



# Long Covid Current Awareness Bulletin

## August 2024

### Guidelines, Policies and Reports

#### **Long COVID: a clinical update**

**The Lancet, August 2024**

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

In this interdisciplinary Review we sought to bring together multiple streams of literature on the epidemiology, pathophysiology, lived experience and clinical manifestations, and clinical investigation and management of long COVID. Although current approaches to long COVID care are largely symptomatic and supportive, recent advances in clinical phenotyping, deep molecular profiling, and biomarker identification might herald a more mechanism-informed and personally tailored approach to clinical care. We also cover the organisation of services for long COVID.

#### **Navigating the Long Haul: Understanding Long Covid in Northern England**

**Health Equity North, August 2024**

**Available at:** [Health Equity North](#)

There is a clear North-South divide for Long Covid rates. The ten GP practices with the highest prevalence of Long Covid were all in the North. This report examines regional differences in rates of Long Covid, the relationship between socioeconomic deprivation, the impact of the illness on sufferers lives and how employers manage the condition

### Published research

#### **Analysis of long COVID in health personnel: comparing gender and work factors**

**Medicina, August 2024**

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

This study aimed to describe the reported prevalence of post-COVID-19 syndrome and its characteristics by gender, profession, and other determinants among health care workers. The reported prevalence of post-COVID-19 syndrome was higher in women for each of the symptom clusters studied. Severity of the initial symptoms, female gender, nursing profession, multi-employment, and working in emergency areas were all independent variables.

#### **An investigation into General Practitioners' experience with Long Covid**

**Irish Journal of Medical Science, August 2024**

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

The aim of this study is to establish GP experiences with LC. There was a lack of confidence in the diagnosis and management of LC, and in the interface with secondary care. There is demand for educational interventions to assist GPs with their care of patients with this emerging condition.



**Characterizing Long COVID in Children and Adolescents**

**JAMA, August 2024**

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

This study developed research indices for characterizing pediatric PASC. Symptom patterns were similar but distinguishable between school-age children and adolescents, highlighting the importance of characterizing PASC separately in different age groups. Clustering analyses identified 4 PASC symptom phenotypes in school-age children and 3 in adolescents.

**Effects of respiratory muscular training in post-covid-19 patients: a systematic review and meta-analysis of randomized controlled trials**

**BMC Sports Science, Medicine and Rehabilitation, August 2024**

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

There are a limited number of studies comparing post-covid patients undergoing RMT versus standard treatment. However, in our systematic review we found an increase in inspiratory and expiratory muscle strength in post-covid patients after intervention. The descriptive analysis suggests a reduction in dyspnea levels, an increase in the distance covered in the 6MWT, and an improvement in QoL.

**Personalized Exercise Prescription in Long COVID: A Practical Toolbox for a Multidisciplinary Approach**

**Journal of multidisciplinary healthcare, August 2024**

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

As one of Australia's few established multidisciplinary Long COVID clinics, we describe our novel approach to safely incorporating exercise of both peripheral and respiratory muscles, with essential monitoring and management of post-exertional symptom exacerbation. In our experience, a multidisciplinary clinic-based approach to safely prescribing progressive exercise in Long COVID is feasible. Both peripheral and inspiratory muscle exercise can be effectively titrated to each individual's symptoms, and careful monitoring for post-exertional symptom exacerbation is crucial.

**Post-Acute Sequelae of SARS-CoV-2 Infection and Its Impact on Adolescents and Young Adults  
Pediatric Clinics of North America, August 2024**

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

This review discusses the varying definitions for post-acute sequelae of SARS CoV-2 infection (PASC) in adolescents and young adults (AYAs), symptom profiles of AYAs with PASC, and assessment and management strategies when AYAs present with symptoms. Additionally, it reviews the impact that PASC can have on AYAs and includes strategies for providers to support AYAs with PASC. Finally, it discusses equity in the care of AYAs with possible PASC.

**Prevalence of Long COVID, and the Impact on Diabetes Management and Physical Activity  
Participation, in People with Type 2 Diabetes: An Australia-wide Cross-Sectional Online Survey  
Canadian Journal of Diabetes, August 2024**

**Available at: [Canadian Journal of Diabetes](#)**

The aim of this research was to understand the prevalence and impact of long COVID on people with type 2 diabetes (T2D). Specifically, to identify the proportion of people with T2D who have had COVID-19 and experience long COVID symptoms, and explore how these ongoing symptoms impact diabetes management and physical activity participation.



**Internal tremors and vibrations in long COVID: a cross-sectional study**

**The American Journal of Medicine, July 2024**

Available at: [Science Direct](#)

This study compared pre-pandemic comorbidities, new-onset conditions, and long COVID symptoms between people with internal tremors and vibrations as part of their long COVID symptoms and people with long COVID but without these symptoms. Among people with long COVID, those with internal tremors and vibrations had different conditions and symptoms and worse health status compared with others who had long COVID without these symptoms.

**Post-COVID syndrome prevalence: a systematic review and meta-analysis**

**BMC Public Health, July 2024**

Available at: [BMC](#)

Since the COVID-19 pandemic began, the number of individuals recovering from COVID-19 infection have increased. Post-COVID Syndrome, or PCS, which is defined as signs and symptoms that develop during or after infection in line with COVID-19, continue beyond 12 weeks, and are not explained by an alternative diagnosis, has also gained attention. We systematically reviewed and determined the pooled prevalence estimate of PCS worldwide based on published literature.

**Symptoms patterns and health-related quality of life in a real-life cohort of Long COVID patients: understanding the complexity to optimize the rehabilitation treatment**

**American Journal of Physical Medicine & Rehabilitation, July 2024**

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

We wanted to identify prevalent symptoms and patterns of Long COVID syndrome, assess the impact on health-related quality of life, and explore factors linked to lower quality of life, including vaccination status and symptom count, in a real-life cohort. Our analysis highlighted the presence of diverse multisystemic symptoms in Long COVID patients.

## **Blogs**

**A Virtuoso Cellist's Painstaking Path From Long Covid Back to the Stage**

**The New York Times, August 2024**

Available at: [The New York Times](#)

For over three years, long Covid has presented Joshua Roman with health challenges — and has indelibly shaped the music he makes. The mental and physical exertion of playing would cause a “cognitive hangover,” he said, “like feeling the shadow of pain in your head.”

**Fifth of patients at two north of England surgeries have long Covid, study finds**

**The Guardian, August 2024**

Available at: [The Guardian](#)

One in five patients registered to a pair of GP surgeries in the north of England have long Covid, according to a report that lays bare stark regional inequalities. The north-west of England had higher than average numbers of people reporting long Covid symptoms, with just over one in 20 people (5.5%), followed by the north-east and Yorkshire (5.1%). Southern regions of England had the lowest rates overall.



## **Library Services**

Would you like to keep up to date with the latest evidence on topics of your choice? Sign up for a current awareness alert: <https://www.nhslincslibrary.uk/knowledgeshare-request/>

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/>