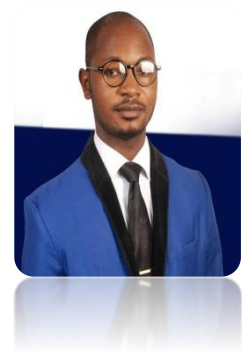


CURRICULUM VITAE



I. PERSONAL INFORMATION

Name: MEH Basil KUM

Date/ place of birth: 02/05/1989 at WUM

Marital Status: Married

Phone number: +237 650-086-869/6571177552

Email: mehbasil90@gmail.com.

I am a passionate educationist, academician, physiotherapist and a researcher with a great experience in the above mentioned areas. I believe in learning, innovation and creative thinking as demonstrated in my most recent book titled “*the power of the mind*”.

SERVICES

- ❖ Anatomy/physiology and Biology Assistant Lecturer
- ❖ Inspirational Leadership
- ❖ Manager
- ❖ Researcher

II. EDUCATION AND QUALIFICATION

Achievement	Year	School	Certificates	Remark
First school leaving certificate	2003/2004	Holy Trinity WUM	First School Leaving Certificate	Very good
O/Level	2007/2008	G.B.H.S WUM	O/Level	Very good
A/Level	2010/2011	G.B.H.S WUM	A/Level	Very good
Bachelor’s degree	2013/2014	University of Dschang	Bachelor’s degree in Biomedical Sciences	Very good
Masters I	2014/2015	University of Dschang	Metris in Physiotherapy	Good
Masters II	2015/2016	University of Dschang	Masters II in Physiotherapy	Very Good
PhD	2016/2017	Walden University (Online)	PhD in Psychology Health Psychology	Withheld
PhD	2024/2025	University of Buea	PhD in Physiology	Very Honourable

III. TEACHING EXPERIENCE

- Member of polygemie; an association preparing students to write the National entrance examination into state universities, medical schools and in biomedical sciences; 2013/2014.
- Part time lecturer at the Foyaguem-Foto Institute Of Higher Education-Dschang; 2014/2015.
- Part time lecturer at the St. JUDE Higher Institute of Nursing and Biomedical studies; 2015 to 2018.
- Course master in the department of Allied Health-Physiotherapy at Biaka University institute Buea since 2017 till date.
- Course instructor school of health sciences INSEM IBCG, Douala; 2020 – 2022.
- Course master of Anatomy and Physiology in the department of nursing and Physiotherapy at Angel of Mercy Higher Institute of Nursing, Business Technology and Biomedical Sciences; 2019-2020.
- Assistant lecturer in BIAKA University Institute of Buea, Cameroon since 2017 till date

IV. PROFESSIONAL & MANAGERIAL EXPERIENCE

- Four (04) years professional experience at the Buea Regional Hospital at the Physiotherapy unit: 2014 to 2018.
- Three (03) years professional experience at the International Community Reference Hospital at the Physiotherapy unit: 2017 to 2020.
- Chief of service physiotherapy unit at Solidarity Hospital South West Region Buea: 2018 to 2022.
- Founding member and program coordinator of a research association named “Research for Sustainable Healthcare (R4SH)”.
- Co-founder and Program Coordinator of Healthy Lifestyle Foundation (www.helif.org): 2017/2018.
- Head of Department of Physiotherapy and Dean of Studies of Angel of Mercy Higher Institute of Nursing, Business Technology & Biomedical Sciences: 2019/2020.
- Founder and Provost of STEM Higher Institute, Douala since 2019.
- President of a community base research team; STEM Research and Original Articles Publication, Douala-Cameroon since 2022.
- Corresponding author in close 10 peer reviewed articles and currently working on other articles.

V. CERTIFICATS AND RECOGNITIONS

- Obtained an honoured diploma in physiotherapy for an excellent participation in the open door day of the Department of Biomedical Sciences University of Dschang; 2015/2016.
- Obtained a certificate from Virtued Academy India in an 8 credit workshop on five minutes pain management; 2015/2016.
- Obtained a certificate of a 2days workshop at the Bafoussam Regional Hospital on shoulder pathologies and respiratory physiotherapy; 2016/2017.
- Obtained a certificate of participation in a 3days seminar in Kribi on Baneotherapy, strapping and taping of the ankle and knee in athletes; 2017/2018
- Received an attestation from the Renewed Mind Leaders for a workshop training on Personal Leadership Development; 2018.
- Member of Physiotherapy club university of Dschang since 2015 transformed into an association present day.
- Member of Cameroon Society of Physiotherapist (CASP); since 2017.
- Obtain a certificate on leadership and impact from MOGI Leadership School 2021.
- Certificate of recognition; most dynamic entrepreneur physiotherapist of the year award 2023 by “the voice” organization
- The Golden Awards 2023: certificate of excellence; the youngest most consistent higher institute promoter.
- Certificate of authorship 2023; ISSN: - 2456-2165 by IJISRT a digital library.
- Certificate of authorship 2023; eISSN 2582-4597 CODEN (USA): GARRC2
- Obtained a certificate of excellence award from Grace to Grace (G2G) organization 2025; as a “Hope Lord for the needy” he is recognized for his Excellence Humanitarian Developmental Services rendered to his Country Cameroon as a Nation Builder, through School Establishment.

