



Long Covid Current Awareness Bulletin

January 2022

Guidelines, Policies and Reports

Quick guides for occupational therapists: Occupational therapy and Long Covid (Post COVID-19 Syndrome/Condition)

Royal College of Occupational Therapists

Available at: [Royal College of Occupational Therapists](#)

These quick guides outline the unique role of occupational therapists in supporting adults, children and young people to manage and recover from Long Covid. They have been written for occupational therapists working in specialist Long Covid services and in other acute, primary, secondary and community settings.

Return to work after long COVID

The Health and Safety Executive, published Dec 2021

Available at: [Health and Safety Executive](#)

This report describes a study to consider the scientific evidence on the impact of 'long COVID' on work, the workplace and return to work interventions.

Published research

Facilitating care: a biopsychosocial perspective on long COVID

British Journal of General Practice, Nov 2021

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

Long COVID is emerging as a significant consequence of COVID-19. While services are now starting to address the management of LC, there is a lack of information and understanding about patient experience. This may result in LC symptoms being misinterpreted or missed.

The Sexual Long COVID (SLC): Erectile Dysfunction as a Biomarker of Systemic Complications for COVID-19 Long Haulers

Sexual Medicine Reviews, Nov 2021

Available at: [Elsevier](#)

Despite the presence of well-identified pathogenetic mechanisms, the effect of "Long COVID" on sexual health has been only marginally addressed. This study aims to provide coverage of the current literature on long COVID, its epidemiology, pathophysiology, and relevance for erectile function.



A clinical case definition of post-COVID-19 condition by a Delphi consensus

The Lancet, Dec 2021

Available at: [The Lancet](#)

Post-COVID-19 condition occurs in individuals with a history of probable or confirmed SARS-CoV-2 infection, usually 3 months from the onset, with symptoms that last for at least 2 months and cannot be explained by an alternative diagnosis. Common symptoms include, but are not limited to, fatigue, shortness of breath, and cognitive dysfunction, and generally have an impact on everyday functioning. The absence of a globally standardised and agreed-upon definition hampers progress in characterisation of its epidemiology and the development of candidate treatments. In a WHO-led Delphi process, we engaged with an international panel of 265 patients, clinicians, researchers, and WHO staff to develop a consensus definition for this condition.

Disturbances in sleep, circadian rhythms and daytime functioning in relation to coronavirus infection and Long-COVID – A multinational ICSS study

Journal of Sleep Research, Dec 2021

Available at: [Wiley Online](#)

Besides the effects of pandemic, it is essential to examine the role of sleep and circadian rhythms in relation to the risk for coronavirus infection, disease severity and persistent symptoms. As sleep and circadian rhythmicity have a profound role in physiological functions and mental wellbeing, such as immune system and neural functioning, it is likely that disturbances in sleep and circadian rhythms play a significant role in the liability to COVID-19 disease of different severity and the risk for developing persisting symptoms.

Non-invasive brain microcurrent stimulation therapy of long-COVID-19 reduces vascular dysregulation and improves visual and cognitive impairment

Restorative Neurology and Neuroscience, Dec 2021

Available at: [IOS Press](#)

An effective treatment is needed for long-COVID patients which suffer from symptoms of vision and/or cognition impairment such as impaired attention, memory, language comprehension, or fatigue. Because COVID-infection causes reduced blood flow which may cause neuronal inactivation, we explored if neuromodulation with non-invasive brain stimulation with microcurrent (NIBS), known to enhance blood flow and neuronal synchronization, can reduce these symptoms.

Rivaroxaban versus no anticoagulation for post-discharge thromboprophylaxis after hospitalisation for COVID-19

The Lancet, Dec 2021

Available at: [The Lancet](#)

Patients hospitalised with COVID-19 are at risk for thrombotic events after discharge. A treatment regimen of standard in-hospital parenteral thromboprophylaxis and extended post-discharge thromboprophylaxis with rivaroxaban 10 mg/day for 35 days, when



compared with no anticoagulation, resulted in better clinical outcomes, including a reduction in major and fatal thromboembolic events without increasing major bleeding, after standard in-hospital parenteral thromboprophylaxis. The results were consistent across all prespecified subgroups. These results provide high-quality evidence and will inform clinical practice guidelines about the role of extended thromboprophylaxis in hospitalised patients with COVID-19.

Postural tachycardia syndrome and long COVID

British Journal of General Practice, Jan 2022

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

Forty-one per cent of patients with postural tachycardia syndrome describe a viral infection preceding the onset of PoTS, and therefore it was no surprise to clinicians with an interest in PoTS that it would also follow COVID-19 infection. The National Institute for Health and Care Excellence recommends testing for PoTS in patients with long COVID with symptoms of orthostatic intolerance.

Skeletal muscle alterations in patients with acute Covid-19 and post-acute sequelae of Covid-19

Journal of Cachexia, Sarcopenia and Muscle, Jan 2022

Available at: [Wiley Online Library](#)

Skeletal muscle-related symptoms are common in both acute coronavirus disease (Covid)-19 and post-acute sequelae of Covid-19 (PASC). In this narrative review, we discuss cellular and molecular pathways that are affected and consider these in regard to skeletal muscle involvement in other conditions, such as acute respiratory distress syndrome, critical illness myopathy, and post-viral fatigue syndrome.

Blogs

A world forever transformed: Life with Long COVID

Al Jazeera, Dec 2021

Available at: [Al Jazeera](#)

There is also a vulnerability to the aftershock of Long COVID, to suffering from a disease that appears on medical records like a spectre. Is it there? Can we prove it? Long COVID's symptoms are amorphous, its timeline indistinct. There exists no scientific explanation for why some may develop it while others may not – for her part, Meg had no risk factors associated with a severe manifestation of the virus.



Library and Knowledge Services

COVID Long Haulers and the New Chronic Pain Profile Practical Pain Management, Jan 2022

Available at: [Practical Pain Management](#)

With at least 50% of COVID-19 survivors expected to experience long COVID, or post-acute sequelae of SARS-CoV-2 infection, and symptoms that overlap with those of fibromyalgia, ME/CFS, and POTS, clinicians need to know what to expect and how to manage related pain and dysfunction.

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/>