



# Long Covid Current Awareness Bulletin

## November 2022

### Guidelines, Policies and Reports

**Long Covid: What are the short- and long-term challenges?**

House of Lords, Nov 2022

Available at: [House of Lords Library](#)

Long Covid has created many challenges. For those suffering with the condition, it can impact their health, wellbeing and employment status. This in turn impacts the demands placed on health services and the labour market. There is currently no evidence-based treatment for long Covid. Instead, clinical guidance focuses on symptom management.

### Published research

**Health-related quality of life in survivors of severe COVID-19 infection**

Pharmacological Reports, Nov 2022

Available at: [Springer](#)

Long-term effects of COVID-19 are increasingly recognized as having a significant impact on Health-Related Quality of Life (HRQoL). Understanding HRQoL status for each patient affected by long COVID-19 and its determinants may have a key role to prevent and treat this condition.

**Long COVID: mechanisms, risk factors and recovery**

Experimental Physiology, Nov 2022

Available at: [The Physiological Society](#)

This review highlights the emerging condition of long COVID, its epidemiology, pathophysiological impacts on patients of different backgrounds, physiological mechanisms emerging as explanations of the condition, and treatment strategies being trialled. It discusses progress in understanding the pathophysiology and cellular mechanisms underlying Long COVID and potential therapeutic and management strategies.

**Long Covid stigma: Estimating burden and validating scale in a UK-based sample**

PLOS One, Nov 2022

Available at: [PLOS One](#)

Stigma can be experienced as perceived or actual disqualification from social and institutional acceptance on the basis of one or more physical, behavioural or other attributes deemed to be undesirable. This study aimed to develop and validate a Long Covid Stigma Scale and to quantify the burden of Long Covid stigma.



**Resilience resources and coping strategies of COVID-19 female long haulers: A qualitative study**  
**Frontiers in Public Health, Nov 2022**

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

Female long haulers deal with persistent post-acute COVID-19 symptoms that have serious health implications. This study aimed to identify resilience resources at multiple socio-ecological levels for female long haulers and describe how resilience resources affect their responses to long COVID.

**Elevated vascular transformation blood biomarkers in Long-COVID indicate angiogenesis as a key pathophysiological mechanism**

**Molecular Medicine, Oct 2022**

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

Long-COVID is characterized by prolonged, diffuse symptoms months after acute COVID-19. Accurate diagnosis and targeted therapies for Long-COVID are lacking. We investigated vascular transformation biomarkers in Long-COVID patients.

**Creative Long Covid: A qualitative exploration of the experience of Long Covid through the medium of creative narratives**

**Health Expectations, Sep 2022**

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

Healthcare is witnessing a new disease with the emergence of Long Covid. As new data are emerging to help inform treatment guidelines, the perspectives of those living with Long Covid are essential in informing healthcare practice. The submissions were subjected to thematic analysis and five themes were generated. These are identity, social relationships, symptoms, interaction with healthcare systems and time. The results provide an insight into the experience of Long Covid as detailed by the participants' creative narratives.

**Reduced Incidence of Long Coronavirus Disease Referrals to the Cambridge University Teaching Hospital Long Coronavirus Disease Clinic**

**Clinical Infectious Diseases, Aug 2022**

**Available at:** [Oxford Academic](#)

There was a 79% drop in the number of patients referred to the Long Covid clinic from August 2021 to June 2022, compared with August 2020 to July 2021. This effect has so far been sustained until at least June 2022, despite 4 times more cases per month of acute COVID across the same time periods. This change is notable as the decrease begins 5 months after the British population started receiving second doses of COVID-19 vaccines. Taken in context, this observation points toward vaccination in the UK playing a role in reducing the rates of the most severe LC cases.

## **Blogs**

**Four ways to support a friend or loved one with long COVID**

**The Conversation, Oct 2022**

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

Just as those living with long COVID face uncertainty about the nature of their condition and how it may progress, it can be hard to know what to do if someone you care about, such as a friend, family member, or partner, is living with long COVID.



## Library and Knowledge Services

**What's it like being a young person with long COVID? You might feel like a failure (but you're not)**  
The Conversation, Nov 2022

Available at: [The Conversation](#)

People facing cognitive symptoms like problems with memory and concentration ("brain fog") might see the quality and quantity of their output at work decline. This may be particularly worrying for young adults only just starting out in their careers.

### Miscellaneous

**Living with Long Covid: an anthology**

The Health and Social Care Alliance Scotland (the ALLIANCE), Sep 2022

Available at: [ALLIANCE Scotland](#)

This anthology includes people with lived experience of Long Covid, those researching supports and treatment options, and people working within the third sector to support people with Long Covid. Two and a half years on from the first recognised cases of Long Covid, the relative lack of progress in ensuring structured support for people living with Long Covid, and their families, is striking.

### 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/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/>