VI. PUBLISHED ARTICLES

1. Meh BK, Douryang* M, Chu BF. et al. (2020) “The Effectiveness of Combined Mental Practice and Conventional Physiotherapy for the Improvement of Upper Extremity Function and Activity of Daily Performance in Post-stroke Hemiplegic Patients: A Comparative Study”. *Acta Scientific Medical Sciences* 4.11: 03-12.
2. Meh*, B. K., Buh, F. C., Efeutmecheh, R. S., Fotso, I., Tinsobad, M. B. H., & Tingomd, F. (2021). Knowledge, Attitudes, and Practice of Cameroonians towards Governmental Measures against COVID-19, Cameroon: An Online Survey. *International Journal of Pathogen Research*, 7(4), 48–60. <https://doi.org/10.9734/ijpr/2021/v7i430191>.
3. Meh*, B. , Bopda, O. , Ndongo, J. , Buh, F. , Léle, C. , Ayina, C. , Ndemba, P. , Sako, E. , Bongue, B. and Mandengue, S. (2023) **Epidemiological Patterns of Work-Related Musculoskeletal Disorders among Healthcare Workers in Five Reference Hospitals in the City of Douala, Cameroon.** *Open Journal of Preventive Medicine*, 13, 109-131. doi: [10.4236/ojpm.2023.135008](https://doi.org/10.4236/ojpm.2023.135008).
4. **Basil KUM MEH1,* Orélien Sylvain MTOPI BOPDA1, Franklin CHU BUH1, Ferdinand TINGOM and Samuel Honoré MANDENGUE3. The prevalence and associated risk factors of work-related cardiovascular disorders among healthcare workers in five reference hospitals in the city of Douala, Cameroon; GSC Advanced Research and Reviews, 2023, 14(01), 036–046.**
5. Basil Kum Meh*, Favour TANGWE ANDEH, Quevine NGUEMBONG MATCHINDA, Angel BISONG-EBEN TARANG, Gratitude LEKUNKENG NCHINJU, Ruth ACHOU MBONG. The Usage of Contraceptive among Adolescent School Girls in a Semi-Urban Settlement, Cameroon. *Journal of Health, Medicine and Nursing*.2023; 107; DOI: 10.7176/JHMN/107-04.
6. Basil Kum Meh*, Quevine Nguembong Matchinda, Franklin Chu Buh, Angel Bisong-Eben Tarang, Clive Jezeh NGUENGUIM, Mary Progress Sih Fung and Harry Mbacham Fon. Work-Related Stressors, Effects and Coping Mechanisms among Nurses in Some Hospitals in Bonassama District Health Areas Douala, Cameroon. *Acta Scientific Medical Sciences* 7.5 (2023): 16-21a.
7. Basil Kum Meh*, Blessing Chukwuma Chidera, Thelma Akah Eni, Ruth Achou Mbong, Mary Progress Sih Fung, Harry Mbacham Fon, Gratitude Lekunkeng Nchinju. “Sexual Behaviors and Its Consequences among Adolescents in two Secondary Schools in

