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Quality of Life of Elderly People Living in Taif, Saudi Arabia: *A Scoping Review*

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Outline

- Motivation to the Study
- Quality of Life (QoL)
- Scoping Review Question
- Search Strategy
- Inclusion Criteria
- Exclusion Criteria
- Main Results
- MECAP

Past Research

The polit study was conducted in 2022.

People who have permanently lived and retired in Taif may find it easy to integrate in social activities and have better QoL than those who were away in other cities for employment purposes.

- The above question is based on a pilot study performed by Khan & Haidari (2022).

Motivation

- Few research was conducted on community levels in KSA
- Limited research on QoL of elderly
- Most research done on elderly are based on medical profile
- There are possibilities of identifying more gaps
- Better recommendations can be made to all the stakeholders in the region.

Scoping Review Primary Question

The initial search point for this review was to ask the search question,

What is the QoL of elderly people in Taif city, Saudi Arabia?

Aim of Scoping Review

The aim of this study is to explore the QoL of elderly people living in the Taif region of Saudi Arabia.

Methodology

- The criteria chosen for the scoping review was based on PICO framework.
- Participants must be from Taif city and above the age of 60 years.
- The content of the study is taken out of publications from last 10 years based on QoL determined by daily habits in globally and KSA.
- The grey literature was filtered out as per the JBI's guidelines.
- The primary language source is English, However, exceptions were made when reviewing Government bodies identified as major stakeholders.

Search strategy

This scoping review was conducted to explore the existing literature and available databases on the quality of life (QoL) of elderly people in Saudi Arabia.

A primary search of search engines revealed that there are no major studies on the QoL of elderly people at the community level in Taif, Saudi Arabia. Therefore, it was essential to understand and identify gaps in the literature.

The JBI template source of evidence details, characteristics, and results extraction instrument was used as guidance for data extraction.

Keywords: Ageing population, daily activities, healthy ageing, quality of life, Saudi Arabia.

Search Strategy and Database Used

- The initial search point for this review was to ask the search question,

  "What is the QoL of elderly people in Taif city, Saudi Arabia?"

- The search was performed using the Google Scholar database, followed by PubMed, Cochrane, and Medline. Additional keywords were added using truncation and wildcards to the EBSCOhost, PubMed, and Google Scholar databases:

- QoL, ageing population, retirement, longevity, daily activities, healthy ageing, and Saudi Arabia.

Inclusion Criteria

- Participants must be aged 60 years and above, both male and female, living in Saudi Arabia (KSA).
- The daily activities of participants, including their spiritual routine, family ties, and financial dependence, should be included in the study.
- Studies conducted in the city of Taif, Saudi Arabia, within community settings.
- Government and statistical society reports and academic research resources that meet the selection criteria.
- All reports and studies were conducted in English. The time frame for the search is from 2015 to 2023.

