



Home Visits by Community Health Volunteers Enhance Chronic Disease Management in Diabetic Patients: A Six-Month Randomized Controlled Trial in Ibadan, Nigeria

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Abstract

Diabetes management in Ibadan, Nigeria, is challenging due to limited healthcare resources and patients' mobility issues. A randomized controlled trial was conducted in Ibadan, Nigeria. Participants were randomly assigned to either a control group receiving standard care or an intervention group receiving CHV home visits. CHVs provided consistent support and education on diabetes management techniques, leading to significant improvements in patients' glycemic control (mean HbA1c reduction by 2% with 95% confidence interval [CI] of -3.4 to -0.6) compared to the control group. Regular home visits by CHVs significantly enhanced chronic disease management for diabetic patients in Ibadan, Nigeria. Communities should integrate CHV home visit programmes into diabetes management strategies as a cost-effective and accessible intervention. Diabetes Management, Community Health Volunteers, Chronic Disease Control, HbA1c Reduction Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Geography, Diabetes Management, Community Health Volunteers, Chronic Disease Control, Randomized Controlled Trial, Geographic Mobility, Public Health Outreach*

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