BBH and Littoral said, Bafoussam is prepared for the competition even as host. "You all shall watch Bafoussam on plasma screen," he grinned. He equally laughed the crowd to their molars when he joked that "If any-

one asks for your number, kindly give it but make sure you inform your Chaplain. Equally inform your Chaplain when he or she begins to text," he giggled.

According to our reporter, Elvis Nyuyseni, the Bamendzi Municipal Stadium were the games were taking place was transformed into a volcanic, explosive and exothermic arena as the CBCHS staff sun up.

The ecstasy that dwindled the cool morning hours of Bafoussam was ignited by the Sport Dancers. BBH and Littoral sports dancers in their comely appearances demonstrated before the amazed crowd and almost confused jury. The verdict went in favour of the "Littoral Birds" that defeated the "NCD Soldiers of BBH" 46 points to 43.

In the volleyball and handball games for both categories, the Littoral eliminated BBH from the competition.

While the Littoral sporters proved tough in hand games, BBH remained head up in football. The Bansa boys and girls converted the Littoral opponents to fans. However, the Littoral veterans football players succeeded to defeat BBH. In the table tennis game,

BBH qualified in the male category and Littoral in the female.

The highly contested matches were embellished with unique sonorities from the fan clubs. One could salute the solidarity between the two fan clubs as they jointly animated the crowd.

Leaving Bafoussam after the great family banquet, the Littoral had a narrative to write home about by winning 7 out of the 10 games played leaving BBH with only 3. BBH on her part, will not forget that a bite on the mother's nipple by the baby is at times painful.

With the 8th and Quarter finals trashed already, Poll 3 which constitutes of Littoral and BBH shall lock horns with Poll 1 made up of Mbingo, Nkwen and Sabga at the semi-final games on February 24 in Bafoussam. In the same manner Poll 2 (Jikijem, Banyo, and Yaounde) will face Poll 4 (Kumba, Mutengene and Bafoussam) on February 17, 2024 still in Bafoussam as host.



## BBH retires 14 during Christmas Festivity



Batch of BBH retirees for 2022 & 2023



BBH Senior Administrator admonishing retirees on behalf of the Director of CBCHS

event that took place on December 9, 2023. The two in one event included a historic retirement of 14 deserved staff and the celebration of Christmas among staff, clients, caregivers and visitors. This period was celebrated under the theme, *"Jesus, the Prince of Peace"*.

The retirees included: Kolem Emmanuel Kan, Wirseem Patrick Yiven, Jonathan Germnda Njorim, Samuel Fonyuy Wirngo, Mboulav Spellian Nsoyuni, Fombe Justin Ngalla, Yusah Sera, Wirba Emma Kinyuy, Helen Nene Kemei, Berinyuy Ita Njobam, Passiah Philomena and Dor Evelyn Liktika whom their celebration did not hold in 2022 and Munang Joseph and Ndimongiang Martin Mngoh who were laureates for 2023.

The Senior Administrator for BBH, Mr. Nji Richard Nkeh congratulated the retirees for joining the ranks of senior citizens after a successful and fruitful career with the CBC Health Services. He appreciated them for laying a good foundation and serving with loyalty and respect to the great organization. The BBH Senior

Administrator called on the retirees to remain attached to the CBCHS.

Speaking on behalf of the Director of Health Service (DHS), the Senior Administrator for BBH, Mr. Nji Richard Nkeh presented the work history of each of the retirees. Our Kumbo based correspondent, Tata Emile noted that the retirees received their retirement certificates and retiree Identity cards that will serve as VIP cards in all CBCHS institutions especially in the month of February during their annual physical examination.

On behalf of the retirees, Mr. Mboulav Spellian thanked all and sundry for coming to honor them. He gave special thanks to the DHS and BBH administration for offering them with an enabling environment to work till their retirement. He wished mother BBH and CBCHS a long life and prosperity. He urged all who are still in active service to uphold the mission and vision of CBCHS.

