



Long Covid Current Awareness Bulletin

November 2021

Guidelines, Policies and Reports

COVID-19 rapid guideline: managing the long-term effects of COVID-19

NICE, updated Nov 2021

Available at: [NICE](#)

This guideline covers identifying, assessing and managing the long-term effects of COVID-19, often described as 'long COVID'. It makes recommendations about care in all healthcare settings for adults, children and young people who have new or ongoing symptoms 4 weeks or more after the start of acute COVID-19. It also includes advice on organising services for long COVID.

Published research

A mixed-methods systematic review of post-viral fatigue interventions: Are there lessons for long Covid?

PLOS ONE, Nov 2021

Available at: [PLOS ONE](#)

This systematic review aims to examine previous literature regarding post-viral fatigue syndromes, to investigate whether these outcomes may be applicable to long COVID. Synthesis suggests that long COVID fatigue management may be beneficial when a) physical and psychological support, is delivered in groups where people can plan their functional response to fatigue; and b) where strengthening rather than endurance is used to prevent deconditioning; and c) where fatigue is regarded in the context of an individual's lifestyle and home-based activities are used.

Brain correlates of depression, post-traumatic distress, and inflammatory biomarkers in COVID-19 survivors: A multimodal magnetic resonance imaging study

Elsevier, Nov 2021

Available at: [Science Direct](#)

Psychiatric sequelae substantially contribute to the post-acute burden of disease associated with COVID-19, persisting months after clearance of the virus. We observed overlapping associations between severity of inflammation during acute COVID-19, brain structure and function, and severity of depression and post-traumatic distress in survivors, thus warranting interest for further study of brain correlates of the post-acute COVID-19 syndrome.



Evidence for impaired chronotropic responses to and recovery from 6-minute walk test in women with post-acute COVID-19 syndrome

Experimental Physiology, Nov 2021

Available at: [The Physiological Society](#)

Compared to controls, the increase in heart rate was attenuated and recovery was delayed following a 6MWT in SARS-CoV-2 participants. Women reporting specific symptoms at time of testing had greater impairments compared with controls and SARS-CoV-2 participants not actively experiencing these symptoms. Such alterations have potential to constrain not only exercise tolerance but participation in free-living physical activity in women during post-acute recovery from COVID-19.

Long COVID and COVID-19-associated cystitis (CAC)

International Urology and Nephrology, Nov 2021

Available at: [Springer](#)

There is scarce literature regarding genitourinary symptoms in COVID-19, especially post-acute disease otherwise known as Long COVID. We identified recovered COVID-19 patients presenting with new or worsening overactive bladder symptoms, known as COVID-19-associated cystitis (CAC).

Recommendations for the recognition, diagnosis, and management of long COVID: a Delphi study.

The British journal of general practice; Nov 2021; vol. 71 (no. 712); p. e815

Available at: [The British journal of general practice](#)

Abstract: In the absence of research into therapies and care pathways for long COVID, guidance based on 'emerging experience' is needed. Recommendations were generated relating to the investigation and management of long COVID. Thirty-three clinicians representing 14 specialties reached consensus on 35 recommendations. Chiefly, GPs should consider long COVID in the presence of a wide range of presenting features (not limited to fatigue and breathlessness) and exclude differential diagnoses where appropriate. Detailed history and examination with baseline investigations should be conducted in primary care. Indications for further investigation and specific therapies (for myocarditis, postural tachycardia syndrome, mast cell disorder) include hypoxia/desaturation, chest pain, palpitations, and histamine-related symptoms. Rehabilitation should be individualised, with careful activity pacing (to avoid relapse) and multidisciplinary support. Long COVID clinics should operate as part of an integrated care system, with GPs playing a key role in the multidisciplinary team. Holistic care pathways, investigation of specific complications, management of potential symptom clusters, and tailored rehabilitation are needed.



Incidence, co-occurrence, and evolution of long-COVID features: A 6-month retrospective cohort study of 273,618 survivors of COVID-19

PLOS Medicine, Sep 2021

Available at: [PLOS Medicine](#)

This study aims to address the lack of information regarding incidence and co-occurrence of long-COVID features, their relationship to age, sex, or severity of infection, and the extent to which they are specific to COVID-19.

Blog

Through my eyes: Long-neuro Covid

Available at: [Medical News Today](#)

Newly qualified junior doctor Kelly Ann Fearnley contracted Covid-19 last year and is now raising awareness of long covid, the associated neurological sequelae, and the daily struggles she now faces.

Miscellaneous

Living with Long COVID

ZOE COVID Study, Oct 2021

Available at: [ZOE COVID](#)

In this webinar, lasting just under an hour, professor Tim Spector, lead scientist at the ZOE COVID Study, was joined by his colleagues from King's College London, Dr Claire Steves, Reader in ageing research, and Professor Alexander Hammers, who works in imaging and neuroscience and suffers from long COVID. This webinar provides an in depth talk around long COVID experiences, answers questions from the public, and offers suggestions of where sufferers might find help.



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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/>