

## A REPORT ON THE CELEBRATION OF THE PATIENT'S DAY 31<sup>ST</sup> DECEMBER 2010 AT THE OLD SITE.

It has become a tradition in the history of Babungo Integrated Health Care that every 31<sup>st</sup> December, the recovered patients and the inpatients together with the staffs, community and village members celebrate together. This occasion started as far back as the 1960s by the founder of the traditional component in BIHC by name TDP Tumenta Mathias Wambo. This occasion had been a symbol of the healed and the healings of Pa Mathias Wambo who helped many patients through his well known traditional and spiritual mental treatment. In 2003, with the initiative of Mr. T. John Tumenta his son, nurse by profession worked in close collaboration with the first Dutch volunteer by name Yolanda van den Broek to come out with the modern component. All these years, the celebration has been successful even in Pa's absence. The year 2010, recorded great changes as will be earmarked in the body of the report.



The celebration of the patients day in this 2010 started at 8:00 pm with a rundown of the program by the spoke lady by name Tumenta Ida followed by the church service where the catechist in union with the guests and patients thank the Almighty God for all the good things he did for us more especially our lives. He equally



asked God to bless the herbs use by BIHC and all the members of the family practicing the noble profession so that through this, his children will receive their healings. About 400 guests were in attendance.



The church service was followed by speeches where the successor Tumenta Kennedy F. (Pa Mathias Wambo) welcomes and thanks everybody for their sacrifices to be here today. He talked about Education by stressing on the importance of education and hard work being the way forward for development to come. He later on spoke on the importance of unity in our home, job sites, quarters, villages and the country

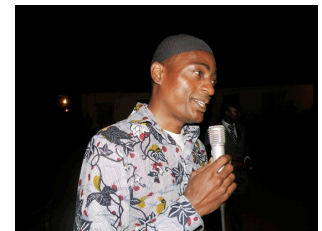


as a whole. He equally urged the community to maximize the utility of health facilities, they have to ensure their health and that of their children This was followed by the rebroadcast of Late Pa Mathias speech where in it, he said the community and villagers should stay out of witch-craft and hatred for one another because the result will be agony and torments. He called on all the guests to take precautions and avoid all evil practices for that bring no joy and development but pain and agony.



Mr. John Tumenta started with thanking all the guests who left their homes from far and near especially Dr. Kamga and the family for their contribution to see that this occasion is a success. He spoke about the patients being students and not patients by laying emphases on the fact that they should not be regarded as patients as that will increase stigma and prolong their healing process. He urged every one to show love and concern to them. He called for solidarity and recalled the important role played by BIHC following its vision which is to ensure that the less privileged have access to basic health facilities and education in the society there by targeting Babungo as the principal point. He recalled the scholarship program going on in the community (Babungo) and the Central Region (Yaoundé) where a total number of 23 children are beneficiaries all thanks to BABUNGO FOUNDATION and Yolanda van den Broek. There are prospect to increase the number based on the commitment of the guardians, parents, etc. He equally announced to the Babungo Indigenes that the government is showing signs of joining the centre in the near future. The coming of the Babungo Foundation and a new volunteer from VSO was also announced. He gave the floor to Dr. Kamga where he started by giving a brief introduction about himself how he came to know Babungo and the potential Babungo has. He traced the history of BIHC, linking it to the present state of traditional and modern mental treatment in Africa and the Western world as seen below:

“I am Dr Kamga Olen Jean Pierre, trained in Senegal in psychiatry, and I was introduced to BIHC by Prof Daniel N. Lantum in February 2010.”



He talked about the history of BIHC, with reference to Prof Lantum, the importance of the work of Pa Matthias and his monthly visits to the center for consultations and health education.

Mental Health in African and Western World:

Mental health in Africa is more complex than in Europe or America. In Africa, psychiatric patients are treated using three (3) dimensions or approaches which are the Spiritual, Traditional, and Modern. Family will first direct their patient to the priest, pastor or traditional healer and later, they might bring them to the hospital. Firstly, one needs to look for a diagnosis and the cause of a mental disease and then orientate the patient towards traditional, spiritual or modern psychiatrist.

### **Mental health in general**

Many people do not understand the meaning of mental health or mental disease. The human body is made up of 3 components:

- The Mind
- The Body
- The Soul

From the above, the Priest and pastor influence and act on the level of the soul in God's name.



The medical doctors act on the level the body

Psychiatrist, mental health specialists and traditional doctors act on the mental part; the mind.

What can be the manifestations of mental problems?

- Speech disturbances
- Agitation
- Violence
- Sleep disturbances
- Chronic pains (headache)
- The pain seems to move in the body
- Always angry
- Extreme happiness

The normal functional of the mental is in the middle. When behavior is exaggerated, it is a problem even when it is too slow.

Much research has been done concerning the causes of mental health; genetic inheritance factors, abuse of alcohol, cigarettes and cannabis. We will focus on the way of thinking. There is no test in the laboratory that can see the etiology; we can only speak with the patient to analyze his mind, speech and thinking.

Mental health issues starts from childhood where children are copying behavior of adults. When adults are ambivalent in their behavior (do or show the contrary of what you are saying or demonstrating) it affects children.

He equally gave explanation on the following:

- Intrapersonal conflicts: conflict in the psyche of the person, too much thinking at times can lead to sleeping difficulties.
- Interpersonal conflicts: conflicts between people

During the monthly visits to BIHC we also use psychotherapy to analyze the thinking, become conscious and modify the behavior, thus not only by giving medication.

He concluded by say, we are here to continue the process that Pa Matthias Tumenta has started, and he asks his successor to continue...we are celebrating life, today. If there were no patients old and new, we would not have been celebrating today...it is because of the patients that we celebrate. The victory of life is on the death...in one hour time 2010 will die but we will not forget 2010, it will enter into history. That is the same process. We were listening to Pa Matthias on tape, although he is death we can still listen to him and see him on TV. We will enter 2011 and we will grow



The representative of the Fon presented the message from the Fon stressing on the eradication of cannabis from the entire village and urging all to be hard working. He equally thanked the Host for the brilliant decision to continue this noble activity of his

late father. He called on unity to the family of the Host and said Pa Mathias may be death, but he lives in us and in all he has done during his stay on earth.

The Assistant Divisional officer equally thank the host and announce the packages awaiting the villagers from the government where he pointed out a good number of them such as the tarring of the road from Ndop linking Kumbo, University in Bamenda, a center given to the GSS Babungo, electricity just to name a few. He asked all the adults to register themselves for the 2011 presidential election.



This was followed by refreshment and dancing till dawn.....



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