



RURAL DOCTORS
ANNUAL REPORT
2022

Our vision

Close existing health equity gaps in rural communities.

Our mission

Build community resilience to high burden diseases where there is poor access to health services and provide lifesaving health care to vulnerable groups, and victims during crisis.



A WORD FROM THE FOUNDER

As a Public Health expert, and through my years of experience in public sector, I witnessed people have little or no access to primary health care access in rural communities. Rural Doctors is that non-profit organization which aims at building and strengthening sustainable community disease prevention and response in poor rural settings; and providing lifesaving health care to vulnerable groups and victims during crisis since its activities in 2018. Our combined efforts have given us the opportunity to partner and be sponsored by bigger organizations both nationally and internationally.

Our activities are humanitarian and we are proud of the impacts on the rural population in Cameroon which is considered by WHO as one of the developing countries with poor access to health facility due to critical shortage of health personnel. Rural Doctors has planned activities every year, and we always go above the call of duty and impact creation.

As per our action plan for the last fiscal year, Rural Doctors have exceeded expectations and impact (209%). Health assistance missions reached out to 7766 patients. Out of this number, 53% were internally displaced due to the socio-political crisis in the North-West and South-West Regions of Cameroon. Female patients were dominant (75%). The most vulnerable groups; pregnant women, children and the elderly, made up 58% of patients. Most patients were treated for malaria (28.2%). A total of 156 poor and vulnerable pregnant women benefited from antenatal care services. Most of the pregnant women received were internally displaced (82.7%). Due to poverty, half of the pregnant women catered for were in their 3rd trimester of pregnancy already but unable to afford basic antenatal care.

We want to do more. Despite the sufficient available human resources and access into affected communities, funding is quite low to meet the rising needs of these vulnerable communities.

Dr. Sangwe Clovis Nchinjoh, MD, MPH
Founder and CEO
Rural Doctors



2022 in review



7766 people reached through health assistance missions.



