



# Long Covid Current Awareness Bulletin

## May 2024

### Published research

**A lifestyle adjustments program in long COVID-19 improves symptomatic severity and quality of life. A randomized control trial**

**Patient Education and Counseling, May 2024**

Available at: [Science Direct](#)

This study assesses the effectiveness of an intervention based on self-adjustment strategies to improve symptomatic severity and quality of life in individuals with long COVID-19 syndrome. Significant differences were observed between the intervention group and the control group when assessing symptomatic severity and quality of life, indicating that the intervention based on self-adjustment strategies yielded positive outcomes.

**Effects of pulmonary rehabilitation on functional and psychological parameters in post-acute sequelae of SARS-CoV-2 infection (PASC) patients**

**BMC Pulmonary Medicine, May 2024**

Available at: [BMC](#)

Pulmonary rehabilitation (PR) is a recommended treatment for Post-Acute Sequelae of SARS-CoV-2 Infection (PASC); however, there is a lack of data regarding PR's effect on multiple health indices and the factors that influence patient outcomes. The aim of our study is to evaluate the impact of pulmonary rehabilitation on functional and psychological parameters in patients diagnosed with PASC, thereby offering insights into the efficacy of such interventions in improving the quality of life and clinical outcomes for these individuals.

**Exploring the perceptions and experiences of community rehabilitation for Long COVID from the perspectives of Scottish general practitioners' and people living with Long COVID: a qualitative study**

**BMJ Open, May 2024**

Available at: [BMJ Open](#)

There are several patient, GP and service-level barriers to accessing community rehabilitation for Long COVID (LC). There is a need for greater understanding by the public, GPs and other referrers of the role of community rehabilitation professionals in the management of LC. There is also a need for community rehabilitation services to be well promoted and accessible. The findings of this study can be used by those (re)designing community rehabilitation services for people with LC.

**Exploring the recovery journey of COVID-19 critical care survivors during the first year after hospital discharge**

**Journal of the Intensive Care Society, May 2024**

Available at: [NCBI](#)



This study aimed to explore the longitudinal recovery of patients admitted to critical care following COVID-19 over the year following hospital discharge and to understand the important aspects of the patients' recovery process and key elements of their caregivers' experiences during this time.

**Holding the hope? Therapist and client perspectives on long COVID recovery: A Q-methodology**  
**British Journal of Health Psychology, May 2024**

Available at: [Wiley](#)

Long COVID is a global health concern which has debilitating effects on the individual experiencing it. In the United Kingdom, psychological therapies are being offered to people with long COVID, although the evidence for these therapies is yet to be demonstrated. This research aimed to understand how therapists and clients define and understand recovery from long COVID, and use hope theory to interpret the results.

**Long COVID among US adults from a population-based study: Association with vaccination, cigarette smoking, and the modifying effect of chronic obstructive pulmonary disease (COPD)**  
**Preventive Medicine, May 2024**

Available at: Email [library.lincoln@ulh.nhs.uk](mailto:library.lincoln@ulh.nhs.uk) to request full article

Post-COVID Conditions have been widely reported, but population-based studies exploring the relationship between its risk factors are lacking. We examined the associations between Long COVID, COPD, vaccination status, and cigarette smoking.

**Post-COVID-19 respiratory sequelae two years after hospitalization: an ambidirectional study**  
**The Lancet Regional Health, April 2024**

Available at: [The Lancet](#)

COVID-19 lung sequelae can impact the course of patient lives. We investigated the evolution of pulmonary abnormalities in post-COVID-19 patients 18–24 months after hospital discharge. Post-COVID-19 lung sequelae can persist and progress after hospital discharge, suggesting airways involvement and formation of new fibrotic-like lesions, mainly in patients who were in ICU.

**The Aftermath of COVID-19: Exploring the Long-Term Effects on Organ Systems**  
**Biomedicines, April 2024**

Available at: [MDPI](#)

Long-COVID is a multidimensional syndrome with considerable public health implications, affecting several physiological systems and demanding thorough medical therapy, and more study to address its underlying causes and long-term effects is needed.

**The association between probable post-COVID-19 condition and sleep-related parameters: a longitudinal study of non-hospitalised patients**  
**Journal of Sleep Research, May 2024**

Available at: [Wiley](#)

We evaluated the association between probable post-COVID-19 condition and changes in sleep quality and quantity before and after SARS-CoV-2 infection in a consecutive sample of non-hospitalized adults.



**Accessing care for Long Covid from the perspectives of patients and healthcare practitioners: A qualitative study**

**Health Expectations, March 2024**

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

We conducted a qualitative study to identify facilitators and barriers to healthcare access for people with Long Covid, aiming to enhance our understanding of the specific nature of these barriers and how patient experiences may vary.

## **Blogs**

**Long Covid course is 'exploiting people', says ex-GB rower**

**BBC News, May 2024**

**Available at: [BBC News](#)**

A former Team GB rower claims a treatment she underwent for long Covid leaves participants feeling "blamed" for being ill. Oonagh Cousins was offered a free place on a course which teaches people they can rewire their brains to stop or improve long Covid symptoms quickly.

**Supporting NHS staff with long COVID**

**NHS Employers, April 2024**

**Available at: [NHS Employers](#)**

This blog reflects on the importance of supporting healthcare workers with long COVID to stay in work and the resources available to employers. One of the concerns we hear from healthcare workers suffering from long COVID is they often feel that their managers or peers do not believe their symptoms, and there is sometimes a lack of empathy.

## **Miscellaneous**

**Long Covid: Think yourself well?**

**BBC Sounds, May 2024**

**Available at: [BBC Sounds](#)**

Long Covid can ruin lives, and scientists are striving to understand the condition and beginning to get some early clues about possible treatments. While there are still more questions than answers, though, many have turned online for help. But could what they find there sometimes do more harm than good? Rachel Schraer goes undercover to investigate the Lightning Process, a controversial treatment programme being promoted online for Long Covid.



## Library and Knowledge Services

### 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/>