

Cameroon



International Medical Corps began working in Cameroon in 2008 in response to an influx of refugees from Central African Republic (CAR).

We provide health, nutrition, HIV/ AIDS, and gender-based violence (GBV) programs in the Adamaoua region. In response to cholera outbreaks, floods, and the Sahel Food crisis in the Far North region of the country, we provide water, sanitation and hygiene (WASH) and emergency nutrition programs. After the influx of refugees from CAR began in December 2013, International Medical Corps has been on the frontline, providing critical healthcare at three border entry points and at the Borghop refugee camp.



Since 2006, ongoing conflict in CAR has created continuous refugee movement into Cameroon, Sudan, and Chad.

Cameroon currently hosts over 184,356 refugees primarily from CAR as well as asylum seekers from neighboring countries. Many lack access to basic health care, while poor living conditions and food scarcity create long-term health consequences for both Cameroonians and the refugees, the majority of whom are women and children.

International Medical Corps began implementing lifesaving health services in Djohong district in 2008 and in 2010 expanded to Meiganga and Tibati districts of the Adamaoua region, as well as Maga and Mokolo districts in the Far North region. In response to the Sahel Food crisis, International Medical Corps is currently implementing an emergency nutrition program in 5 health districts in the Far North Region. In December 2013, a large influx of new refugees from CAR arrived in the Adamaoua region. In response

to the crisis, International Medical Corps increased emergency operations throughout the region ensuring existing health facilities could effectively provide services to the new arrivals. International Medical Corps is currently providing critical primary health care, nutritional support, HIV/AIDS, GBV, water, sanitation, and hygiene (WASH) promotion and capacity-strengthening activities throughout Adamaoua region. Presently, we are the principle humanitarian agency providing health, nutrition, HIV/AIDS and GBV support in the health districts, most of which are located in remote border regions of Cameroon.

Where we work:

- Far North
- Adamaoua
- East



In 2013, an average of 2,300 curative consultations were provided monthly at MMU sites while 31,359 curative consultations were provided at health facilities in the Adamaoua Region.

PRIMARY AND SECONDARY HEALTH CARE

International Medical Corps provides basic health care services through 33 mobile medical units (MMUs) and supports 23 rural Ministry of Health (MoH) clinics and hospitals. Our services in Cameroon include:

- Preventive and curative services through MMUs, including referral support to district health facilities for patients requiring more comprehensive care
- Reproductive health services including ante- and post-natal care
- Provision of essential drugs, medical equipment and supplies for health facilities and MMUs
- Outreach and awareness campaigns for health education and disease prevention, including reproductive health, nutrition and young child feeding practices
- Technical training for MOH staff, birth attendants and community health workers to improve capacity and quality of service delivery.

WATER, SANITATION, AND HYGIENE PROMOTION (WASH)

The provision of clean, safe and accessible water supply and sanitation facilities is an important component of International Medical Corps' intervention in Cameroon. At the end of 2010, we launched a WASH program in Far North region in response to an unprecedented cholera outbreak in the area due to flooding and WASH activities continue today at IDP camps and the surrounding villages. Our current activities include the construction of borehole wells and ventilated latrines, rehabilitation of wells and hand pumps, dissemination of supplies including menstrual hygiene kits, soaps, and water purification tablets as well as training and hygiene education. International Medical Corps also facilitates water management committees and utilizes community-led total sanitation techniques to foster program sustainability. In 2013, International Medical Corps constructed five new boreholes and rehabilitated 10 water points in flood affected villages, provided 36,000 water purification tablets, constructed 80 toilets with drums, educated 120 women on menstrual hygiene and more.

