



Long Covid Current Awareness Bulletin

July 2023

Guidelines, Policies and Reports

Over-exposed and under-protected: the long-term impact of COVID-19 on doctors

BMA, Jul 2023

Available at: [BMA](#)

A significant number of doctors and other healthcare workers have developed post-acute COVID, including a large number who developed it as a result of workplace exposure to COVID-19. This paper examines the impact post-acute COVID symptoms have had on the medical workforce, personally and professionally. It provides a unique and valuable insight into the experience of UK doctors suffering from post-acute COVID

Long COVID patient experience research

Ipsos/NHS England, Mar 2023

Available at: [Patient Experience Library](#)

The crisis phase of the Covid-19 pandemic might be over. But the long tail persists - not least for the up to 2 million people experiencing Long Covid. This study looked at enablers and barriers to care for Long Covid, and examined public attitudes towards the condition.

Published research

Long COVID as a never-ending puzzle: the experience of primary care physicians

BJGP Open, Jul 2023

Available at: [BJGP Open](#)

The study shows the experiences of primary care physicians in the management and treatment of long COVID. The problems related to long COVID were divided into two groups: health problems and psycho-social problems. Physicians have the greatest problems with dealing with the patient's ability to work. It was found that adequate communication and trust between physicians and patients are two important indicators for an integrated model of managing long COVID.

Persistent post-COVID-19 neuromuscular symptoms

Muscle & Nerve, Jul 2023

Available via: email library.lincoln@ulh.nhs.uk **to request**

Neuromuscular symptoms may develop or persist after resolution of severe acute COVID-19 infection. Besides residual sensorimotor symptoms associated with acute neuromuscular complications of COVID-19, such as Guillain-Barré syndrome, critical illness neuromyopathy, and rhabdomyolysis, patients may report persistent autonomic symptoms, sensory symptoms, and muscle symptoms in the absence of these acute complications, including palpitations, orthostatic dizziness and intolerance, paresthesia, myalgia, and fatigue. Herein we review the current state of knowledge regarding the evaluation and management of patients with persistent post-COVID-19 neuromuscular symptoms.



Post-COVID-19 Conditions Among Children 90 Days After SARS-CoV-2 Infection

JAMA Network Open, Jul 2023

Available at: [JAMA Network](#)

In this cohort study of 1884 SARS-CoV-2-positive children with 90-day follow-up, 5.8% of patients, including 9.8% of hospitalized children and 4.6% of discharged children, reported Post-COVID Conditions (PCC). Characteristics associated with PCCs included being hospitalized 48 hours or more, having 4 or more symptoms reported at the index ED visit, and being 14 years of age or older.

Rehabilitation Perspectives in Long COVID-19

JPMA, Jul 2023

Available at: email library.lincoln@ulh.nhs.uk to request

The rehabilitation of persons who have experienced long COVID-19, also known as "long haulers," is a relatively new field of study. We have described potential rehabilitation interventions to improve functional capacity and quality of life in patients with long COVID. These rehabilitation interventions include but are not limited to, endurance, flexibility and strength training, pulmonary rehabilitation, task specific exercises to improve Activities of Daily Living (ADL), psychological rehabilitation, medical rehabilitation, pain management and management of dysphagia.

The effects of COVID-19 on cognitive performance in a community-based cohort: a COVID symptom study biobank prospective cohort study

eClinicalMedicine (Lancet), Jul 2023

Available at: [The Lancet](#)

Cognitive deficits following COVID infection were detectable nearly two years post infection, and largest for individuals with longer symptom durations, ongoing symptoms, and/or more severe infection. No such deficits were detected in individuals who reported full recovery from COVID-19.

Rehabilitative interventions in patients with persistent post COVID-19 symptoms—a review of recent advances and future perspectives

European Archives of Psychiatry and Clinical Neuroscience, Jun 2023

Available at: [Springer](#)

This review provides a proposal for differentiating post COVID-19 patients in non-organ-specific phenotypes that may help clinicians to evaluate patients and to plan therapeutic options. Furthermore, we present current unmet needs and suggest a potential pathway for a specific rehabilitation approach in people with persistent post-COVID symptoms.

Post COVID-19 condition, work ability and occupational changes in a population-based cohort

The Lancet Regional Health - Europe, Jun 2023

Available at: [The Lancet](#)

Evidence on the impact of post COVID-19 condition (PCC) on work ability is limited but critical due to its high prevalence among working-age individuals. This study aimed to evaluate the association between PCC, work ability, and occupational changes in a population-based cohort.



Blogs

**Long Covid sufferers feel forgotten three years on
BBC News, Jun 2023**

Available at: [BBC News](#)

With the Covid Inquiry under way with the aim of learning lessons from the past, it would be easy to assume the pandemic was behind us. But with an estimated 2% of the population in Wales reporting they still have Covid symptoms a year after diagnosis, Covid-19 is far from over for many. "For some people we are still in the middle of the pandemic because we are suffering, we still haven't got back to our old lives."

Miscellaneous

Off-Label Meds: Promising Long COVID Treatments?

Medscape, Jul 2023

Available at: [Medscape](#)

Doctors who treat patients with long COVID, hampered by a lack of approved treatments, are turning to off-label use of drugs designed for addiction, diabetes, and other conditions.

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/>