



Long COVID and ME/CFS current awareness bulletin

April 2026

The aim of this current awareness bulletin is to provide a digest of recent guidelines, reports, research and best practice on Long COVID and ME/CFS

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Published Research

Cardiopulmonary Exercise Testing Reveals Functional Limitations and Work Disability in Severe Post-COVID-19 and ME/CFS Patients Sports Medicine Open, April 2026

Available at: [Springer](#)

Patients severely affected by post-COVID-19 condition (PCC) and ME/CFS often experience long-term work incapacity, contributing to a growing economic burden. Organ-centred clinical diagnostics frequently fail to explain their work disability. We aimed to objectively assess physical work ability using cardiopulmonary exercise testing (CPET) in a cohort of long-standing and severely affected PCC patients.

Current status and future perspectives on the mechanistic and pathophysiological understanding of long COVID

Communications Medicine, April 2026

Available at: [Nature](#)

This review synthesises current evidence on the biological mechanisms thought to contribute to Long COVID, spanning immune dysregulation, viral persistence, autonomic dysfunction, microvascular pathology, and other emerging hypotheses. We examine advances and limitations in contemporary diagnostic approaches and critically appraise existing treatment strategies, highlighting inconsistencies and gaps that hinder clinical consensus.

Endovascular profiles linked to neutrophil activation in children and young adults with long COVID

Pediatric Research, April 2026

Available at: [Nature](#)

Children and young adults with long COVID with cardiovascular symptoms display increased microclots, endothelial injury, and neutrophil inflammation, which warrant further evaluation and suggest intravascular NETosis as a key driver of endovascular pathology in long COVID.

Exercise interventions for physical function, psychological health, and quality of life in patients with myalgic encephalomyelitis/chronic fatigue syndrome and fibromyalgia: A systematic review and network meta-analysis



Journal of Psychosomatic Research, April 2026

Available at: Email ulth.library.lincoln@nhs.net to request

Different exercise modalities demonstrated domain-specific benefits. HIIT and combined exercise were most effective for improving physical function and quality of life, while aerobic and combined exercise were superior in alleviating anxiety and depression. Aquatic and other low-impact exercises demonstrated the greatest efficacy in reducing pain in patients with high pain sensitivity or poor tolerance to weight-bearing activities. These findings provide evidence-based insights to support the development of personalized, symptom-specific exercise prescriptions for ME/CFS and FM populations.

Expert perspectives on Myalgic encephalomyelitis/chronic fatigue syndrome – Insights from the 3rd International Conference of the Charité Fatigue Center Autoimmunity Reviews, April 2026

Available at: [Science Direct](#)

Despite its severity and impact on patients' quality of life, ME/CFS remains poorly understood. On May 12 and 13, 2025, the 3rd International Conference hosted by the Charité Fatigue Center brought together nearly 200 researchers from various disciplines on-site, and around 3,700 participants online to discuss recent advances in ME/CFS research, diagnostics, clinical care, and therapeutic trials. Here are insights from the 33 lectures by international experts on key topics.

Impact of COVID-19 vaccination on post-COVID syndrome across clinical definitions and phenotypes: a prospective multicenter cohort study Mayo Clinic Proceedings, March 2026

Available at: [Mayo Clinical Proceedings](#)

Among 756 patients, 26% were fully vaccinated before infection. Vaccination was associated with a significantly reduced risk of post-COVID syndrome (PCS), the PCS score, the Respiratory Cluster, and the Cognitive Cluster. No protective association was observed for the Fatigue Cluster. The favourable association with vaccination was particularly observed in patients with mild acute symptoms. The protective effect of vaccination persisted at 12-month follow-up, although fatigue remained unaffected.

Investigating the ME/CFS experience through qualitative analysis of memorial entries

PLOS One, April 2026

Available at: [PLOS One](#)

Researchers analysed more than 500 memorials of people who died with ME/CFS and undertook a thematic analysis. Four themes emerged: systemic neglect and institutional failure; clinical neglect and failures; social disconnection and advocacy; and personal burden and quality of life. This analysis provides a glimpse of the lived experience as well as death of individuals with ME/CFS through the lens of acquaintances of the deceased, emphasizing the substantial impact of the condition.

School Difficulties and Long COVID in Children and Adolescents Academic Pediatrics, April 2026

Available at: [Academic Pediatrics](#)

Cross-sectional data from the NIH-funded Researching COVID to Enhance Recovery (RECOVER) pediatric observational cohort was analyzed to assess associations in school-age children (6 to 11 years) and adolescents (12 to 17 years) between Long COVID and caregiver-reported school-related functional outcomes. LC in school-age



children and adolescents was negatively associated with functional school-related outcomes, including academic performance, attention, and peer interactions.

The Effect of Fluvoxamine and Metformin for Fatigue in Patients With Long COVID: An Adaptive Randomized Trial

Annals of Internal Medicine, March 2026

Available at: [ACP Journals](#)

We conducted a multicenter, randomized, placebo-controlled, adaptive trial to evaluate the efficacy of metformin and fluvoxamine for the treatment of fatigue associated with long COVID. Fluvoxamine showed a significant reduction in fatigue compared with placebo at day 60, with a sustained effect at day 90. Fluvoxamine also improved quality-of-life scores with high posterior probability. Metformin showed no significant benefit.

The efficacy of exercise in patients with myalgic encephalomyelitis/chronic fatigue syndrome: A systematic review and meta-analysis

Journal of Psychosomatic Research, April 2026

Available at: Email ulth.library.lincoln@nhs.net to request

This review aimed to evaluate the efficacy of exercise training for patients with myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). Exercise significantly improves fatigue, sleep, QoL, and depression in ME/CFS patients. However, exercise does not yield significant improvements in cardiopulmonary or functional capacity. While not a cure, exercise is an effective strategy for symptom management, provided that individual energy limits are strictly respected to prevent harm.

Underuse of Pharmacologic Therapies for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Before Specialist Evaluation

Annals of Family Medicine, April 2026

Available at: [Annals of Family Medicine](#)

Our findings suggest that potentially helpful medications for ME/CFS are being underprescribed in the general medical field and that patients may resort to supplements to manage symptoms. Better education of clinicians about available treatment options and treatment guides may improve management of this debilitating disease.

Blogs/News

A diagnostic test for ME/CFS based on cell electrophysiology

MERUK Breakthrough Magazine, April 2026

Available at: [ME Association](#)

There is currently no widely available, accurate diagnostic marker for ME/ CFS. However, growing evidence suggests that the electrical characteristics of white blood cells could form the basis of a low-cost, reliable diagnostic test for the disease. The researchers plan to refine and expand the initial work in new research.

Long COVID associated with higher risk of heart disease

The Conversation, April 2026

Available at: [The Conversation](#)

In our recent study, we found that people with long COVID had higher risk of developing cardiovascular disease – including cardiac arrhythmias, heart attack and heart failure. Importantly, the increased risks were seen in people who had never been hospitalised during their initial COVID infection.