NUTRITION

In response to high malnutrition and stunting rates as well as acute food insecurity resulting from refugee migrations, International Medical Corps has implemented a comprehensive nutrition program in Cameroon, integrating therapeutic interventions with preventative programming. Our services include:

- Routine nutrition screenings for at risk demographics
- Supplementary and therapeutic nutrition programs for children under five and pregnant and lactating women
- Micronutrient and Vitamin A supplementation
- Practical demonstrations of healthy feeding techniques for infants and young children
- Training health care providers in current protocols, guidelines, and techniques in managing acute malnutrition

We aim to improve household nutrition practices through community outreach, such as nutrition education and support for community vegetable gardens to ensure sustainable access to healthy foods.

In 2013, International Medical Corps exposed approximately 38,244 Cameroonians and refugees to GBV messages.

GENDER-BASED VIOLENCE (GBV)

International Medical Corps provides support and increased access to quality health services for GBV survivors in Djohong and Meiganga. We work to reduce instances of GBV through community awareness campaigns. Most recently, International Medical Corps expanded its GBV programming in the East region in two additional refugee camps. In addition to providing emergency medical and reproductive services for GBV survivors – for both refugee and host populations –our activities include:

- Psychosocial support and peer education for survivors and other vulnerable groups such as female/child-headed households
- Awareness, outreach and advocacy sessions provided through MMUs to reduce the stigma and discrimination associated with GBV
- School integration and social reinsertion for young girls and boys affected by GBV
- Income-generating activities for GBV survivors
- Training for Djohong district paralegals in specialized protection for GBV survivors
- Awareness raising of available legal services
- Delivery of Post-exposure Prophylaxis (PEP) and other essential drugs and devices for clinical management of rape in two district hospitals

International Medical Corps also facilitates conversations among villagers and community leaders to provide a forum for these stakeholders to devise effective strategies to eradicate GBV. We include religious and village leaders, schools, and key informants as stakeholders and project participants in order to influence local perceptions and increase protection of women and children.

CAPACITY-BUILDING ACTIVITIES

To increase access to health care, International Medical Corps works to build local capacity in the health system by training health professionals and key community members in our areas of intervention. Through refresher health training courses for MoH staff and community health volunteers, we update professionals' skills and ensure the long-term sustainability of programs. We also train community health management committees and peer educators to promote community participation in available services and conduct assessments of programs. In addition, we train MoPH staff on the provision of medical and psychological care for GBV victims.

In 2013, we trained community leaders, health workers and individuals on community mobilization and GBV prevention, cholera and malaria prevention, management of water points and reproductive health.

In 2013, 17,298 children under 5 were screened for malnutrition in the Meiganga and Djohong health districts with 1,194 of these children identified and treated for acute malnutrition



INTERNATIONAL MEDICAL CORPS ORGANIZATIONAL CAPACITY

Since 1984, International Medical Corps has demonstrated the ability to deliver major relief and development programs to improve lives and strengthen national capacity through health, education, and social programming. International Medical Corps has responded to complex emergencies and implemented transitional development programs in 70 countries worldwide.

INTERNATIONAL MEDICAL CORPS IN AFRICA

For nearly three decades, International Medical Corps has worked in the most difficult and war-torn nations of Africa. International Medical Corps has consistently provided lifesaving interventions during times of war and prolonged conflict and has remained in relatively stable areas to initiate and sustain long-term development.



www.InternationalMedicalCorps.org

Since its inception over 30 years ago, International Medical Corps' mission has been consistent: relieve the suffering of those impacted by war, natural disaster and disease, by delivering vital health care services that focus on training. This approach of helping people help themselves is critical to returning devastated populations to self-reliance.

COUNTRY CONTACT: Christian Mulamba
P.O. Box: 33663, Rue 1883, Valle, Bastos
Yaounde, Cameroon

PHONE: +237 988 1811
CMulamba@InternationalMedicalCorps.org

HEADQUARTERS CONTACT: Lutful Gofur, Regional Coordinator
1313 L Street, NW, Suite 220 | Washington, DC 20005

PHONE: 202-828-5155 **FAX:** 202-828-5156
LGofur@internationalmedicalcorps.org