



Long Covid Current Awareness Bulletin

December 2021

Guidelines, Policies and Reports

General practitioners should provide the cardiorespiratory rehabilitation' 'minimum advice' for long COVID-19 patients

Taylor & Francis, Nov 2021

Available at: [Taylor & Francis Online](#)

There are several recommendations/guidelines related to the management of long COVID-19 patients. These guidelines target the specialist physicians, mainly pulmonologists, cardiologists, physical medicine and rehabilitation specialists, or a combination of different specialists. In real practice, there is a paradox in the management of patients with long COVID-19. Indeed, general practitioners (GPs) are on the front line in the management process of long COVID-19 patients because as the pandemic evolves, more and more long COVID-19 patients will be in need of treatment/assistance. For long COVID-19 patients, and according to the World Health Organization guidelines, CRR should be provided not only at tertiary- or secondary care, but mainly at primary-care with a real implication of GPs.

Global surveillance, research, and collaboration needed to improve understanding and management of long COVID

The Lancet, Nov 2021

Available at: [The Lancet](#)

The COVID-19 pandemic has shown the power and necessity of large-scale, multicentre, adaptive platform trials and applying these approaches to long COVID will help accelerate development of an evidence base for disease management.

Published research

Rehabilitative management of post-acute COVID-19: clinical pictures and outcomes
Physical Medicine and Rehabilitation, Sep 2021

Available at: [Springer](#)

This study aimed to detect patients' characteristics who suffered severe and critical COVID-19 pneumonia admitted to the post-acute COVID-19 rehabilitation clinic in Ankara City Hospital, Physical Medicine and Rehabilitation Hospital and to share our experiences and outcomes of rehabilitation programmes applied.



Potential Long Coronavirus Disease 2019 Gastrointestinal Symptoms 6 Months After Coronavirus Infection Are Associated With Mental Health Symptoms

Gastro Journal, Oct 2021

Available at: [Gastro Journal](#)

New, chronic gastrointestinal (GI) symptoms are commonly reported after COVID-19. There is an established association between mental health symptoms and chronic GI symptoms, especially irritable bowel syndrome (IBS). However, the association between mental health symptoms and chronic GI symptoms after COVID-19 has not been fully explored.

Hyperbaric oxygen therapy for the treatment of long COVID: early evaluation of a highly promising intervention

Clinical Medicine Journal, Nov 2021

Available at: [Clinical Medicine Journal](#)

Long COVID is a common occurrence following COVID-19 infection. The most common symptom reported is fatigue. Limited interventional treatment options exist. We report the first evaluation of hyperbaric oxygen therapy (HBOT) for long COVID treatment.

Proposed subtypes of post-COVID-19 syndrome (or long-COVID) and their respective potential therapies

Wiley, Nov 2021

Available at: [Wiley](#)

While the pathophysiological mechanisms of PCS have been extensively described elsewhere, the subtypes of PCS have not. Owing to its highly multifaceted nature, this review proposes and characterises six subtypes of PCS based on the existing literature.

Blogs / Opinion Pieces

Promotion of non-evidence-based therapeutics within patient-led Long COVID support groups

Nature Medicine, Dec 2021

Available at: [Nature Medicine](#)

Long COVID support groups began as a patient-led movement, providing safe spaces for patients to discuss the disease and collectively advocate for awareness, research and support. However, in many groups, individuals and organizations have been promoting experimental treatments, ongoing clinical trials and for-profit treatment plans. Given the current lack of understanding of the disease etiology of Long COVID and lack of any proven treatment options, patients are desperate for any offered hope. The net result can be an unethical situation that endangers patient health and wellbeing and decreases the integrity and effectiveness of the patient-led movement.



Even Health-Care Workers With Long COVID Are Being Dismissed

The Atlantic, Nov 2021

Available at: [The Atlantic](#)

Before she caught COVID-19 at a wedding in March 2020, the physician associate spent her days diagnosing and treating people; after she was infected, she turned to her own colleagues for that same care. “At first,” she told me, “I felt a kinship with them.” But when her tests started coming back negative, her doctors began telling her that her symptoms—daily migraines, unrelenting vertigo, tinnitus, severe crashes after mild activity—were just in her head.

Navigating the social identity of long covid

The BMJ, Nov 2021

Available at: [BMJ](#)

Medical research into the pathophysiology of long covid, and how it can be treated is urgently needed, but it is also essential to consider social factors that may be implicated in the recovery of the millions of people with long covid across the world. It is not possible to holistically understand any individual’s experiences, without understanding their connection and place within the broader community around them. Research shows that social connections and belonging are essential determinants of health and wellbeing. All authors have lived experience of long covid.



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<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/>