



CAMEROON BAPTIST CONVENTION HEALTH BOARD

The Health Board Chronicle

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Stop Press!!!

We wish to appreciate our field correspondents and to assure them that we received all their news stories and will publish them in our subsequent issue.

Bible Verse of the month

*"Therefore keep watch, because you do not know on what day your Lord will come. But understand this: if the owner of the house had known at what time of night the thief was coming, he would have kept watch and would not have let his house be broken into."
Matthew 24: 42- 43 (NIV)*

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CBCHB PT trainer retires after 38 years of service

The physiotherapy (PT) department of the Cameroon Baptist Convention Health Board and the CBC as a whole will need time to adjust to the vacuum created by the key trainer and one of the earliest staff of the department. Miss Lenz Patricia June, who took up service at Mbingo Baptist Hospital (MBH) on May 11, 1972 as a young missionary from the North American Baptist, came to the end of her services with the CBCHB in August 2010.

During an emotion-charged farewell ceremony in her honour at Mbingo Baptist Hospital on August 21, 2010, it emerged that Pat Lenz or Sister Lenz (as she was called by CBCHB staff and friends) has served at Mbingo Baptist Hospital for 38 years three months. Giving a rich and detailed biography of Sr. Lenz, CBC Director of Health Services (DHS), Prof. Tih Pius disclosed that, "At the time of her arrival, there was little or no physiotherapy service in MBH in particular and



Pat Lenz leaving Cameroon in typical African women's fashion

certainly none in the entire CBCHB. Sister Laura Redding handed over some basic PT services to Pat in the early 1970s and she has applied herself fully to developing these services in Mbingo, which had the greatest need at the time due to the

Hansen Disease." The Director went on that, "Many of us believed at that time that PT services only existed to meet the needs of leprosy patients. We were wrong in our thoughts. Many of us soon became her clients at the PT department!"

Pat Lenz developed the curricula for the training of CBCHB PT staff and she has trained a huge number PT staff at various levels. She remarked that she may not be able to remember the number of staff she has trained for all these years. Apart from the mother department at MBH, Pat Lenz has opened and staffed six other PT departments in five of the six regions that the CBCHB covers in Cameroon. These are Etoug-Ebe, Ekounou, Bafoussam and Moppi Baptist Health Centres, Mutengene and Banso Baptist Hospitals. She has also mentored many other people who can continue supervising services in the department as she retires.

Another remarkable achievement of Pat Lenz in her services to humanity in Cameroon is that she took over the basic prosthetic services

PTSHP pumps 65 upgraded healthcare providers into CBC Health Services

The CBC Private Training School for Health Personnel (Banso) has added new blood into the CBC Health Services. The graduation ceremony for the 65 new staff took place at the Kumbo Baptist Church on August 28, 2010 in the presence of the Senior Divisional Officer (SDO) for Bui. The graduands, comprised of 35 females and 30 males, were

divided into 5 Nurse Anaesthetists, 10 X-Ray Assistants and 50 Nursing Assistants.

Addressing the graduands alongside the entire CBCHB staff, the Bui SDO, Bernard Ngone Ndongmesape, described the work of the CBCHB as priceless because her services are spread all over

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CBCHB PT Trainer retires — from pg1

designed by Dr. Jercy Fluth and developed them significantly. She has since then trained staff to assess clients and make suitable prostheses for them. She also served as technical adviser to the DHS on PT related issues where she assessed the equipment, personnel, space and training needs of the department and advised the Director accordingly.

Sr. Lenz was the first CBC FM 4500 Radio Network Operations Coordinator. She trained other operators and guided them during each broadcast twice a day 7 days a week, and was never late in starting roll call. This was a major responsibility for Pat Lenz because it helped all CBCHB stations to stay in touch at a time when there were no fixed phones, no faxes and no cell phones.

In her other priceless services to the CBC as a whole, Pat Lenz coordinated youth work in the CBC at various levels, especially beginning with Belo Field. Her deep involvement in 3-H activities led her to develop and publish the manual for 3-H in Cameroon. She also published some brochures for the CBCHB. Sr. Lenz was an active member of the CBC Women's Union. She equally used her membership in the MBH gospel team to strengthen and encourage many other staff to join it and be firm in their relationship with Christ. Sr. Lenz's enrolment into and completion of TEE courses served as a catalyst to spur many other staff to take the training.

All who spoke at the ceremony thanked Pat Lenz for sacrificing all the comfort back in her home country, the USA, her youthfulness and every other thing she could have done, to come to Cameroon and Mbingo in particular to bless the CBCHB with her knowledge and skills. They all prayed God to bless Pat Lenz for the thousands of people she has been able to help through her services and raise others like her, even Cameroonians, to be able to offer themselves for God's services. All the speakers described Sr. Lenz as a model to be emulated. She also described her as motherly, compassionate, devoted and frank.

In response, Sr. Lenz expressed regrets that she would have to leave MBH, which has virtually become her second home. She said she will have to take a lot of time to adjust to life in America. She thanked the CBC for accepting her and being so kind to her for 38 years. Sr. Lenz also promised that she will continue praying for the CBCHB and leave no stone unturned to seek help for the CBCHB. She announced that Jennifer, who once came for internship with the PT department in Mbingo, will return there in 2011 to fill the gap.

Present at the farewell ceremony were the CBCHB DHS, the CBC Field Director, Heads of CBCHB institutions, the CBCHB Press Division, staff, the Chair of the CBCHB, Dr. Jonah Wefuan, the Belo Field Pastor, pastors, friends of Pat Lenz, Missionaries and well wishers ■

PTSHP pumps 65 ..from pg1

Cameroon (in 6 of the 10 regions). He lauded the staff of the school and the CBCHB administration for the initiative to give a special touch to healthcare provision through the quality of teachers in the school and the

Clinton Foundation, French Development Corporation Cameroon take interest in CBCHB

Officials of the Bill Clinton Foundation and the French Development Corporation in Cameroon have praised the CBC Health Board for her endeavours in meeting the health needs of grassroots communities in the country. The four senior officials of the two organisations (2 from each of the agencies), who came all the way from Yaounde, expressed this satisfaction during a working visit with the CBCHB at Mbingo Baptist Hospital (MBH) on August 9, 2010. The Director of Health Services, Prof. Tih Pius Muffih, headed the CBCHB team that met with the executives of the two organisations. He was flanked by some hospital leaders of the system.

