



# Long Covid Current Awareness Bulletin

## August 2022

### Guidelines, Policies and Reports

#### **Long COVID: Advice and resources for healthcare professionals in primary care** NHS England, July 2022

Available at: [NHS England](#)

Primary care is recognised as having a key role in supporting patients with long-term symptoms of COVID-19. This includes assessing, diagnosing, referring where necessary and providing longer-term holistic support to ensure services meet the needs of our people and our communities. This document provides healthcare professionals in primary care with key information and advice to support patients who are living with long COVID along with resources to support communications with communities. It can be used by individual staff members as well as to support educational sessions in primary care.

#### **The NHS plan for improving long COVID services** NHS England, July 2022

Available at: [NHS England](#)

This document builds on NHS England's original 10 key actions with the aim of continuously improving access, experience and outcomes for patients with Long COVID. It has been developed with stakeholders, including people with lived experience of long COVID, the National Long COVID Taskforce and associated charities. This plan supports future NHS service planning, assists continuous improvement in the quality of long COVID services and addresses the wide unwarranted variation in waiting times across England for these services to reduce health inequalities.

### Published research

#### **Neurological and psychiatric risk trajectories after SARS-CoV-2 infection: an analysis of 2-year retrospective cohort studies including 1 284 437 patients**

The Lancet Psychiatry, August 2022

Available at: [The Lancet](#)

Adults who had COVID-19 were found to be more at risk of longer term neurological and psychiatric disorders compared with those who experienced other respiratory conditions. Although increased incidence of mood and anxiety disorders following SARS-CoV-2 infection was transient, researchers found that elevated risk of some other disorders could persist for up to two years.



**Long COVID: which symptoms can be attributed to SARS-CoV-2 infection?**

**The Lancet, August 2022**

Available at: [NCBI](#)

How many of the symptoms currently attributed to long COVID actually represent pre-existent disease or are unrelated to COVID-19 is uncertain. Symptoms that were present before SARS-CoV-2 infection are often not recorded or assessed by recall.

**Persisting Smell and Taste Disorders in Patients Who Recovered from SARS-CoV-2 Virus Infection—Data from the Polish PoLoCOV-CVD Study**

**Viruses, August 2022**

Available at: [MDPI](#)

This study aimed to analyse the prevalence of self-reported smell and/or taste disorders in a group of convalescent patients after infection with the SARS-CoV-2 virus and to identify risk factors for the disease. Based on the results obtained, the following conclusions were drawn: the risk of developing persistent smell and taste disorders after COVID-19 is greater in younger people with less comorbidities and a higher number of symptoms during the acute phase of COVID-19.

**Mast cell activation syndrome and the link with long COVID**

**British Journal of Hospital Medicine, July 2022**

Available via: [Article request form](#) [British Journal of Hospital Medicine Vol. 83, No. 7]

Both mast cell activation syndrome and long COVID cause multiple symptoms. It is theorised that COVID-19 infection could lead to exaggeration of existing undiagnosed mast cell activation syndrome, or could activate normal mast cells owing to the persistence of viral particles. Other similarities include the relapse-remission cycle and improvements with similar treatments. Importantly, however, aside from mast cell disorders, long COVID could potentially be attributed to several other conditions.

**Severity, predictors and clinical correlates of Post-COVID syndrome (PCS) in Germany: A prospective, multi-centre, population-based cohort study**

**eClinicalMedicine, July 2022**

Available at: [The Lancet](#)

In Kiel-I, 90% of participants had received outpatient treatment for acute COVID-19. Neurological ailments (61.5%), fatigue (57.1%), and sleep disturbance (57.0%) were the most frequent persisting symptoms at 6–12 months after infection. Across sub-cohorts, higher PCS scores were associated with lower health-related quality of life. Severe, moderate, and mild/no PCS according to the individual participant's PCS score occurred in 18.8%, 48.2%, and 32.9%, respectively, of the Kiel-I sub-cohort. In both validation sub-cohorts, statistically significant predictors of the PCS score included the intensity of acute phase symptoms and the level of personal resilience.



## **Blogs**

### **Doctors With Long COVID 'Let Down' by Government, Says BMA**

**Medscape, August 2022**

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

Doctors and other healthcare professionals have higher levels of long COVID than the general population but are being denied adequate support, the British Medical Association (BMA) said. It warned that some doctors who are currently signed off sick because of debilitating symptoms may struggle financially when enhanced sick pay for COVID ends in two weeks' time.

### **Nurses with long Covid being 'pushed' to take ill health retirement**

**Nursing Times, August 2022**

**Available at:** [Nursing Times](#)

A long Covid campaign group has raised concerns about the number of nursing staff with the condition being encouraged to take ill health retirement (IHR) by employers. In some cases, this was happening without reasonable adjustments being put into place to help staff get back to work.

### **'Singing is my life, but Covid took away my voice'**

**BBC News, August 2022**

**Available at:** [BBC News](#)

A young singer has described how her dreams are on hold after Covid damaged her voice. The 21-year-old contracted Covid in December, but now believes she has Long Covid. She is on the waiting list to see a vocal specialist, but said accessing treatment had been "frustrating".

## **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/>



## Library and Knowledge Services

### 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/>