



Long Covid Current Awareness Bulletin

September 2023

Published research

Characterization of adolescents with functional respiratory disorders and prior history of SARS-CoV-2

Molecular and Cellular Pediatrics, Sep 2023

Available at: [NCBI](#)

A relevant proportion of adolescents report persistent pulmonary symptoms even after mild SARS-CoV-2 infection. Functional respiratory disorders may be relevant differential diagnoses of persistent dyspnea. This study aims at characterizing functional respiratory disorders that may arise after SARS-CoV-2 infection regarding their clinical presentation and pulmonary function tests as well as gaining insights into the clinical course after initiation of appropriate therapy.

Efficacy of Cognitive-Behavioral Therapy Targeting Severe Fatigue Following Coronavirus Disease 2019: Results of a Randomized Controlled Trial

Clinical infectious diseases, Sep 2023

Available at: [NCBI](#)

Severe fatigue following COVID-19 is prevalent and debilitating. This study investigated the efficacy of cognitive-behavioral therapy (CBT) for severe fatigue following COVID-19. Among patients, who were mainly nonhospitalized and self-referred, CBT was effective in reducing fatigue. The positive effect was sustained at 6-month follow-up.

Long-term symptom severity and clinical biomarkers in post-COVID-19/chronic fatigue syndrome: results from a prospective observational cohort

eClinicalMedicine, Sep 2023

Available at: [The Lancet](#)

Patients with myalgic encephalomyelitis/chronic fatigue syndrome reported persistently high severity of most symptoms up to 20 months after infection, while patients with post-covid syndrome showed overall health improvement. Although fatigue and post-exertional malaise were still evident in both groups, they remained more pronounced in PCS-ME/CFS. Inflammatory biomarkers decreased in both groups, but not antinuclear antibodies. Lower hand grip strength at onset correlated with symptom persistence, particularly in patients with PCS-ME/CFS.

Multiorgan MRI findings after hospitalisation with COVID-19 in the UK (C-MORE): a prospective, multicentre, observational cohort study

The Lancet Respiratory Medicine, Sep 2023

Available at: [The Lancet](#)

The multiorgan impact of moderate to severe coronavirus infections in the post-acute phase is still poorly understood. We aimed to evaluate the excess burden of multiorgan abnormalities after hospitalisation with COVID-19, evaluate their determinants, and explore associations with patient-related outcome measures.



Treatable traits for long COVID

Respirology, Sep 2023

Available at: [Wiley](#)

Long COVID is a new and complex chronic health condition that typically includes multiple symptoms that cross organ systems and fluctuate over time; a one-size-fits-all approach is, therefore, not likely to be appropriate nor relevant for long COVID treatment. 'Treatable Traits' is a personalized medicine approach, purpose-built to address the complexity and heterogeneity of complex chronic conditions. This comprehensive review aimed to understand how a treatable traits approach could be applied to long COVID.

Two-year cardio-pulmonary follow-up after severe COVID-19: a prospective study

Internal and Emergency Medicine, Sep 2023

Available at: [Springer](#)

This study aims to identify and characterise cardio-pulmonary sequelae in patients hospitalised for SARS-CoV-2 pneumonia. Patients were followed up at 24 months with complete pulmonary function tests, 6-min walking test and a dyspnoea score. A subgroup of patients with at least one sign suggestive of increased pulmonary pressures also underwent transthoracic echocardiography to evaluate the presence of direct or indirect signs of pulmonary hypertension.

Vaccination after developing long COVID: impact on clinical presentation, viral persistence and immune responses

International Journal of Infectious Diseases, Sep 2023

Available at: [International Journal of Infectious Diseases](#)

This study evaluated the number of symptoms, affected organ systems and psychological well-being scores before and after patients with Long COVID received COVID-19 vaccination. Our study shows higher pro-inflammatory responses associated with Long COVID symptoms and brings forward a possible role for vaccination in mitigating Long COVID symptoms by decreasing systemic inflammation. We also observed persistence of viral products independent of vaccination that could be involved in perpetuating inflammation through non-classical monocytes.

Acute blood biomarker profiles predict cognitive deficits 6 and 12 months after COVID-19 hospitalization

Nature Medicine, Aug 2023

Available at: [Nature](#)

Post-COVID cognitive deficits, including 'brain fog', are clinically complex, with both objective and subjective components. They are common and debilitating, and can affect the ability to work, yet their biological underpinnings remain unknown. In this prospective cohort study of 1,837 adults hospitalized with COVID-19, we identified two distinct biomarker profiles measured during the acute admission, which predict cognitive outcomes 6 and 12 months after COVID-19.



Blogs

Long COVID poses special challenges for seniors

The Seattle Times, Sep 2023

Available at: [The Seattle Times](#)

The dozens of symptoms collectively known as long COVID, or post-COVID, can sideline anyone who has been infected. But they take a particular toll on some older patients, who may be more prone to certain forms of the illness.

Miscellaneous

How can I support my colleague returning to work with long covid?

The BMJ, Sep 2023

Available at: [The BMJ](#)

There are things you can do to ease a colleague's return to work when they are living with long covid.

Long covid: the doctors' lives destroyed by an illness they caught while doing their jobs

The BMJ, Sep 2023

Available at: [The BMJ](#)

Unable to work or to play with their children, forced to sell their homes or facing insolvency—doctors with long covid deserve more support from the government and the NHS.

What happens inside a long covid clinic?

The BMJ, Sep 2023

Available at: [The BMJ](#)

Close to 100 NHS long covid clinics have sprung up. Erin Dean visits one and meets a multidisciplinary team tailoring support for this wide ranging and poorly understood condition.



Library and Knowledge Services

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/>