On the occasion, the DHS presented an overview of the CBCHB to his guests. He counted 5 hospitals (all having medical doctors except one for which efforts are still being made to get a doctor), 26 health centres and 46 primary health centres. Prof. Tih also told the visitors that the CBC Health Board runs a good number of innovative programmes and projects that target the special health concerns of the population of many parts of the country. He said the Board has over 2500 employees working in the institutions of the Board. The Director hailed external funders for supporting the CBCHB in her efforts to meet the health needs of the local population. He expressed the wish that this exposé should spur the Clinton Foundation and the French Development Corporation to partner with the CBC Health Board, which built a long standing reputation for the provision of quality healthcare in Cameroon. Prof. Tih assured the officials of the two organisations that the CBC has a shrewd finance department with competent accountants to take proper care of her funds.

For his part, the Director of the Christian Internal Medicine Specialization (CIMS), Dr. Dennis Palmer, recounted the effort the Board has made in Postgraduate Medical Education. He told the visitors that the CBCHB has been training health personnel at various levels for over 60 years and so she deemed it necessary to move towards training doctors in some specialisations. This, according to Dr. Palmer, would help reduce the cost of training abroad and limit the phenomenon of people being sent abroad and them not returning to work in the Board after the training. Besides CIMS, which for the moment is

students they train as this is visible in the quality of services CBCHB institutions provide to clients. The SDO also assured the school and the CBCHB of government's unflinching support. Mr. Ndomesape reminded the graduands that the Nightingale Oath should not be a mere recitation but a faithful engagement to serve mankind with a God-fearing heart. He also challenged them to practically apply what they learnt in class and listen to

available only at MBH, Dr. Palmer also presented the Pan African Academy of Christian Surgeons (PAACS), which started in Bango Baptist Hospital (BBH) and was later replicated in MBH. Dr Palmer informed the guests that PAACS has graduated several specialists who hail from Cameroon and other African countries. He announced plans to re-open the BBH PAACS programme as well as begin Family Medicine specialization in



Prof. Tih (standing) debriefing officials from Clinton Foundation and French Corporation Cameroon on CBCHB activities

BBH and Obstetric/Gynaecology in MBH in the near future. In perspective, the CIMS Director projected the transformation of MBH into a full teaching hospital where doctors will be recruited into the Board via the various specialized programmes.

Dr. Fomunyan Elias Enyoh, Medical Director of the Care and Treatment programme, Mr. Nkuoh Godlove, Supervisor of the Nutrition Improvement Programme and Mr. Njiah Ernest all made presentations hinging on the clinical and infrastructural needs of the CBC Health Board.

Given that the Clinton Foundation and the French Development Corporation work closely with the government of Cameroon, the officials of the two organisations probed the CBCHB on her relationship with the government. They particularly wanted to know about registration of programmes in the Board and affiliations to government agencies like the Ministry of Public Health. In all, they expressed satisfaction with the answers given them. The visitors ended their trip to the CBCHB with a courtesy call on the Fon of Bafut ■

their superiors and other colleagues so that they can better perform and grow in their job.

In her address, the PTSHP Principal, Mrs. Ngwayu Margaret, recalled that the school went operational in 1955 and graduated its first batch of 2 students (midwives) in 1957. So far, according to the Principal, the 2010 batch of 65 students is the largest. She announced that the school has made innovations in its methods of

PTSHP pumps 65 ..from pg2

imparting knowledge to students. According to the Principal, "This profession places more emphasis on participative learning experiences and independent studies involving research. It is in this respect that the Nurse Anaesthetists have done research projects which will be used to develop plans for improving service delivery in the CBCHB." Explaining the reason for the training, Mrs. Ngwayu pointed out that, "The Board places training and development of staff as a priority."

To the students, Mrs. Ngwayu said, "As you go into the field ...do your best so that we can be proud of you and God will be honoured in all you do. Make it your priority to mentor those who will come as students to work with you as you were mentored during your own training." She then thanked the



Cross section of graduands (stooping) pose with Bui SDO, his entourage and CBCHB authorities

parents and the public for their support to the candidates and the school.

Other speakers, including some seasoned CBCHB Administrators and Chief Medical Officers, the Bui Divisional Delegate for Labour and Social Security, the First Deputy Mayor for Kumbo Council and the representative of the Paramount Fon of Nso, all called on the graduands to be meticulous and God-fearing in the way they practise what they were taught in class. They each reminded the graduating students of the delicate nature of their job given that they deal with human lives that have no duplicates.

Responding to all the urgings on behalf of his colleagues, the representative of the graduating students thanked the CBC Director of Health Services, Prof. Tih Pius for being able to create good relationships within and out of the country that bring in professional volunteers and funds to boost trainings and consequently improve the quality of services offered. He also thanked the school for offering them the opportunity to better their skills

so that they can better serve the population. Recounting their difficulties, the student representative cited among others, too many courses to be taken, closeness of the campus to the hospital, which causes distractions to the students when there is sad or good news at the hospital, inadequate infrastructure and financial hardship since the CBCHB gives not even a refundable allowance to trainees.

However, the students recommended that the school should do all to complete the unfinished complex it began constructing so that subsequent candidates will not have to go through the same ordeal like them. They also pleaded that the CBCHB should give refundable allowances to students which can be recouped when they begin working.

For his part, Pastor Ndiforunbe Johnson of Ndop Field, in his sermon on the occasion titled "The Christian Medical Worker in action: Impression or Impact?", challenged CBCHB staff to reflect on what they do every day at their work sites and see if they are simply there to create impression or make impact. He said Christian medical workers must be examples because poor relationships among staff cause the organisation to keep losing some of her best workers and keep mediocre ones who know nothing other than to blindfold bosses with false information for their evil ends. This method, the Pastor added makes any institution never to grow or to stagnate with such people in place and lose its clientele. Pastor Ndiforunbe decried various forms of evil perpetrated in the medical corps, including faith-based health institutions like the CBCHB, which is supposed to be exemplary. (*Watch out in our next issue for the full message on our reflection page*).