- Bonaberi-Ndobo, Cameroon". *PriMera Scientific Surgical Research and Practice* 1.6 (2023): 03-11.
8. Mbacham Harry Fon; Bweah Lucia Weah; Basil Kum Meh; Quevine Nguembong Matchinda; Gratitude Lekunkeng Nchinju; Ruth Achou Mbong; Mary Progress Sih Fung. Knowledge, Compliance and Effects of the Oral Cholera Vaccine at the Hill Top of the Ndobo Community, Littoral Region, Douala, Cameroon. *International Journal of Innovative Science and Research Technology*. 2023; Volume 8, Issue 4, April – 2023.
 9. Gratitude LEKUNKENG NCHINJU , Stephanie NABIT , Thelma ENI AKAH , Ruth ACHOU MBONG , Clive Jezeh NGUENGUIM , Mary Progress SIH FUNG , Harry MBACHAM FON, Basil KUM MEH. Knowledge, Attitude and Practices of Parents on the Prevention of Diarrhoea in Children Aged 0-5years in Likomba, Southwest Region, Cameroon. *SCHOLASTIC JOURNAL OF MEDICAL SCIENCES*. 2023; Volume 1 issue 1-
 - 10. Basil KUM MEH, Orélien Sylvain MTOPI BOPDA, Franklin CHU BUH, Thelma AKAH ENI, Jerson MEKOULOU NDONGO, Harry MBACHAM FON, Emmanuel Haddison Sako, Samuel Honoré MANDENGUE: Relation between Body Mass Index, Blood Pressure, Heart Rate and Work-Related Musculoskeletal Disorders among Healthcare Workers in some Reference Hospitals in Douala, Cameroon. *Biomedical Research (2023), Volume 34, Issue 3.***
 11. Basil Kum Meh, Joy Nji Neh, Franklin Chu Buh & Orélien Sylvain MtopiI Bopda. Prevalence and Coping Strategies of Work-Related Musculoskeletal Disorders among Healthcare Workers in Douala, Cameroon: A Cross-Sectional Study. *London Journal of Medical and Health Research*, 2023, 23 (8); 1.0
 12. Buh, F.C.; Taiwe, G.S.; Kobeissy, F.H.; Wang, K.W.; Maas, A.I.R.; Motah, M.; Meh, B.K.; Youm, E.; Hutchinson, P.J.A.; Sumbele, I.U.N. Serum Biomarker Concentrations upon Admission in Acute Traumatic Brain Injury: Associations with TBI Severity, *Toxoplasma gondii* Infection, and Outcome in a Referral Hospital Setting in Cameroon. *NeuroSci* 2023, 4, 164-177.
 - 13.

VII. BOOK CHAPTER

1. **Basil, M. K. . ., Sylvain , B. M. O. ., Jerson , M. N. ., Buh, F. C. . ., Elysée , B. L. C. ., Noël, A. A. C. . ., Brice , A. N. P. ., Bienvenu , B. ., Honoré , M. S. ., & Haddison , E. S. . (2023). Prevalence, Demographic and Non-Demographic Risk Factors of Work-Related Musculoskeletal Disorders among Healthcare Workers in Five Referral Hospitals in the City of Douala, Cameroon: A Cross Sectional Study. *Advanced Concepts in Medicine and Medical Research Vol. 11, 125–149.* <https://doi.org/10.9734/bpi/acmmr/v11/1809G>**

VIII. UNPUBLISHED ARTICLES

1. Work-related musculoskeletal disorders and stressors amongst nurses and physiotherapists working at the Fako Health District: A prospective study
2. Work-related stress and management among healthcare working at the the Deido health district, Bonariberi,-Douala: ergonomic intervention
3. Smartphone addiction and musculoskeletal disorders among youths; case of Bafang community, West region, Cameroon.
4. Work-Related Musculoskeletal Disorders: Prevalence, Pain severity, Associated factors and Coping Strategies among Nurses and Laboratory Technicians in a 4th Category Hospital in Douala, Cameroon
5. Evaluation of creatine kinase-MB and troponin I for diagnosing cardiovascular disorders among healthcare professionals in Douala hospitals
6. Prevalence, Risk Factors and Coping Mechanisms of Low Back Pain among Healthcare Professionals at the Bamenda Regional Hospital

IX. BOOKS AUTHOR

1. **“I Am Victory” (The Power Of The Mind)**
2. **Mindfulness**
3. **Simplified Anatomy/Physiology For Students**
4. **Comprehensive solutions for healthcare assistant students (first and second edition)**
5. **The TIKTAK of Higher National Diploma (HND): Nursing, Midwifery, Physiotherapy, Medical Laboratory and Pharmacy.**

X. UPCOMING BOOKS

1. **Synopsis Of Physiotherapy**

XI. SPOKEN LANGUAGES

- ✓ English: very good (Read, write and spoken)
- ✓ French: good (Read, write and spoken)
- ✓ Pidgin: (spoken)
- ✓ Hausa: notion

XII. INTERESTS AND ACTIVITIES

- Research & Innovation
- Exercise (Cycling, Football, Walking)
- Listening to cool music
- Biological Debates.

REFERENCES

ASS. Prof. MTOPI Orélien
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Conservation
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