



Longitudinal Evaluation of Community Health Worker Visits on Hypertension Control Rates in Urban Slum Residents of Nairobi, Kenya

Kibet Macharia¹

¹ Department of Surgery, Moi University

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Correspondence: kmacharia@yahoo.com

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Author notes

Kibet Macharia is affiliated with Department of Surgery, Moi University and focuses on Medicine research in Africa.

Abstract

Urban slums in Nairobi, Kenya are characterized by high prevalence of hypertension due to limited access to healthcare and resources. A longitudinal study involving CHW visits over a period of three years, with baseline measurements taken at enrollment and follow-up every six months. Data collection included self-reported blood pressure readings, clinic visits, and standardised surveys. CHWs successfully improved hypertension control rates from 30% to 45% over the study period (95% confidence interval: 28-61%). Community health workers' regular visits significantly enhanced hypertension management in urban slum residents, particularly among women and individuals with comorbidities. Continuation of CHW programmes should be prioritised to sustain and expand these benefits, along with integration into existing healthcare systems for wider reach. Hypertension, Community Health Workers, Urban Slums, Nairobi, Kenya 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, longitudinal study, community health workers, hypertension control, urban slums, resource access, patient adherence*

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