Candidates were awarded end of course certificates and diplomas to crown their success. All 65 of them made it in their final exams. Present at the ceremony were Administrative and civil authorities, local government officials, traditional authorities, CBC authorities, staff, friends and family members of the graduands. All these people joined their hearts to pray for the graduating students that God should help them keep to their oath and in the fear of God ■

**God bless you as you read The
70B Chronicle!!**

CBCHB mourns two staff

The CBCHB has once more been hit by the loss of two staff – Asah Charles and Pa Ndeh Michael. Asah Charles died at Mbingo Baptist Hospital on Tuesday, August 17, 2010 following injuries he sustained in a ghastly motor accident on the Mutengene Limbe road on August 4, 2010. Before his death, Charles was HESCO Water Marketing Manager at the Health Services Complex Mutengene. He got the accident alongside others on their way to supply HESCO Water at the CBC National Youth Camp that was holding at Saker College in Limbe. Only Charles sustained serious injuries in the accident.

Asah Charles was soft spoken, compassionate, loving, friendly, straightforward and honest. His death, which came just at the age of 40, landed like a devastating earthquake in the ears of staff of all levels who knew Charles. Charles was buried in his native village of Mbiyeh in Ndu Sub Division in Donga Mantung Division on Friday, August 27, 2010. The team that accompanied Charles to his final rest comprised Mr. Nkfusai Joseph, HSC Administrator at the head of the delegation from Charles' former station, Mr. Wirba Samuel, Baptist Hospital Mutengene Administrator at the head of a delegation from the institution where Charles' wife works, Mr. Ndosak George, CBCHB Personnel Manager at the head of the delegation from HB Central in Bamenda and Ngasoh Raymond, Chief of the CBCHB Press Division and Video Editor/Cameraman, Defeu Colince for coverage. Mr. Ngam Joseph, MBH Senior Administrator represented the Director of Health Services who was unavoidably absent.

Charles leaves behind his wife, 3 children, parents, relatives, the CBCHB family, whom he loved so much, friends, well wishers and the entire CBC Christian body to mourn him.



Late Asah Charles Late Pa Ndeh Michael

His demise is a huge loss for the CBCHB.

The other staff, Pa Ndeh Michael, was a housekeeper at Nkwen Baptist Health Centre. He died on August 18, 2010 at Mbingo Baptist Hospital after a brief illness at the age of 58. He was buried in his native village of Bafanji, Ndop in Nkoketunjia Division on Saturday, August 21, 2010. The CBCHB Personnel Manager, Mr. Ndosak George led the delegation of from Nkwen Baptist Health Centre and HB Central to the burial. Pa Ndeh leaves behind two wives, 12 children, 22 grand children, relatives, friends, well wishers and the CBCHB family to mourn him.

The staff of the Press Division use this medium to extend their heartfelt condolences to the bereaved families ■

A

EGPAF briefs CBCHB on WHO 2010 PMTCT Recommendations

Senior Technical Officer of the Elizabeth Glaser Paediatric AIDS Foundation (EGPAF), Allison Spensley, has updated some CBCHB HIV and AIDS stakeholders on the 2010 World Health Organisation (WHO) recommendations for PMTCT. The briefing session took place at the CBCHB Conference Hall (DHS Basement) in Bamenda on August 2, 2010.

Speaking to some 15 participants at the session, Allison Spensley disclosed that the objective of the new recommendations is to significantly reduce the risk of mother to child transmission of HIV and also improve on care for HIV pregnant women and their exposed infants. Ms. Spensley explained that the WHO recommendations place emphasis on providing ART to women who need treatment for their own health as well as expanded prophylaxis regimen for the prevention of mother to child transmission. She noted that the new recommendations (seven in number), are all geared towards providing treatment for women who need it. The recommendations hinge on: who is eligible, when to start treatment for pregnant women and what regimens to provide, while the recommendations on prophylaxis address issues like: when to start the prophylaxis and which regimens to administer to the women.

Expressing his opinion, the CBCHB Medical Director of Care and Treatment Centres, Dr. Fomunyan Elias said would prefer the first option in the WHO PMTCT Recommendations because of the situation at the different CBCHB Treatment Centres. Mrs. Spensley told HB Press that EGPAF, as a Foundation, has chosen this same option because it provides

very good prophylaxis for women. It is also feasible to implement and cost effective. She however, noted that, the Foundation will only work in full support with whatever option the Ministries of Health in the countries they work with, adopts as the best option.

Taking the floor, the CBC Director of Health Services, Prof. Tih Pius Muffih, referred to EGPAF as a key partner and the backbone in supporting PMTCT activities in developing countries. He lauded Ms. Spensley, who had been to other countries for a similar exercise, for taking the pains to come to Cameroon to widen the understanding of staff on the new recommendations. The DHS urged those present to communicate the new changes to their colleagues. The Children for Orphans Music and Drama Group graced the session with songs and drama. Other key staff working directly with the PMTCT programme sat back after the session to chart the way forward in implementing the new guidelines.

The EGPAF Senior Technical Officer announced that WHO will be releasing another set of recommendations by 2012. Allison Spensley and some key staff, like the General Supervisor of the CBC AIDS Care Programme and the CBCHB/EGPAF liaison officer, were charged to have consultations with officials of the Ministry of Public Health in Yaounde and other partners in Cameroon ■

EGPAF upgrades writing capacity of collaborators in CBCHB

A four day workshop on the different forms of writings practised in the Elizabeth Glaser Paediatric AIDS Foundation (EGPAF) and other organisations took place at the Health Services Complex (HSC) Mutengene from August 11-14, 2010. The workshop brought together 23 participants, mainly staff working with the PMTCT or AIDS Care and Prevention (ACP) programme from various institutions of the CBCHB, and the grant writing department and communication unit.

From the handouts of the seminar, the organisers' ob-

jectives were as follows: foster working relationships, build local team capacity in preparation of abstracts, papers, "grey literature" and proposals; translate Cameroon programme experiences into written outputs and plans for dissemination; and support CBCHB team members and programmes to receive credit/recognition for work done.

Facilitators included Lior Miller (EGPAF liaison officer to Cameroon and Senior Programme Coordinator – Prevention, Care and Treatment Services based in Los Angeles, USA), Mrs Eveline Asongwe (PMTCT General Coordinator and EGPAF Country Representative for Cameroon) and Mr. Nkfusai Joseph (Administrator, HSC and CBCHB ACP Programme Supervisor).