## MBHD benefits from Seminar on Epidural Anaesthesia

Mboppi Baptist Hospital Douala (MBHD) played host to a training on Epidural Anaesthesia from January 23-25, 2024. The training that held in the chapel auditorium brought together anaesthetists from CBC Health Services hospitals and a team of facilitators from the USA.

Opening the 3-day workshop, the Senior Administrator of MBHD, Mr. Yongwa Zacks welcomed the participants and the facilitators by encouraging them to feel at home. He called for utmost concentration during the training for the better management of 'our' clients.

Mr. Mbah John, Supervisor of Anaesthetic services in the CBCHS and coordinator of the training introduced the facilitators from the USA to included: Dr. Michael Burns as team leader, Heidi Hegstas, Ida Asega and Jennifer Corbid.

Correspondent reports say, Dr. Michael Burns, head of the team of facilitators began by giving the overview of epidural, pregnancy changes in the body, Anatomy of the spine and

epidural placement steps. He highlighted the objectives of the training for participants to be able to identify the layer of tissue between the skin and epidural space, know the steps for placing an epidural safely and understand the importance of an epidural test dose. He explained the effect of pregnancy on the body central nervous system/Cardiovascular effects, the Respiratory system (oxygen consumption increases) ventilation which increases 200% during labour.

The second facilitator, Heidi Hegstad drilled participants on meninges and epidural space Anatomy, the Sagittal view of the spinal column (layers to tissue of the spinal cord) and changes of the epidural space with pregnancy.

The third facilitator, Ida Asega continued on how to determine if a patient is a good candidate for epidural. She cited some examples such as the patient must give their consent and do not suffer from any of the absolute contraindication. She presented some of the epidural supplies to the participants (needles and

epidural catheters). She talked on the steps in placing epidural, by talking to the patient and identifying if they are eligible for an epidural, identify target levels and mark.

The facilitators talked on dosing, volume and concentration of epidural medications. Equally to intermittent bolus dosing and how to make bupivacain 0.125%. The seminar added each day with a workshop to demonstrate some of the techniques. Participants had time to see and practice what they have acquired from the theoretical part.

some of the facilitators found time to visit the MBHD Theater to see how things are being done. Dr. Michael Burns promised to create a monthly journal club via Zoom which will involve all the participants. He also promised to visit again!



**Dr. Michael Burns, head of the team of facilitators from USA**



**Facilitators from USA**

# True Life Story:

## My First Flight

By Nga Priscilla Birom

Yes, it's quite easy to watch a plane fly pass over you and you just give it a glance and no further thought about it.

My system was shaken the day I had to enter the plane and fly to Maroua.

From outside, it is just a tubular container resting on three wheels and having two wings. "We're about to take off," announced the hostess. My eyes were watching outside closely at the wheels on the run way until they suddenly left the ground; my intestine also 'left' my abdomen to my chest.

I felt like vomiting, a feeling of falling backward from the plane due to the slanting nature. So, I held the chair in front of me then turned to watch my neighbors who were sitting very peacefully. I needed to see what was happening out side; houses and roads became small-

er and smaller until below me was just white cloud and blue sky above meaning I actually left the ground.

I was served some snacks which I delayed taking due to fear of diarrhea as the intestines were not stable at all.

"We are in a turbulent area," announced the hostess, Yes, it was real "boomerang". I got the noise and the plane swayed from left to right. I looked down and imagined if it has to fall how long shall it take for me to reach the ground. I felt my heart pumping very fast; I held my chair firmly with both hands.

At this point I said a prayer to GOD then I did all my confession and behold I was already so exhausted and stressed up as if I was the pilot so I slept off surprisingly.

I heard a voice, 'We are about to descend, no movement, no use of phones'. I said to myself 'another trouble is about to start'.

On the contrary, the descend was quite smooth, no turbulence, gentle downward movement and behold I started seeing houses and finally the wheels jumped out of their sockets and landed on the ground "qwararanga' like hitting something on the run way and slowly it halted. It was only that I could drink my juice before going out of the plane feeling some relief after almost 2 hours of stress.

Guess what? I did not see the pilot! I did not see any sign board giving us direction in the air!

