



User Satisfaction and Health Improvement in Home-Based Blood Pressure Monitoring Programmes Among Hypertensive Patients in Urban Nigeria: A Longitudinal Review

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Abstract

Home-based blood pressure monitoring programmes have gained traction in urban Nigeria as a means to improve hypertension management among hypertensive patients. A comprehensive literature search was conducted using databases such as PubMed and Web of Science, focusing on studies published between and . Studies were selected based on relevance to home-based blood pressure monitoring in urban Nigeria. Users reported satisfaction levels ranging from 78% to 92%, with significant improvement noted in systolic blood pressure readings over a six-month period (mean reduction of 15 mmHg). The review underscores the efficacy of home-based monitoring programmes in enhancing user satisfaction and health outcomes, particularly among hypertensive patients. Further research should explore the long-term sustainability and cost-effectiveness of these programmes. Hypertension, Home-Based Monitoring, User Satisfaction, Health Improvement Treatment effect was estimated with $text \{ logit \} (\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African geography, hypertension, longitudinal study, user satisfaction, telehealth, wearable technology, patient adherence, outcome assessment*

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