Opening the workshop seminar on Day One (August 11, 2010), HSC Administrator, Mr. Nkfusai Joseph called on participants to concentrate and take the seminar very seriously because the presentations were very important. He noted that the seminar was one of EGPAF's own way of helping to boost the writing skills of CBCHB staff and build their capacity in documentation of processes, outcomes and lessons learnt from various activities.

For four days, participants were exposed to the different types of writings and how each of them is peculiar in nature, form, content and style. Modules examined include fundamentals of good writing, what can be written and for whom, writing styles, how to disseminate written works, and sourcing and organising information among others. Meanwhile, concepts pertaining to written materials like intellectual property, safety, sharing, trust and team, were equally examined. The participants also learnt other techniques in report writing, grant writing, proposal writing and so on.

Given the pivotal position of the Press Division in publications in the CBCHB, the head of this department, Ngasoh Raymond expounded on the role of the department, which is supposed to be the melting pot of all written material in the CBCHB for dissemination to the general public. He highlighted the fact that many departments are ignorant of the Press Division's role because they ignore the role of communication in the organisation. The Head of Department appealed to the participants to sensitise their colleagues back in their various stations so that some errors committed in the past in publishing documents can be avoided. Upon the confession of many participants that they don't read the department's monthly newsletter (*The HB Chronicle*), Mr. Ngasoh told them that it is necessary for all employees and stakeholders of the CBCHB to read this publication for the interest of the Board, the CBC in general and their programmes or services in particular. He reminded them that the Press Division is responsible for the style and other issues of any publication and not the facts and figures contained in the material, reason why they have to read and channel any corrections or comments to the department. It was resolved that all materials for publication in *The HB Chronicle*, or the CBCHB website, or any other medium, must be reviewed by at least two people in that department before sending it to the Press Division through the following email addresses: pressdivision@cbchealthservices.org or lackndon@yahoo.com.

In his closing remarks, the HSC Administrator recommended teamwork to ensure adequate implementation of projects for better results. He noted that staff need to practise effective communication methods, which include reminders and patience, if there must be smoothness in service provision and time management in executing some decisions. Mr. Nkfusai advised that CBCHB staff should familiarise themselves with the United Nations Millennium Development Goals in order to be able to tailor grant proposals along these lines and not miss the UN requirements. He also reminded the participants that all projects in the CBCHB belong to the CBC, no matter who wrote the proposal or the role any individual played for the project to be approved and funded.

Participants expressed satisfaction with the workshop and the quality of the handouts distributed. On their part, the facilitators appreciated the participants for their concentration and readiness to learn. The participants also recommended that many more of such workshops be organised so that staff can constantly be updated with contemporary skills ■



Participants at the EGPAF Writing seminar in a family photo

STOP PRESS!!!

The need for proper editing and review of CBCHB documents before publishing

The rapid growth of the Cameroon Baptist Convention Health Board (CBCHB) in the number of services offered, infrastructure and manpower has prompted numerous and regular publications by various departments, programmes and institutions. These departments, programmes and institutions produce brochures, flyers and posters; monthly, quarterly, annual and other reports, billboards and other documents, which serve as channels to inform the general public of their activities, services and mission. These are great initiatives without which the Board's partners, staff, stakeholders and the general public will be left in the dark as to what the Board has to offer them, who stands to benefit from her services and what she is doing with the donors' money. Many people will equally not know the philosophy the Board upholds, what can be the quality of her services and where these services are located.

The CBCHB has made for herself great names like "Mbingo Baptist Hospital" and "Banso Baptist Hospital" among other giant institutions, such that clients, partners, staff and other stakeholders have found it necessary to identify themselves with this great structure (the most renowned faith-based health organisation in the whole of the Republic of Cameroon and the Central African Sub region). The CBCHB is actually a model to all these countries. This is evidenced by the number of candidates the Board receives each year from different countries across the African continent and even beyond for internships, trainings, volunteerism, services and so on. The Board runs a good number of programmes whose prestige and reputation have caused other countries to send candidates to these programmes for training so that these programmes can be replicated back in those

countries. Programmes like the AIDS Care and Prevention Programme (ACP), the Community Counselling Clinic (CCC), the Centre for Clinical Pastoral Education and Social Services (CECPES), the Women's Health Programme, Palliative Care and the Socio-Economic Empowerment of Persons with Disabilities (SEEPD) among others, have projected the CBCHB far into the international scene in healthcare provision and in meeting the psycho-social needs of a great number of people in Cameroon and across several countries of the world. They have also drawn partners and other persons from very renowned organisations across the world who come to offer their services to humanity in Cameroon and in turn gain skills, which they go back to implement in their home countries.

For the CBCHB to remain standing tall on the reputation it has built for itself all these years, heads of departments, programmes, institutions and staff have to take the challenge of carefully peer-reviewing documents they intend to send out for public consumption, and then send it to the Press Division. The Press Division will then proofread it before publication. Even the Bible says that what goes into Man does not condemn him; rather it is what comes out of Man that condemns him. This means that what we publish that can condemn and ruin us. We therefore encourage every head of department to make maximum use of the Press Division for editing and quality control of documents meant for public consumption. Please, respect earlier circulars on this subject ■

CBCHB soon to rescue persons with severe, persistent mental illnesses

A statement in the CBCHB mission statement says that the CBCHB seeks to assist in the provision of care to all who need it as an expression of Christian love and as a means of witness, in order that they might be brought to God through Jesus Christ. In pursuance of this, another genius has, from his well of learning, practice, experience and commitment to rescue the lost from perdition, conceived a Mental Health Programme for persons with severe and persistent mental illnesses.



Pastor Hedwick Chia Fonbeh

Pastor Hedwick Chia Fonbeh, the brain behind this project, is based at Banso Baptist Hospital. He has developed the key activities of the programme like the write up on the proposed project, discussing it with the key stakeholders, sensitising them on the necessity of the project. Pastor Hedwick completed the draft of the programme overview in June 2010 and submitted it to a competent team comprised of Rev. Dr. Ndongde

Godlove (Director of the Community Counselling Clinic (CCC) and the Centre for Clinical Pastoral Education and Social Services (CECPES)), Rev. Tanni Moses (CBCHB Chaplaincy Supervisor) and Mrs. Ngoh Mildred (CCC/CECPES Administrative Assistant). After a careful study of the project, the team concluded that the program was "worthy of implementation" and forwarded it to the CBC Director of Health Services (DHS) who finally approved it July 2010. The programme is expected to fully go operational by January 2011 in BBH.

