

INPLASY PROTOCOL

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Corresponding author:
Carmen Galán-Arroyo

mamengalana@unex.es

Author Affiliation:
Physical and Health Literacy
and Health-Related Quality of
Life (PHYQoL), Faculty of
Sport Science, University of
Extremadura.

Support: Universidad de Las
Américas.

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Conflicts of interest:
None declared.

Quality of Life of Older Adults with Post-Acute COVID-19 Syndrome: a Scoping Review Protocol

Galán-Arroyo, C¹; de los Ríos-Calonge, J²; González, DP³;
Castillo-Paredes, A⁴; Rojo-Ramos, J⁵.

Review question / Objective: “How does post-acute COVID-19 syndrome affect health-related quality of life (physical-mental-social functioning) in older adults?”. P – People of older adulthood. C – Quality of Life. C – Post-Acute COVID-19 Syndrome.

Eligibility criteria: Studies will be assessed for inclusion in the review according to the following criteria: **Study Design:** We will only include studies that investigate the impact of Post-Acute COVID-19 Syndrome on Quality of Life in older adults. This includes primary research (peer-reviewed research articles), evidence synthesis (narrative reviews, systematic reviews, scoping reviews, rapid reviews, etc.), conference abstracts, discussion articles, editorials, and thesis. We will not limit the included studies by the sample size of the study. **Outcomes:** We will include studies examining outcomes under the concept quality of life (physical-mental-social functioning), both quantitatively and qualitatively. **Study Population and Additional Characteristics:** We will only include studies where the study population meets the MeSH (Medical Subject Headings) "Aged" characteristics: A person 65 years of age or older. We will not limit included studies by their ethnicity, country of origin, economic characteristics, or geographic region. We will limit included studies to those published in English, Spanish and Portuguese.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 17 April 2023 and was last updated on 17 April 2023 (registration number INPLASY202340057).

INTRODUCTION

Review question / Objective: “How does post-acute COVID-19 syndrome affect

health-related quality of life (physical-mental-social functioning) in older adults?”.

P – People of older adulthood. C – Quality

of Life. C – Post-Acute COVID-19 Syndrome.

Background: Since the ending of 2019 in Wuhan (China) began the rise of COVID-19, a new virus that quickly expanded throughout the world, generating millions of sick people, deaths and consequences that persist to this day (To et al., 2021). Many studies have reported a wide variety of symptoms present in adult patients with post-acute COVID-19 syndrome, some of these symptoms are fatigue, dyspnea, chronic cough, headache, cognitive dysfunction, joint pain, autonomic dysregulation, alterations in the perception of smells and tastes, chest pain, skin rashes, hair loss and gastrointestinal disorders, among others (Soriano et al., 2022). Statistics vary, but these symptoms have occurred in approximately 43% of the population worldwide, long covid could occur at any age and it's more common on women (Chen et al., 2022; Piazza et al., 2022). Even though most of the literature is focused in adult population, post-acute COVID-19 may affect any age population, as elders, which means adults older than 65 years.

During the COVID-19 pandemic it was evidenced that this virus could affect any age people, but some populations are more vulnerable, this is the case of elder population, who are more susceptible of having a severe infection due to their underlying comorbidities (Pilotto et al., 2023; Shanbehzadeh, Zanjari, Yassin, Yassin, & Tavahomi, 2023). Thus, a big part of this population has required hospitalizations and many of them died, others lived and still have secondary symptoms, which decrease their life quality (Zhou et al., 2020). So it's important to define life quality, specifically the one related with health, in order to do it, the WHO has defined the concept life quality related to health as: "An individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns" ((WHO)/MSA/MHN/PSF, 1997), using this concept to create instruments to evaluate quality of life (Pons & Hernández,

2020). Having a high quality of life in elderly has turned into a wide and urgent challenge for health care systems around the world [17], which makes post-acute COVID-19 syndrome an important issue, due to its close relationship with quality of life.

Rationale: Studies on quality of life in elderly play an important role, since this constitutes an influent factor for psychological, physical, and social wellbeing of this population [17]; despite of it, and the impact of post-acute COVID-19 syndrome in elder quality life, the literature on this topic is not enough and there is not consensus, which makes necessary a review that look into this issue and update the evidence about it. The following article aims to be the starting point for an exploratory project that systematically maps the available literature on the concept of quality of life (physical-mental-social functioning) in older adults with Post-Acute COVID-19 Syndrome.

METHODS

Strategy of data synthesis: Sources of Information and high-sensitivity search strategies.

Source of Information Search Strategy
Embase

('aged' OR 'older adults' OR 'elderly' OR 'geriatrics' OR 'seniors') AND ('Quality of Life' OR 'Life Quality' OR 'Health-Related Quality Of Life' OR 'Health Related Quality Of Life' OR 'HRQOL') AND ('Post-Acute COVID-19 Syndrome' OR 'COVID-19 Syndrome, Post-Acute' OR 'Post-Acute COVID-19 Syndromes' OR 'Long Haul COVID-19' OR 'COVID-19, Long Haul' OR 'Long Haul COVID 19' OR 'Long Haul COVID-19s' OR 'Post Acute COVID-19 Syndrome' OR 'Post Acute COVID 19 Syndrome' OR 'Long COVID' OR 'Post-Acute Sequelae of SARS-CoV-2 Infection' OR 'Post-COVID Conditions' OR 'Post-COVID Condition' OR 'Long-Haul COVID' OR 'COVID, Long-Haul' OR 'Long Haul COVID' OR 'Long-Haul COVIDs')

MEDLINE

((aged or older adults* or elderly or geriatrics or seniors) and (Quality of Life*

