



Long COVID current awareness bulletin

December 2024

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 24-month National Cohort Study examining long-term effects of COVID-19 in children and young people

Nature Communications Medicine, December 2024

Available at: [Nature](#)

Some children and young people infected with SARS-COV-2 experience impairing symptoms post-infection, known as post-COVID-19 condition (PCC). Using data from the National Long COVID in Children and Young People (CloCk) study, we report symptoms and their impact up to 24-months post-infection. The study finds 70% of 11-17 year olds recover within two years although almost a third continue to be affected by the condition.

A psychological model of predictive factors of distress following long COVID
Journal of Affective Disorders, December 2024

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

This study examines psychological distress in two long COVID populations, and their experience of fatigue, cognitive failures, experiential avoidance, rumination, and perceived injustice. Participants were recruited via a long COVID hospital clinic and online self-diagnosing samples.

Defining and measuring long COVID fatigue: a scoping review
BMJ Open, December 2024

Available at: [BMJ](#)

Long COVID encompasses a range of symptoms in which fatigue is one of the most prevalents. It is clear from other conditions that the definition and measurement of fatigue can be complex, but it is not clear how fatigue is defined and measured in long COVID. To advance our understanding, this review summarises the definitions and measures of long COVID fatigue being used by researchers.

Impact of COVID-19 on heart rate variability in post-COVID individuals compared to a control group

Scientific Reports, December 2024

Available at: [Nature](#)



This study investigated the impact of mild COVID-19 on HRV in groups stratified by time after infection and to compare to a healthy group of the same age without previous virus infection and without need of hospitalization.

Muscle weakness post-COVID: a practical guide for primary care
British Journal of General Practice, December 2024

Available at: [BJGP](#)

Since the earliest stages of the pandemic, muscle weakness has been a key symptom described by patients post-COVID infection. Estimated to affect up to 60% of those with long COVID, it can have a profound effect on the ability to carry out activities of daily living.¹ Many patients describe a fluctuating pattern to such symptoms, which can be triggered by exercise or fatigue.

People from ethnic minorities seeking help for long COVID: a qualitative study
British Journal of General Practice, December 2024

Available at: [BJGP](#)

People from ethnic minority groups are disproportionately affected by COVID-19, less likely to access primary health care, and have reported dissatisfaction with health care. Although the prevalence of long COVID in ethnic minority groups is unclear, such populations are underrepresented in long-COVID specialist clinics and long-COVID lived-experience research, which informed the original long-COVID healthcare guidelines.

Tackling persistent neurological symptoms in patients following acute COVID-19 infection: an update of the literature
Expert Review of Neurotherapeutics

Available at: [Taylor & Francis](#)

The purpose of this narrative review is to analyze and synthesize the current literature regarding Long COVID, its relation to the nervous system, and to explore the evidence on treatments for persistent neurological symptoms. The most common reported and observed neurologic manifestations include fatigue, cognitive impairment, pain, polyneuropathy, and neuropsychiatric disorders. A variety of pharmacologic and non-pharmacologic therapies have been evaluated and yielded mixed results.

Understanding Post-COVID-19: Mechanisms, Neurological Complications, Current Treatments, and Emerging Therapies

International Journal of General Medicine, December 2024

Available at: [NLM](#)

This review highlights the intracellular and extracellular pathways crucial to the neurological manifestations of PACS, providing valuable information for healthcare professionals and scientists. Given the complex nature of PACS, understanding these pathways is essential for developing new treatment options.

Healthcare utilisation of 282,080 individuals with long COVID over two years: a multiple matched control, longitudinal cohort analysis

Journal of the Royal Society of Medicine, November 2024

Available at: [Sage](#)

This study aimed to investigate healthcare utilisation and cost in individuals with long COVID (LC) at population level. Healthcare utilisation per person was higher in LC than controls across GP, outpatients and emergency department. For inpatient, LC had higher healthcare utilisation than pre-LC and contemporary non-COVID controls. Future funding,



resources and staff for LC prevention, treatment and research must be prioritised to reduce sustained primary and secondary healthcare utilisation and costs.

Interventions for the management of long covid (post-covid condition): living systematic review

BMJ, November 2024

Available at: [BMJ](#)

Healthcare providers are increasingly encountering patients with long covid, and, in the absence of trustworthy and up-to-date evidence, patients may receive unproven, costly, and harmful treatments. Some patients and healthcare providers have questioned the credibility of interventions in trials, such as exercise and CBT. We present the first iteration of a living systematic review of interventions for the management of long covid.

Long COVID and recovery from Long COVID: quality of life impairments and subjective cognitive decline at a median of 2 years after initial infection

BMC Infectious Diseases, November 2024

Available at: [BMC](#)

Long COVID is associated with long-term subjective cognitive decline and diminished quality of life. Clinically significant cognitive complaints, fatigue, and pain were present even in those who reported they had recovered from Long COVID. These findings have implications for the sustainability of participation in work, education, and social activities.

Long COVID in healthcare workers: longitudinal mixed-methods study

Occupational Medicine, November 2024

Available at: [Oxford Academic](#)

Healthcare workers report higher rates of long COVID than other occupational groups. This study aimed to investigate their lived experiences. Most participants continued working, managing complex and dynamic symptoms affecting their everyday life and ability to work. Most did not report significant improvements over time and feared for their future and financial security.

Blogs

The pandemic's untold fertility story

ABC News, December 2024

Available at: [ABC](#)

Long COVID is snuffing out some patients' dreams of having children, sharpening the pain of loss, grief and medical neglect.

'We need Psychologists... but please don't psychologise Long Covid'

The British Psychological Society, November 2024

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

Dr Aspa Paltoglou hears from physician Dr David Joffe about what's needed from Psychology to treat Long COVID; from Janina Bradshaw about what Psychotherapists can do; and from occupational therapist Kirsty Stanley.

Britain has closed its eyes to long Covid – which means it will ravage even more lives and livelihoods

The Guardian, October 2024

Available at: [The Guardian](#)

Unlike the US, Canada and Australia, the UK is only giving free boosters to some. But the cost of restricting them could be huge.