



Long COVID and ME/CFS current awareness bulletin

March 2026

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

Supporting people with severe ME/CFS

NHS Learning Hub

Available at: [NHS Learning Hub](#)

This elearning session helps healthcare professionals understand how to support people living with severe ME/CFS in a safe and considerate way. It introduces the challenges linked to the condition and shows how simple changes in community and hospital settings can make care safer and more comfortable. Aimed at those working in community care acute care and wider support teams the session builds confidence in recognising individual needs and making practical adjustments.

Published Research

Associated factors and assessment of clinical symptoms including fatigue, insomnia, and gastrointestinal discomfort of chronic fatigue syndrome: a cross-sectional case-control study

Journal of Translational Medicine, February 2026

Available at: [Springer](#)

Chronic fatigue syndrome (CFS) is an often overlooked and debilitating multisystem disorder. Furthermore, the risk factors and pathophysiology of this disease remain unknown. This study aimed to assess risk factors for CFS by investigating the relationships between fatigue, sleep quality, and gastrointestinal symptoms in CFS patients, and to explore the possible pathophysiology of CFS.

Disequilibrium, Rather than Postural Orthostatic Tachycardia Syndrome, Is the Primary Determinant of Orthostatic Intolerance in Patients with Long COVID

Journal of Clinical Medicine, March 2026

Available at: [MDPI](#)

The presence of disequilibrium appears more important than POTS in the development of orthostatic intolerance (OI) in patients with long COVID. OI resolved in association with improvement of disequilibrium following treatment with oral minocycline or rTMS. Disequilibrium, combined with postural reflex dysfunction, appears strongly associated with the manifestation of OI.

Evidence of White Matter Neuroinflammation in Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: A Diffusion-Based Neuroinflammation Imaging Study



Human Brain Mapping, March 2026

Available at: [Wiley](#)

This study employed an advanced diffusion-based neuroinflammation imaging (NII) model to investigate white matter neuroinflammation in ME/CFS. This study provides in vivo evidence of white matter neuroinflammation in ME/CFS, characterised by cerebral edema, cellular infiltration and axonal reorganisation. This suggests NII-derived indices may serve as sensitive biomarkers for neuroinflammation in ME/CFS.

ICD-10 Diagnoses prior to ME/CFS diagnosis in children and young people suggest potential early diagnostic indicators

Scientific Reports, February 2026

Available at: [Nature](#)

We hypothesized that distinct symptoms, clinical conditions, and patterns of healthcare utilization could be identified in SHI data that might be associated with later ME/CFS diagnosis. These early indicators may provide valuable insights into healthcare patterns and awareness, potentially facilitating earlier recognition and diagnosis.

Identifying post-exertional malaise subtypes: Differentiating physical and mental PEM manifestations

Journal of Health Psychology, February 2026

Available at: Email ulth.library.lincoln@nhs.net to request

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) is a chronic illness with post-exertional malaise (PEM) as a key symptom. This study categorized participants with ME/CFS who met PEM criteria into four groups based on severity of physical and mental PEM. These results indicate distinct PEM subtypes, emphasizing the need to recognize different manifestations of this complex symptom.

Outcomes of ME/CFS following infectious mononucleosis: seven-year follow-up of a prospective study

Frontiers in Medicine, February 2026

Available at: [Frontiers](#)

Many individuals with ME/CFS report experiencing an infectious illness prior to disease onset. Approximately 30% of cases are linked to Epstein–Barr virus (EBV) infection resulting in Infectious Mononucleosis (IM). We examined the progression of ME/CFS following IM among a cohort of college students who were recruited before they developed the infection. The findings indicate that ME/CFS following IM tends to persist over the long term, particularly among those whose illness was more severe at onset.

Persistence of Post-Acute COVID-19 Sequelae (PASC) symptoms in healthcare workers four years after ancestral SARS-CoV-2 infection: a prospective multicentre cohort

Infection, March 2026

Available at: [Infection](#)

In a prospective multicentre cohort of HCWs, we demonstrate a non-linear decline in PASC-specific symptoms over time, with up to 60% of individuals still reporting symptoms after a median of almost 4 years after aSCV2 infection. Fatigue, brain fog, and loss of smell or taste are the most prevalent symptoms. For those with subjective LC, the limitations in daily life are mostly mild, but often persist over time.

The Effect of Fluvoxamine and Metformin for Fatigue in Patients With Long COVID: An Adaptive Randomized Trial



Annals of Internal Medicine, March 2026

Available at: [ACP Journals](#)

Participants were randomly assigned to fluvoxamine, metformin, or matching placebo for 60 days. Fluvoxamine showed a significant reduction in fatigue compared with placebo at day 60, with a sustained effect at day 90. Fluvoxamine also improved quality-of-life scores with high posterior probability. Metformin showed no significant benefit.

Treatment of post-COVID symptoms with auricular vagus nerve stimulation

Wiener medizinische Wochenschrift, March 2026

Available at: Email ulth.library.lincoln@nhs.net to request

We present a retrospective analysis of nine long COVID patients undergoing auricular vagus nerve stimulation for 4 weeks. Questionnaires screening for 35 symptoms and 22 aspects of quality of life showed improvements in 28/35 symptoms immediately after treatment, of which 19 persisted at the 12-week follow-up.

Blogs

“It felt like a life-or-death choice”: Pregnancy with Long COVID has many unknowns

The Sick Times, March 2026

Available at: [The Sick Times](#)

Little is known so far about how people with Long COVID experience pregnancy, but some insights can be gleaned from ME as well as several ongoing studies in this area. Anecdotally, some Long COVID parents actually experienced improvements in their condition during IVF and pregnancy. A study found 30% of ME patients seem to experience the same.

Long Covid patients are forgotten, ex-GP says

BBC News, March 2026

Available at: [BBC News](#)

A doctor whose career was ended by long Covid said living victims of the virus were being forgotten by politicians and the NHS.

Our son loved the outdoors - invisible illness means he now can't walk or talk

BBC News, March 2026

Available at: [BBC News](#)

It is heartbreaking for Myfanwy and Charlie Sleep to watch their once active 28-year-old son lying in bed every day, unable to walk or talk. Tomos Sleep, from Swansea, was diagnosed with severe myalgic encephalomyelitis (ME), also known as chronic fatigue syndrome, in 2023.

When the Heart Won't Settle: Heart Symptoms in Long Covid

Long Covid Support, March 2026

Available at: [Long Covid Support](#)

Nicola Williams is a cardiology nurse specialising in heart rhythm conditions and autonomic disorders. She works closely with patients experiencing Postural Tachycardia Syndrome (PoTS) and post-viral cardiovascular symptoms.

Miscellaneous

Sequence ME & Long Covid launches

Action for M.E, February 2026

Available at: [Action for M.E](#)

Sequence ME & Long Covid is a £20 million research initiative designed to explore the root causes of ME and Long Covid using long-read, whole-genome sequencing.