



# Long Covid Current Awareness Bulletin

## January 2023

### Published research

#### **Association between long COVID, functional activity, and health-related quality of life in older adults**

**BMC Geriatrics, Jan 2023**

Available at: [Springer](#)

Older adults experience persistent symptoms post-COVID-19, termed as Long COVID, affecting their physical and mental health. This study aimed to evaluate the effects of Long COVID, level of physical activity, and functional decline on older adults' health-related quality of life post-COVID-19.

#### **Clinical Characteristics in the Acute Phase of COVID-19 That Predict Long COVID: Tachycardia, Myalgias, Severity, and Use of Antibiotics as Main Risk Factors, While Education and Blood Group B Are Protective**

**Healthcare, Jan 2023**

Available at: [MDPI](#)

Severe COVID-19 was confirmed as a predicting factor for long COVID. However, some signs or symptoms of the acute phase are also independent risk factors, such as tachycardia, with a 10 times higher probability for long COVID, for patients who present said symptom.

#### **Risks and burdens of incident dyslipidaemia in long COVID: a cohort study**

**The Lancet Diabetes & Endocrinology, Jan 2023**

Available at: [Science Direct](#)

In the post-acute phase of the SARS-CoV-2 infection, compared with the non-infected contemporary control group, those in the COVID-19 group had higher risks and burdens of incident dyslipidaemia, including total cholesterol greater than 200 mg/dL. Findings suggest increased risks and 1-year burdens of incident dyslipidaemia and incident lipid-lowering medications use in the post-acute phase of COVID-19 infection. Post-acute care for those with COVID-19 should involve attention to dyslipidaemia as a potential post-acute sequela of SARS-CoV-2 infection.

#### **Towards evidence-based and inclusive models of peer support for long covid: A hermeneutic systematic review**

**Social Science & Medicine, Jan 2023**

Available at: [Science Direct](#)

Questions still remain as to whether there is a hidden cohort of sufferers not accessing mainstream clinics. This group are likely to be already marginalised people at the sharp end of existing health inequalities. The challenge of supporting such patients includes the question of how best to organise and facilitate different forms of support. As such, we aim to examine whether peer support is a potential option for hidden or hardly reached populations of long COVID sufferers.



**'I don't know what to do or where to go'. Experiences of accessing healthcare support from the perspectives of people living with Long Covid and healthcare professionals: A qualitative study in Bradford, UK**

**Health Expectations, Dec 2022**

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

This study aims to understand the barriers faced in accessing primary, secondary and specialist healthcare support for people with Long Covid. People living with LC had a large degree of difficulty in accessing healthcare services for LC support.

**Persistent post-COVID-19 smell loss is associated with immune cell infiltration and altered gene expression in olfactory epithelium**

**Science Translational Medicine, Dec 2022**

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

New research shows T-cells triggering a widespread inflammatory response in the olfactory epithelium after COVID infection. Inflammation was on-going despite the absence of detectable SARS-CoV-2 virus. By modulating the abnormal immune response, it is theorised that smell could be restored.

**Role of Wearable Sensing Technology to Manage Long COVID**

**Biosensors, Dec 2022**

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

Long COVID consequences have changed the perception towards disease management, and it is moving towards personal healthcare monitoring. In this regard, wearable devices have revolutionized the personal healthcare sector to track and monitor physiological parameters of the human body continuously.

## **Blogs**

**Supporting a child with long COVID – tips from parents of children living with the condition**

**The Conversation, Jan 2023**

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

We don't know whether all children with long COVID will recover or how long this will take. Parents' narratives suggest that symptoms may fluctuate over time, and that it's not uncommon to have a period of apparent recovery and then relapse some months later. While every child will have specific problems and individual needs, there are some suggestions we can make to help parents or guardians support their child or young person with long COVID.

**Thousands of NHS staff with long Covid risk losing their pay**

**BBC News, Jan 2023**

**Available at: [BBC News](#)**

Thousands of NHS staff across the UK are facing pay cuts because of a change in Covid sickness policy. Analysis by BBC Panorama suggests that between 5,000 and 10,000 NHS workers could be off sick with long Covid. Unions are accusing the government of failing to support health staff who worked during the coronavirus pandemic.



**Long Covid patients using unproven and expensive treatments, experts warn**

**The Guardian, Dec 2022**

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

People with long Covid are turning to unproven and expensive treatments because of a lack of approved therapies coupled with a need to return to paid work. While some patients say they have been helped by the treatments, which have not been tested with rigorous trials, experts have warned unproven therapies can be misleading and even dangerous.

**Overcoming Guilt in Long Covid**

**Psychology Today, Dec 2022**

**Available at: [Psychology Today](#)**

Guilt is a common reaction to a new, devastating illness. Frequently, the first thoughts in reaction to one's own suffering are, "Where did I go wrong? How did I cause this?" With Long Covid, these thoughts usually focus on the recovery period: "Did I rest enough? Did I eat something wrong? Should I have taken a specific supplement or medication?"

**Working with long Covid**

**People Management, Dec 2022**

**Available at: [People Management](#)**

An employment tribunal has recently concluded that, depending on the specific symptoms experienced by the employee, long Covid can be a disability under the Equality Act 2010. Accordingly, businesses should be aware that they may have to make reasonable adjustments for those employees who are suffering with long Covid symptoms, in the same way as for other employees with a disability.



## 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/page/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/page/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/>