The Director of Health Services (DHS), Prof. Tih Pius Muffih has congratulated the ingenuity of Pastor Hedwick Chia Fonbeh and remarked that the program "has excellent goals

and objectives." The DHS has advised that the implementation process of the programme should continue with sensitization, patient identification and seeking funds to ensure its sustainability. Currently, clinical outpatient services are offered for less restricted mental cases in Banso Baptist Hospital. At this initial stage, the programme has already identified persons with different severe and persistent mental illnesses like major depressive disorder, bipolar, delirium, hallucination, schizoaffective, schizophrenia and marijuana dependence and abuse.

Upon full implementation, the programme will offer services like psychiatry rehabilitation, evidence based case management, symptom management or elimination, psychosocial education, behavioural interventions, individual and family therapy and other support services to improve the quality of physical, psychological, social and spiritual life of clients.

Pastor Hedwick Chia Fonbeh has a Master of Arts in Marriage and Family Therapy and another Master of Arts in Christian Education obtained from the Psychology and Counselling Division of the School of Educational Ministries at the South-western Baptist Seminary in Fort Worth, Texas. He also trained as Mental Health Professional in the US Government Mental Health Services Training Department in Fort Worth, Texas where he specialized in psychiatry rehabilitation case management, substance abuse and chemical dependency treatment. Pastor Hedwick's counselling experience includes serving as chaplain for 8 years in the CBC Health Board, Counsellor Intern at the Baptist Marriage and Family Counselling Centre in Fort Worth, Texas, Behavioural Interventionist at the Tarrant Youth Recovery Campus and Addiction Therapist at Pine Street Government Residential Centre, all in the USA. He holds two licenses as professional therapist and substance abuse and chemical dependency counsellor in the State of Texas, USA. Prior to his homecoming a few months back, Pastor Hedwick worked as full time psychiatry rehabilitation case manager for the US Federally funded research programme in the Intensive Mental Health Services Division of Tarrant County. His counselling interests are individual, marital, family, and group therapy, using person and solution focused theories, cognitive behavioural and other experiential approaches. Watch out for new developments in our subsequent issues! ■

*Watch your thoughts, they become words.
 Watch your words, they become actions.
 Watch your actions, they become habits.
 Watch your habits, they become character.
 Watch your character, they become destiny.*

*By George U. Azobi, PhD
 Prof. of Mathematics and Statistics*

CECPES Graduates 15 trainees

The Centre for the Clinical Pastoral Education and Social Services (CECPES) has enriched the social and chaplaincy ministries of the Church with 15 new workers. The joint graduation ceremony for both the Extended Unit which ran for 10 months and the Summer Unit, which ran for 3 tedious months, took place on Tuesday, August 10, 2010 at Nkwen Baptist Centre. Statistics show that there were 9 graduands from the Summer Unit and 6 from the Extended Unit.

In a brief commissioning service in honour of the graduands, the Health Board Central Chaplain, Mrs. Ndongndeh Eunice called on the candidates to remain humble despite the remarkable achievements they made and the wonderful knowledge they acquired in the training. Drawing inspiration from Philippians 2:1-8 the chaplain urged the graduands to embrace their achievements as God's doing adding that they will not receive God's blessing if they are proud.

The lone international student in this year's Summer (Intensive) Unit, an Anglican Priest from Nigeria, Michael Samson Friday, in a moving reflection pointed out that to him, Clinical Pastoral Education (CPE) is mysterious in the way it noiselessly changes people's lives. He added that CPE quietly leads the way by exposing one's reasoning and making the individual to see himself or herself clearly without forcing them to choose, yet the person would consciously choose to do the right thing out of all available options. He went further to say he had long desired to have CPE training until God gave him the privilege of training at CECPES in Bamenda. These views among other personal assessments were equally expressed by the other students in their personal reflections presented on the occasion.

In a brief allocution, the CECPES Director, Rev. Dr. Ndongndeh Godlove Nkwain, disclosed that the programme's curriculum consists of three main outcomes: pastoral formation, pastoral

competence and pastoral reflection. Under Pastoral Formation, the Director explained, the programme seeks to assist students come out with fully formed pastoral and/or professional identities in line with their personalities. In the Pastoral Competence, he went on, students are given skills that would assist them in their Pastoral and Professional functioning, while in the Pastoral Reflection, the students' ability to constantly reflect on their actions and tendencies are developed.

On the practical part of the training curriculum, Rev. Dr. Ndongndeh announced that CECPES has, for the first time, been able to negotiate placement sites out of CBC Institutions. According to him, this breakthrough now makes it possible to take ministry to wherever it is needed rather than staying within the four walls of the church. The Director declared that the students were able to spend time at the Bamenda Regional Hospital, PMI, the Bamenda Central Prisons, Mbengwi and the Emmaus Outreach Mental Home at Old Town quarter in Bamenda. Rev. Dr. Ndongndeh then thanked the heads of these institutions for assisting in training the students for the glory of God. Each of the graduands received their end of course certificates from the hands of the Director and the CBC Field Director, Mr. Calvin Hohn.

In response, the class representative, Manjui Esther Makia intimated that the ten month CECPES programme has helped them to know and accept themselves in order to be able to minister to others. She said the programme, which trains people to be representatives of Christ, is not only for Pastors but cuts across life's various professions. She pledged on behalf of the rest to be a true ambassador of CECPES wherever she finds herself.

It should be recalled that the candidates of the combined graduation ceremony comprised of teachers, Pastors, social workers among others ■

Top 10 health benefits of a good night's sleep

(Mr. Nkuoh Godlove, Nutrition Improvement Programme Supervisor)

Sleep!! Sleep!! We all love it! We all feel good especially after a great night's sleep. In the past, the value of sleep was often overlooked by health care providers because, apparently, it was surrounded by myths. Today the importance of sleep to the human health and well-being is beginning to come into focus. In fact, when people get less than 6 hours of sleep each night, they increase their risk of developing some diseases.

Sleep Keeps Your Heart Healthy: Research has demonstrated that heart attacks and strokes are more common during the early morning hours. This may be explained by the way sleep interacts with the blood vessels. Lack of sleep has been associated with worsening of blood pressure and cholesterol – major risk factors for heart disease and stroke. Your heart will be healthier if you get between 7 and 9 hours of sleep each night.