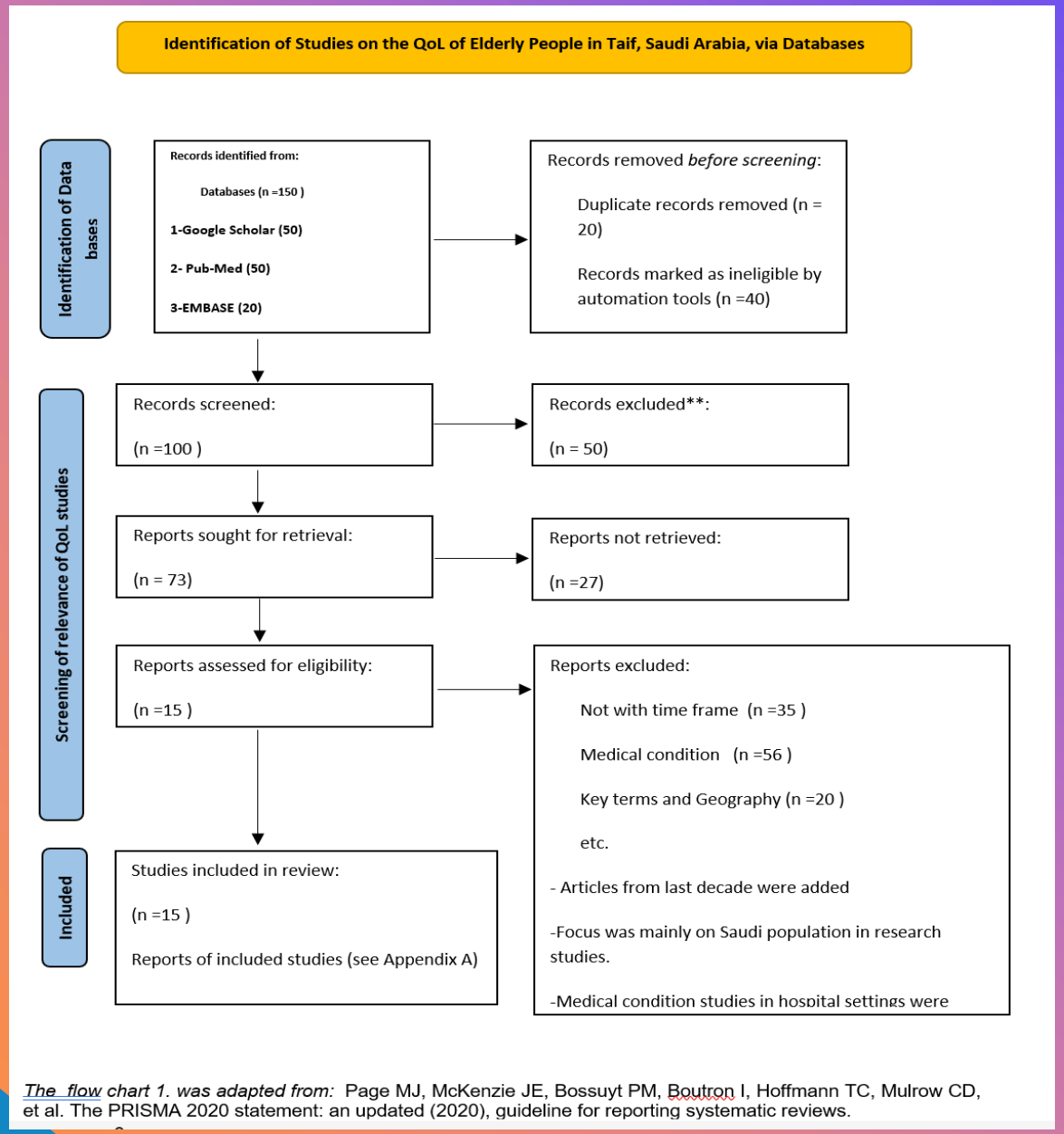
Exclusion Criteria

- Participants living outside Taif and below the age of 60 should not be considered for the study.
- Hospitals and medical facilities should be excluded, as there are many studies based on the medical profiles of the elderly.
- Evidence from literature reviews, study reports, and news blogs should not be considered.
- All reports and studies meet the remaining criteria but are written in other languages. All studies meet the criteria but were conducted before 2015.

Articles Collected by Search Strategy

- The total number of relevant articles identified through the databases were 150.
- Existing literature shows that the QoL of elderly people can be assessed based on their medical profile.
- However, interventions and studies at the community level are not well explored and 15 articles data was thoroughly reviewed.
- In the search articles were taken from 2015 till 2023.
- 150 Articles were observed and analyzed from March 2023 till October 2023 and 15 articles were selected.

Search Results



The flow chart 1. was adapted from: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated (2020), guideline for reporting systematic reviews.

Data from Articles (An example)

- Aladel et al, (2023) study findings reported a greater understanding of challenges that patients with stoma experience in Saudi Arabia. The process of the adaptation and the change of their lifestyle also affects patient's quality of life. The healthcare providers can use the study results to create a supportive intervention strategy that needed for maximise QOL for people.

- Alatawi et al, (2023) The prevalence of Migraine headache toward our population in Tabuk city was high and consistent with current literature. Since quality of life is affected in these patients, efforts should be made to promote and support public awareness and health education of migraine headache.

- AlSurmi et al, (2019) The overall QOL and its domains are significantly associated with several different factors. Many of these factors can be monitored and enhanced by improving quality of HHC services, thus improving the QOL of patients.

- NB: Most of the studies as well as above example studies are highlighting need for identification of further gaps as well as research awareness on QoL and their effects on family norms.

Results

- Quality check was done for each article based on JBI guidelines which appears good.
- Scoping review has captured relevant studies on the selected topic and help summarising the results.
- Daily activity was found to be positively associated with QoL of elderly in Saudi Arabia.
- Urbanisation has influenced family norms massively that contributed towards lowering QoL in Saudi Arabia.
- Social support appeared to be an important factor for improving QoL of elderly in Saudi Arabia.

Limitations

- The scoping review has some limitations that may affect its implications for policymakers.
- First, formal assessments on quality of life were not performed in the past studies. This could introduce bias into the findings.
- Second, the review did not provide any specific recommendations for policymakers.
- This would help to ensure that the findings are reliable and generalizable.

Conclusion

To conclude, the foregoing points have been significant milestones in our research and scoping review of the quality of life (QoL) of elderly people living in Taif, Saudi Arabia.

There remains a need to identify further gaps through the conduct of higher-level studies that engage all stakeholders at the community level.

No sufficient evidence was found to confirm situation of QoL of elderly in Saudi Arabia. This may be due to lack of information for scientific study. For example, various tools are used for measuring QoL and this makes difficult to draw a conclusion. Thus, future project and further results will be based on more data collected from participants on WHOQ questionnaire on QoL.

Recommendation

To further strengthen the scoping review, the following suggestions are made:

- Conduct a formal assessment of the methodological quality of the included studies. This could be done using a validated tool, such as the Quality Assessment Tool for Quantitative Studies (QAT-QS).
- Provide specific recommendations for policymakers based on the findings of the scoping review. These recommendations should be clear, concise, and actionable.
- Consider using multiple reviewers to limit bias. This would involve having two or more reviewers independently assess the studies and the findings.

MECAP Activities

- MECAP (Middle East Centre on Ageing Population) is a research centre located in the Western Region of Saudi Arabia.
- The Aim of this centre is to collaborate and conduct research on QoL of Elderly.
- The centre main objectives are to share the study results of elderly research with stakeholders within the region.
- The center has partnered with local stakeholders as well as International stakeholders to expand the scope of Elderly care research.

Thank you

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