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| **Patient Empowerment in the Management of Hypertension in Sub-Saharan Africa: A Systematic Review** |
| **Background/Objectives:** Since the Alma-Ata conference in 1978, the empowerment of patients has evolved as one of the health promotion strategies in the Ottawa Charter of 1986, and nowadays as one of the general principles of the World Health Organization’s Global action plan for the prevention and control of non-communicable diseases (NCDs) 2013-2020. Chronic NCDs, particularly hypertension is becoming leading causes of morbidity and mortality in Sub-Saharan African populations. To guide political decision-making and to improve the implementation of future interventions for the management of hypertension in SSA, it is important to evaluate the effectiveness of existing intervention studies on the patient empowerment. **Methods:** A systematic review of published articles until 31 december 2017 from the adapted model "PRISMA-E 2012" based on equity was made. A combination of the keywords and MeSH terms was used to carry out the documentary search in six databases: PubMed, Medline, Embase, Cinahl, Web of science, PsycInfo and Global Health. **Results:** The results revealed that several interventions targeting patient empowerment were implemented since the beginning of the years 2000, to control and prevent hypertension, based only on the micro level. The empowerment approach was operationalized differently across studies. They were mainly clinically based interventions (80%), which targeted case management, in an individual approach. All the studies evaluated the control of hypertension, with 60% of positive impact, but only 40% of studies evaluated the personal ability of patients, with 25% of positive impact from the intervention. None study has evaluated the control of hypertension associated with the personal ability of patients or the primary prevention of hypertension. **Discussion:** The findings support the efficiency of patient empowerment interventions to enhance management of hypertension in SSA and improve health outcomes. However, limitations in attention to theory and specification of intervention strategies used make it difficult to draw conclusions about the overall effectiveness of empowerment interventions in hypertensive patients. **Keywords:** Patient empowerment, decision-making, equity, efficiency, hypertension. |