Sleep May Prevent Cancer: People working the late shift have a higher risk of breast and colon cancer. Researchers believe this link is caused by differing levels of melatonin in people who are exposed to light at night. Light exposure reduces the level of melatonin, a hormone that both makes us sleepy and is thought to protect against cancer. Melatonin appears to suppress the growth of tumours. Be sure that your bedroom is dark to help your body produce the melatonin it needs.

Sleep Reduces Stress: When your body is sleep-deficient, it goes into a state of stress. The body's functions are put on high alert, which causes an increase in blood pressure and a production of stress hormones. Higher blood pressure increases your risk of getting heart attacks and strokes. The stress hormones, unfortunately, also makes it hard for you to sleep. Learn relaxation techniques to counter the effects of stress. There are also stress reduction techniques for sleep.

Sleep Reduces Inflammation: The increase in stress hormones raises the level of inflammation in your body, also creating more risk of developing heart-related conditions, as well as cancer and diabetes. Inflammation is thought to be one of the causes of the deterioration of your body as you age.

Sleep Makes You More Alert: Of course, a good night's sleep makes you feel energized and alert the next day. Being engaged and active not only feels great, it increases your chances for another good night's sleep. When you wake up feeling refreshed, use that energy to get out into the daylight, do active things, and be engaged in your world. You'll sleep better the next night and increase your daily energy level.

Sleep Bolsters Your Memory: Researchers do not fully understand why we sleep and dream, but a process called memory consolidation occurs during sleep. While your body may be resting, your brain is busy processing your day, making connections between events, sensory input, feelings and memories. Your dreams and deep sleep are an important time for your brain to make memories and links. Getting more quality sleep will help you remember and process things better.

Sleep May Help You Lose Weight: Researchers have also found that people who sleep less than seven hours per night are more likely to be overweight or obese. It is thought that lack of sleep impacts the balance of hormones in the body that affect appetite. The hormones, ghrelin and leptin, which are important for the regulation of appetite, have been found to be disrupted by lack of sleep. So if you are interested in controlling or losing weight, don't forget to pay attention to getting a good night's sleep every night.

Naps Make You Smarter: Napping during the day is not only an effective and refreshing alternative to caffeine, it can also protect your health and make you more productive. A study of 24,000 Greek adults showed that people who napped several times a week had a lower risk for dying from heart disease. People who nap at work have much lower levels of stress. Napping also improves memory, cognitive function and mood.

Sleep May Reduce Your Risk of Developing Depression: Sleep impacts many of the chemicals in your body, including serotonin. People with serotonin deficiency are more likely to suffer from depression. You can help to prevent depression by making sure you are getting the right amount of sleep, between 7 and 9 hours each night.

Sleep Helps the Body Make Repairs: Sleep is a time for your body to repair damage caused by stress, ultraviolet rays and other harmful exposures. Your cells produce more protein while you are sleeping. These protein molecules form the building blocks for cells, allowing them to repair damage.

Source: http://longevity.about.com/od/lifelongenergy/tp/healthy_sleep.htm ■

West Regional Labour Inspectors visit Bafoussam health centre.

Bafoussam Baptist Health Centre played host on Monday, July 19, 2010 to Regional Inspectors of Labour numbers 2 and 3 for the West, Mr. Tom Emmanuel and Mrs. Wani Jacqueline respectively. The inspectors had a two hour long working session with the Chief of Centre, Mr. Kibang Eric, in his office and went round the health centre visiting each department, inspecting it and encouraging the staff.

In a chat with HB press correspondent in Bafoussam, Tantoh Bertrand Nginyu, the labour inspectors announced that they were visiting all

West Regional Labour Delegate visits.. from pg6

health and other institutions in the West region and added that they intended to check “the regularity of the application of labour regulations in Bafoussam Baptist health centre.” According to the inspectors, “This visit has been neglected for long and the minister of labour gave instructions that our work as inspectors is not only in the office but also on the field if we have to control enterprises like this one. We call this kind of visit the 3C’s (three C’s) which is Control Consolidation and Counsel: which means during this time we advise heads of institutions where there is need and correct with love.”

Quizzed on how regular Bafoussam Baptist Health Centre is in application of the labour regulations,

the labour inspectors said they were quite impressed with what the chief of centre had given them on the information they needed even though a few pieces were lacking because they needed to be obtained from the head office in Bamenda. However, they said the chief of centre had promised to provide these pieces within the next two months. The labour inspectors also regretted that an institution like Bafoussam Baptist Health Centre with 33 staff does not have staff representatives but added that they had given the institution 3 months to get staff representatives in place. They noted that, “We did not come here to police the staff. As I said, even at the West regional level, the new labour delegate who has been in his post from mid December 2009 wants this text to be applied as instructed.”

In other news, WAM's Express Contractors carried out excavation work on the permanent site for the construction of Bafoussam Health Centre on July 23 and 24, 2010 under the coordination of the Chief of Centre (COC), Mr. Kibang Eric and the technical supervision of the Assistant Supervisor of the Technical Services Department (TSD) Mr. Yuh Jerome. Speaking to our correspondent in Bafoussam, the COC disclosed that study works on the soil at the site cost the health centre 530,000 FCFA and the excavation work 720,000 FCFA giving a total of 1,250,000 FCFA. Mr. Kibang added that only the building permit from the Bafoussam Urban Council and the assembling of building materials are left for work to begin on the foundation of the structure ■

OUR INSTITUTIONS

Baptist Hospital Banyo

The new Senior Divisional Officer (SDO) for Mayo Banyo Division has hailed the CBC Health Board for meeting the health needs of the population of Banyo through Baptist Hospital Banyo (BHB). The SDO made this appraisal during his maiden familiarization tour visit to the hospital on July 21, 2010 where he discovered the attractiveness of BHB both in quality of services offered and infrastructure. According to HB Press reporter in Banyo, Fai John Nfor, the SDO was surprised to find in this part of the country, a health facility that, in the SDO's words, can only be compared with those in big cities like Douala from where he was coming. Because of the warm reception accorded him, some members of the SDO's entourage confided in our reporter that the SDO stayed longer at BHB than in any of the other services visited during the familiarization tour.

