



# Long Covid Current Awareness Bulletin

## July 2022

### Published research

#### **Adjuncts to treatments for long COVID**

**British Journal of Community Nursing, July 2022 [Vol. 27, No. 7]**

**Available via:** [journal article request](#)

COVID-19 spread rapidly around the world and in its wake, has left many people still struggling with symptoms such as breathlessness and fatigue, which may be physical or mental effects, or a combination of both. Needless to say, the post-COVID era will involve many research approaches that will focus on finding the most effective methods in rehabilitating members of the population back to good health.

#### **Can aquatic exercises contribute to the improvement of the gait stereotype function in patients with Long COVID outcomes?**

**European Journal of Translational Myology**

**Available via:** [Page Press Journals](#)

A variety of rehabilitation programmes can be offered to Long COVID patients, specifically physical training. Indeed 90% of these patients reports impairments of verticalization, stability and spatial orientation, making difficult exercise in the gym. The aim of this study was to assess the effectiveness and safety of aquatic exercise techniques as part of a comprehensive rehabilitation program for patients with Long COVID.

#### **Neuropsychological Measures of Long COVID-19 Fog in Older Subjects**

**Clinics in Geriatric Medicine, August 2022 [Volume 38, Issue 3, Pages 593-603]**

**Available via:** [journal article request](#)

Coronavirus disease 2019 is known to impact older people more severely and to cause persistent symptoms during the recovery phase, including cognitive and neurologic ones. We investigated the cognitive and neurologic features of 100 elderly patients with confirmed diagnosis of coronavirus disease 2019 evaluated in the postacute phase through a direct neuropsychological evaluation consisting on Mini Mental State Examination and 8 neuropsychological tests.



**Orthostatic Challenge Causes Distinctive Symptomatic, Hemodynamic and Cognitive Responses in Long COVID and Myalgic Encephalomyelitis/Chronic Fatigue Syndrome  
Frontiers in Medicine, June 2022**

**Available via:** [Frontiers in Medicine](#)

Some patients with acute COVID-19 are left with persistent, debilitating fatigue, cognitive impairment, orthostatic intolerance (OI) and other symptoms. Many of the symptoms are like those of other post-infectious fatigue syndromes and may meet criteria for myalgic encephalomyelitis/chronic fatigue syndrome. Common diagnostic laboratory tests are often unrevealing. We evaluated whether a simple, standardized, office-based test of OI, the 10-min NASA Lean Test (NLT), would aggravate symptoms and produce objective hemodynamic and cognitive abnormalities.

**Physical and psychological reconditioning in long COVID syndrome: Results of an out-of-hospital exercise and psychological - based rehabilitation program**

**IJC Heart & Vasculature, August 2022**

**Available via:** [Elsevier](#)

The aim of the present study was to evaluate effectiveness, safety and feasibility of an out-of-hospital multidisciplinary rehabilitation program, based both on physical and psychological reconditioning, in reducing symptoms and improving physical fitness and psychological parameters in patients with Long Covid.

**The Impact of Long COVID-19 on Muscle Health**

**Clinics in Geriatric Medicine, August 2022 [Vol 38, Issue 3, Pages 545-557]**

**Available via:** [journal article request](#)

A high prevalence of skeletal muscle weakness and low physical performance has been reported in COVID-19 survivors without prior musculoskeletal problems. Older adults are at increased risk of developing musculoskeletal symptoms during long COVID, possibly because of the combined effect of viral infection and preexisting age-related declines in muscle mass and function.

## **Blogs**

**Long covid patients travel abroad for expensive and experimental “blood washing”**

**BMJ, July 2022**

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

Patients with long covid are travelling to private clinics in Cyprus, Germany, and Switzerland for blood filtering apheresis and anticoagulation drugs. Experts question whether these invasive treatments should be offered without sufficient evidence.



### **Long Road to Recovery**

**Derbyshire Gypsy Liaison Group and National Voices by Gypsy Media Company, June 2022**

Available at: [Youtube](#)

A new short film explores the impact of Long Covid on Romany Gypsy and Irish Traveller communities. Romany Gypsies and Irish Travellers have been badly affected by the COVID 19 pandemic. But as the pandemic fades from the headlines, many are still suffering with Long COVID.

### **Miscellaneous**

#### **Draw on Expert Opinion to Optimise Care for Long COVID**

**Medscape, June 2022**

Available at: [Medscape](#)

The management of patients with long COVID is complex, and requires coordination between primary, community, and secondary care. The slow emergence of high-quality evidence has resulted in a cautious approach to national guidance, and the optimum pathway design in long COVID clinics has yet to be determined. Expert opinion may help to bridge this gap. Written by clinicians with lived experience of managing long COVID across these interfaces, this article shares observations, and presents an overview of findings in relation to the recognition, diagnosis, and management of long COVID.

### **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.nhslinclslibrary.uk/knowledgeshare-request/>

Can't find the information you need? We can do literature searches for you:

<https://www.nhslinclslibrary.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.nhslinclslibrary.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/>