



Long Covid Current Awareness Bulletin

June 2023

Published research

COVID-related dysphonia and persistent long-COVID voice sequelae: A systematic review and meta-analysis

American Journal of Otolaryngology, June 2023

Available at: [Science Direct](#)

A quarter of the COVID-19 patients, especially female, suffered from voice impairment during infection, and approximately 70 % of these dysphonic patients kept experiencing long-lasting voice sequelae, which should be noticed by global physicians.

Impact of fatigue as the primary determinant of functional limitations among patients with post-COVID-19 syndrome: a cross-sectional observational study

BMJ Open, June 2023

Available at: [BMJ Open](#)

A high proportion of this Post COVID Syndrome (PCS) treatment-seeking population was of working age with over half reporting moderately severe or worse functional limitation. There were substantial impacts on ability to work and activities of daily living in people with PCS. Clinical care and rehabilitation should address the management of fatigue as the dominant symptom explaining variation in functionality.

Long COVID and myalgic encephalomyelitis: opportunities for understanding and research

British Journal of Healthcare Management, June 2023

Available via: [OpenAthens login](#) or email library.lincoln@ulh.nhs.uk

Colleagues from the UK charity Action For M.E. discuss the overlap between long COVID and myalgic encephalomyelitis, and the implications of this for research into, and management of, these conditions.

Long COVID Clinical Phenotypes Up to Six Months After Infection Identified by Latent Class Analysis of Self-Reported Symptoms

Open Forum Infectious Diseases, May 2023

Available at: [Oxford University Press](#)

We identified distinct classes of post-COVID phenotypes for general and fatigue-related symptoms. Most participants had minimal or no symptoms at three and six months follow-up. Significant proportions of participants changed symptom groups over time, suggesting that symptoms present during the acute illness may differ from prolonged symptoms and that post-COVID conditions may have a more dynamic nature than previously recognized.



Neuropsychological deficits in patients with persistent COVID-19 symptoms: a systematic review and meta-analysis

Scientific Reports, June 2023

Available at: [Nature](#)

The main objective of this systematic review and meta-analysis was to objectify the persistent COVID-19 cognitive deficits after acute phase of infection and to summarize the existing evidence.

Outpatient treatment of COVID-19 and incidence of post-COVID-19 condition over 10 months (COVID-OUT): a multicentre, randomised, quadruple-blind, parallel-group, phase 3 trial

The Lancet Infectious Diseases, June 2023

Available at: [The Lancet](#)

Outpatient treatment with metformin reduced long COVID incidence by 41%. Metformin has clinical benefits when used as outpatient treatment for COVID and is globally available, low-cost, and safe.

Multidimensional Sleep Health Prior to SARS-CoV-2 Infection and Risk of Post-COVID-19 Condition

JAMA Network, May 2023

Available at: [JAMA](#)

In this cohort study of women who reported testing positive for COVID, adherence to healthy sleep before infection was inversely associated with the risk of Long COVID. Compared with women who had a sleep score of 0 or 1 (least healthy), those who scored 5 (healthiest) had a 30% lower risk.

Post-COVID-19 Syndrome Mechanisms, Prevention and Management

International Journal of Preventative Medicine, May 2023

Available at: [NCBI](#)

As evidence and research are regularly updated, we provide the current understanding of the epidemiology, clinical manifestation, suspected pathophysiology, associated risk factors, and treatment options of long COVID in this review.

Female reproductive health impacts of Long COVID and associated illnesses including ME/CFS, POTS, and connective tissue disorders: a literature review

Frontiers in Rehabilitation Sciences, April 2023

Available at: [Frontiers](#)

Long COVID disproportionately affects premenopausal women, but few studies have examined Long COVID's impact on female reproductive health. We conduct a review of the literature documenting the female reproductive health impacts of Long COVID which may include disruptions to the menstrual cycle, gonadal function, ovarian sufficiency, menopause, and fertility, as well as symptom exacerbation around menstruation.

Blogs

Long Covid at work: what employers need to know

People Management, June 2023

Available at: [People Management](#)

How can organisations best support those suffering from the condition – and what are the repercussions if they fail to do so?



Library and Knowledge Services

"Long COVID made me hate my body – here's how I found my way back to happiness"

Cosmopolitan, June 2023

Available at: [Cosmopolitan](#)

After grieving her 'old self', Katya realised she had to make peace with her new life.

Why Is It So Difficult for Long COVID Patients to Get Diagnosed and Treated?

Health, June 2023

Available at: [Health](#)

It's often difficult for people with long COVID to get a timely diagnosis and prompt treatment, due to a lack of knowledge and testing.

Miscellaneous

The Long Battle with Long COVID

Road To Resilience Podcast, June 2023

Available at: [Mount Sinai](#)

Experts Zijian Chen, MD, and David Putrino, PhD, tell you everything you need to know about long COVID: What it is, how to know if you have it, and what you can do.

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/>