



# Long Covid Current Awareness Bulletin

## June 2022

### Guidelines, Policies and Reports

#### What people have told us about Long Covid

Healthwatch, May 2022

Available at: [Healthwatch](#)

Healthwatch looked at a sample of 122 people's experiences, shared between September 2020 and March 2022, to explore what it is like for people seeking help with symptoms of Long Covid. The report includes recommendations on how to improve Long Covid support.

### Published research

#### Alteration of Inflammatory Parameters and Psychological Post-Traumatic Syndrome in Long-COVID Patients

International Journal of Environmental Research and Public Health, June 2022

Available at: [MDPI](#)

The aim of this study is to evaluate the correlation between the psychological status of long-COVID patients and their inflammatory status. Beyond the first three months after contagion, patients recovered from SARS-CoV-2 infection are characterized by the persistence of a systemic inflammatory state and are at high risk for developing somatization, depression, anxiety, and sleep disturbances. Ferritin value was strongly correlated with sleep disorders. The study emphasizes how COVID-19 strategies for risk stratification, prognosis, and therapy management of patients should be implemented with a psychological follow-up.

#### Clinical Characteristics and Mechanisms of Musculoskeletal Pain in Long COVID

Journal of Pain Research, June 2022

Available at: [Dovepress](#)

Musculoskeletal pain is being increasingly reported by patients as one of the most common persistent symptoms in post-COVID-19 syndrome or Long COVID. However, there is a lack of understanding of its prevalence, characteristics, and underlying pathophysiological mechanisms. The objective of this review is to identify and describe the features and characteristics of MSK pain in Long COVID patients.



**Living with and Breaking a Cycle of Illness: A Secondary Qualitative Data Analysis of Women's Experiences with Long COVID**

**Women, June 2022**

**Available at: [MDPI](#)**

Long COVID is an emerging condition, with early evidence suggesting it impacts women at a greater rate than men. It is important to consider the holistic impacts of this condition. Therefore, a qualitative perspective was used to explore the experience of those living with long COVID. Eight people from Scotland, who presented as women and Caucasian, participated in this study. A thematic analysis, from a phenomenological perspective, was conducted on data collected during two semi-structured focus groups. Five central themes emerged including: a prolonged, varied, and debilitating illness; barriers to care; predominantly negative experiences of care; fighting to carry the burden; and looking to the future. These themes are linked through an explanatory theory describing a cycle of illness, the work required to break the cycle, and participant's aims to regain their health and advocate for their condition.

**The Greek Collaborative Long COVID Study: Non-Hospitalized and Hospitalized Patients Share Similar Symptom Patterns**

**Journal of Personalized Medicine, June 2022**

**Available at: [MDPI](#)**

Patients infected with coronavirus with initial mild symptoms suffer from the same persistent symptoms as those who were hospitalized. Long COVID syndrome appears to be a multi-systemic entity and a multidisciplinary medical approach should be adopted in order to correctly diagnose and successfully manage these patients.

**Post COVID-19 Chronic Parenchymal Lung Changes**

**Cureus, May 2022**

**Available at: [Cureus](#)**

Persistent parenchymal lung changes are an important long-term sequela of COVID-19. There are limited data on this COVID-19 infection sequela characteristics and trajectories. This study aims to evaluate persistent COVID-19-related parenchymal lung changes 10 weeks after acute viral pneumonia and to identify associated risk factors.

**Rehabilitation Interventions for Post-Acute COVID-19 Syndrome: A Systematic Review**

**International Journal of Environmental Research and Public Health, May 2022**

**Available at: [MDPI](#)**

Increasing numbers of individuals suffer from post-acute COVID-19 syndrome (PACS), which manifests with persistent symptoms, the most prevalent being dyspnea, fatigue, and musculoskeletal, cognitive, and/or mental health impairments. This systematic review investigated the effectiveness of rehabilitation interventions for individuals with PACS.



**Exploring invisibility and epistemic injustice in Long Covid—A citizen science qualitative analysis of patient stories from an online Covid community**  
**Health Expectations, April 2022**

Available at: [Wiley](#)

The aim of this organic research is to explore the physical and epistemic challenges of living with Long Covid. The overriding theme of the analysis highlights the complexities and challenges of living with Long Covid. Our distinct themes were identified: the life-changing impact of the condition, the importance of validation and how, for many, seeking alternatives was felt to be their only option. Patient testimonies are vital to understanding and treating Long Covid, yet patients are frequently disbelieved, and their testimonies are not taken seriously leading to stigma and epistemic injustice, which introduces a lack of trust into the therapeutic relationship.

## **Blogs**

**'Alarming' New Data on Disordered Sleep After COVID**

**SLEEP 2022: 36th Annual Meeting of the Associated Professional Sleep Societies, June 2022**

Available at: [Medscape](#)

Moderate to severe sleep disturbances and severe fatigue affect up to 40% of patients with long COVID, or post-acute sequelae of SARS-CoV-2 infection (PASC). Such disturbances are especially common among Black people, new research shows.

**Long Covid patients face lottery over treatment**

**BBC News, June 2022**

Available at: [BBC News](#)

Patients with long Covid are facing a postcode lottery across the UK when it comes to getting care, nurses say. The Royal College of Nursing (RCN) said treatment varied hugely with some services treating it as a physical condition, but others as psychological. The union also highlighted long waits in parts of England, which has a network of specialist clinics.

**Why So Many Long COVID Patients Are Reporting Suicidal Thoughts**

**Time, June 2022**

Available at: [Time](#)

Understanding the link between Long COVID, suicide, and mental health issues is more complicated than it might seem. While some people do develop depression, anxiety, or other mental health issues after their diagnoses, others are suffering from physical symptoms that have psychological side effects or that are mistaken for mental health problems



### **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/>