



Long Covid Current Awareness Bulletin

February 2024

Guidelines, Policies and Reports

Supporting recovery after long COVID

NHS Employers, January 2024

Available at: [NHS Employers](#)

Information on how you can support staff recovering from long COVID. Recovering from long COVID can be a lengthy process and employees will need to be supported to recover at their own pace ensuring that they do not relapse.

Published research

Association of Long COVID with mental health disorders: a retrospective cohort study using real-world data from the USA

BMJ Open, February 2024

Available at: [BMJ Open](#)

This study aims to assess Long COVID's association with increased mental health disorder (MHD) risk using extensive real-world data. After adjusting for 4 demographic factors and 10 comorbidities, Long COVID was associated with MHD. In subgroup analysis, Long COVID was associated with major depression disorder and generalised anxiety disorder. The MHD impact is significant considering the vast number of patients with Long COVID.

Blood-brain barrier disruption and sustained systemic inflammation in individuals with long COVID-associated cognitive impairment

Nature Neuroscience, February 2024

Available at: [Nature](#)

This study shows that blood-brain barrier (BBB) disruption is evident during acute infection and in patients with long COVID with cognitive impairment. Using dynamic contrast-enhanced magnetic resonance imaging, we show BBB disruption in patients with long COVID-associated brain fog.

Clinical effectiveness of an online supervised group physical and mental health rehabilitation programme for adults with post-covid-19 condition (REGAIN study): multicentre randomised controlled trial

The BMJ, February 2024

Available at: [The BMJ](#)

This study aimed to evaluate whether a structured online supervised group physical and mental health rehabilitation programme can improve health related quality of life compared with usual care in adults with Long COVID. In adults with Long COVID, an online, home based, supervised, group physical and mental health rehabilitation programme was clinically effective at improving health related quality of life at three and 12 months compared with usual care.



Different but the Same: Common Themes in Illness Experience Among People With Diverse Long COVID Symptoms and the Potential Benefits of Virtual Group Medical Visits
Journal of Patient Experience, February 2024

Available at: [Sage](#)

People with long COVID describe symptoms that are unfamiliar and unpredictable. Group-based care provided treatment options, respect, connection, and knowledge to patients. This model of virtual healthcare delivery may be particularly well suited for the needs of patients with long COVID and may help to re-establish trust in the medical establishment.

Does Pre-existing Diabetes Correlate with Long COVID-19 in Europe? Evidence from the Analysis of the Survey of Health, Ageing and Retirement in Europe's Corona Surveys
Journal of Diabetes Research, February 2024

Available at: [Hindawi](#)

This study aimed to investigate whether having pre-existing diabetes increases the risk of developing long COVID-19 in the population of middle-aged and older adults. Respondents with pre-existing diabetes had significantly higher odds of developing long COVID-19, compared to those without diabetes. This relationship remained significant after adjusting for sex, hospitalization for COVID-19 illness, pre-existing hypertension, and overweight and obese weight status.

Effect of pulmonary rehabilitation on exercise capacity, dyspnea, fatigue and peripheral muscle strength in patients with post-COVID-19 syndrome: A systematic review and meta-analysis
Archives of Physical Medicine and Rehabilitation, February 2024

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

Meta-analysis showed an increase in exercise capacity with pulmonary rehabilitation compared to control and a reduction in fatigue. There were no differences between telerehabilitation and face-to-face pulmonary rehabilitation regarding effects on peripheral muscle strength, dyspnea and fatigue.

Patient Experiences Navigating Care Coordination For Long COVID: A Qualitative Study
Journal of General Internal Medicine, February 2024

Available at: [Springer](#)

Little is known about how to best evaluate, diagnose, and treat long COVID, which presents challenges for patients as they seek care. Our findings shed light on challenges faced by patients with long COVID. Healthcare systems and providers should consider these challenges when developing strategies to improve care coordination for patients with long COVID.

The global prevalence of depression, anxiety, and sleep disorder among patients coping with Post COVID-19 syndrome (long COVID): a systematic review and meta-analysis
BMC Psychiatry, February 2024

Available at: [BMC Psychiatry](#)

This systematic review and meta-analysis aims to comprehensively assess the global prevalence of depression, anxiety, and sleep disorder in individuals coping with Post COVID-19 syndrome. The results demonstrate a considerable burden of mental health issues, including depression, anxiety, and sleep disorders, among individuals recovering from COVID-19. The findings emphasize the need for comprehensive mental health support and tailored interventions for patients experiencing persistent symptoms after COVID-19 recovery.



The relationship between performance validity testing, external incentives, and cognitive functioning in long COVID

Journal of Clinical and Experimental Neuropsychology, February 2024

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

Consistent with other populations, results suggest Long COVID cases are not immune to Performance validity test (PVT) failure and external incentives are associated with PVT failure. Results indicated that individuals in the Pass and Intermediate groups showed no evidence for significant cognitive deficits, but the Fail group had significantly poorer cognitive performance. Thus, PVTs should be routinely administered in Long COVID cases and research.

A randomized open-label clinical trial on the effect of Amantadine on post Covid 19 fatigue
Scientific Reports, January 2024

Available at: [Nature](#)

This randomized controlled clinical trial assessed the impact of Amantadine on patients with post-COVID-19 fatigue. The intervention demonstrates a statistically significant reduction in fatigue levels, suggesting Amantadine's potential as an effective treatment for this persistent condition.

Multidisciplinary rehabilitation with a focus on physiotherapy in patients with Post Covid19 condition: an observational pilot study

European Archives of Psychiatry and Clinical Neuroscience, January 2024

Available at: [Springer](#)

In a pilot observational study with assessments at the entry and end of treatment we aimed to evaluate the feasibility of a 3-week day clinic bio-psycho-social rehabilitation program and explore its effects on physical functioning in PCC patients with fatigue and reduced physical capacity.

Blogs

Patients create Long COVID advice videos to help others

Guy's and St Thomas' NHS Foundation Trust, February 2024

Available at: [Guy's and St Thomas' NHS Foundation Trust](#)

Long COVID patients have helped design a series of 10 short videos to support fellow patients with their recovery. The animations are called the 'COVID Recovery Puzzle' to reflect how recuperation can feel like putting the pieces of life back together again. Videos can be watched in any order with the four 'corners' of the puzzle being most crucial to wellbeing.

I've Been Dealing With Long COVID For 400+ Days. Here's How It's Affected My Marriage.

Huffington Post, January 2024

Available at: [Huffington Post](#)

"One of the worst effects of this strange illness has been the way it separates my husband and me not only from our peers but also from each other."



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Library Services

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Can't find the information you need? We can do literature searches for you: <https://www.nhslincslibrary.uk/search-request/>

We can provide training on how to search healthcare databases and resources as well as showing you how to appraise the information that you find: <https://www.nhslincslibrary.uk/training/>

Online Resources

BMJ Best Practice is a clinical decision support tool that provides step-by-step guidance on diagnosis, prognosis, treatment and prevention of a wide variety of conditions: <https://bestpractice.bmj.com/oafed>

ClinicalKey is a database which supports healthcare professionals by providing access to the latest evidence across specialties: <https://www.clinicalkey.com/>