OR Life Quality* OR Health-Related Quality Of Life* OR Health Related Quality Of Life* OR HRQOL) and (Post-Acute COVID-19 Syndrome* or COVID-19 Syndrome, Post-Acute* or Post-Acute COVID-19 Syndromes* or Long Haul COVID-19* or COVID-19, Long Haul* or Long Haul COVID 19* or Long Haul COVID-19s* or Post Acute COVID-19 Syndrome* or Post Acute COVID 19 Syndrome* or Long COVID* or Post-Acute Sequelae of SARS-CoV-2 Infection* or Post-COVID Conditions* or Post-COVID Condition* or Long-Haul COVID* or COVID, Long-Haul* or Long Haul COVID* or Long-Haul COVIDs*))

ScienceDirect (aged OR "older adults" OR elderly) AND ("Quality of Life" OR "Health Related Quality Of Life" OR HRQOL) AND ("Post-Acute COVID-19 Syndrome" OR "Long COVID" OR "Post-COVID Conditions")

Scopus TITLE-ABS (aged OR "older adults" OR elderly OR geriatrics OR seniors) AND ("Quality of Life" OR "Life Quality" OR "Health-Related Quality Of Life" OR "Health Related Quality Of Life" OR HRQOL) AND ("Post-Acute COVID-19 Syndrome" OR "COVID-19 Syndrome, Post-Acute" OR "Post-Acute COVID-19 Syndromes" OR "Long Haul COVID-19" OR "COVID-19, Long Haul" OR "Long Haul COVID-19s" OR "Post Acute COVID-19 Syndrome" OR "Post Acute COVID 19 Syndrome" OR "Long COVID" OR "Post-Acute Sequelae of SARS-CoV-2 Infection" OR "Post-COVID Conditions" OR "Post-COVID Condition" OR "Long-Haul COVID" OR "Long-Haul COVIDs") AND (LIMIT-TO (LANGUAGE , "English") OR LIMIT-TO (LANGUAGE , "Spanish") OR LIMIT-TO (LANGUAGE , "Portuguese"))

PubMed,

SPORTDiscus,

Web of science ISI, Wiley Online Library (aged OR "older adults" OR elderly OR geriatrics OR seniors) AND ("Quality of Life" OR "Life Quality" OR "Health-Related Quality Of Life" OR "Health Related Quality Of Life" OR HRQOL) AND ("Post-Acute COVID-19 Syndrome" OR "COVID-19 Syndrome, Post-Acute" OR "Post-Acute COVID-19 Syndromes" OR "Long Haul COVID-19" OR "COVID-19, Long Haul" OR "Long Haul COVID-19s" OR "Post Acute

COVID-19 Syndrome" OR "Post Acute COVID 19 Syndrome" OR "Long COVID" OR "Post-Acute Sequelae of SARS-CoV-2 Infection" OR "Post-COVID Conditions" OR "Post-COVID Condition" OR "Long-Haul COVID" OR "Long-Haul COVIDs").

Eligibility criteria: Studies will be assessed for inclusion in the review according to the following criteria:

Study Design: We will only include studies that investigate the impact of Post-Acute COVID-19 Syndrome on Quality of Life in older adults. This includes primary research (peer-reviewed research articles), evidence synthesis (narrative reviews, systematic re-views, scoping reviews, rapid reviews, etc.), conference abstracts, discussion articles, editorials, and thesis. We will not limit the included studies by the sample size of the study.

Outcomes: We will include studies examining outcomes under the concept quality of life (physical-mental-social functioning), both quantitatively and qualitatively.

Study Population and Additional Characteristics: We will only include studies where the study population meets the MeSH (Medical Subject Headings) "Aged" characteristics: A person 65 years of age or older. We will not limit included studies by their ethnicity, country of origin, economic characteristics, or geographic region. We will limit included studies to those published in English, Spanish and Portuguese.

Source of evidence screening and selection:

We will search the information sources Embase, Medline OVID, PubMed, ScienceDirect, Scopus, SPORTDiscus, Web of Science ISI and Wiley Online Library. Additional searches of grey literature will include the first 100 results of a Google Scholar search, hand searches and contact with study authors. The reference list of relevant review papers and included articles were hand searched for additional articles. These searches will be done through the Extremadura University and the Miguel Hernández University of Elche (Embase) library services. We will continue searches until we attain

reasonable confidence that essentially all relevant studies for each review outcome have been considered for inclusion. We will also search the registries in the International Platform of Registered Systematic Review and Meta-analysis Protocols (INPLASY) and the International Prospective Register of Systematic Reviews (PROSPERO) to identify planned, ongoing, or recently published systematic reviews.

Data management: A qualitative analysis of the data (thematic analysis) will be conducted to identify meanings and patterns to respond to the research question. The level of evidence and the type of study design will also be reviewed using the JBI Critical Appraisal Checklist.

Language restriction: English, Spanish and Portuguese.

Country(ies) involved: Spain.

Keywords: post-acute COVID-19 syndrome, physical literacy; elderly; older adults; physical activity.

Contributions of each author:

Author 1 - Carmen Galán-Arroyo - Drafted the manuscript and contributed with project administration.

Email: mamengalana@unex.es

Author 2 - Javier de los Ríos-Calonge - Contributed Methodology and formal analysis.

Email: javier.rios01@goumh.umh.es

Author 3 - Daniela Peñaloza González - Contributed to the development of the selection criteria and the risk of bias assessment strategy.

Email: danielapenalozagmail.com

Author 4 - Antonio Castillo-Paredes - Supervised, provided feedback and contributed with the final version.

Email: acastillop85@gmail.com

Author 5 - Jorge Rojo-Ramos - Reviewed, supervised and led administration project.

Email: jorgerr@unex.es