



# Long Covid Current Awareness Bulletin

## October 2024

### Published research

**A description of the development of an innovative multi-component long COVID treatment program based on central sensitization with preliminary patient satisfaction data**

**Journal of Psychosomatic Research, October 2024**

Available at: Email [library.lincoln@ulh.nhs.uk](mailto:library.lincoln@ulh.nhs.uk) to request full article or access [here](#) with your OpenAthens account

140 patients diagnosed with Long COVID after an extensive medical evaluation were assessed for function, depression, and pain catastrophizing using questionnaires and patient satisfaction measures after completion of a 16-h CBT treatment program focused on Central Sensitization. Patient satisfaction measures were high for the sample at the end of the treatment program.

**A practical framework for Long COVID treatment in primary care**

**Life Sciences, October 2024**

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

This paper presents a pragmatic, structured framework for Long COVID management in primary care, integrating current knowledge and best practices. The approach is individualized, addressing Long COVID's broad symptomatology through a four-step framework.

**Long COVID Among People With Preexisting Disabilities**

**American Journal of Public Health, October 2024**

Available at: [American Journal of Public Health](#)

People with preexisting disabilities experienced and continue to experience increased exposure to COVID-19 and barriers to accessing health care, COVID-19 vaccines, and COVID-19 tests. These barriers, combined with long-standing health disparities in this population, may have contributed to the greater prevalence of long COVID among people with disabilities.

**Mechanisms of long COVID and the path toward therapeutics**

**Cell, October 2024**

Available at: [Cell](#)

We review the current state of knowledge regarding the biology and pathophysiology of long COVID, focusing on how the proposed mechanisms explain the physiology of the syndrome and how they provide a rationale for the implementation of a broad experimental medicine and clinical trials agenda.

**Neural basis of fatigue in post-COVID syndrome and relationships with cognitive complaints and cognition**

**Psychiatry Research, October 2024**

Available at: [Science Direct](#)



The main objective was to evaluate structural and functional connectivity correlates of fatigue in post-COVID syndrome, and to investigate the relationships with an objective measure of mental fatigue and with subjective cognitive complaints. Fatigue symptoms correlated with functional connectivity and white matter integrity and diffusivity in frontal, temporal and cerebellar areas in patients with post-COVID syndrome.

**Physical exercise-related manifestations of long COVID: A systematic review and meta-analysis**

**Journal of Exercise Science & Fitness, October 2024**

Available at: [Science Direct](#)

The findings suggest an underestimation of the manifestations of PASC. COVID-19 survivors also harbor physical exercise-related symptoms of PASC that can be determined by the exercise testing and are distinct from those observed at rest. Exercise testing should be included while evaluating the symptoms of PASC in COVID-19 survivors.

**Post COVID-19 syndrome among 5248 healthcare workers in England: longitudinal findings from NHS CHECK**

**Occupational and Environmental Medicine, October 2024**

Available at: [BMJ](#)

While 33.6% reported prolonged COVID-19 symptoms consistent with PCS, only 7.4% reported a formal diagnosis of PCS. We replicate findings that direct contact with COVID-19 patients, older age, female sex, pre-existing respiratory illness and symptoms of common mental disorders are associated with increased risk of PCS.

**Anxiety and depression among individuals with long COVID: Associations with social vulnerabilities**

**Journal of Affective Disorders, September 2024**

Available at: Email [library.lincoln@ulh.nhs.uk](mailto:library.lincoln@ulh.nhs.uk) to request full article or access [here](#) with your OpenAthens account

We examined the association between symptoms of anxiety and depression among individuals with long COVID and five social vulnerabilities (expenses, employment, food insufficiency, housing, and insurance). Social vulnerabilities are risk factors for anxiety and depression in long COVID.

**How Long Is Long COVID? Evaluation of Long-Term Health Status in Individuals Discharged from a Specialist Community Long COVID Service**

**Journal of Clinical Medicine, September 2024**

Available at: [MDPI](#)

This study aimed to evaluate long-term outcomes in patients discharged from a community-based LC specialist service. 90.2% patients continued to experience LC symptoms and disability and had not returned to their pre-COVID-19 health status.

[See also: Journal of Clinical Medicine's special issue on Long COVID: [JCM | Special Issue : Long COVID: Current Approaches and Clinical Challenges in Treatment and Rehabilitation—2nd Edition](#)

**Long COVID among people with HIV: A systematic review and meta-analysis**

**HIV Medicine, September 2024**

Available at: [Wiley](#)



People with HIV might be at an increased risk of long COVID (LC) because of their immune dysfunction and chronic inflammation and alterations in immunological responses against severe COVID-19. This systematic review aimed to evaluate the association between HIV infection and LC and the prevalence and characteristics of and risk factors for LC among people with HIV.

## **Blogs**

**For kids with long COVID, "back to school" often means not returning at all**

**Salon, October 2024**

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

Far from rare, long COVID in kids is devastating families. Experts say schools can do more to help their students.

**Long Covid in NHS staff going undiagnosed, study suggests**

**Nursing Times, October 2024**

**Available at:** [Nursing Times](#)

A third of healthcare staff have symptoms consistent with long Covid but only a fraction have a formal diagnosis, a new study has found. Out of more than 5,000 NHS workers surveyed who had contracted Covid-19, 33.6% reported ongoing symptoms that would suggest they had post-Covid-19 syndrome. However, only 7.4% of the 5,248 had been formally diagnosed with long Covid

**Long COVID Rates in Kids Revised Upward: What to Know**

**Medscape, October 2024**

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

Acknowledging that kids and teens are suffering is one thing, but we're still not doing nearly enough to help them, and the repercussions could be staggering.

## **Miscellaneous**

**Is long COVID linked with orthostatic intolerance?**

**National Institute for Health and Care Research, September 2024**

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

These findings confirm people with long COVID are more likely than others to have orthostatic intolerance, and that these problems are relatively common. The researchers say that many symptoms of long COVID (such as dizziness, chest pain, palpitations and cognitive impairment) are similar to those of orthostatic intolerance. Clinicians could therefore consider performing the lean test on everyone with long COVID.

**Video: 'Long COVID has taken my nursing career'**

**Royal College of Nursing, September 2024**

**Available at:** [Royal College of Nursing](#)

Long COVID disproportionately affected nursing staff. Nichola explains how it's taken her career, and the support that she and others need from employers.



## **Library Services**

Would you like to keep up to date with the latest evidence on topics of your choice? Sign up for a current awareness alert: <https://www.nhslincslibrary.uk/knowledgeshare-request/>

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/>