



Long Covid Current Awareness Bulletin

March 2023

Published research

Ambient air pollution exposure linked to long COVID among young adults: a nested survey in a population-based cohort in Sweden

The Lancet Regional Health – Europe, Mar 2023

Available at: [Science Direct](#)

Ambient long-term PM_{2.5} exposure may affect the risk of long COVID in young adults, supporting efforts for continuously improving air quality.

COVID-19 Vaccination for the Prevention and Treatment of Long COVID: A Systematic Review and Meta-analysis

Brain, Behaviour and Immunity, Mar 2023

Available at: [Science Direct](#)

This systematic review and meta-analysis identified that at least one dose of a SARS-CoV-2 vaccine may be protective against the development of long COVID in breakthrough infection. Furthermore, in most cases, vaccination did not affect the symptom trajectory of pre-existing long COVID, and a greater number of individuals experienced improvement versus deterioration of pre-existing post-COVID symptoms after vaccination.

Inadequate Physical Activity Is Associated with Worse Physical Function in a Sample of COVID-19 Survivors with Post-Acute Symptoms

Journal of Clinical Medicine, Mar 2023

Available at: [MDPI](#)

Patients affected by Long COVID often report shorter times spent doing physical activity (PA) after COVID-19. The aim of the present study was to evaluate potential associations between PA levels and parameters of physical function in a cohort of COVID-19 survivors with post-acute symptoms. The stopping of physical activity was associated with increased BMI and CRP levels, lower vitamin D levels and a higher prevalence of post-COVID-19 fatigue, dyspnea, arthralgia, and myalgia.

Occupational differences in the prevalence and severity of long-COVID: Analysis of the ONS Coronavirus (COVID-19) Infection Survey

medRxiv, Mar 2023

Available at: [medRxiv](#)

The risk and prevalence of long-COVID differs across industries and occupations. Generally, it appears that likelihood of developing long-COVID symptoms follows likelihood of SARS-CoV-2 infection, except for professional occupations. Public facing industries, including teaching and education, social care, healthcare, civil service, retail and transport industries and occupations had highest odds ratios for long-COVID.



Outpatient treatment of Covid-19 and the development of Long Covid over 10 months: A 2 multi-center, quadruple-blind, parallel group randomized phase 3 trial
The Lancet, Mar 2023

Available at: [SSRN](#)

We sought to determine if outpatient treatment with metformin, ivermectin, or fluvoxamine could prevent Long COVID. A 42% relative decrease and 4.3% absolute decrease in the Long COVID incidence occurred in participants who received early outpatient COVID-19 treatment with metformin compared to exact-matching placebo.

Onset of Mental Disorders Following Hospitalization for COVID-19: A 6-Month Follow-Up Study
COVID, Feb 2023

Available at: [MDPI](#)

This study aimed to investigate the onset of mental disorders in the six months following hospitalization for COVID-19 in people without a previous psychiatric history. Among people with no previous history, we observed a high incidence of mental disorders after COVID-19 hospitalization.

Blogs

14-year-old Kent boy left bedridden from Long Covid told to 'stop making it up' by doctors
ITV News, Mar 2023

Available at: [ITV](#)

A 14-year-old boy left bedridden from Long Covid has told ITV Meridian doctors told him to 'stop making it up.' The NHS has offered Hayden no treatment. He isn't able to attend school - and his only hope of getting better is taking part in research trials of experimental drugs.

Long COVID puts some people at higher risk of heart disease – they need better long-term monitoring

The Conversation, Mar 2023

Available at: [The Conversation](#)

Several studies now show an elevated risk of cardiovascular outcomes following COVID and there may also be hidden pathology that will only emerge as people age.

Long Covid: Three years and no magic bullet

BBC News, Mar 2023

Available at: [BBC News](#)

At the point the Panorama programme went out, the UK was re-opening after successive lockdowns. It was still high on the political agenda to find treatments for Covid and long Covid but since then the focus has dwindled. A collective amnesia has crept in. People want to get on with their lives.

Long COVID: what we know about how the condition affects mental health

The Conversation, Mar 2023

Available at: [The Conversation](#)

It's not altogether surprising that people's inability to rebound physically from COVID can affect them emotionally and mentally. Research has shown people with long COVID have a poorer quality of life compared to those without the condition.



Miscellaneous

Bias, Lack of Access Make Long COVID Worse for Patients of Colour

Medscape, Mar 2023

Available at: [Medscape](#)

Black and Hispanic patients were more likely to get COVID, and, when they did get sick, they were more likely to be hospitalized and more apt to die. An emerging body of evidence suggests they are also more likely to have long COVID – and more likely to get a broader range of symptoms and serious complications when they do.

Treating Long-COVID Brain Fog With ME/CFS Guidelines

Medscape, Mar 2023

Available at: [Medscape](#)

Cognitive symptoms, commonly referred to as brain fog, are among the most common persistent or new symptoms after COVID-19 in both people who have been hospitalized and those who have not. Successful management tools used to treat ME/CFS can also be effective in treating long COVID.

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/>