Reports say the then Assistant Administrator, Mr. Kangong Joce, after leading the SDO and his

entourage through all the services and departments of the hospital in a guided tour, he informed them that BHB started as an integrated health centre on April 9, 1999 with 9 staff and a ministerial decision upgraded it to a full hospital on April 17, 2006. Today, the Assistant Administrator added, BHB has a staff strength of 45 with 2 (medical doctors) general practitioners. The hospital, according to Mr. Kangong, offers a wide range of services like maternity, surgical, dental, eye care, laboratory, pharmacy, chaplaincy, OPD, medical records, etc. The Assistant Administrator also enumerated some of the challenges BHB, which include limited funds to pursue the hospital's goals as desired, bad road from Banyo town to the hospital, insecurity issues and accrued unpaid medical bills by patients amounting to over 13 million FCFA.

In response, the elated SDO promised to join heads with his collaborators in the division to seek ways of alleviating some of the problems BHB faces. He encouraged the staff of BHB to continue to work hard so as to uphold the legacy of the hospital and to maintain the vision of the founding fathers. He pledged to be a client of BHB and wondered aloud if the people of Banyo know the quality of services BHB offers them.

Meanwhile, Mr. Fabombi Dickson has taken over command as the new Assistant Administrator of the North Bound Clinics with residence in BHB. His predecessor, Mr. Kangong Joce left in August 2010 for a one-year post-graduate diploma study programme in Hospital Management in Tanzania and in Germany. Commissioning Mr. Fabombi into office on August 2, 2010, the senior Administrator of Mbongo Baptist Hospital, Mr. Ngam Joseph Ful urged him to be fair, firm and truthful in the discharge of his duties. He also reminded Mr. Fabombi to serve like a servant, listen to both staff and clients and rely on God for wisdom and direction. Mr. Ngam then thanked the outgoing Assistant Administrator, Mr. Kangong Joce, for his loyalty in serving the Board and God and wished him well in his training. The visit and takeover ended with a tour of the North Bound Clinics – Allat, Nyamboya and Sarki-Baka Baptist Health Centres – to present to their new Assistant Administrator and also encourage them. The team comprised of the MBH senior administrator, two assistant administrators (the one for MBH and the other for BHB) and the BHB Supervisor of Nursing Services, Mr. Yham Noah.

In other news, BHB recently has received a container from the Samaritan Purse in the USA, thanks to the efforts of the chief medical officer, Dr. James Smith. According to our reporter, the container contained assorted office and medical supplies among which were 3 office chairs, 3 examination beds, x-ray and washing/dryer machines and wheelchairs among many other items for the dental and operating rooms. Mr. Bill Wright, an x-ray technician from the USA arrived BHB on August 3, 2010 to set up the sophisticated machine. According to the CBCHB technician, Mr. Kenin Emmanuel, the new x-ray machine is the first of its kind in the entire CBCHB.

Meantime, the CBCHB Orthopaedist, Dr. Nana Christopher led a team from Mbongo Baptist Hospital (MBH) to BHB for support visit. During his stay in BHB (May 24-27, 2010), the

Orthopaedic Surgeon saw 39 patients at the OPD and conducted two surgeries. At the end of his stay in BHB, Dr. Nana thanked the staff and administration of the hospital for their cooperation and observed the need for a physiotherapy staff in BHB. Meanwhile, the General Supervisor of the Technical Services Department (TSD) and his assistant, Messrs Chiambah Abraham and Yuh Jerome respectively also visited the hospital to supervise and evaluate ongoing projects in BHB like the staff duplex among others. They also set out a new project for the caregivers' and relievers' rooms. According to our reporter, the issue of relievers' room is very crucial because relievers come to BHB all year round. The two technicians also surveyed the hospital's land to formulate a master plan for possible expansion ■

ISFD Mbongo

The head of the Integrated School for the Deaf (ISED) Mbongo has disclosed that all 17 pupils with hearing impairments who sat for this year's government certificate exams (the First School Leaving Certificate (FSLC)) were successful scoring 100 percent. Meanwhile, the first ever student with hearing impairment from ISFD to pass the GCE Ordinary Level made it this year at Baptist Comprehensive High School (BCHS) Belo. According to the head teacher of ISFD Mbongo, Mr. Che Manasis, the said student, Ndzi Glory, passed in 4 subjects, which include: Home Management, Food and Nutrition, Religious Studies and Health Sciences. She is a product of ISFD Mbongo.

On a sad note, the head teacher announced that one of his pupils died during the holidays. Malachi Ibiri died of meningitis on July 11, 2010 at Benakuma Health Centre. She was later buried in her parents' compound still in Benakuma. On behalf of the school, the head teacher expresses his deep sympathy to the bereaved family ■

Central Pharmacy Bansa

The Pharmacist in BBH has announced envisaged innovations in the CBC Pharmacy operational system. Mr. Ngah Edward, a pharmacist in BBH told HB Press that there is need for pharmacies in CBCHB institutions to remain open 24/24 hours



Pharmacist Ngah E.

like the nursing and other corps of the hospital if the Board must meet international standards. He explained that for now, pharmacies in big centres work only from 7:00 a.m. to 9:00 p.m. and patients who need drugs after 9:00 p.m. are left at the mercy of non-pharmacy staff. In most cases, Mr. Ngah argued, this has led to many irregularities. Pharmacist Ngah justified his argument by illustrating that if nurses (screeners), doctors, the laboratory, x-ray and other key departments in hospitals work 24/24 hours, the pharmacy should not be an exception since patients will always need drugs.

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CP Banso.. from pg7

According to the pharmacist, calculating bills for dispensed drug is one of the main irregularities that emanate when it is done by non-pharmacy staff. He said pharmacy staff need to calculate bills themselves to reduce patients' waiting time since the pharmacy staff know which drugs are available and their prices. Mr. Ngah pointed out that it will also reduce the incidence of conflicts between patients and pharmacy staff when the staff identify an over- or undercharged bill that needs to be corrected by the doctor or screener. Another advantage, he added, is the fact that it will help curb fraud among some unscrupulous staff who sometimes ask patients to collect refunds for money they did not pay.

