



# Effectiveness of Blood Pressure Self-Management Apps Among Hypertensive Patients in Côte d'Ivoire's Greater Abidjan Area: A Systematic Literature Review

Kouassi Guillaume François<sup>1</sup>

<sup>1</sup> Côte d'Ivoire Institute of Economic Studies

**Published:** 06 September 2022 | **Received:** 25 April 2022 | **Accepted:** 09 August 2022

**Correspondence:** [kfranois@outlook.com](mailto:kfranois@outlook.com)

**DOI:** [10.5281/zenodo.18741529](https://doi.org/10.5281/zenodo.18741529)

## Author notes

*Kouassi Guillaume François is affiliated with Côte d'Ivoire Institute of Economic Studies and focuses on Medicine research in Africa.*

## Abstract

The prevalence of hypertension in Côte d'Ivoire's Greater Abidjan area is high, highlighting the need for effective self-management tools. A comprehensive search strategy was employed to identify relevant studies published between and , focusing on app efficacy for hypertension management. The analysis revealed a moderate positive impact of blood pressure self-management apps (effect  $\hat{\beta} +0.5$ , CI: [0.1, 0.9]) on patient adherence to prescribed medication regimens. Blood pressure self-management apps show promise for enhancing hypertension control in Côte d'Ivoire's Greater Abidjan area, warranting further clinical trials and policy implementation. Healthcare providers should integrate these apps into patient care plans and policymakers should consider funding their widespread adoption to improve public health outcomes. Hypertension, self-management apps, Côte d'Ivoire, Greater Abidjan, systematic review

**Keywords:** *Sub-Saharan, hypertension, self-management, telemedicine, mobile health, geographical distribution, randomized controlled trials, outcome measures*

## ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

**Email:** [info@parj.africa](mailto:info@parj.africa)

Request your copy of the full paper today!

## SUBMIT YOUR RESEARCH

**Are you a researcher in Africa? We welcome your submissions!**

Join our community of African scholars and share your groundbreaking work.

**Submit at:** [app.parj.africa](http://app.parj.africa)



Scan to visit [app.parj.africa](http://app.parj.africa)

**Open Access Scholarship from PARJ**

Empowering African Research | Advancing Global Knowledge