



# Long Covid Current Awareness Bulletin

## December 2022

### Guidelines, Policies and Reports

#### **Health+ Long COVID Coforma, Nov 2022**

Available at: [US Department of Health and Human Services](#)

The *Health+ Long COVID* report, based on information gathered from workshops and more than 1000 hours of interviews, is intended to “ensure the lived experiences and perspectives of people impacted by Long COVID are integrated into the social, public health, and economic solutions being created to support the Long COVID community,”.

#### **Living with Long Covid A Community and Primary Care Nursing Resource The Queen’s Nursing Institute, Nov 2022**

Available at: [The Queen’s Nursing Institute](#)

The Queen’s Nursing Institute has published resources for community and primary care nurses. In the community, nurses are treating, supporting, signposting, leading on care for patients with Long Covid and supporting them to live as independently as possible. They are supporting families, in caring and supporting their loved ones with Long Covid. This document hopes to empower that role further by providing reference to literature, websites, and possible resources.

### Published research

#### **Yoga for COVID-19: An ancient practice for a new condition – A literature review Complementary Therapies in Clinical Practice, Feb 2023**

Available at: [Science Direct](#)

Yoga is a psycho-somatic approach that increases physical, mental, emotional and spiritual strength, and connection. Yoga practice enhances innate immunity and mental health, so it can be used as complementary therapy in the COVID-19 treatment, namely the post-COVID-19 condition.

#### **Acute pericarditis as a major clinical manifestation of long COVID-19 syndrome International Journal of Cardiology, Dec 2022**

Available at: [Science Direct](#)

The long COVID-19 syndrome has been recently described and some reports have suggested that acute pericarditis represents important manifestation of long COVID-19 syndrome. The aim of this study was to identify the prevalence and clinical characteristics of patients with long COVID-19, presenting with acute pericarditis. History of autoimmune and allergic disorders, and palpitations/arrhythmias were risk factors.



**Antidepressants with anti-inflammatory properties may be useful in long COVID depression  
Drugs & Therapy Perspectives, Dec 2022**

Available at: [Springer](#)

Long COVID may also cause long COVID depression (LCD). Prior mental health visits were associated with an increased risk for long COVID, whereas antidepressant use was not. Current evidence suggests that pro-inflammatory factors in the brain are linked to LCD, thus anti-inflammatory agents may be useful in mitigating LCD. Limited evidence suggests that selective serotonin reuptake inhibitors may also be effective in the treatment of LCD.

**Effect of using a structured pacing protocol on post-exertional symptom exacerbation and health status in a longitudinal cohort with the post-COVID-19 syndrome**

**Journal of Medical Virology, Dec 2022**

Available at: [Wiley](#)

Post Exertional Symptom Exacerbation (PESE) is a characteristic symptom of Post-COVID Syndrome. Thirty-one participants completed the 6-week protocol, with a statistically and clinically significant reduction in the average number of PESE episodes, with an average decrease of 16% each week, and reduction across all three exertional triggers.

**Objective Hemodynamic Cardiovascular Autonomic Abnormalities in Post-Acute Sequelae of COVID-19**

**Canadian Journal of Cardiology, Dec 2022**

Available at: [Science Direct](#)

Patients with long COVID have evidence of cardiovascular autonomic abnormalities (CAA) most commonly Initial Orthostatic Hypotension (IOH), which will be missed unless an active stand test is used. Females have increased frequency of POTS, but IOH is equally prevalent between sexes. Finally, even non-hospitalized “mild” infections can result in long-term CAA.

**Psychiatric and neurological complications of long COVID**

**Journal of Psychiatric Research, Dec 2022**

Available at: [Science Direct](#)

Fatigue and cognitive dysfunction, such as concentration problems, short-term memory deficits, general memory loss, a specific decline in attention, language and praxis abilities, encoding and verbal fluency, impairment of executive functions, and psychomotor coordination, are amongst the most common and debilitating features of neuropsychiatric symptoms of post COVID syndrome.

**Psychological consequences of long COVID: comparing trajectories of depressive and anxiety symptoms before and after contracting SARS-CoV-2 between matched long- and short-COVID groups**

**British Journal of Psychiatry, Dec 2022**

Available at: [Cambridge University Press](#)

Patients with Long COVID had substantially greater initial increases in depressive symptoms and heightened levels over 22 months follow-up after infection. Initial increases in anxiety were not significantly different between groups, but only the short-COVID group experienced an improvement in anxiety over follow-up, leading to widening differences between groups. The results highlight the need for monitoring of mental health and provision of adequate support to be interwoven with diagnosis and treatment of the physical consequences of long COVID.



**Long COVID: The latest manifestations, mechanisms, and potential therapeutic interventions**  
MedComm, Nov 2022

Available at: [Wiley](#)

Review summarising occurrences of both common and uncommon long COVID, including damages to lung and respiratory system, olfactory and taste deficiency, damages to myocardial, renal, muscle, and enduring inflammation. Includes potential treatments for long COVID symptoms manifested in different organs and systems. Compares the differences in symptoms and frequency of long COVID caused by breakthrough infection after vaccination and infection with different variants of concern.

## **Blogs**

**How physios and occupational therapists are helping long COVID sufferers**  
The Conversation, Dec 2022

Available at: [The Conversation](#)

While there is no “one size fits all” treatment, there is increasing recognition of the importance of allied health professionals such as physiotherapists and occupational therapists in providing treatment for people throughout various stages of COVID. These experts can tailor exercise training, breathing techniques and ways to manage fatigue safely, to help people get back to their normal roles and routines.

**Long Covid Has Played Role in More Than 3,500 Deaths in U.S., C.D.C. Says**  
The New York Times, Dec 2022

Available at: [The New York Times](#)

Long Covid has caused or contributed to at least 3,500 deaths in the United States, an analysis of death certificates by the Centers for Disease Control and Prevention found. The tally is less than 1 percent of all deaths linked to the coronavirus, but it shows that it is possible to die from lingering symptoms after infection.

## **Miscellaneous**

**Mental and physical health should be evaluated in children and adolescents with long COVID**  
Acta Pædiatrica, Dec 2022

Available at: [Wiley](#)

Children and adolescents have been deeply affected by the COVID-19 pandemic. Many have been ill, mostly with mild versions, but some have received care for multisystem inflammatory syndrome in children or been in intensive care. While mental health problems in children and adolescents should not be ignored, it is vital that new-onset physical complaints in young people after a COVID-19 infection are not treated primarily as psychiatric issues.



## 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/>