



Long Covid Current Awareness Bulletin

June 2024

Guidelines, Policies and Reports

A Long COVID Definition: A Chronic, Systemic Disease State with Profound Consequences National Academies of Sciences, Engineering, and Medicine, 2024

Available at: [NASEM](#)

The lack of a clear and consistent definition for Long COVID presents challenges for policymakers, researchers, public health professionals, clinicians, support services, and patients. As such, the National Academies assembled a committee of experts to produce a consensus definition for Long COVID. The resulting report presents the 2024 NASEM Long COVID Definition, developed based on findings reported in existing literature, as well as stakeholder and patient input.

Published research

Brain abnormalities in survivors of COVID-19 after 2-year recovery: a functional MRI study The Lancet Regional Health, June 2024

Available at: [The Lancet](#)

This long-term study suggests that individuals recovering from COVID-19 continue to experience cognitive complaints, psychiatric and neurological symptoms, and brain functional alteration. The rs-fMRI results indicated that the changes in brain function in regions such as the putamen, temporal lobe, and superior parietal gyrus may contribute to cognitive complaints in individuals with long COVID even after 2-year infection.

Epidemiologic Features of Recovery From SARS-CoV-2 Infection JAMA Network Open, June 2024

Available at: [JAMA Network](#)

In this cohort study, more than 1 in 5 adults did not recover within 3 months of SARS-CoV-2 infection. Recovery within 3 months was less likely in women and those with preexisting cardiovascular disease and more likely in those with COVID-19 vaccination or infection during the Omicron variant wave.

Express: Long COVID: a risk factor for anxiety, depression, and suicidality? Journal of Investigative Medicine, June 2024

Available at: Email library.lincoln@ulh.nhs.uk to request full article

In many Covid 19 survivors, symptoms continue for a long time. The aim of this study is to examine the relationship between long-term effects of COVID-19, levels of anxiety and depression, and suicidal ideation with sociodemographic factors and symptoms. It is important for healthcare professionals to be aware of these potential mental health consequences especially suicidality and, to provide appropriate support and interventions for individuals with long COVID.



Identifying the needs of people with long COVID: a qualitative study in the UK

BMJ Open, June 2024

Available at: [BMJ](#)

This study followed rigorous methods to explore the experiences of long COVID. The focus groups were accessible via in-person and online attendance, facilitating those with more severe symptoms to participate remotely. Three key themes/needs were identified.

Integrated care policy recommendations for complex multisystem long term conditions and long COVID

Scientific Reports, June 2024

Available at: [Nature](#)

The pandemic and consequent development of Long COVID required rapid adaptation of health services to address the population's needs, requiring service redesigns including integrated care. Based on the findings we propose a model for delivering integrated care by a multidisciplinary team to people with complex multisystem conditions. These recommendations can inform improvements to integrated care for complex, multiple long term conditions and Long COVID at international level.

Long COVID and financial outcomes: evidence from four longitudinal population surveys

Journal of Epidemiology and Community Health, June 2024

Available at: [BMJ](#)

Using UK longitudinal data, we assessed the relationship between long COVID and financial disruption. We found that post-COVID-19 syndrome was associated with worse subjective financial well-being and new benefit claims. If our findings reflect causal effects, extending employment protection and financial support to people with long COVID may be warranted.

Post-acute sequelae of SARS-CoV-2 infection (Long COVID) in older adults

GeroScience, June 2024

Available at: Email library.lincoln@ulh.nhs.uk to request full article

Long COVID is a complex infection-associated chronic condition affecting tens of millions of people worldwide. Many aspects of this condition are incompletely understood. Among them is how this condition may manifest itself in older adults and how it might impact the older population. Here, we briefly review the current understanding of LC in the adult population and examine what is known on its features with aging.

The hidden crisis: Long COVID's association with housing stability and home accessibility among people with disabilities

Disability and Health Journal, June 2024

Available at: [ScienceDirect](#)

Associations between Long COVID and challenges related to housing stability and home accessibility highlight the need for systemic changes, financial support, and advocacy. This research contributes to understanding Long COVID's challenges, informing policy development, and promoting compassionate responses, ensuring the well-being of people with Long COVID.



Long COVID awareness and receipt of medical care: a survey among populations at risk for disparities

Frontiers in Public Health, May 2024

Available at: [Frontiers](#)

The COVID-19 pandemic has been characterized by disparities in disease burden and medical care provision. Whether these disparities extend to long COVID awareness and receipt of medical care is unknown. We aimed to characterize awareness of long COVID and receipt of medical care for long COVID symptoms among populations who experience disparities.

Navigating the Long Haul: A Comprehensive Review of Long-COVID Sequelae, Patient Impact, Pathogenesis, and Management

Cureus, May 2024

Available at: [Cureus](#)

Long COVID, characterized by persistent symptoms following a SARS-CoV-2 infection, presents a significant public health challenge with wide-ranging implications. This comprehensive review explores the epidemiology, clinical manifestations, pathogenesis, risk factors, diagnosis, patient impact, management strategies, and long-term prognosis of COVID.

People from ethnic minorities seeking help for Long Covid: a qualitative study

British Journal of General Practice, May 2024

Available at: [British Journal of General Practice](#)

Experiences of stigma and discrimination resulted in negative healthcare experiences and mistrust in healthcare, creating barriers to help-seeking. Empathy, validation of experiences, and fairness in recognition and support of healthcare needs are required to restore trust in healthcare.

Blogs

Life with Long Covid

The Guardian, June 2024

Available at: [The Guardian](#)

A series of articles from The Guardian detailing how people are coping with this world-altering, often little-understood illness. For 12-year-old Toby, it has meant pain, crushing fatigue and sadness – as well as months off school. Lucy Keighley ran a gym, worked as a personal trainer and went on gruelling, exhilarating runs. But after three and a half years of illness, she isn't sure she will ever recover. Natacha Gray discusses two and a half devastating years – and how she stays optimistic.

Making visible the invisible: Supporting long COVID patients and the people caring for them

The Conversation, June 2024

Available at: [The Conversation](#)

With a suite of life-altering impacts, it is unsurprising that longhaulers may also experience impacts to their mental health, financial stability and relationships with others. These experiences are further exacerbated by the fact that there remains no cure for long COVID.



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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/>