



Long COVID current awareness bulletin

August 2025

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

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Published Research

Accelerated vascular ageing after COVID-19 infection: the CARTESIAN study
European Heart Journal, August 2025

Available at: [Oxford Academic](#)

Increasing evidence suggests that COVID-19 survivors experience long-term cardiovascular complications possibly through development of vascular damage. The study aimed to investigate whether accelerated vascular ageing occurs after COVID-19 infection, and if so, identify its determinants.

Assessing Brain Neurophysiology in COVID-19 Patients With Prolonged Cognitive Fatigue: A Comparison With Persistent Post-concussion Symptoms

Cureus, July 2025

Available at: [PMC](#)

ERP deficits, characteristic of cognitive decline in conditions like concussion and aging, are replicable in long COVID patients. Notably, these abnormalities correlate with quantifiable cognitive fatigue and functional neurological impairments. Biomarker normalization tracked with symptom resolution, confirming their clinical relevance. These accessible metrics provide objective parameters to identify virally induced cognitive deficits, addressing a critical need for validated diagnostic tools in post-viral syndromes.

Automatic detection of persistent physiological changes after COVID infection via wearable devices with potential for long COVID management

Scientific Reports, August 2025

Available at: [PMC](#)

In this retrospective study, we developed a data-driven method to objectively detect persistent physiological changes using wearable device data. Our method identified persistent physiological changes in 9.4% of COVID-19 positive individuals. Our findings demonstrate that wearable technology can be used to objectively detect chronic physiological changes beyond the acute phase of COVID-19 illness.

Cardiovascular Manifestations of Patients with Long COVID

Diagnostics, July 2025

Available at: [MDPI](#)



This study investigates the potential mechanisms behind changes in cardiac structure and function in long COVID patients. Most patients with long COVID showed structural and functional changes in their cardiovascular systems, primarily caused by prolonged inflammation.

Coping with stressful life disruptions due to long COVID: A qualitative study
PLOS One, August 2025

Available at: [PLOS One](#)

Long COVID impacts people's physical health and cognition which immensely affects their psychosocial well-being. A larger study was conducted that explored the psychosocial impacts of Long COVID on individuals and caregivers. This paper focuses on the impact of these stressful disruptions on one's health and psychosocial well-being, and how individuals cope with them.

Employment Status, Work Limitations, Cognitive Dysfunction, and Sickness Absenteeism Among US Adults With and Without Long COVID
American Journal of Industrial Medicine, August 2025

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

Long COVID may limit people's ability to carry out daily activities, including work. Little is known about the potential effect of long COVID on work limitations and absenteeism. We describe employment status and characteristics, work limitations, cognitive dysfunction, and sickness absenteeism among adults with and without long COVID.

"Have you considered that it could be burnout?"-psychologization and stigmatization of self-reported long COVID or post-COVID-19 vaccination syndrome
BMC Medicine, August 2025

Available at: [BMC](#)

People reporting long COVID (LC) or post-COVID-19 vaccination syndrome (PCVS) not only suffer from their symptoms but also from stigmatization. Despite ample account and characterization of stigma experiences so far, its mechanisms and consequences on health outcomes, and particularly the role of "psychologization" remain unclear.

Impacts of long COVID on disability, function and quality of life for adults living in Australia

Australian Journal of Primary Health, August 2025

Available at: [CSIRO](#)

Long COVID is associated with significantly reduced function and quality of life, which are distinct outcomes requiring targeted assessment and intervention. The overall impact may be exacerbated in people with pre-existing comorbidities who are more susceptible to long COVID. The findings underscore the need for targeted rehabilitation and support services for people living with long COVID.

Longitudinal relationships between changes in post-COVID mental fatigue and neuropsychiatric symptoms across distinct recovery trajectories
Inflammopharmacology, August 2025

Available at: [Springer](#)

Mental fatigue plays a central role in the chronic phase of recovery, significantly impacting cognitive and psychiatric health in individuals with persistent fatigue. Targeted interventions addressing mental fatigue are essential for improving long COVID outcomes.



'Most People with Long COVID Are Their Own Doctors': Self-Tracking and Online Patient Groups as Pathways to Challenging Epistemic Injustice
Sociology, July 2025

Available at: [Sociology](#)

This article focuses on the struggles of people with Long COVID to obtain diagnoses and treatment in the face of medical dismissal and ignorance. Drawing on interviews with people with Long COVID who have engaged in self-tracking activities, it illustrates how these practices proved a valuable, if not completely successful, way to challenge medical dominance and epistemic privilege in relation to this contested illness.

Perioperative and anesthetic considerations for post-acute sequelae of COVID (PASC)/long COVID

Perioperative Medicine, July 2025

Available at: [BMC](#)

The management of anesthesia for patients with PASC demands a customized approach given the diverse and intricate symptom profile. A thorough preoperative evaluation should concentrate on assessing cardiovascular, respiratory, neurological, and endocrine/metabolic changes associated with PASC.

Radiologic and Clinical Correlates of Long-Term Post-COVID-19 Pulmonary Sequelae

Journal of Clinical Medicine, July 2025

Available at: [MDPI](#)

The long-term sequelae of COVID-19 pneumonia, particularly the persistence of imaging abnormalities and their relationship to clinical symptoms, remain unclear. While the acute radiologic patterns are well-documented, the transition to chronic pulmonary changes—and their implications for long COVID symptoms—require systematic investigation.

Blogs

Long COVID and Returning to Work: A Hard and Frustrating Road
Medscape, August 2025

Available at: [Medscape](#)

Many patients with long COVID, struck down by the condition on the job, remain out of work and are still waiting on the finalization of workers' compensation claims. Several new studies suggested the problem may be striking more workers than previously estimated.

This Epidemiologist Also Has Long COVID

Health Central, August 2025

Available at: [Health Central](#)

After battling lingering symptoms that many dismissed as anxiety, Beth Stelson, Ph.D., joined a patient-led research and advocacy group that helped legitimize LC as a chronic health condition. Like many people with long COVID, she says that she also encountered dismissive doctors and a general lack of understanding within the medical system.

Miscellaneous

Launch Report: Long Covid Body Mapping Toolkit Webinar
Long COVID Support, August 2025

Available at: [Long COVID Support](#)

Body mapping is a visual, arts-based method that is particularly well-adapted for working with people who may struggle to put their experiences into words. People with Long Covid often struggle with communication due to cognitive dysfunction, fatigue, and simply not having the right language to describe how they feel.