Long Covid Current Awareness Bulletin
April 2024

Guidelines, Policies and Reports

Long COVID
ACAS, April 2024
Available at: ACAS
Advice on employee rights if they are sick with Long COVID, and what the employer should do.

Published research

An adaptive approach to developing a Long COVID rehabilitation program
Healthcare Management Forum, April 2024
Available at: Email library.lincoln@ulh.nhs.uk to request
Unity Health Toronto opened the outpatient Post-COVID Condition Rehabilitation Program in 2021, with the aim of teaching patients how to manage their ongoing symptoms, and to maximize their independence and function. The program incorporated a multidisciplinary, patient-centred approach that leveraged group education and a virtual platform to allow patients to learn from one another and share experiences. Over the 2 years of the program, the multidisciplinary team continuously adapted to the new research on Long COVID and evolving needs of patients. This article will outline the development and evolution of the program.

Characteristics and Determinants of Pulmonary Long COVID
JCI Insight, April 2024
Available at: JCI Insight
Persistent cough and dyspnea are prominent features of Long COVID; however, physiologic measures and clinical features associated with these pulmonary symptoms remain poorly defined. Using longitudinal pulmonary function testing (PFTs) and CT imaging, this study aimed to identify the characteristics and determinants of pulmonary Long COVID.

Longitudinal course and predictors of health related quality of life, mental health, and fatigue, in non-hospitalized individuals with or without post COVID-19 syndrome
Health and Quality of Life Outcomes, April 2024
Available at: Bio Med Central
Long-term information on health-related quality of life (HRQOL) and mental health of non-hospitalized individuals with post COVID-19 syndrome (PCS) is scarce. The objectives of this study were to compare HRQOL and mental health of individuals with and without PCS in a sample of non-hospitalized persons after COVID infection, to characterize the long term course up to 2 years and to identify predictors for post COVID-19 impairments. PCS was independently and significantly associated with higher levels of depression, post-traumatic stress and fatigue, as well as poorer physical and mental HRQOL.

The prevalence of long COVID in people with diabetes mellitus–evidence from a UK cohort
eClinicalMedicine, April 2024
Available at: The Lancet
Recorded Long COVID was more prevalent in men with T2D than in matched non-T2D controls with the opposite seen for T2D women, with recorded Long COVID rates being similar for T2D men and women. Younger age, female sex and higher BMI were all associated with a greater likelihood of developing Long COVID when taken as individual variables.

What is quality in long covid care? Lessons from a national quality improvement collaborative and multi-site ethnography
BMC Medicine, April 2024
Available at: BMC Medicine
Long covid is a complex condition with diverse manifestations, uncertain prognosis and wide variation in current approaches to management. There have been calls for formal quality standards to reduce a so-called "postcode lottery" of care. The original aim of this study—to examine the nature of quality in long covid care and reduce unwarranted variation in services—evolved to focus on examining the reasons why standardizing care was so challenging.

Effects of Hyperbaric Oxygen Therapy on Long COVID: A Systematic Review
Life, March 2024
Available at: MDPI
The reviewers conducted a literature search focusing on the clinical efficacy and utility of HBOT for treating long COVID and found ten clinical studies that fit the review topic. Most studies found that HBOT can improve quality of life, fatigue, cognition, neuropsychiatric symptoms, and cardiopulmonary function.

Episodic disability and adjustments for work: the 'rehabilitative work' of returning to employment with Long Covid
Disability & Society, March 2024
Available at: Taylor & Francis
Drawing on narrative interviews, this article demonstrates how participants had their 'disability' status challenged due to existing in-between (dis)ability classifications. The additional 'adjustment' and 'administrative' work of navigating disabling systems required participants to balance workloads to avoid relapse. Utilising 'episodic disability' demonstrates that current sickness absence, return to work and welfare policies are disabling and unfit for purpose, requiring participants to take sole responsibility for the additional 'rehabilitative work' involved in returning to employment.

Living and Coping with Olfactory and Taste Disorders: A Qualitative Study of People with Long-COVID-19
Healthcare, March 2024
Available at: MDPI
In post COVID-19 condition, olfactory and taste symptoms can persist leading to disruption in patients' lives, to changes in their coping skills, and to the need to develop strategies for everyday life. This study aimed to describe the perspective of a group of patients with Long COVID. Long-COVID-19 taste and/or smell disorders limit daily life and involve changes in habits, meal preparation, and the ability to detect potentially dangerous situations.

Blogs

4 Years In, a Sobering Look at Long COVID Progress
Medscape, April 2024
Available at: Medscape
Four years ago in 2020, physicians and patients coined the term "long COVID" to describe a form of the viral infection from which recovery seemed impossible. Still, we've come a long way, although there's much we don't understand about the condition. At the very least, physicians have a greater understanding that long COVID exists and can cause serious long-term symptoms.

Long COVID still has no cure — so these patients are turning to research
Nature, April 2024
Available at: Nature
With key long COVID trials yet to yield results, people with the condition are trying to change how clinical trials are done. This article explores the Patient-Led Research Collaborative formed by Long COVID patients, and how they design, provide advice on and even fund basic and clinical research into long COVID and other chronic illnesses.

Long Covid: Study using computer games to help memory
BBC News, April 2024
Available at: BBC News
Scientists hope to reduce the impact of brain fog in people with long Covid using computer games.

The silent struggle for long COVID patients
Open Access Government, April 2024
Available at: Open Access Government
Long COVID can be debilitating, and thus, further research and support for those living with the condition are urgently needed. Yanto Evans and Michael Natt from Long Covid Support discuss the unmet medical needs and strategies to improve understanding and care for Long COVID patients.

Miscellaneous

The Many Reasons for Hope in Long Covid
Psychology Today, April 2024
Available at: Psychology Today
A CNN reporter's new book tells how Long Covid patients make democracy work. To the millions of patients with Long Covid, who have lived with up to four years of debilitating or disabling symptoms, the disease is a disaster. Yet, in the midst of all the suffering, CNN Reporter Ryan Prior sees a story of community, advocacy, and democracy at its best.

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Can't find the information you need? We can do literature searches for you: https://www.nhslincslibrary.uk/search-request/

We can provide training on how to search healthcare databases and resources as well as showing you how to appraise the information that you find: https://www.nhslincslibrary.uk/training/

Online Resources

BMJ Best Practice is a clinical decision support tool that provides step-by-step guidance on diagnosis, prognosis, treatment and prevention of a wide variety of conditions: https://bestpractice.bmj.com/oafed

ClinicalKey is a database which supports healthcare professionals by providing access to the latest evidence across specialties: https://www.clinicalkey.com/