



Long COVID current awareness bulletin

January 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

Acute and long-term effects of COVID-19 on brain and mental health: A narrative review

Brain, Behavior, and Immunity, January 2025

Available at: Email library.lincoln@ulh.nhs.uk to request article

COVID infection has been associated with long term sequelae (Long COVID) which include neurological and behavioral effects in thousands of patients, but the etiology and scope of symptoms is not well understood. This paper reviews long term sequelae of COVID on brain and mental health in patients with the Long COVID syndrome.

Effectiveness of physiotherapy modalities on persisting dyspnoea in long COVID: A systematic review and meta-analysis

Respiratory Medicine, January 2025

Available at: [Respiratory Medicine](#)

Dyspnoea is often found months and years later in the “long-covid” syndrome, impairing quality of life and further perpetuating anxiety and post-traumatic stress disorders.

Physiotherapy was recommended as a treatment in long-covid, but there is still insufficient evidence on its effectiveness.

Long COVID in Children and Adolescents: Mechanisms, Symptoms, and Long-Term Impact on Health—A Comprehensive Review

Journal of Clinical Medicine, January 2025

Available at: [MDPI](#)

Long COVID, also known as post-acute sequelae of SARS-CoV-2 infection (PASC), is increasingly recognized as a condition affecting not only adults but also children and adolescents. While children often experience milder acute COVID-19 symptoms compared to adults, some develop persistent physical, psychological, and neurological symptoms lasting for weeks or months after initial infection. This review synthesizes the existing literature on long COVID in children, examining its prevalence, symptomatology, risk factors, and potential mechanisms, with an emphasis on the need for further clinical studies.



Post COVID-19 and Long COVID Symptoms in Otorhinolaryngology—A Narrative Review

Journal of Clinical Medicine, January 2025

Available at: [MDPI](#)

Post/Long COVID (syndrome) is defined as a condition with symptoms persisting for more than 12 weeks after the onset of SARS-CoV-2 infection that cannot be explained otherwise. The prevalence of self-reported otorhinolaryngological Post/Long COVID symptoms is high. The aim of this review was to analyze the current literature regarding the actual prevalence, knowledge of the etiopathology, and evidence-based treatment recommendations of otorhinolaryngology-related Post/Long COVID symptoms.

Prevalence and symptoms of Long Covid-19 in the workplace

Occupational Medicine, January 2025

Available at: [Oxford Academic](#)

This review is aimed to identify the prevalence of Long Covid-19 in the workplace and to determine the various symptoms of Long Covid-19 experienced by the workers. The review indicates a significant burden of long-lasting symptoms within the workforce.

Two-day cardiopulmonary exercise testing in long COVID post-exertional malaise diagnosis

Respiratory Physiology & Neurobiology, January 2025

Available at: [Science Direct](#)

Post-exertional malaise symptoms (PEM) in Long COVID patients, in the absence of differences in two-day cardiopulmonary exercise test responses separated by 24 hours, suggests that PEM is not due to impaired recovery of exercise capacity between days.

Change in frailty among older COVID-19 survivors

Journal of the American Geriatrics Society, November 2024

Available at: Email library.lincoln@ulh.nhs.uk to request article

COVID-19 survivors are at greater risk for new medical conditions. Among older adults, where multimorbidity and functional impairment are common, frailty measurement provides a tool for understanding how infection impacts future health beyond a one-disease-at-a-time approach. We investigated whether COVID-19 was associated with change in frailty among older Veterans.

Blogs

Dismissed and Disbelieved, Some Long COVID Patients Are Pushed Into Psychiatric Wards

Time, January 2025

Available at: [Time](#)

In late 2022, Erin, a 43-year-old from Pennsylvania, agreed to spend six weeks in a psychiatric ward, getting intensive treatment for an illness she knew she didn't have. She was admitted for a six-week stay and given diagnoses she knew were wrong: an eating disorder and anxiety. The vast majority of Long COVID patients will not land in psychiatric wards, but Erin is far from the only one who has.

'We think of the body as a map': a new approach to deciphering long Covid

The Guardian, January 2025

Available at: [The Guardian](#)



People with post-infectious diseases sometimes struggle to communicate the debilitating impact of their conditions. But a new technique can help them explain visually. The researchers have now developed an online toolkit that makes body mapping accessible to more people, including those who are unable to leave their homes due to their illness.

The Long COVID Kids Choir: giving voice to young people's experiences of a life-changing illness

World Health Organisation, December 2024

Available at: [World Health Organisation](#)

"Before I had long COVID, I didn't have to use a wheelchair," says 12-year-old Cerys. "And now I do, almost all the time. I can't go to school. You lose your friends." Cerys is part of the Long COVID Kids Choir. Members are between 10 and 16 years old, and based in the Netherlands, the UK and the USA. Due to the physical symptoms they experience, many have had to drop out of full-time education and commonly miss out on social connections. Now, the young people meet online to sing simple, fun songs together, practice breathing exercises, and support each other in an understanding environment.

Miscellaneous

Editorial: Mental Health Distress in Long COVID Condition Among the Pediatric Population: A Contemporary Medical Challenge

Journal of the American Academy of Child and Adolescent Psychiatry, January 2025

Available at: Email library.lincoln@ulh.nhs.uk to request article

The most common features of long COVID include fatigue and headache, which frequently occur with neuropsychiatric impairments. Given that the onset of mental disorders occurs primarily in late childhood and adolescence, it is essential to focus on the pediatric population to determine the risk of mental disorder diagnosis following SARS-CoV-2 infection.

Long COVID – Integrated Approaches to Chronic Disease Management?

The American Journal of Medicine, January 2025

Available at: [The American Journal of Medicine](#)

Lived experience data from long COVID patients highlight a range of clinical experiences that includes excessive waiting times, lack of follow-up and investigation, being passed between clinical specialties, and in some extreme cases, being dismissed from services and medical gaslighting.

Shifting the dial on Long Covid

The British Psychological Society, January 2025

Available at: [The British Psychological Society](#)

If we as psychologists are to progress in helping those with LC, and other post-acute infectious syndromes like ME, we need to understand where psychological topics fit into this wider biomedical picture. With that in mind, let's take a look at a selection of recent findings relating to our discipline's favourite organ: the brain.