



# Blood Pressure Management Programme's Long-Term Effects Among Hypertension Patients in Kenyan Cities,: A Longitudinal Study

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## Abstract

Hypertension is a common condition in Kenyan cities where effective management programmes are essential for reducing cardiovascular risks. Participants were recruited from public healthcare facilities across three cities. Data collection included baseline assessments, follow-up visits at six-month intervals, and self-reported patient logs for lifestyle changes. The programme showed a significant reduction in systolic blood pressure by an average of 10 mmHg after two years, with adherence rates averaging 85% among participants who received regular medication refills and follow-ups. A notable theme emerging was the impact on patient self-management skills over time. The programme demonstrated sustained benefits in managing hypertension over a five-year period, particularly through improved patient engagement and health outcomes. Continuation of such programmes should include reinforcement strategies to maintain adherence and further research into long-term effects. Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^{-1} p X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African Geography, Longitudinal Study, Hypertension Management, Cardiovascular Health, Outcome Evaluation, Cohort Analysis, Public Health Intervention*

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