CAMEROON HEALTH and EDUCATION FUND (CHEF)
4265 45th Street South, Suite #111-13
Fargo, North Dakota 58104

CHEF 2026 donor letter

Dear Cameroon Health and Education Fund donors and friends,

An elderly Cameroonian man with chronic lung disease was admitted into the Intensive Care Unit (ICU) at Cameroon Baptist Convention Health Services (CBCHS) Mbingo Baptist Hospital (MBH) with a diagnosis of pneumonia and probable tetanus from a scalp injury. He was intubated and placed on a mechanical ventilator. He developed Ventilator Associated Pneumonia (life-threatening form of pneumonia that can occur in patients on mechanical ventilation for more than 48 hours) and Septic Shock (life-threatening infection that causes a drastic drop in blood pressure and organ failure). Both complications were immediately diagnosed and treated. For nearly a month, he remained in the ICU and received round the clock care from the Christian Internal Medicine Specialization (CIMS) residents, critical care nurses and other professional staff. The patient's health has now significantly improved and he will soon be transferred to a medical ward. Dr. David Sunday, the Director of the CIMS residency program, said the following:



"Given the severity of his illness and the high case-fatality rate associated with Tetanus as well as Ventilator Associated Pneumonia and Septic Shock, his survival is a remarkable example of the difference that access to intensive care can make. Without the ICU, mechanical ventilation, continuous monitoring, appropriate medications and the dedicated care provided by CIMS residents, ICU nurses and educational team, I genuinely believe that his chances of survival would have been extremely low."

Dr. David Sunday, Director of CIMS residency program

The CBCHS Christian Internal Medicine Specialization (CIMS) residency program at MBH is a unique Christ-centered, advanced postgraduate residency training program in Internal Medicine for African Physicians. Each year four well-trained Internal Medicine physicians graduate from the CIMS residency program. Over 90% of the graduates are still working in mission hospitals in Cameroon, providing outstanding care while showing the love of God to each patient. In 2008, Dr. Dennis Palmer established the MBH CIMS residency program and after his retirement, Dr. David Sunday was appointed as the first Cameroonian director of the CIMS residency program in 2024. Dr. Sunday graduated from the CIMS residency program and in his last year of his CIMS residency program, he studied critical care medicine at Vellore Hospital, India. After graduating from the CIMS program, Dr. Sunday was medical director of the MBH ICU before later advancing to the position of director of the MBH CIMS residency program. The impact of CHEF donations on the advancement of education and the quality of patient care through the CIMS residency program has been enormous. The CIMS residency program is in urgent need of funding. Donations for the CIMS residency program can be sent to CHEF (4265 45th Street South, Suite #111-13, Fargo, ND 58104).

According to The Lancet medical journal (Lancet 2025; 405: 715–24), there is a critical lack of ICU beds in Africa; with <1 ICU bed per 100,000 population in Africa compared to 34 ICU beds per 100,000 population in the United States. One in every eight (12.5%) hospitalized patients in Africa is critically ill (life-threatening condition where at least one major organ (brain, heart or lungs) is failing). Over 68% of critically ill African patients are managed in general wards (not ICU's) and of this group, about 80% of the critically ill patients on general wards die in one week.

The eight bed ICU at MBH is equipped with mechanical ventilators and a good range of other essential equipment. The CIMS residents spend six months learning critical care skills in the MBH ICU. MBH also has a six month critical care nursing course. The critical care nursing course provides the needed manpower to staff CBCHS MBH ICU and the ICU at CBCHS Baptist Hospital Mutengene (BHM). The four bed ICU at Baptist Hospital Mutengene doesn't have mechanical ventilators but is now working to obtain mechanical ventilators as well as other essential equipment. CBCHS Banso Baptist Hospital (BBH) is now in the process of building a five bed ICU. More funding is needed to complete the BBH ICU.

Of Cameroon's population of 29.9 million people, 2.9 million of them are in urgent need of humanitarian assistance in 2026. The Far North, NorthWest and SouthWest regions of Cameroon have the greatest number of people in need of humanitarian aid. People in Cameroon are facing suffering and emotional distress because of food shortages, road closures, violent attacks and silent killings. The number of malnourished children has risen. UN Office for the Coordination of Humanitarian Affairs (OCHA) 2026, http://reports.unocha.org/en/country/cameroon/.

CHEF is a volunteer nonprofit organisation without paid staff, therefore, the overhead costs are approximately 5%. If you choose to donate to one of CHEF's projects, which are located on the CHEF website: cameroonhealthandeducationfund.com, CHEF will transfer 100% of your funds to your designated project. CHEF accepts donations by check, mailed to CHEF's address (4265 45th Street South, Suite #111-13, Fargo, North Dakota 58104). When sending a check to CHEF, it is important to confirm that your CHEF mailing address (on the envelope) is correct, and includes the Suite #111-13. CHEF also accepts donations through the CHEF Website: (cameroonhealthandeducationfund.com). The CHEF Website accepts most major forms of credit cards. CHEF's 12 member board of directors meets periodically by teleconference to assess the progress of CHEF supported projects and identify and prioritize funding needs.

CHEF's main partner is the Cameroon Baptist Convention Health Services (CBCHS) (www.cbchealthservices.org). CBCHS is a Christian, nonprofit healthcare organization that provides high quality medical care in 16 hospitals and over 80 other medical facilities within 8 of the 10 regions of Cameroon.

CHEF remains committed to increasing our efforts to obtain support for health and education programs in Cameroon. With the help of our donors, we accomplish this task. All CHEF-approved projects, are located on our website: (cameroonhealthandeducationfund.com), Two CHEF projects that are in urgent need of funding include the following:

1. **Chosen Children Program (CCP): CCP provides assistance to orphans by integrating the child into a loving family. The children receive education, healthcare, nutrition as well as psychosocial and spiritual support until 18 years. This invaluable program has helped hundreds of CCP graduates go forward to become nurses, doctors, engineers, teachers, owners of small businesses, obtain academic degrees and find other rewarding careers. About 3000 orphans are now in the CCP, but around 7000 children are still waiting to get into this program. The cost to support a child in CCP is only $200-$400 per year.**
2. **Mbingo Cancer Center: It is with deep sadness to announce the loss of Nancy Palmer, Ph.D. on 9-7-2026. Nancy served as the Vice President of the CHEF board of directors and in numerous other positions. Nancy and her husband, Dr. Dennis Palmer, spent 40 years in Cameroon, serving at CBCHS MBH where Nancy was the administrator of the CIMS residency program. In lieu of flowers, memorial donations to CHEF for the CBCHS Mbingo Cancer Center are encouraged.**

Thank you for your past donations and for any future financial or volunteer support that you provide for CHEF. We appreciate your generosity and hope you have a joyous holiday season.
Sincerely,

Alison LaFrence MD

Alison LaFrence, MD
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