



# Long COVID current awareness bulletin

January 2026

**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

### **A role for chronic inflammation in long COVID**

**Nature Immunology, January 2026**

**Available at:** email [ulth.library.lincoln@nhs.net](mailto:ulth.library.lincoln@nhs.net) to request

Our study shows that people with long COVID have sustained upregulation of chronic inflammatory pathways compared with people who recovered from SARS-CoV-2 infection. These data provide insight into the pathogenesis of long COVID and define potential new therapeutic targets.

### **Cardiovascular damage and comorbidities related to long COVID: pathomechanisms, prevention, and therapy**

**Frontiers in Cardiovascular Medicine, December 2025**

**Available at:** [Frontiers](https://www.frontiersin.org)

Based on current literature this review aims to provide an up-to-date overview of the pathomechanisms affecting the cardiovascular system and the potential role of selected micronutrients, vitamins and minerals, and flavonoids as preventive and therapeutic strategies in Long Covid.

### **Characterizing Neuro-PASC outcome with the mobile Neuro-COVID recovery care companion application**

**BMC Neurology, January 2026**

**Available at:** [Springer](https://www.springer.com)

Long COVID, or post-acute sequelae of SARS-CoV-2 infection (PASC), affects 14 million people in the US. Neurologic manifestations of PASC (Neuro-PASC) are particularly debilitating. However, the evolution of these symptoms and factors associated with recovery are poorly understood. This study aimed to characterize Neuro-PASC symptom evolution using a mobile phone application and assess user experience. Our findings reveal previously unrecognized fluctuations in subjective recovery of Neuro-PASC

### **Cognitive sequela of loneliness in long COVID: Differential associations by loneliness subtypes**

**Journal of Affective Disorders, January 2026**

**Available at:** email [ulth.library.lincoln@nhs.net](mailto:ulth.library.lincoln@nhs.net) to request



Loneliness is a risk factor for cognitive decline in aging and other clinical populations, but its role in long COVID (LC) remains poorly understood. Individuals with LC may be particularly vulnerable to loneliness due to debilitating, persistent symptoms and reduced functioning. We examined associations between overall loneliness and cognition in LC versus recovered controls, and whether loneliness subtypes (social, emotional) differentially relate to cognitive function.

**Dual use of combustible and heated tobacco products associates persistent symptoms with a history of COVID-19: a JASTIS 2023 cross-sectional study**  
**Scientific Reports, November 2025**

Available at: [Nature](#)

Multiple reports have identified smoking as a risk factor for long COVID; however, few have distinguished among tobacco product types. We conducted a cross-sectional study using data from an internet-based survey administered in February 2023 to examine the association between 12 persistent symptoms and smoking status in participants with a history of COVID-19.

**Identifying subtypes of Long COVID: a systematic review**  
**EClinicalMedicine, December 2025**

Available at: [The Lancet](#)

Long COVID exhibits diverse symptoms across multiple organ systems. This study aims to summarize the existing clustering and classification approaches to support the management of Long COVID. This review identified four major approaches for categorizing Long COVID patients and their symptoms.

**Individualized online exercise therapy aids recovery in pediatric long-COVID- findings from an exploratory randomized controlled trial**  
**European Journal of Pediatrics, January 2026**

Available at: [Springer](#)

This exploratory randomized controlled trial demonstrates that individualized online exercise therapy is feasible, safe, and associated with clinically relevant improvements in physical function, quality of life, and school attendance in pediatric long-COVID, without negative side effects. The findings highlight the potential of telemedicine-based rehabilitation strategies as accessible and effective treatment approaches for children and adolescents with post-infectious conditions such as long-COVID.

**Long-term retinal dysfunction following COVID-19 infection: a one-year prospective observational study**

**BMC Ophthalmology, January 2026**

Available at: [Springer](#)

These findings indicate long-term retinal dysfunction following COVID-19 infection, highlighting the importance of ongoing ophthalmic monitoring. Non-invasive SS-OCT and SS-OCTA could offer valuable tools for detecting and managing retinal alterations associated with long COVID in the post-pandemic era.

**Metabolic and ventilatory constraints in long COVID individuals**  
**Respiratory Physiology & Neurobiology, January 2026**

Available at: [Science Direct](#)

Individuals with Long COVID exhibit reduced exercise capacity and persistent ventilatory inefficiency compared to Short COVID and control groups. At baseline and over six months,  $VO_2$ ,  $VE/VCO_2$ , and 6MWT distances were significantly impaired, highlighting the



need for targeted rehabilitation strategies to address ongoing physiological limitations in this population.

**Obesity and Long COVID: intersecting epidemics?**

**BMC Public Health, January 2026**

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

Obesity affects over 10% of the world population and has significant public health implications. With rising recognition of the long-term effects of Long COVID (LC) coupled with new agents to facilitate weight loss, it is critical to understand the influence of obesity on LC. This study assessed the association of obesity with rates of LC and degree of LC-related mental and physical health outcomes among participants up to three years after initial infection.

**Social Determinants of Health and Pediatric Long COVID in the US**

**JAMA Pediatrics, January 2026**

**Available at:** email [ulth.library.lincoln@nhs.net](mailto:ulth.library.lincoln@nhs.net) to request

In this cross-sectional analysis of a meta-cohort study including 4584 US children and adolescents, households with greater economic instability and poorer social or community context (eg, low social support and high levels of discrimination) experienced significantly higher odds of pediatric long COVID. However, those experiencing food security, despite other economic challenges, did not have higher odds of long COVID; results were similar across age groups.

**Task delegation in emerging chronic diseases: Long COVID care as a paradigm - a cross-sectional study**

**BMC Nursing, January 2026**

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

Emerging chronic diseases like Long COVID challenge traditional care models, creating therapeutic voids that nurses spontaneously fill through informal task delegation. This study examines nursing roles delegated in Long COVID care and identifies implications for nursing administration.

**Blogs**

**Long Covid stole my pro cycling dream – but what I gained in the process really surprised me**

**Cycling Weekly, December 2025**

**Available at:** [Cycling Weekly](#)

I'd love to tell you I handled this like a grown-up and paced my recovery. In reality, I did what most athletes do when the body bounces cheques it used to cash with ease: I argued with it. I tried to nudge, then negotiate, then out-stubborn biology.

**Occupational Factors Strongly Influence Long-COVID Risk**

**IS Global, December 2025**

**Available at:** [IS Global](#)

Work-related factors play a significant and independent role in the risk of developing Long-COVID, shows a new study. The findings, published in BMJ Occupational & Environmental Medicine, highlight that a substantial share of Long-COVID could be prevented through targeted workplace measures and policies.