



# Long Covid Current Awareness Bulletin

## July 2024

### Published research

#### **Clinical Spectrum of Long COVID: Effects on Female Reproductive Health** **Viruses, July 2024**

Available at: [MDPI](#)

The COVID-19 pandemic has presented numerous health challenges, including long-term COVID, which affects female reproductive health. This review consolidates the current research on the impact of COVID on the menstrual cycle, ovarian function, fertility, and overall gynecological health. It also explores the potential influence of long COVID on hormonal balance and immune responses, contributing to menstrual irregularities and impaired ovarian function.

#### **Long COVID: cognitive, balance, and retina manifestations** **Frontiers in Medicine, July 2024**

Available at: [Frontiers](#)

The neurological symptoms of Long COVID (LC) and the impact of neuropsychological manifestations on people's daily lives have been extensively described. Although a large body of literature describes symptoms, validating this with objective measures is important. This study aims to identify and describe the effects of LC on cognition, balance, and the retinal fundus, and determine whether the duration of symptoms influences cognitive impairment.

#### **Long-term effects of the COVID-19 pandemic for patients with cancer** **Quality of Life Research, July 2024**

Available at: [Springer](#)

This study uncovers the impact of the COVID-19 pandemic on QoL of patients with cancer and how long COVID manifests in this cohort. While patients with cancer experience similar long COVID symptoms as healthy controls, the prevalence is remarkably higher possibly due to their compromised immune system and weakened physiological reserve.

#### **Navigating uncertainty: occupational therapists' experiences of Long COVID management in Germany, Austria and Switzerland** **Disability and Rehabilitation, July 2024**

Available at: [Taylor & Francis](#)

Long COVID presents global challenges for healthcare professionals. Occupational therapists responded by seeking effective treatment strategies. The purpose of this study is to explore how occupational therapists navigate and apply profession-specific strategies in the new clinical landscape of Long COVID care.

#### **Resonant breathing improves self-reported symptoms and wellbeing in people with Long COVID** **Frontiers in Rehabilitation Sciences, July 2024**



**Available at: [Frontiers](#)**

Long COVID involves debilitating symptoms, many of which mirror those observed with dysautonomia, and care must be taken with rehabilitation for autonomic dysfunction to avoid post-exertional malaise. Resonant breathing requires less exertion and can potentially improve autonomic function. The objective of this work was to report on the impact of a resonant breathing program on self-reported symptoms and wellbeing in people with Long COVID.

**Social impact of brain fog and analysis of risk factors: Long COVID in Japanese population  
Annals of clinical and translational neurology, July 2024**

**Available at: [Wiley](#)**

This study clarified the clinical characteristics of patients experiencing brain fog as a long COVID manifestation, specifically emphasizing neurological symptoms during hospitalization and their correlation with brain fog. Additionally, the study identified associated risk factors for its onset and revealed that the emergence of brain fog was linked to a decline in labor productivity.

**Tissue-based T cell activation and viral RNA persist for up to 2 years after SARS-CoV-2 infection  
Science Translational Medicine, July 2024**

**Available at: Email [library.lincoln@ulh.nhs.uk](mailto:library.lincoln@ulh.nhs.uk) to request full article**

The authors used whole-body positron emission tomography imaging with a tracer that selectively tags activated T cells to show that those with Long Covid had certain tissues that were enriched for activated T cells in comparison with those without Long Covid. Moreover, because the gut was one of the sites of activated T cell enrichment, the authors analyzed gut biopsies from a subset of individuals with Long Covid.

**Cognitive functioning in patients with neuro-PASC: the role of fatigue, mood, and hospitalization status**

**Frontiers in Medicine, June 2024**

**Available at: [Frontiers](#)**

This study sought to characterize cognitive functioning in patients with neurological post-acute sequelae of SARS-CoV-2 infection (Neuro-PASC) and investigate the association of subjective and objective functioning along with other relevant factors with prior hospitalization for COVID-19.

**Impacts of Long COVID on workers: A longitudinal study of employment exit, work hours and mental health in the UK**

**PLoS ONE, June 2024**

**Available at: [PLoS ONE](#)**

This paper examines the effects of Long COVID on employment and workers' mental health to contribute to understanding of work-limiting health conditions and to offer policy implications for COVID-19 and similar health conditions on employment and the workforce.

**Long COVID management: a mini review of current recommendations and underutilized modalities**

**Frontiers in Medicine, June 2024**

**Available at: [Frontiers](#)**



The purpose of this mini review is to provide primary care providers with the latest highlights from existing literature regarding the most common long COVID symptoms and current management recommendations.

## **Blogs**

### **Cold, Flu Virus Can Trigger Long COVID Relapses Medscape, July 2024**

**Available at:** [Medscape](#)

People who have recovered from long COVID can suffer relapses or flare-ups from new viral infections — not just from COVID but from cold, flu, and other viral pathogens.

### **Living with Long COVID Centers for Disease Control and Prevention, July 2024**

**Available at:** [CDC](#)

CDC guide for patients living with Long COVID, including resources and what to expect from a healthcare appointment.

### **Mersey Care's Long Covid Service launches new exercise App for patients Mersey Care NHS Foundation Trust, July 2024**

**Available at:** [Mersey Care NHS Foundation Trust](#)

Mersey Care's Long COVID service has developed content for an online app to help speed up the recovery of patients suffering from the effects of the debilitating condition. The Long COVID service have filmed a series of breathing, movement and mindfulness videos that have been uploaded to the app, allowing patients to see therapists performing the movements and techniques. The team can remotely monitor their patients' activity as they work through their tailored plan.

### **There's Nothing Wrong With Her describes the unique hell of long Covid The Independent, July 2024**

**Available at:** [The Independent](#)

After writing a bestselling mystery novel, Kate Weinberg found herself in a plotless place with no neat, obvious ending: suffering the torturous, confusing ordeal of long Covid. Now she's turned the experience into a funny, philosophical novel – one that perfectly captures the surreal state of invisible illness.

### **Long Covid feels like a gun to my head Stat, June 2024**

**Available at:** [Stat](#)

As a medical anthropologist working in global health, I thought I understood the despair of poor health. I didn't. I join 7% of the U.S. adult population who have experienced long Covid. Diagnosis of long Covid remains uncertain and contested, and treatments, ranging from repurposed drugs to hyperbaric oxygen, are even more so.



## Library and Knowledge Services

### Library Services

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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/>