



# Long Covid Current Awareness Bulletin

## November 2023

### Guidelines, Policies and Reports

**Multi-disciplinary collaborative consensus guidance statement on the assessment and treatment of mental health symptoms in patients with post-acute sequelae of SARS-CoV-2 infection (PASC)**  
**The American Academy of Physical Medicine and Rehabilitation, Nov 2023**

Available at: [Wiley](#)

The goal of this consensus statement is to present practical guidance for clinicians who treat patients with PASC. Specifically, this statement addresses the assessment and initial treatment of PASC-related mental health symptoms including depression, anxiety disorders (including panic), and PTSD.

**Long COVID and workplace risk**  
**Stronger, Oct 2023**

Available at: [Stronger](#)

As employees with Long COVID return to work, employers need to consider their responsibilities. In the workplace, Long COVID has led to challenges, with some employees needing to take extended periods of absence. But what is often more problematic operationally is planning for employees whose symptoms are fluctuating, meaning sickness absences may be for shorter but more frequent, sporadic periods. Employers are often left piecing together fragmented information in the absence of clear diagnoses and considering what their obligations and duties are to employees.

### Published research

**Beyond the acute illness: Exploring long COVID and its impact on multiple organ systems**  
**Physiology International, Nov 2023**

Available at: [AK Journals](#)

The respiratory, cardiovascular, neurological, and endocrine systems are just a few of the many organ systems that can be impacted by long COVID. The clinical manifestations of long COVID can vary among individuals and may include fatigue, dyspnea, chest pain, cognitive impairment, and new-onset diabetes, among others. The goal of this review is to carefully evaluate the clinical signs and symptoms of long COVID, their underlying causes, and any potential immunological implications.

**Core outcome measurement instruments for use in clinical and research settings for adults with post-COVID-19 condition: an international Delphi consensus study**  
**The Lancet Respiratory, Nov 2023**

Available at: [The Lancet](#)

We conducted an international consensus study involving multidisciplinary experts and people with lived experience of long COVID. The study comprised a literature review, a three-round online modified Delphi process, and an online consensus meeting to generate a core outcome measurement set (COMS). The recommended COMS and instruments for consideration provide a foundation for the evaluation of Long COVID in adults, which should help to optimise clinical care.



**Long COVID and psychological distress in young adults: Potential protective effect of a prior mental health diagnosis**

**Journal of Affective Disorders, Nov 2023**

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

The present study examined associations between post-acute sequelae of COVID-19 (PASC) and serious psychological distress during young adulthood, and tested whether prior mental health diagnosis moderated this association. PASC was associated with 53 % increased likelihood of meeting the clinical threshold for serious psychological distress.

**Post-covid-19 syndrome: Self-compassion and psychological flexibility moderate the relationship between physical symptom load and psychosocial impact**

**Acta Psychologica, Nov 2023**

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

This study investigated the extent to which self-compassion and psychological flexibility moderate the relationship between physical symptoms and their impact on daily life. This research highlights the buffering effects of self-compassion and psychological flexibility and the need to consider these psychological therapeutic targets, as part of Long COVID multidisciplinary rehabilitation.

**Vortioxetine for the treatment of post-COVID-19 condition: a randomized controlled trial**

**Brain, Nov 2023**

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

Although vortioxetine did not improve cognitive function in the unadjusted model, when adjusting for c-reactive protein, a significant pro-cognitive effect was observed; antidepressant effects and improvement in health-related quality of life in this debilitating disorder were also noted.

**Long-term health impacts of COVID-19 among 242,712 adults in England**

**Nature Communications, Oct 2023**

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

Symptomatic SARS-CoV-2 infection in adults is usually short-lived with most people reporting a short illness with symptom resolution within 2 weeks. However, in our study population, one in 10 people with symptomatic infection report symptoms for more than 4 weeks, one in 13 for more than 12 weeks, and 1 in 20 for more than 52 weeks.

**Patient experiences of the long COVID–Optimal Health Programme: qualitative interview study in community setting**

**BJGP Open, Oct 2023**

**Available at: [BJGP Open](#)**

This study explores participants' experiences of a Long COVID Optimal Health Programme (LC-OHP); a psychoeducational self-efficacy programme. Findings support the acceptability of the LC-OHP to people living with LC. The programme has shown several benefits in supporting physical health and mental wellbeing.



## **Blogs**

### **'Long Covid triggered our MCAS, but doctors didn't believe us'**

**BBC News, Nov 2023**

Available at: [BBC News](#)

People with long Covid feel "forgotten, unheard, disbelieved, isolated", barrister Anthony Metzger KC told the Covid-19 Inquiry last month on behalf of advocacy groups for people with the condition.

### **Three years without definitive treatments: The torture of living without smell due to long Covid**

**El País, Nov 2023**

Available at: [El País](#)

Anosmia is something that does not limit you as much as other symptoms, but it can have very serious and even life-threatening repercussions.

## **Miscellaneous**

### **BMA and RCN urge Government to take urgent first steps to recognising Long Covid as an occupational disease**

**BMA and RCN, Nov 2023**

Available at: [BMA](#) and [RCN](#)

The British Medical Association (BMA) and Royal College of Nursing (RCN) are asking the Government to make urgent progress on supporting healthcare workers with Long Covid, a year after the Government's scientific advisory board on industrial injuries made recommendations for ministers to do so.

### **Long COVID literature reviews**

**Victoria University of Wellington**

Available at: [Victoria University of Wellington](#)

Monthly summaries of interesting literature concerning Long COVID.

### **New Treatment Restores Sense of Smell in Patients with Long COVID**

**Radiological Society of North America, Nov 2023**

Available at: [RSNA](#)

Using an image-guided minimally invasive procedure, researchers may be able to restore the sense of smell in patients who have suffered with long-COVID, according to research being presented at the annual meeting of the Radiological Society of North America.



## 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/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/>