



# Long Covid Current Awareness Bulletin

## December 2023

### Published research

**Balancing the value and risk of exercise-based therapy post-COVID-19: a narrative review**  
**European Respiratory Review, Dec 2023**

Available at: [ERS](#)

Those with ongoing COVID-19 symptoms could benefit from a symptom-titrated exercise training programme, provided considerations are given to complex cardiorespiratory pathologies, skeletal muscle dysfunction and fatigue.

**Clinical features of Japanese patients with gastrointestinal long-COVID symptoms**  
**JGH Open, Dec 2023**

Available at: [Wiley](#)

Gastrointestinal (GI) long-COVID symptoms, including diarrhoea and abdominal pain, have been reported. Patients with GI long-COVID symptoms showed lower health-related QOL parameters and had more diverse long-COVID symptoms compared to patients without GI long-COVID symptoms.

**Lived experience of work and long COVID in healthcare staff**  
**Occupational Medicine, Dec 2023**

Available at: [Oxford University Press](#)

Long COVID has a significant impact on the lives of healthcare workers suffering prolonged symptoms. Due to the variability and dynamic nature of symptoms, workplace support and flexible policies are needed to help retain staff.

**Long COVID in long-term care: a rapid realist review**  
**BMJ Open, Dec 2023**

Available at: [BMJ Open](#)

The goals of this rapid realist review were to ask: (a) what are the key mechanisms that drive successful interventions for long COVID in long-term care (LTC) and (b) what are the critical contexts that determine whether the mechanisms produce the intended outcomes?

**Long-term outcomes following hospital admission for COVID-19 versus seasonal influenza: a cohort study**

**The Lancet Infectious Diseases, Dec 2023**

Available at: [The Lancet](#)

Although rates of death and adverse health outcomes following hospital admission for either seasonal influenza or COVID-19 are high, this comparative analysis shows that hospital admission for COVID-19 was associated with higher long-term risks of death and adverse health outcomes in nearly every organ system (except for the pulmonary system) and significant cumulative excess DALYs than hospital admission for seasonal influenza.



**Lost and changed meaning in life of people with Long Covid: a qualitative study**  
**International Journal of Qualitative Studies on Health and Well-being, Dec 2023**

**Available at:** [Taylor & Francis Online](#)

Long Covid (LC) has been called the greatest mass-disabling event in human history. For patients, LC not only has implications for quality of life but also for meaning in life: how one's life and the world are understood and what is seen as valuable in life. This qualitative empirical study investigated the meaning in life of people struggling with LC through ten patient interviews.

**Occupational effects in patients with post-COVID-19 syndrome**  
**Occupational Medicine, Dec 2023**

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

This study shows the extensive impact of Long COVID on the ability to return to work. Specific return-to-work guidance is needed to support a large proportion of those struggling with the condition. The involvement of the Occupational Health team should form part of the multidisciplinary, collaborative approach to support rehabilitation and improve long-term outcomes for this condition.

**The impact of COVID-19 and long COVID on sexual function in cisgender women**  
**The Journal of Sexual Medicine, Dec 2023**

**Available at:** [Oxford University Press](#)

Research suggests that COVID-19 impairs sexual function in men, but little is known about the impact of COVID-19 (or long COVID) on sexual function in women. This study suggests that women with long COVID experienced incrementally more impaired sexual function than women with COVID-19 who did not develop long COVID.

**Analysis of the correlation between heart rate variability and palpitation symptoms in female patients with long COVID**

**Frontiers in Cardiovascular Medicine, Nov 2023**

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

The symptoms of palpitations in female patients with long COVID were found to be related to HRV parameters. Autonomic dysfunction may be connected to the occurrence of palpitation symptoms in long COVID.

**Autonomic Manifestations of Long-COVID Syndrome**  
**Current Neurology and Neuroscience Reports, Nov 2023**

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

Long-COVID is a novel condition emerging from the COVID-19 pandemic. Long-COVID is characterized by symptoms commonly seen in autonomic disorders including fatigue, brain fog, light-headedness, and palpitations. This article will critically evaluate recent findings and studies on Long-COVID and its physiological autonomic manifestations.



**Effectiveness of Antiviral Therapy on Long COVID: A Systematic Review and Meta-Analysis**  
**Journal of Clinical Medicine, Nov 2023**

Available at: [MDPI](#)

Antiviral treatment reduces the severity and mortality of COVID; however, its effectiveness against long COVID (LC) is unclear. This study aimed to evaluate the effectiveness of antiviral drugs in preventing LC and related hospitalizations/deaths. LC was significantly reduced by 27.5% in patients who received antiviral therapy during early infection than in those who did not.

**Pathways to care for Long COVID and for long-term conditions from patients' and clinicians' perspective**

**Journal of Evidence-Based Medicine, Nov 2023**

Available at: [Wiley](#)

Given the current challenges in the UK healthcare system, we explored access to care for people with Long COVID. We compared this to other long-term conditions, concerning four filters for accessing care as defined in the Pathways-to-Care model, to inform policy and service planning across diseases and specialities.

## **Blogs**

**1,374 days: My life with long COVID**

**The New York Times, Dec 2023**

Available at: [The New York Times](#)

Ms. Lupi is an information designer who has been experiencing symptoms of long Covid for over three years.

**We followed 14 'long haulers' for 3 months. Here's what they told us about living with long COVID**  
**The Conversation, Dec 2023**

Available at: [The Conversation](#)

Over three months, we followed 14 people suffering from long COVID – or “long haulers” – to better understand their experiences. In particular, we wanted to see how their ability to manage their health (called agency) and the help they get from others (social support) influence how they fare.

## **Miscellaneous**

**Long covid: where are we, what does it say about our pandemic response, and where next?**  
**BMJ, Dec 2023**

Available at: [BMJ](#)

While the probability of developing long covid is now low for an individual (likely a few percent), continuing waves of covid ensure that that small percentage translates into thousands affected. While many with long covid experience mild ongoing symptoms, a significant proportion report substantial impact on their daily lives.



## 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/>