



Long COVID and ME/CFS current awareness bulletin

June 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

A causal link between autoantibodies and neurological symptoms in long COVID
Cell, May 2026

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

Acute SARS-CoV-2 infection triggers the de novo production of diverse, functional autoantibodies (AABs) that remain elevated in long COVID (LC), but their pathogenic role remains unclear. Using tissue-based immunofluorescence, ELISA, human protein array, and mass spectrometry assays, we identified a broad range of AAB targets among individuals with LC.

A mixed-methods analysis of the implementation of a new community long-COVID service during the 2020 pandemic: Learning from practice

PLoS One, June 2026

Available at: [PLoS One](https://doi.org/10.1371/journal.pone.0248888)

The rapidly increasing prevalence of long-COVID (LC) posed an immediate need to develop new clinics for assessment and management. This article reports on the rapid implementation of a reactive and responsive LC care pathway. We mapped patients' journeys through this pathway, identifying the services that were activated according to prevalent symptoms, and assessed the barriers and facilitators to its implementation and delivery, from the perspective of health care professionals and LC patients.

Cardiopulmonary exercise test results do not change over two sequential days in patients with chronic fatigue syndrome

Frontiers in physiology, May 2026

Available at: [Frontiers](https://doi.org/10.3389/fphys.2025.1588888)

Two consecutive cardiopulmonary exercise tests (CPETs) performed 24 hours apart are increasingly used to determine post-exertional malaise (PEM) and disability in patients with myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). Our data indicate that 2-day CPET provides exercise-related results that are the same in ME/CFS patients and control subjects.

Echocardiogram Testing in Patients with Post-COVID-19 Condition: A Systematic Review and Meta-Analysis

Journal of Clinical Medicine, June 2026



Available at: [MDPI](#)

Post-COVID-19 condition (PCC) is a complication following acute COVID-19 infection, which may lead to long-term cardiac abnormalities. This review aimed to assess the prevalence of structural/functional deviations in echocardiography in individuals with PCC compared to patients without PCC.

Factors associated with low anaerobic threshold and its impact on sleep quality and health-related quality of life in individuals with long COVID

PM&R, May 2026

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

Anaerobic threshold (AT), a crucial indicator of submaximal exercise capacity and cardiorespiratory function, has been reported to be impaired in individuals with long COVID. However, the predictors of reduced AT during exercise in this population and its impacts on patient-reported outcomes, including sleep quality and health-related quality of life (HRQL), remain unknown. This study aims to identify factors associated with low AT and examine its relationship with patient-reported outcomes.

Hyperbaric oxygen therapy improves clinical symptoms and functional capacity and modulates thalamic connectivity in ME/CFS: a prospective cohort study

Journal of Translational Medicine, June 2026

Available at: [Springer](#)

Hyperbaric oxygen therapy (HBOT) has been proposed as a treatment for myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), but evidence remains limited. This study evaluated its clinical effectiveness and feasibility, as well as associated functional brain changes. HBOT was well tolerated and associated with significant improvements in physical functioning, fatigue, pain, and cognitive performance in ME/CFS.

Long-Term Follow-Up of Women with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS): A 16-Year Longitudinal Study

Medicina, June 2026

Available at: [MDPI](#)

This study aimed to evaluate the long-term frequency of somatic and psychiatric disorders in women previously diagnosed with ME/CFS and to describe the long-term clinical course, laboratory findings, and fatigue-related changes during a 16-year follow-up period.

Self-management support needs for individuals with Myalgic Encephalomyelitis and their next of kin – a qualitative study

BMC Health Services Research, June 2026

Available at: [Springer](#)

The aim of this study was to explore the self-management support needs of individuals with ME/CFS and their next of kin, and to identify barriers and facilitators to effective self-management support in order to inform improvements to existing self-management interventions.

Sleep in myalgic encephalomyelitis/chronic fatigue syndrome shows marked night-to-night fluctuation under free-living conditions-results from a matched case-control study

Journal of Clinical Sleep Medicine, May 2026

Available at: [Springer](#)

Unrefreshing and non-restorative sleep is a hallmark complaint in people with myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). However, little is known about



their habitual sleep and night-to-night fluctuations under real-life conditions. This study aimed to characterize sleep, and the intraindividual variability (IIV) of sleep in people living with ME/CFS compared with matched controls.

Two-timepoint multidomain follow-up of post-COVID condition and ME/CFS: overlapping autonomic, small-fiber, and cognitive changes

Journal of Translational Medicine, June 2026

Available at: [Springer](#)

Post-COVID condition (PCC) and Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) show marked clinical overlap, suggesting a shared post-infectious pathophysiology. This study aims to characterize the longitudinal change of autonomic function, small-fiber integrity, cognitive performance, and clinical symptoms in PCC and ME/CFS, and to determine whether trajectories differ between diagnostic groups.

Blogs

COVID Linked to Lasting Eye Problems

Medscape, May 2026

Available at: [Medscape](#)

A binational study of over 30 million people in South Korea and Japan found that COVID was associated with an increased long-term risk for developing certain ophthalmic conditions, such as glaucoma, diseases of the cornea and conjunctiva, retinopathy, uveitis, neuro-ophthalmic diseases, and blepharitis.

Physicians Are Undertreating Chronic Fatigue, They Could Change Course for Long COVID

Medscape, May 2026

Available at: [Medscape](#)

In an effort to help patients with long COVID, family medicine clinicians can borrow from the treatment of another chronic syndrome, according to a new [study published](#) in *Annals of Family Medicine*. Symptoms of the condition often resemble ME/CFS, and researchers said clinicians should adopt targeted therapies like beta-blockers and low-dose naltrexone to bridge a treatment gap.

Miscellaneous

International ME/CFS Conference roundup: Setbacks and new hopes for therapeutic research

The Sick Times, May 2026

Available at: [The Sick Times](#)

More than 50 experts from around the world presented the latest findings in basic and therapeutic research on myalgic encephalomyelitis (ME) and Long COVID at a conference in Berlin. Researchers unveiled first preliminary results from several highly anticipated clinical trials, including studies on low-dose naltrexone (LDN) and immunoabsorption.

PolyBio's Spring 2026 symposium: Advancing Long COVID biomarkers and treatments

The Sick Times, May 2026

Available at: [The Sick Times](#)

Leading researchers presented updates on Long COVID and related diseases at the PolyBio 2026 Spring Symposium. The virtual event has occurred biannually since fall 2023 and has become a popular forum for rapidfire presentations on emerging research topics in infection-associated chronic conditions (IACCs). This spring's symposium featured 30 presentations from dozens of researchers over the course of six hours.