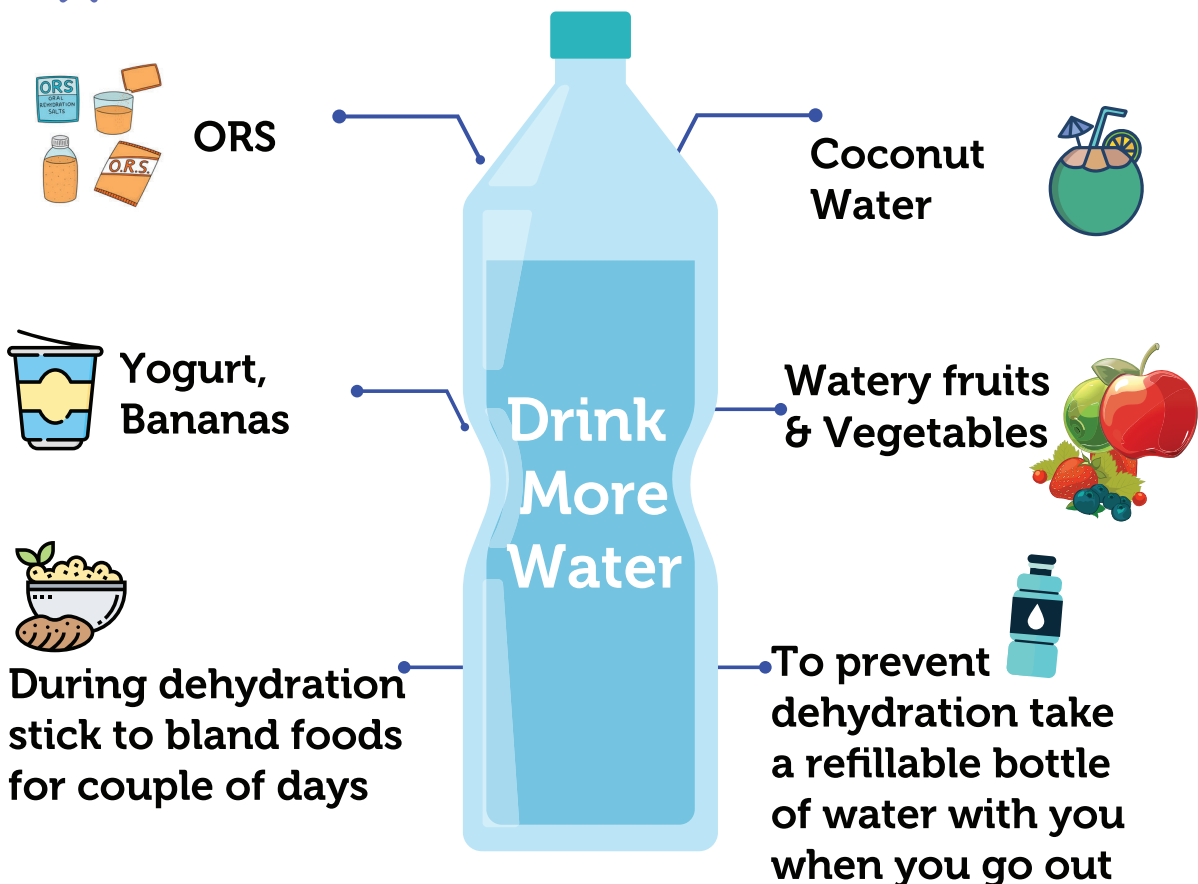
I want to fly again!

## Dehydration Treatment

Increase your water intake



Rest in cool place and avoid any other exertion



# STAY SAFE



1. For the leadership to lead with courage and wisdom, and to be energised by their roles within your workplace.
2. For the wellbeing, guidance and support for those in very senior roles so they do not carry the burden alone; for timely refreshing through leave and family support.
3. For managers at every level to build, strengthen and support each team member effectively.
4. For every colleague to feel valued and empowered, resulting in a 'can do' approach.
5. For colleagues to take pride in their role in your workplace and seek to be the best they can be.

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