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## Adult congenital heart diseases: systematic review /meta analysis

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**Background:** Congenital heart disease (CHD) is a gross structural abnormality of the heart that has functional significance. The impact of CHD on the patients' quality of life (QOL) is a topic of considerable interest and importance to both researchers and clinician. However, there is a lack of systematic reviews investigating and identifying the QOL of congenital heart disease patients.

**Aim:** To assess the QOL of adult patients with congenital heart disease by reviewing the previous studies conducted on this subject.

**Methods:** The PubMed and Google Scholar databases were explored for studies published between 2020 and 2022. The keywords used for the searching process included "QOL, Adults, CHD, Outcomes, Impact, Effects, Life of CHD Patients." The inclusion criteria were original English articles and full-text articles conducted on adult patients with congenital heart disease and reported quality of life.

**Results:** A total of 5455 articles were obtained, but only seven articles were eligible for the inclusion criteria. The included studies involved a total of 8549 participants; 104 were healthy, and 8445 were adult patients with congenital heart disease. The investigated items of the studies included quality of life, health-related QOL, including physical and psychological dimensions, sense of coherence, mental health, physical functioning, physiological wellbeing, psychological resilience, anxiety, depression, illness perception, and health status.

**Conclusion:** Patients with congenital heart disease experience low QOL across all dimensions. The risk factors for poor QOL included age, depression, anxiety, and female gender.

### Biography

Mahmod Ahmdelmukashfi M. Elmustfa A. Azem is affiliated with the Faculty of Medicine and Health Sciences at Red Sea University, Port Sudan. He is dedicated to advancing medical education and healthcare. His work contributes to improving health outcomes in the region.