



Long Covid Current Awareness Bulletin

August 2023

Published research

A typology of healthcare pathways after hospital discharge for adults with COVID-19: the evolution of UK services during pandemic conditions

ERJ Open Research, Aug 2023

Available at: [European Respiratory Society](#)

Over half of post-COVID-hospitalisation adults have persistent symptoms 2 years after discharge, providing a challenge for individuals and healthcare systems. We therefore aimed to describe a typology of UK healthcare pathways post-hospital discharge as a first step towards understanding clinical effectiveness and cost-effectiveness of different healthcare pathways.

Effect of Physical Exercise-Based Rehabilitation on Long COVID: A Systematic Review and Meta-analysis

Medicine and Science in Sports Exercise, Aug 2023

Available at: Email library.lincoln@ulh.nhs.uk to request full article

Physical exercise-based rehabilitation showed beneficial effects on long COVID-related symptoms characterized by dyspnea, fatigue, and depression, as well as on the 6-minute walk test, forced expiratory volume in 1 second/forced vital capacity, and quality of life in people who had COVID-19.

Forming a consensus opinion to inform long COVID support mechanisms and interventions: a modified Delphi approach

The Lancet, Aug 2023

Available at: [The Lancet](#)

Current approaches to support patients living with post-COVID condition, also known as Long COVID, are highly disparate with limited success in managing or resolving a well-documented and long-standing symptom burden. With approximately 2.1 million people living with the condition in the UK alone and millions more worldwide, there is a desperate need to devise support strategies and interventions for patients.

Long-COVID stress symptoms: Mental health, anxiety, depression, or posttraumatic stress Psychological Trauma: Theory, Research, Practice, and Policy, Aug 2023

Available at: Email library.lincoln@ulh.nhs.uk to request full article

Currently, there is no single profile of mental health sequela in long-COVID patients, impacting identification, treatment, and exacerbating stigma among this population. This article highlights the rationale for mental health professionals to consider a summary of mental health symptoms in long-COVID patients.



Postacute sequelae of COVID-19 at 2 years

Nature Medicine, Aug 2023

Available at: [Nature](#)

This study provides a systematic and comprehensive assessment of the risks of 80 prespecified postacute sequelae. Among nonhospitalized individuals, although the risks of most sequelae became nonstatistically significant at 2 years, substantial risk remains, impacting several major organ systems. The risk horizon for those hospitalized during the acute phase is even longer with persistently increased risk of most sequelae at 2 years.

**Too tired to think: Relationship between post-COVID-19 fatigue and cognition in a veteran sample
Neuropsychological Rehabilitation, Aug 2023**

Available at: Email library.lincoln@ulh.nhs.uk to request full article

Although cognitive changes are common post-COVID complaints, these are likely better predicted by other factors, (e.g., fatigue, mood, pain, and sleep disruption). Furthermore, comorbid mood, sleep, and pain complaints appeared to mediate the relationship between subjective cognitive complaints and fatigue.

Venous insufficiency and acrocyanosis in long COVID: dysautonomia

The Lancet, Aug 2023

Available at: Email library.lincoln@ulh.nhs.uk to request full article

Considering the patient's signs and symptoms, we diagnosed dysautonomia secondary to SARS-CoV-2 infection and associated with long COVID. We explained that the leg discolouration was due to venous pooling and cutaneous ischaemia; we recommended he increase his fluid intake, increase his salt intake, and do muscle strengthening exercises.

Challenges to delivering evidence-based management for long COVID

BMJ Evidence-Based Medicine, Jul 2023

Available at: [BMJ Evidence-Based Medicine](#)

Although there are currently no broadly effective treatments for long COVID, treatments for certain components have been effective for subsets of populations including symptom-specific pharmacological options. Respiratory training is the only intervention that showed important benefits in patients with respiratory symptoms due to long COVID, with moderate to high certainty. Other interventions showed promising results but with low certainty evidence.

Clinical phenotypes and quality of life to define post-COVID-19 syndrome: a cluster analysis of the multinational, prospective ORCHESTRA cohort

eClinicalMedicine, Jul 2023

Available at: [The Lancet](#)

Our study provides new evidence suggesting that PCS can be classified by clinical phenotypes with different impact on QoL, underlying possible different pathogenic mechanisms. We identified factors associated to each clinical phenotype and to severe PCS. These results might help in designing pathogenesis studies and in selecting high-risk patients for inclusion in therapeutic and management clinical trials.



**Plasmapheresis to remove amyloid fibrin(ogen) particles for treating the post-COVID-19 condition
Cochrane, Jul 2023**

Available at: [Cochrane](#)

A new belief is that 'microclots' cause the symptoms of Post-COVID condition. This belief has been extended outside these studies, suggesting that to recover people need plasmapheresis (blood filtered outside the body). We appraised the laboratory studies, and it was clear that the term 'microclots' is incorrect. The particles are amyloid and include fibrin(ogen); amyloid is not a part of a thrombus which is a mix of fibrin mesh and platelets. We have reported here our appraisal of laboratory studies investigating the presence of amyloid fibrin(ogen) particles, and of evidence that plasmapheresis may be an effective therapy to remove amyloid fibrin(ogen) particles.

Blogs

Dismantling Health Care Discrimination Toward Long COVID

Psychiatric Times, August 2023

Available at: [Psychiatric Times](#)

How can clinicians recognise and acknowledge the injustices experienced by COVID long-haulers? As hurtful as it is for loved ones to not believe, it can be dangerous when medical professionals dismiss symptoms and concerns. This in turn compromises an individual's engagement in health-promotive behaviours and contributes to poorer health outcomes, depression, and lower quality of life

Event brings long Covid patients together for the first time

Walsall Healthcare NHS Trust, Aug 2023

Available at: [Walsall Healthcare NHS Trust](#)

People suffering with long Covid came together at a first-of-its-kind community 'therapy showcase' involving exercise sessions to ease symptoms, a sensory retreat, and lots of networking. The event, organised by Walsall Healthcare NHS Trust's Long Covid Therapy Service, was held at Walsall Palliative Care Centre. The outdoor space was used to create a calm and welcoming environment.

Woman with long Covid wants physiotherapy to be more accessible for all

Stuff, Aug 2023

Available at: [Stuff](#)

Brigitte Eastwood, a cardiorespiratory physiotherapist speaking on behalf of Physiotherapy New Zealand, said it's "imperative" that physiotherapy is available to people with long Covid in a funded service.



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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/>