



Long Covid Current Awareness Bulletin

November 2024

Guidelines, Policies and Reports

Coronavirus: Long covid

House of Commons Library, October 2024

Available at: [House of Commons Library](#)

Information about long covid, including guidance and services for long covid patients, statistics and the impact of long covid on healthcare, employment and education.

Working with long COVID: Guidance for people professionals

CIPD, October 2024

Available at: [CIPD](#)

This guide provides information for people professionals on effectively managing an employee with long COVID. The guide outlines why long COVID is a workplace issue and how employees with long COVID can be supported.

Published research

Acute and long-term effects of COVID-19 on brain and mental health: A narrative review

Brain, Behavior, and Immunity, November 2024

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

COVID infection has been associated with long term sequelae (Long COVID) which include neurological and behavioral effects in thousands of patients, but the etiology and scope of symptoms is not well understood. This paper reviews long term sequelae of COVID on brain and mental health in patients with the Long COVID syndrome.

Beyond Antivirals: Alternative Therapies for Long COVID

Viruses, November 2024

Available at: [MDPI](#)

Long COVID (LC) is a condition characterized by numerous lingering symptoms that persist following the viral illness. While treatment is still evolving, several therapeutic approaches beyond traditional antiviral therapies are being investigated, such as immune-modulating agents, anti-inflammatory drugs, and various supportive interventions focusing at alleviating symptoms and enhancing recovery. We aimed to summarize the breadth of available evidence, identify knowledge gaps, and highlight promising non-antiviral therapies for Long COVID.

Comparative insights into clinic onboarding and interaction practices for patient engagement in long COVID digital health care

Digital Health, November 2024

Available at: [Sage](#)



This study explores the influence of clinic-led onboarding and interaction processes on patient engagement within a digital health program for long COVID care, the Living with COVID Recovery (LWCR) program. We compared clinical practices and patient engagement levels across seven clinics utilising LWCR, gaining insights that could optimise digital health interventions for long COVID care.

Gastrointestinal manifestations of long COVID

Life Sciences, November 2024

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

This review of the GI manifestations of Long COVID will provide an overview of the prevalence of GI symptoms and conditions in Long COVID and elucidate the pathophysiology of these symptoms, including discussion of the role of the microbiome, the mind gut axis, viral persistence, and the autonomic nervous system. We will go on to look at potential treatments for Long COVID patients with GI symptoms.

Oxygen supplementation and cognitive function in long-COVID

PLoS One, November 2024

Available at: [PLoS One](#)

This was an exploratory pilot crossover study designed to describe the effects of supplemental oxygen (portable oxygen concentrator, POC) on cognitive performance and peripheral and cerebral oxygen saturation at rest and exercise.

Physical, cognitive, and social triggers of symptom fluctuations in people living with long COVID: an intensive longitudinal cohort study

The Lancet Regional Health, November 2024

Available at: [The Lancet](#)

Symptom fluctuations in individuals with long COVID are widely reported, but the extent to which severity varies following different types of activity and levels of exertion, and the timing of symptoms and recovery, have not been quantified. We aimed to characterise timing, severity, and nature of symptom fluctuations in response to effortful physical, social and cognitive activities. Clear patterns of symptom fluctuations emerged that support more targeted self-management.

See also: commentary on this article - [Physical and cognitive stressors exacerbate symptoms in long COVID: more evidence triggering new research and therapeutic needs](#)

Sleep disorder syndromes of post-acute sequelae of SARS-CoV-2 (PASC) / Long Covid

Sleep Medicine, November 2024

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

Specific sleep symptoms/syndromes are reported in this select group of patients with PASC/Long Covid. As new onset sleep complaints are prevalent in PASC, we recommend a complete clinical and investigative sleep evaluation for persistent severe sleep symptoms following COVID-19 infection.

Associations between physical activity, long COVID symptom intensity, and perceived health among individuals with long COVID

Frontiers in Psychology, October 2024

Available at: [Frontiers](#)



Higher levels of PA may be associated with better physical health among individuals with long COVID, even after accounting for symptom intensity. However, long COVID symptom intensity may confound the relationship between PA and mental health among individuals with long COVID.

Distinguishing pain profiles among individuals with long COVID

Frontiers in Rehabilitation Sciences, October 2024

Available at: [Frontiers](#)

For many people with long COVID (LC), new-onset pain is a debilitating consequence. This study examined the nature of new-onset pain and concomitant symptoms in patients with LC to infer mechanisms of pain from the relationships between pain and health-related factors.

Dyspnea and long COVID patients

The American Journal of the Medical Sciences, October 2024

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

Patients with prior COVID-19 infections often develop chronic post-COVID symptoms, such as fatigue and dyspnea. Some patients have residual pulmonary disorders with abnormal pulmonary function tests and/or chest radiographs to explain their dyspnea. However, other patients appear to have dyspnea that is out of proportion to any measurable change in lung function.

Long-COVID stress symptoms: Mental health, anxiety, depression, or posttraumatic stress

Psychological trauma: theory, research, practice and policy, October 2024

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

This article outlines the current challenges regarding long coronavirus disease (COVID) and mental health. We outline trends in mental health symptoms and propose new terminology to aid in the assessment, triage, and treatment of long-COVID patients with mental health sequelae.

Blogs

Can you die from long COVID? The answer is not so simple

The Conversation, November 2024

Available at: [The Conversation](#)

In the US, the Centers for Disease Control and Prevention reported 3,544 long-COVID-related deaths from the start of the pandemic up to the end of June 2022. The symptoms of long COVID – such as fatigue, shortness of breath and “brain fog” – can be debilitating. But can you die from long COVID?

Miscellaneous

Editorial: On the cusp of the silent wave of the long COVID pandemic: why, what and how should we tackle this emerging syndrome in the clinic and population?

Frontiers in Public Health, October 2024

Available at: [Frontiers](#)

Individuals with LC report experiencing many symptoms, including fatigue, post-exertional malaise and sleep disturbances. These specific symptoms are the heart of definitions of Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS). The present Research Topic aimed then at gathering new data on the public health and medicine of LC and ME/CFS.



Library Services

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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/>