



Long Covid Current Awareness Bulletin

May 2023

Guidelines, Policies and Reports

Multidisciplinary collaborative consensus guidance statement on the assessment and treatment of neurologic sequelae in patients with post-acute sequelae of SARS-CoV-2 infection (PASC)

The American Academy of Physical Medicine and Rehabilitation, May 2023

Available at: [AAPMR](#)

The American Academy of Physical Medicine and Rehabilitation (AAPM&R) has issued new consensus guidance on the assessment and treatment of neurologic sequelae in patients with long COVID, also known as post-acute sequelae of SARS-CoV-2 infection (PASC). The new recommendations are the result of a collaboration between experts from a variety of medical specialties at 41 long COVID clinics.

Published research

Cardiopulmonary testing in long COVID-19 versus non-COVID-19 patients with undifferentiated Dyspnea on exertion

Progress in Cardiovascular Diseases, May 2023

Available at: [Elsevier](#)

We identified severe exercise limitation among long COVID patients. Young women may be at higher risk for these complications. Though mild pulmonary and autonomic impairment were common in long COVID patients, marked limitations were uncommon.

Acute and Post-Acute COVID-19 Cardiovascular Complications: A Comprehensive Review Cardiovascular Drugs and Therapy, May 2023

Available at: [Springer](#)

The risk of cardiovascular complications due to SARS-CoV-2 are significantly increased within the first 6 months of the infection. Patients with COVID-19 have an increased risk of death, and there is evidence that many may experience a wide range of post-acute cardiovascular complications. Our work aims to provide an update on current clinical aspects of diagnosis and treatment of cardiovascular manifestations during acute and long-term COVID-19.

Efficacy of cognitive behavioral therapy targeting severe fatigue following COVID-19: results of a randomized controlled trial

Clinical Infectious Diseases , May 2023

Available at: [Oxford Academic](#)

Severe fatigue following COVID-19 is prevalent and debilitating. This study investigated the efficacy of cognitive behavioral therapy (CBT) for severe fatigue following COVID-19. Among patients, who were mainly non-hospitalized and self-referred, CBT was effective in reducing fatigue. The positive effect was sustained at six month follow-up.



Multidisciplinary Center Care for Long COVID Syndrome – a Retrospective Cohort Study

The American Journal of Medicine, May 2023

Available at: [ClinicalKey](#) [Access through OpenAthens account or email library.lincoln@ulh.nhs.uk to request]

The Comprehensive COVID-19 Center experience shows common utilization of multiple specialists by long COVID patients, who harbour frequent neurologic, pulmonary, and cardiologic abnormalities.

Differences in post-hospitalization and non-hospitalized groups suggest distinct pathogenic mechanisms of long COVID in these populations.

Late Complications of COVID-19; An Umbrella Review on Current Systematic Reviews

Archives of Academic Emergency Medicine, Mar 2023

Available at: [NCBI](#)

Almost all human body systems are affected by late complications of COVID-19 with different severity and prevalence. Fatigue and some other neuropsychiatric symptoms are the most common late complications among long COVID-19 patients. Respiratory symptoms including dyspnea (during exercise), cough, and chest tightness were the next most prevalent long-term complications of COVID-19. Since these complications are persistent and late, being aware of the signs and symptoms is essential for the healthcare providers and patients.

Blogs

'Snake Oil' Fake Cures for Long COVID Leave Patients at Risk

Medscape, April 2023

Available at: [Medscape](#)

From fad diets and vitamins to "blood washing" and stem cell therapy, long COVID patients are seeking out experimental therapies in a desperate bid to find hope and relief from debilitating symptoms. But doctors worry about the potential harm — both physical and financial — some of these unproven and overhyped treatments could cause.

Unable to walk and housebound at the age of 12 – the extreme consequences of long COVID

World Health Organization, May 2023

Available at: [World Health Organization](#)

With Jay effectively disabled, restrictions have now been put on the whole family. "We used to be a really active family, going to the theatre, going out together for Sunday roasts, walking the dogs – but we've had to cancel so much at the last minute because Jay just doesn't have the energy to go out to do those things," Neera says. "Life is now just about work and being at home to look after Jay and to arrange physio and osteopath appointments. It's affected all of us."



Miscellaneous

Long Covid In Adults

Healthtalk

Available at: [Healthtalk](#)

People with Long COVID talk about their lived experiences, including experiences of the impact LC has on them, seeking help from medical professionals, and sources of information for LC patients.

Long Covid Physical Activity Training & Support

Active Lincolnshire and Let's Move Lincolnshire

Available at: [Active Lincolnshire](#) and [Let's Move Lincolnshire](#)

Active Lincolnshire have created a practical online training course which takes around 30 minutes to complete and contains videos and guidance for providers that allows them to support people with long COVID to regain their confidence and ability to undertake everyday things. Let's Move Lincolnshire have co-created a free training guide for providers of physical activity to support people with long COVID to recover and manage their condition.

Family Experiences of Long Covid

Healthtalk

Available at: [Healthtalk](#)

Living with Long Covid can have a big impact on family life. It has created challenges for children and young people affected by Long Covid, parents caring for them, and for parents themselves affected by Long Covid. Hear directly from people who have had a wide range of debilitating and sometimes confusing symptoms and the people who have helped to care for them. These are people who know how Long Covid affects day-to-day life. Here they talk about things they have found difficult and some of the things that have helped.

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/>