75% females



50

community health workers empowered

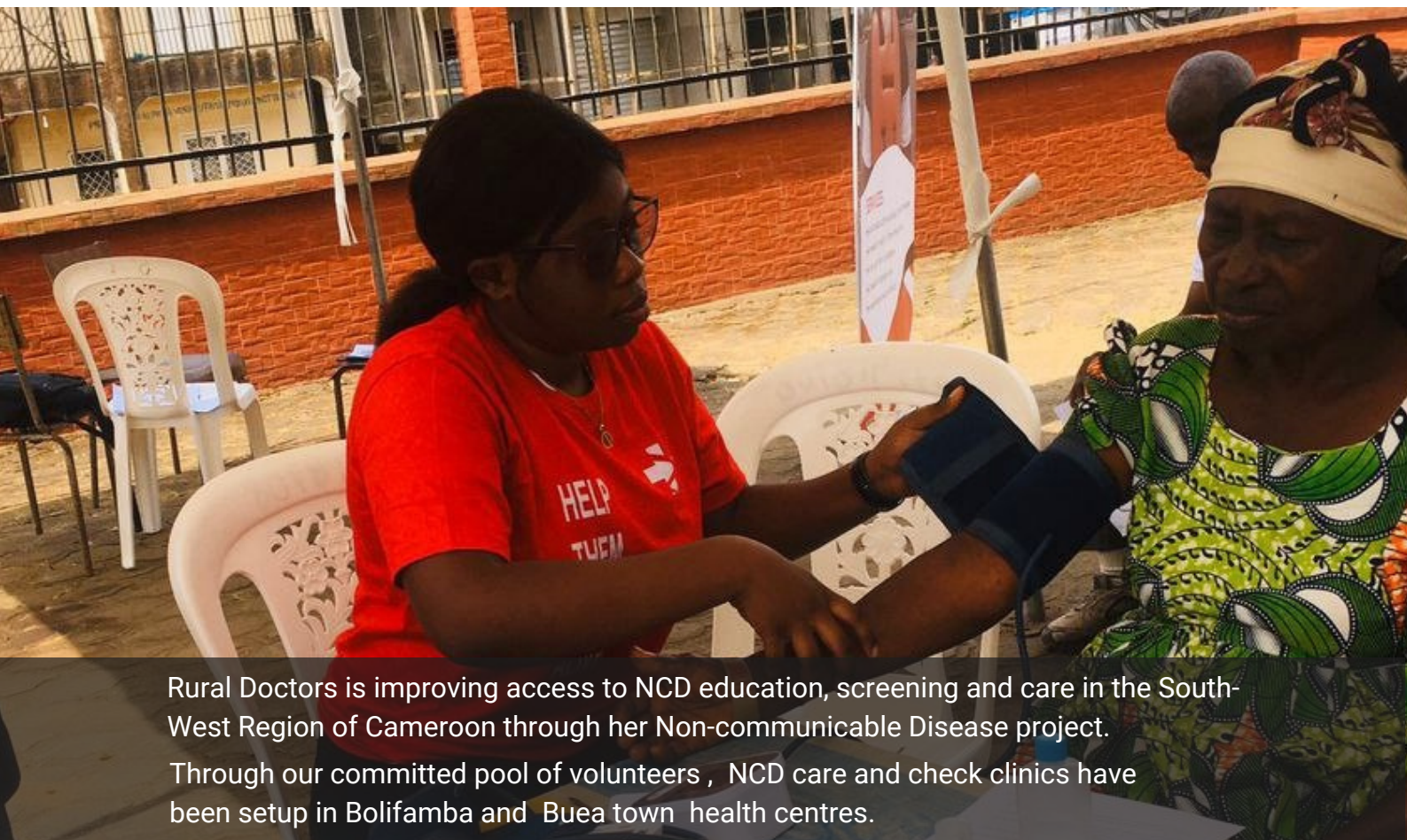


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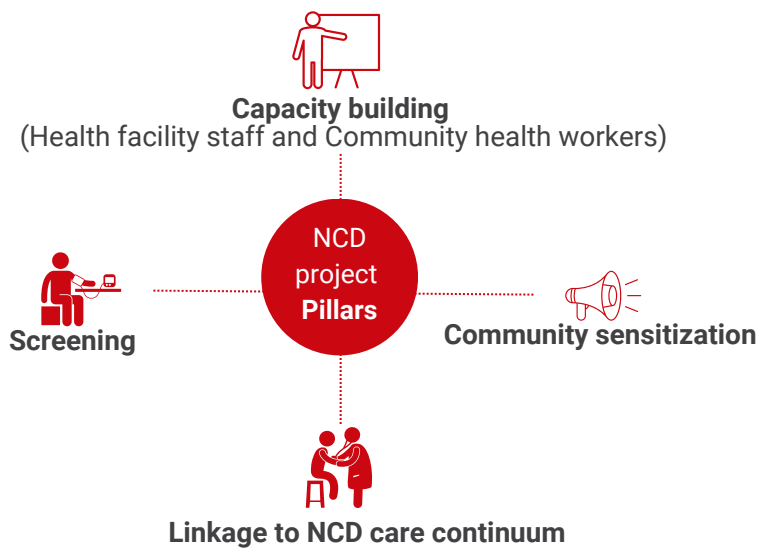
people screened for NCDs

