

# Supplying OTC Medications to Southern Cameroon Refugees in Cross River State Nigeria

By Ernest Khumbah

Over the past three years, I have volunteered to supply Over-the-Counter (OTC) medication relief to the Southern Cameroon refugees in Cross River State, Nigeria. It began in October 2017, when the President of Cameroon, Paul Biya, declared war on the people of Southern Cameroon; at which point women and children started crossing over to Nigeria which shares a border in the West Africa region. Reverend Dr. Andrew Nkea, a Catholic Bishop visited the refugees. A video of his visit, showing the suffering of women and children, appeared on social media. Through sympathizers, I was able to contact some people in the field and they sent updates about the refugee situation: they were in need of food, medication and other basic daily needs. I initiated a group known as AmbaMed Rx with the main goal to collect necessary OTC medications and ship them to the refugees in Nigeria. Because I believe that access to basic medication should be a human right, I went around my community asking for help in this mission. Many people donated Tylenol, vitamins, and other OTC products. As a pharmacy student, I took the project to my school, Marshall University School of Pharmacy, and discussed my mission with some professors and fellow classmates. I did campus OTC Medication Drives and placed collection bins with posters on them. As a result, I was able to gather a substantial quantity of OTC meds that were shipped to the refugees. During the academic year 2018/2019 and through my membership with the CPFI chapter at Marshall University, we were able to secure a \$500 grant from the CPFI national chapter. The funds were



used to purchase and ship more OTC products to the refugees. The medical team (nurses) who are helping the refugees have been very appreciative of the initiative. I would like to use this opportunity to personally thank everyone who supported the effort and volunteered in any way toward this OTC Medication Drive Project, especially Marshall Pharmacy Students and Staff, and members of the CPFI Marshall University chapter. I wish to serve the Lord by continuing this project, according to His will and His power, and in the name of Jesus Christ. I pray that this work will bring a smile to the faces of those less privileged.



*"Christ has no body now, but yours. No hands, no feet on earth, but yours. Yours are the eyes through which Christ looks compassion into the world. Yours are the feet with which Christ walks to do good. Yours are the hands with which Christ blesses the world." St. Teresa of Avila*