



Long COVID current awareness bulletin

December 2025

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

If you would like to request any of the articles included in this bulletin, or be put onto the distribution list, please contact: ulth.library.lincoln@nhs.net

For more information on Library and Knowledge Services please go to:
www.nhslincslibrary.uk

Published Research

Evaluating medical and rehabilitation programs for long COVID: utilization, health outcomes, and healthcare costs

The American Journal of the Medical Sciences, December 2025

Available at: [AJMS](#)

Long COVID presents a substantial and evolving challenge to individuals and health systems. Despite growing interest in interdisciplinary care models, empirical evidence on their structure, utilization, and effectiveness remains limited. This study examined the delivery and outcomes of specialized outpatient programs for long COVID, focusing on: (a) patterns of program utilization; (b) patient-reported health outcomes; and (c) impacts on healthcare system utilization and costs.

Interrogating pulmonary diffusing capacity in long COVID: insights from DLCO and DLNO testing

Frontiers in Physiology, November 2025

Available at: [Frontiers](#)

The lingering respiratory effects of COVID-19, particularly in patients with Long COVID, remain poorly understood, prompting a comprehensive evaluation of lung function in this population. The findings suggest that a lack of volume available for perfusion could be problematic for these patients and as such requires further investigation for clinical management of these patients.

Long COVID: a long road ahead

Oxford Open Immunology, December 2025

Available at: [Oxford Academic](#)

A case of a previously healthy woman with Long COVID and post-COVID autonomic dysfunction and myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) is presented here from the perspective of a physician-patient relationship and a broader context of medical care and public health. Immunologic and autonomic mechanistic factors and therapies as these relate to Long COVID are highlighted.

Long COVID and work in the UK: challenges, support and perspectives

Archives of Public Health, December 2025

Available at: [BMC](#)



Long COVID presents significant challenges for working age individuals, leading to major inequalities in access to work, employment and relevant support. This study investigates the workplace support provided to people with Long COVID (PwLC) in the UK, focusing on their return-to-work (RTW) experiences. It encompasses perspectives from both PwLC and managers of PwLC. This qualitative study highlights potential barriers, challenges and gaps in supporting PwLC's RTW.

Long COVID: a review of mechanisms and treatment modalities**Inflammopharmacology, December 2025****Available at: Email ulth.library.lincoln@nhs.net to request**

Long COVID is defined by the WHO as a condition arising within 3 months of an acute COVID infection with symptoms lasting for a minimum of 2 weeks. However, this syndrome is poorly understood and has been recorded to include many systemic manifestations, including neurological, respiratory, cardiovascular, gastrointestinal, dermatological, psychosocial, and metabolic systems. This article reviews the mechanisms of Long COVID and explores current pharmacological therapies.

Management of patients with post Covid-19 condition in France: A qualitative study exploring nurses' contributions to care pathways**Journal of Public Health Research, December 2025****Available at: [PMC](#)**

While existing guidelines mention the importance of nursing contributions in Long Covid management, there is a notable gap in detailed exploration of specific nursing contributions and responsibilities in this context. The main aim of this study is to investigate the different contributions made by nurses in the management of patients with Long Covid.

Pain in Long COVID: A scoping review of clinical characteristics and patterns of manifestation**Revista latino-americana de enfermagem, December 2025****Available at: [PMC](#)**

This scoping review aims to map the available scientific evidence on the clinical characteristics and patterns of pain manifestation (location, frequency, duration, intensity, and quality) in individuals with Long COVID.

Patterns of long COVID symptoms among healthcare workers in the UK and variations by sociodemographic, clinical and occupational factors: a cross-sectional analysis of a nationwide study (UK-REACH)**Journal of the Royal Society of Medicine, December 2025****Available at: [PMC](#)**

This study aimed to examine symptom patterns between healthcare workers (HCWs) with and without long COVID, identify long COVID symptom groups and investigate how these symptom profiles vary across ethnic groups, demographic characteristics, clinical factors and occupational roles. Our findings reveal distinct patterns in long COVID symptoms among HCWs with significant variations by ethnicity, sex and occupational role. These findings emphasise the need for targeted support strategies and workplace adjustments.

PCE-CfD and Long Covid: An NHS Service Evaluation on the Benefits of Using Person-Centred Experiential Counselling for Depression With People With Long Covid**Health Expectations, December 2025**

**Available at: [Wiley](#)**

Long Covid is a condition affecting multiple organ systems and the mental health of patients. To address this, two NHS services in the West Midlands developed an integrated long-term conditions pathway, co-produced between a 'Post Covid' service and an NHS Talking Therapy service for anxiety and depression. Eligible people with Long Covid were offered person-centred experiential counselling for depression (PCE-CfD) to help improve their mental health.

Psychological Burden of Long COVID and Associated Factors Among Nurses Two Years Post-infection: A Cross-Sectional Study**Cureus, December 2025****Available at: [Cureus](#)**

Two years after infection, nurses with long COVID continue to experience substantial psychological burden, particularly among older individuals and those with more severe depressive symptoms. Although long COVID was evenly distributed across clinical departments, significant interdepartmental differences in anxiety and depression underscore the influence of work characteristics and environment.

Safety and Physical Outcomes of a Novel Australian Multidisciplinary Long COVID Clinic That Incorporates Exercise: A Prospective Observational Study**Journal of Multidisciplinary Healthcare, December 2025****Available at: [PMC](#)**

This study describes the safety and physical outcomes of a multidisciplinary Long COVID Recovery Clinic that incorporates personalised exercise prescription including respiratory and peripheral muscle strengthening, carefully monitored cardiovascular training and pacing of activity. This multidisciplinary therapy program that incorporates exercise was safe and associated with improvements in physical and functional outcomes for participants who completed the program.

Work ability trajectories and sick leave in individuals with post COVID-19 condition: 3-year follow-up of a population-based cohort**The Lancet Regional Health, November 2025****Available at: [The Lancet](#)**

Data on the longer-term impact of post COVID-19 condition (PCC) on work-related functioning is limited, despite evidence on the persistence of PCC for years after infection. This study aimed to describe changes in work ability and sick leave associated with PCC up to three years post-infection.

Blogs**Break in the case for long COVID investigators****The Harvard Gazette, December 2025****Available at: [The Harvard Gazette](#)**

In research that analysed blood samples from more than 140 participants, scientists tracked immunologic and inflammatory responses over time in patients who developed long COVID as compared with patients who fully recovered from COVID. The team found key differences in patients who developed long COVID and evidence of persistent chronic inflammation long after acute illness.