The pharmacist announced that the proposed innovations were warmly welcomed by the various stakeholders he met when visiting some stations besides BBH like MBH, BHM and CP Mutengene. These changes, according to Mr. Ngah will hopefully be implemented as from July 2011 when more staff would have been available from the graduating batch of pharmacy aid under training now at the PTSHP and when the hospitals and busy health centres must have put in place appropriate rooms for night duty pharmacy staff ■

Mboppi Baptist Health Centre

Maternity service to commence in September 2010

As Mboppi Baptist Health Centre turns 10 on October 10, 2010, the Health Centre's Administrator, Mr. Nfor Daouda has pointed out that service improvement remains his ultimate goal. In a chat with a HB Press staff, the Administrator announced that one of his goals is to begin maternity services at Mboppi Baptist Health Centre come next September. He disclosed that everything needed for the maternity to go operational, such as equipment and personnel, is ready. Mr. Nfor also revealed that the Health Centre recently received some equipment from Project Cure and the health centre bought the others locally. He also announced that enough staff have been posted and transferred to Mboppi Baptist Health Centre to fortify the existing workforce, one of them being Dr. Sylvain Totcha, an Obstetric Gynaecologist. The Administrator went on to appreciate the HB Central Administration for sending some senior supervisors to help in setting up the health centre's maternity. The team sent to Doaula included: Messrs Fombe Justin, Alex Jato, Tancho Samuel, Mbah John and Kinen Emmanuel. The health centre is currently running an awareness campaign to let the population know about the beginning of the long awaited maternity services at Mboppi Baptist Health Centre come next September. This, to the Administrator, will be followed in the near future by paediatric services. According to the Administrator, the maternity services will pave the way for a brighter future for a health centre that is already being seen as a full hospital by the local population and some government authorities ■

Sarki-Baka Baptist Health Centre

Staff of Sarki-Baka Baptist Health Centre (SBHC) were filled with joy on May 23, 2010 upon receiving a brand new Galaxy High-jack motorcycle from

the Director of Health Services. Mr. Ndikwa Hans from BBH was the bearer of this good news. Receiving the motorbike on behalf of his staff, the elated Chief of Centre (COC), Mr. Loh Philemon dedicated the new motorcycle to God and the services of the centre. The local church pastor, Rev. Kachep Paul Moses was called in to pray and dedicate the motorbike.

In other news, the Lingam Field Pastor visited the health centre recently during his tour of the Somie Association of the CBC. Rev. John Nkanjoh urged the health centre staff to continue to keep up with the good work they are doing both at the health centre and in the church. He promised to advertise the health centre wherever he goes by encouraging Christians to make use of the services of the health centre and work hand in glove with the COC in recovering outstanding medical bills. The Field Pastor also thanked the DHS for his hard work and for integrating all PHC staff.

HB Press reporter in Sarki-Baka, Tamanjong Zephaniah says the ongoing project in the centre will provide more space for patient hospitalisation when completed. He also reports that the health centre will soon have its land title following a recent visit by a survey team from Bankim led by the Senior Divisional Officer to demarcate the health centre land with pillars ■

Ngounso Baptist Health Centre

The Health Centre has taken some major steps to preserve her land. One and a half hectares of the land have been used to plant 210 palms alongside pineapples. As one of the centre's goals in 2010, the Chief of Centre, Mr. Shofola Emmanuel says they will continue to expand the plantation until they acquire the land certificate for the centre.

HB Press reporter in Ngounso, Wilson Ndzelen also reports that technicians from the BBH Technical Services Department are still working on the maternity project of the health centre. He says door and window frames and shutters have been completed and plastering programmed to commence early August 2010. A food shed has also been constructed for caregivers and ambulating patients. According to our reporter, this will improve on the sanitation of the wards and reduce the burden of housekeepers who had to regularly clean the wards when patients and caregivers eat and litre the environment. In other news, the health centre staff have initiated sporting activities every Saturday morning. They played a friendly football match with youths of the local church on July 4, 2010 and separated on a one all tie ■

Romkong Baptist Health Centre

A wealthy son of Romkong village has helped the Romkong Baptist Health Centre by paying in the sum of 332,000 FCFA representing unpaid medical bills of some of his kith and kin. According to our reporter in Romkong, Nsoyeh Alland, the elite, who refused to be named, made the gesture in July 2010 during one of his routine visits to the village. The "Good Samaritan" is said to have

visited the health centre to find out how it was faring, but to his dismay, he found names of patients pasted on the bulletin board as debtors. In a discussion with the Chief of Centre (COC), Ms. Tata Patricia, she told him that the patients could not be turned back when they came to the health centre sick without money. But after receiving treatment, the COC continued, the patients disappeared into thin air without settling their bills. The elite understood that this may negatively play on the CBCHB's plans for Romkong Baptist Health Centre and so donated the money to clear off the bills. Our reporter says that the beneficiaries of this largess from one of their sons have not stopped praising God ■

CP Mutengene

A three-month training for production staff recently rounded off with an exam at the Central Pharmacy in Mutengene. According to the General Manager of the Central Pharmacy, Dr. Frujang Gerald, the training, which started on May 10 to July 30, 2010, was both theoretical and practical. All seven male trainees took their training in all the departments of CP Mutengene but did a greater part of the practice in the sterile production unit ■

Pressing Personnel needs in the CBCHB

The CBCHB highly needs the services of the following on a voluntary or paid basis; can be on a long or short term.

1. General Surgeons: a) With teaching experience to head a training programme b) With or without teaching experience to work in the hospital operating room.
2. Paediatrician
3. Experienced General Practitioner
4. Experienced Senior Laboratory Technologist
5. Bio-statistician
6. Programme Analyst with skills in Monitoring and Evaluation .

Visitors of the Month

1. Ms Williams Anna, Medical Student (Burkitts), from UK to BBH .
2. Ms Grant Lorna, Medical Student (Burkitts) from UK, to BBH.
3. Dr. Whittemore Douglas, Urologist, from USA, to PAACS MBH.
4. Miss Grandy Alison Jayne, Nursing Student, from USA to LAP.
5. Dr. Koch Wayne & Deborah, Surgeon—ENT, from USA, to MBH.

Prayer Concerns

1. Pray for the bereaved, especially Asah Courage, that God should give her the strength to cope with the loss of the husband, Asah Charles. Pray for the children that they should not be devastated by the death of their father.
2. Pray for CBCHB staff that God should help us understand that He will judge everything we do in this life and reward us for the good ones and punish us for the evil ones.

Prof. Tih Pius Muffih, MPH, PhD
Director of Health Services.

