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Author: Charlotte J Baranowski

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The Quality of Life of the Elderly with Epilepsy: A Systematic Review

Charlotte J Baranowski¹

¹Department of Neuropsychology, Epilepsy Society, Chalfont St Peter, Buckinghamshire, UK.

Corresponding Author

Charlotte Baranowski,

Epilepsy Society Research Centre

Department of Neuropsychology

Epilepsy Society

Chalfont St Peter

Buckinghamshire

SL9 0RJ

Tel: 01494 601 435

Email: Charlotte.Baranowski@epilepsysociety.org.uk

Highlights

- No clear difference of overall QoL between older and younger people with epilepsy.
- Energy/fatigue was the most negatively impacted QoL factor.
- Seizure frequency was a strong predictor of QoL.
- Comorbidity and depression were moderate predictors of QoL.
- Small number of studies available for synthesis reflects gap in current literature on this topic.

Abstract

The aim of this systematic review is to identify and synthesise the current literature on epilepsy, the elderly, and quality of life (QoL). Studies were included if they (1) assessed the QoL of older adults/elderly, (2) had a minimum of one population group of people with epilepsy aged 60 and older and (3) used a standardised QoL measure. Databases searched were PubMed, Scopus, Cochrane Library and PubPsych. A total of 164 abstracts were screened, of which 10 articles met the criteria. A 17-item standardised checklist was used to analyse the methodological quality of the studies. The findings were synthesised to compare the overall QoL of the elderly in comparison to younger age groups and to identify which QoL factors were most and least affected. Predictors of QoL were identified from findings that used a regression type of analysis and were rated in terms of their strength of evidence. No clear differences for overall QoL were found between older and younger people with epilepsy. Participants reported energy/fatigue to be the most negatively impacted factor. Seizure frequency was a strong predictor of QoL, and comorbidity and depression were moderate predictors. The main limitation was the total number of studies analysed and very few having high quality methodology. The small number of studies available for synthesis is a reflection of the gap in current literature on this topic.

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