Strengthening Primary Health Care services

Non-communicable Disease (NCD) project

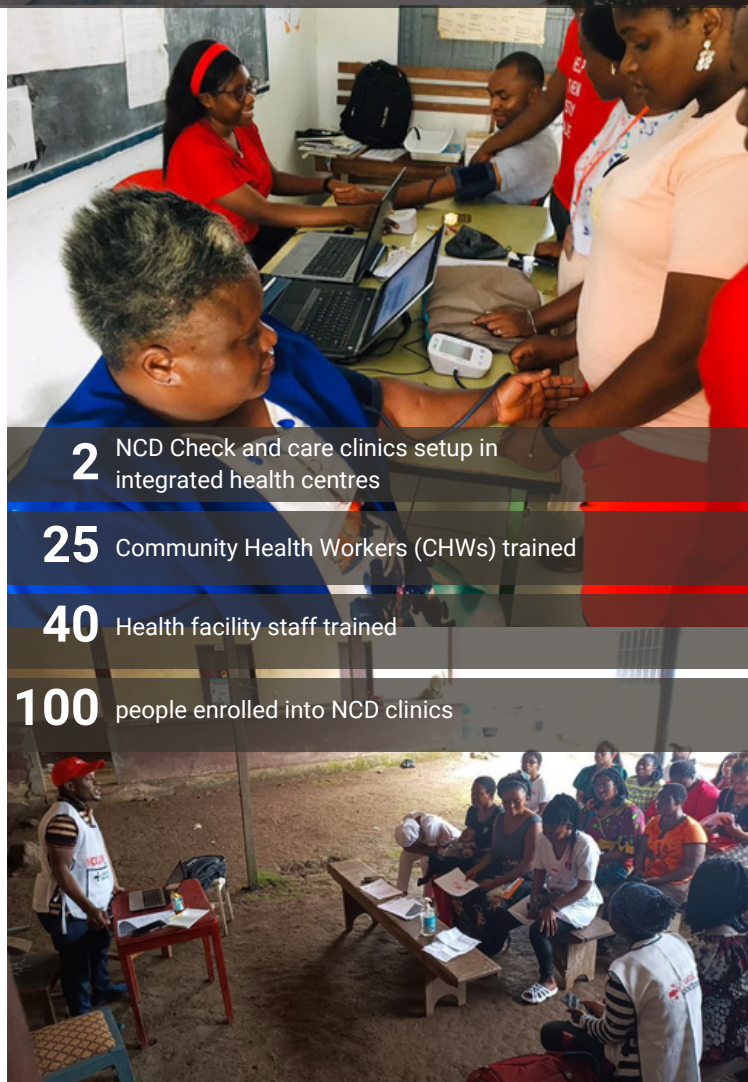


Rural Doctors is improving access to NCD education, screening and care in the South-West Region of Cameroon through her Non-communicable Disease project. Through our committed pool of volunteers, NCD care and check clinics have been setup in Bolifamba and Buea town health centres.



Best Practices

- Capacity building at health facility and community level through empowering both CHWs and facility staff.
- CHWs are recruited from same communities and empowered to detect and follow up NCDs at the community level while referring positive cases to the NCD clinics for continuous care.



2 NCD Check and care clinics setup in integrated health centres

25 Community Health Workers (CHWs) trained

40 Health facility staff trained

100 people enrolled into NCD clinics

The case of Manoka Health District


Manoka Health District (MHD) is an archipelago district in the Littoral region of Cameroon.

With the absence of health facilities in most health areas of MHD, the high prevalence of malaria and water-borne diseases due to diurnal floods has forced most of the population to depend on herbalists and roadside drug vendors.


Rural Doctors used the Community-Oriented Primary Care (COPC) model to develop integrated packages for community health workers to fit this population's needs.



 **1460** homes visits reaching out to over **7000** inhabitants

 **56** under-five children managed for malaria.

 **196** under-10 children tested for malaria in community

 **78** pregnant women benefited from ANC services

Impact

Best Practices

- Prioritizing integrated approaches; using a sound approach to develop packages that includes community priorities.
- Use of healthcare volunteers/networks to complement efforts in missed communities. Full involvement of Community Health Workers (CHWs) to enhance access and build trust.
- Sound community partnership with inclusive participation of community representatives in micro-planning and implementation.



On the International day of the elderly, Rural Doctors partnered with the regional delegation of women and social affairs to offer free screening for diabetes, obesity and hypertension to the elderly people in the South West region. A total of **245** people above 50 years were attended to; amongst whom **50** were diagnosed with an NCD, **130** counseled and **65** referred.

Rural Doctors Community Health Research Hub

On the backdrop of the paucity of context-specific health research in rural areas, to guide tailoring of interventions and policy and limited dissemination and sharing of best practices amongst professionals implementing health interventions in rural communities, the community health research hub was created.

The recently created Rural Doctors community research hub is a network of public health professionals, researchers, volunteers collaborating to foster and facilitate health research in underserved communities.

The first research work carried out by the research hub was on Mobile Community Health Worker -based Health Care for Remote Communities (mCHW-HCRC): An Operational Research that had as objective to determine the effectiveness of mCHW in decreasing maternal and child morbidity and mortality in health areas where there are no health facilities in Manoka Health District.

Thank you for your support

We extend our sincere thanks to all our technical and financial partners who have contributed to our work of closing health equity gaps in rural communities.

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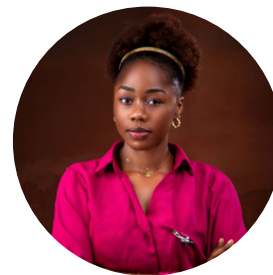
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