



Long Covid Current Awareness Bulletin

April 2022

Guidelines, Policies and Reports

Working with long COVID: guidance to provide support CIPD, March 2022

Available at: [CIPD](#)

Advice for HR professionals, line managers and colleagues to support employees with long COVID. Supporting employees with long COVID to return to and stay in work is important for their recovery and for your organisation. Drawing on the CIPD research, involving returning workers, line managers, occupational health, employment advisers, and rehabilitation professionals, HR professionals and the Long Covid Support group, these guides offer advice and practical recommendations to provide support to employees with long COVID.

Published research

Clinical characteristics with inflammation profiling of long COVID and association with 1-year recovery following hospitalisation in the UK: a prospective observational study

The Lancet, April 2022

Available at: [The Lancet](#)

No effective pharmacological or non-pharmacological interventions exist for patients with long COVID. We aimed to describe recovery 1 year after hospital discharge for COVID-19, identify factors associated with patient-perceived recovery, and identify potential therapeutic targets by describing the underlying inflammatory profiles of the previously described recovery clusters at 5 months after hospital discharge.

Neuropsychiatric Disorders in Pediatric Long COVID-19: A Case Series

Brain Sciences, April 2022

Available at: [MPDI](#)

We herein report five consequent cases of pediatric patients with psychiatric and neurological symptoms of long COVID-19. All patients, mainly males, reported asymptomatic-to-mild COVID-19 and underwent home self-isolation. Abnormal movements, anxiety, and emotional dysregulation were the most recurrent symptoms observed from a few weeks to months after the resolution of the acute infection. A later onset was observed in younger patients. Blood tests and brain imaging resulted in negative results in all subjects; pharmacological and cognitive behavioural therapy was set. A multifactorial etiology could be hypothesized in these cases, as a result of a complex interplay between systemic and brain inflammation and environmental stress in vulnerable individuals.



Sex-Related Differences in Long-COVID-19 Syndrome

Journal of Women's Health, April 2022

Available at: [Liebert](#)

The aim of this prospective/retrospective study was to characterize the long-term consequences of this infection based on sex. After a mean follow-up time of 5 months after the acute phase, F were significantly more likely than M to report dyspnea, weakness, thoracic pain, palpitations, and sleep disturbance but not myalgia and cough.

Risks and burdens of incident diabetes in long COVID: a cohort study

The Lancet, March 2022

Available at: [The Lancet](#)

In the post-acute phase, researchers report increased risks and 12-month burdens of incident diabetes and antihyperglycaemic use in people with COVID-19 compared with a contemporary control group of people who were enrolled during the same period and had not contracted SARS-CoV-2, and a historical control group from a pre-pandemic era. Post-acute COVID-19 care should involve identification and management of diabetes.

The Swiss Corona Stress Study: Long Covid symptoms in relation to stress and depressive symptoms

OSF Preprints, March 2022

Available at: [OSF Preprints](#)

Whereas Long Covid symptoms may induce stress and depressive symptoms, it is also possible that stress and depressive symptoms can contribute to some of the symptoms. Importantly, stress levels and depressive symptoms have been found to be increased during the pandemic and may be also increased after infection. When investigating the prevalence of Long Covid symptoms it seems therefore important to use well-matched controls and to take stress levels and depressive symptoms into account.

Blogs

'I've had long Covid for two years now'

BBC News, April 2022

Available at: [BBC News](#)

Neil Robinson is finding it hard to accept that he is still affected by Covid. "I was just so certain that I would have recovered by now." Jo House is learning to adjust to her new reality. "It feels weird to say it, but I'm now disabled and I need to rethink how I live my life," she says.



Long Covid: People turning to opera to manage illness

BBC News, March 2022

Available at: [BBC News](#)

People suffering from long Covid have been turning to opera to aid their recovery. Welsh National Opera performers are teaching breathing and vocal techniques to help overcome the long-term effects of the virus. The rehabilitation scheme could also be used to help patients with other long-term health conditions.

Miscellaneous

COVID-19: Update on Long COVID

World Health Organisation, March 2022

Available at: [WHO](#)

What have we learned about the symptoms of Long COVID or Post COVID-19 condition so far? How long does it last, when should you worry, and what treatments are recommended? WHO's Dr Janet Diaz explains.

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/>