



# Long Covid Current Awareness Bulletin

## October 2023

### Published research

#### **Businesses marketing purported stem cell treatments and exosome therapies for COVID-19: An analysis of direct-to-consumer online advertising claims**

**Stem Cell Reports, Oct 2023**

Available at: [Cell](#)

We identified 38 businesses advertising purported stem cell interventions and exosome products for COVID-19. Thirty-six of the businesses marketed their stem cell and exosome products as treatments for Long COVID. The least expensive product cost \$2,950, the most expensive was \$25,000. The promotion of these products is concerning because they have not been approved by national regulators and do not appear to be supported by convincing safety and efficacy data.

#### **Emotional functioning in long COVID: Comparison to post-concussion syndrome using the Personality Assessment Inventory**

**The Clinical Neuropsychologist, Oct 2023**

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

Recent studies on Long COVID (LC) found that patients report prominent emotional distress and significant correlations between distress and cognitive performance have been identified, raising the question of how to manage these issues. To understand psychological functioning in LC, this study examined personality responses to compare psychological functioning in a LC group with a post-concussion syndrome group, a syndrome with a significant psychological component.

#### **“It was almost like it’s set up for people to fail” A qualitative analysis of experiences and unmet supportive needs of people with Long COVID**

**BMC Public Health, Oct 2023**

Available at: [BMC Public Health](#)

Almost twenty percent of adults with COVID-19 develop Long COVID, leading to prolonged symptoms and disability. Understanding the supportive needs of people with Long COVID is vital to enacting effective models of care and policies. This qualitative sub-study explored the experiences of people with Long COVID and their unmet needs.

#### **Long-term symptom profiles after COVID-19 vs other acute respiratory infections: an analysis of data from the COVIDENCE UK study**

**eClinicalMedicine, Oct 2023**

Available at: [The Lancet](#)

Long COVID is a well recognised, if heterogeneous, entity. Acute respiratory infections (ARIs) due to other pathogens may cause long-term symptoms, but few studies compare post-acute sequelae between SARS-CoV-2 and other ARIs. We aimed to compare symptom profiles between people with previous SARS-CoV-2 infection, people with previous non-COVID-19 ARIs, and contemporaneous controls, and to identify clusters of long-term symptoms.



**Youth Mental Health Outcomes up to Two Years After SARS-CoV-2 Infection Long-COVID or Long-Pandemic Syndrome: A Retrospective Cohort Study**

**Journal of Adolescent Health, Oct 2023**

**Available at: [Journal of Adolescent Health](#)**

This large, population-based study suggests that SARS-CoV-2 infection is not associated with elevated risk for mental distress in adolescents. Our findings highlight the importance of taking a holistic view on adolescents' mental health during the pandemic, with consideration of both SARS-CoV-2 infection and response measures.

**Immediate and Long-Term Effects of Hyperbaric Oxygenation in Patients with Long COVID-19 Syndrome Using SF-36 Survey and VAS Score: A Clinical Pilot Study**

**Journal of Clinical Medicine, Sep 2023**

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

This study evaluates both the feasibility and outcome of supportive hyperbaric oxygenation (HBO) in patients with Long COVID. After HBO, a statistically significant improvement of physical functioning, physical role, energy, emotional well-being, social functioning, pain and reduced limitation of activities was confirmed. Physical functioning and both the physical and emotional role improved significantly and sustainably.

**Psychophysical therapy and underlying neuroendocrine mechanisms for the rehabilitation of long COVID-19**

**Frontiers in Endocrinology, Sep 2023**

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

Neuroendocrine regulation plays a significant role in repairing damage after viral infection, regulating immune homeostasis, and improving metabolic activity in patients with long COVID-19. This review uses oxytocin as an example to examine the neuroendocrine mechanisms involved in the psychophysical therapies of long COVID-19 syndrome and proposes a psychophysical strategy for the treatment of long COVID-19.

**Stellate Ganglion Block Relieves Long COVID-19 Symptoms in 86% of Patients: A Retrospective Cohort Study**

**Cureus, Sep 2023**

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

In this 41-patient cohort study from a chronic pain management practice, the use of either unilateral or bilateral stellate ganglion block (SGB) was explored to manage symptoms associated with long COVID-19 syndrome. Results indicated that a substantial proportion of patients experienced a reduction of their symptoms following SGB treatment.

## **Blogs**

**Patients Are Desperate for Better Long COVID Treatments**

**Psychology Today, Oct 2023**

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



Patient dissatisfaction with medical treatment for long COVID is spurring use of alternative treatments. This adds to the substantial financial burdens carried by long COVID patients and is an example of how lack of trust in the medical establishment can lead people to alternative treatments.

**The ‘wrecked’ lives of forgotten long Covid sufferers**

**The Independent, Oct 2023**

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

Nearly four years since the start of the coronavirus outbreak, you could be forgiven for believing the pandemic is behind us. But for many, it feels far from over. Close to two million people face a daily battle with debilitating symptoms of long Covid – the lasting symptoms of the virus that remain after the infection is gone – with some now housebound, unable to walk and even partially blind.

## Miscellaneous

**Managing the long-term effects of COVID-19: implications for community nurses**

**British Journal of Community Nursing, Oct 2023**

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

Day to day support for many of the challenges faced by vulnerable people affected by long COVID is provided by community nurses. Community nurses have an in-depth understanding of their communities and are well placed to advocate on behalf of vulnerable people and their family/lay carers. Long COVID can be debilitating, with some people requiring intense physical and emotional support over a long period of time.

**New videos to help people with Long Covid**

**Hampshire and Isle of Wight ICB, Oct 2023**

**Available at:** Hampshire and Isle of Wight ICB. [Long Covid breathing support films](#) and [Long Covid fatigue support films](#)

The Hampshire and Isle of Wight long Covid service hopes the 26 short films will assist with breathing difficulties and fatigue - helping people to better understand and manage symptoms. The first set of videos are designed to help people understand more about normal breathing and why they may be feeling more breathless. The second set of videos were put together to help people living with fatigue. Topics include the importance of energy management through planning and pacing of daily activities, rest, relaxation and improving sleep quality.

**The Long Haul of Long Covid**

**New England Journal of Medicine, Oct 2023**

**Available at:** [New England Journal of Medicine](#)

This podcast episode explores long COVID, an often-disabling but unexplained syndrome of post-acute sequelae of COVID. How is it affecting millions of people, and what is being done about it?



## Library and Knowledge Services

### 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/>