



# Long COVID current awareness bulletin

## July 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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### Guidelines, Policies and Reports

**Exercise Intolerance and Response to Training in Patients With Postacute Sequelae of SARS-CoV2 (Long COVID): A Scientific Statement From the American Heart Association**

**The American Heart Association, June 2025**

**Available at:** [American Heart Association Journals](#)

This American Heart Association scientific statement provides a concise yet comprehensive overview of mechanisms contributing to development of Long COVID and methods by which exercise training may be applied to this unique patient population to alleviate symptoms and improve quality of life. In addition, methods of reintroducing exercise and return to play among athletes affected by COVID-19 are discussed.

### Published Research

**Addressing Inequalities in Long Covid Healthcare: A Mixed-Methods Study on Building Inclusive Services**  
**Health Expectations, July 2025**

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

Long Covid (LC) significantly impacts health, economic and social activities. Women, deprived, learning disability, homeless and some minority ethnic populations have high prevalence rates but low access to support, indicating health inequities in LC care. Study participants from disadvantaged groups reported delays in formal diagnosis and specialist referrals being initiated and had low trust in healthcare services. LC clinics confirmed the under-referral of those from the most disadvantaged groups.

**Case study of a 47-year-old long COVID patient diagnosed with Alzheimer's disease**  
**Quantitative imaging in medicine and surgery, July 2025**

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

COVID-19 increases the risk of developing Alzheimer's disease (AD) in the future. However, the emergence of AD-like symptoms associated with COVID-19 has not been extensively reported nor studied. Our study has characterized AD-like COVID syndromes from multiple perspectives, facilitating future diagnosis of these diseases.

**Health economic outcomes and national economic impacts associated with Long COVID in England and Scotland**

**The European Journal of Health Economics, July 2025**



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

Two million people in the UK suffer from Long COVID (LC), imposing substantial health economic impacts. This study aimed to: 1) assess longitudinal changes in health utility scores and economic costs of LC, and number of services received at LC specialist clinics and clinic region to capture care intensity; 2) assess whether volume of services received responded to health needs; and 3) estimate the national economic impact of LC.

**Identifying the prevalence of symptoms of anxiety and depression in patients with post COVID**

**Journal of Psychosomatic Research, July 2025**

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

This study aims to characterise the psychological needs of patients with Long COVID and provide guidance for psychological and MDT services working with this patient cohort. As with any long-term condition, it is important to understand the prevalence of psychological comorbidities for those with Long COVID.

**Intermittent fasting and a no-sugar diet for Long COVID symptoms: a randomized crossover trial**

**Scientific Reports, July 2025**

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

Long COVID (LC) is a common chronic health condition that impairs daily functioning and social connections. This is the first randomized clinical trial to directly compare the effect of two Intermittent Fasting regimens on LC symptoms. Both intermittent fasting interventions decreased symptoms over the 10-week trial but the more intense fasting regimen was significantly better.

**Long COVID syndrome: exploring therapies for managing and overcoming persistent symptoms**

**Inflammopharmacology, July 2025**

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

This review examines the epidemiology, risk factors, and clinical manifestations of long COVID, with a focus on its impact on cardiopulmonary, neurological, and mental health. Therapeutic approaches include pharmacological interventions such as anti-inflammatory agents, antioxidants, neuroprotective drugs, and repurposed medications. Non-pharmacological strategies, such as physical rehabilitation, cognitive therapy, dietary modification, and emerging therapies like stem cell therapy, as well as immunomodulatory approaches, offer promising avenues for recovery.

**Multimodal Telerehabilitation in Post COVID-19 Condition Recovery: A Series of 12 Cases**

**Reports, March 2025**

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

Patients underwent home rehabilitation using a 12-week synchronous telerehabilitation system. The intervention included therapeutic education and physical and respiratory rehabilitation. After 12 weeks, significant improvements were found in fatigue, aerobic capacity, and limb and respiratory strength. However, no improvement was found in dyspnea scores.

**Patient-reported treatment outcomes in ME/CFS and long COVID**

**PNAS, July 2025**

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



Myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) and long COVID are debilitating conditions that currently lack approved treatments. This study analyzes patient-reported outcomes from over 3,900 individuals, identifying treatments perceived as beneficial and uncovering symptom-based patient subgroups with distinct responses to therapies. These findings offer valuable real-world insights for patients and their healthcare providers and help identify promising candidates for clinical trials.

**Prevalence and severity of neurologic symptoms in Long-COVID and the role of pre-existing conditions, hospitalization, and mental health**  
**Frontiers in Neurology, June 2025**

Available at: [Frontiers](#)

Long-COVID has a high burden of long lasting and severe neurological sequelae. These sequelae are independent of pre-existing self-reported neurologic and psychiatric conditions, as well as previous hospitalization. Current moderate to severe anxiety and depression status can impact fatigue, cognition, and sleep post COVID-19.

**Validity of the test for attentional performance in neurological post-COVID condition**  
**Scientific Reports, July 2025**

Available at: [Nature](#)

Neurological post-COVID condition (PCC) often involves attentional deficits that impact daily functioning. Traditional paper-based tests, like the Trail-Making Test (TMT), may inadequately capture these impairments due to their short duration and dependence on numerical and alphabetic sequencing. This study evaluates the validity of three subtests of the computerized Test for Attentional Performance (TAP) as alternatives for detecting attentional impairments in PCC.

**Blogs/Editorials**

**'Long Covid patients feel invisible and left behind'**

**BBC News, July 2025**

Available at: [BBC News](#)

In Norwich, 4,800 people have been through the doors of the Post-Covid Assessment Clinic, where a group of NHS staff reassures patients they are not alone with this often invisible - and misunderstood - condition. Here are some of their stories.

**Some people are turning to nicotine gum and patches to treat long COVID brain fog**  
**The Conversation, June 2025**

Available at: [The Conversation](#)

Some people with long COVID are turning to an unlikely remedy: nicotine gum and patches. Though typically used to quit smoking, nicotine is now being explored as a possible way to ease symptoms such as brain fog and fatigue.

**What Long COVID Can Teach Psychiatry—and Its Critics**  
**Psychiatric Times, July 2025**

Available at: [Psychiatric Times](#)

Psychiatry is not alone in struggling with complex clinical presentations whose recognition and diagnosis are based primarily (though not entirely) on the patient's reported symptoms and life experience. Long COVID presents complex symptoms without clear diagnostic criteria, challenging traditional medical understanding and emphasizing the need for compassionate care.



## Books

**A selection of Long COVID books. These books are available at libraries across our consortium, and they can be sent to your work address. Please email us if you would like to borrow.**

**Mindfulness-based therapy for managing fatigue : supporting people with ME/CFS, fibromyalgia and long Covid**

McKechnie, Fiona, 2024

**Unravelling long COVID**

Goldenberg, Don, 2023

**Breaking free from long covid**

Gahan, Lucy, 2023

**Managing long covid syndrome**

Vasu, Thanthullu, 2022