



# Long Covid Current Awareness Bulletin

## February 2023

### Guidelines, Policies and Reports

**New-onset, self-reported long COVID after coronavirus (COVID-19) reinfection in the UK**  
Office for National Statistics, Feb 2023

Available at: [Office for National Statistics](#)

The likelihood of new-onset long COVID after reinfection with COVID-19 compared with a first COVID-19 infection. Those infected with COVID-19 for a second time were 30% less likely to report new-onset long COVID, compared with those infected for the first time over the same period, even after adjusting for factors such as vaccination status and variant.

### Published research

**Long-term Consequences of COVID-19: Chemosensory Disorders**  
Current allergy and asthma reports, Feb 2023

Available at: [ncbi](#)

This narrative review discussed current literatures on olfactory dysfunction and gustatory dysfunction in long COVID-19 including the prevalence, risk factors, possible mechanisms, and potential therapies.

**Multi-organ impairment and long COVID: a 1-year prospective, longitudinal cohort study**  
Journal of the Royal Society of Medicine, Feb 2023

Available at: [Sage](#)

Organ impairment persisted in 59% of 331 individuals followed up at 1 year post COVID-19, with implications for symptoms, quality of life and longer-term health, signalling the need for prevention and integrated care of long COVID.

**Orthostatic tachycardia after covid-19**

BMJ, Feb 2023

Available via: [Here](#) via OpenAthens login or via [article request form](#)

This practice pointer offers an overview of orthostatic tachycardia following covid-19, including a summary of the key steps for diagnosis and management. Prevalence estimates indicate that about 25% of long covid patients may have dysautonomia and 2-14% will develop orthostatic tachycardia (postural orthostatic tachycardia syndrome) six to eight months after infection.

**Racial/Ethnic Disparities in Post-acute Sequelae of SARS-CoV-2 Infection in New York: an EHR-Based Cohort Study from the RECOVER Program**

Journal of General Internal Medicine, Feb 2023

Available at: [Springer](#)

Compared to white patients, patients from racial/ethnic minority groups had significantly different odds of developing potential Long COVID symptoms and conditions.



**Long COVID: major findings, mechanisms and recommendations**

**Nature Reviews Microbiology, Jan 2023**

Available at: [Nature](#)

In this Review, we explore the current literature and highlight key findings, the overlap with other conditions, the variable onset of symptoms, long COVID in children and the impact of vaccinations.

**Long covid outcomes at one year after mild SARS-CoV-2 infection: nationwide cohort study**

**BMJ, Jan 2023**

Available at: [BMJ](#)

Covid-19 infection was significantly associated with increased risks in early and late periods for anosmia and dysgeusia, cognitive impairment, dyspnoea, weakness, palpitations, and with significant but lower excess risk for streptococcal tonsillitis and dizziness. Hair loss, chest pain, cough, myalgia, and respiratory disorders were significantly increased only during the early phase.

**Effects of a concurrent training, respiratory muscle exercise, and self-management recommendations on recovery from post-COVID-19 conditions: the RECOVE trial**

**Journal of Applied Physiology, Dec 2022**

Available at: [Physiology](#)

A multicomponent exercise program was shown to be a safe and useful tool for improving cardiovascular fitness, muscular strength, and to ameliorate symptom burden and improve mood and quality of life in patients with post-COVID-19 conditions with low costs and minimal structural and human resources. Self-care and informed recommendations used in an ambulatory setting are highly inefficient and are not an effective treatment alternative when used in isolation.

## **Blogs**

**What Not to Ask Me About My Long COVID**

**The Atlantic, Feb 2023**

Available at: [The Atlantic](#)

A civilian's guide to navigating the sensitivities of those furious, frustrated, irritable millions—and to better understanding them. No one knows the right things to say to those of us who have long COVID, because no one seems to be thinking about this wretched condition in the right way. Nor does anyone seem to understand the unique psychological suffering associated with this condition.

**We can learn a lot about long COVID from years of diagnosing and treating chronic fatigue syndrome**

**The Conversation, Feb 2023**

Available at: [The Conversation](#)

While some long COVID symptoms are unique (microclots, lung scar tissue, or organ damage due to acute infection), most resemble the clinically very similar disorder myalgic encephalomyelitis, more commonly known as chronic fatigue syndrome. As similar post-viral illnesses, there is much we can learn about long COVID from our years of diagnosing and managing chronic fatigue syndrome.



**Why Long Covid rehab must be very, very slow**

Financial Times, Feb 2023

Available at: [Financial Times](#)

Fiona McKechnie, a senior occupational therapist at North Bristol NHS Trust, says it is common for people with Long Covid to come to her clinic because their symptoms have flared up after returning to work too quickly. A new part of her role is to offer advice to employers on adjustments that may be needed for a sustainable return to the workplace.

**Miscellaneous**

**Stolen Lives: The Reality of Living with Long Covid**

eBook, edited by Antony Loveless

Available at: [Open Access Government](#)

Long Covid is affecting an estimated two million people in the UK; however, both the general population and the UK government have continued to overlook its impacts. This free eBook sheds light on the life-changing condition.

**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/>