



# Long Covid Current Awareness Bulletin

## February 2022

### Guidelines, Policies and Reports

**Understanding the need for and provision of speech and language therapy services for individuals with post-COVID syndrome in the UK**

**The Royal College of Speech and Language Therapists**

Available at: [RCSLT](#)

Post-COVID syndrome (also known as Long COVID) is estimated to be currently affecting 1.7% of the UK population. Emerging research highlights that a substantial portion of these individuals may experience difficulties that are best supported by speech and language therapists (SLTs), including: difficulties finding words, changes to their voice, difficulties with swallowing and abnormal feelings in the throat.

### Published research

**Effects of exercise rehabilitation in patients with long COVID-19**

**European journal of preventive cardiology, published Jan 2022**

Available at: [Oxford Academic](#)

Given the central role of appropriate level of physical fitness in patients with long COVID-19, rehabilitation could play a pivotal role in this new and poor-known scenario. Therefore, it is crucial to establish rehabilitation strategies, that enable optimal recovery of these patients.

**Long covid in children and adolescents**

**BMJ, January 2022**

Available at: [BMJ](#)

In children and adolescents, acute covid-19 is less severe than in adults. Concern among many parents has therefore focused more on the potential long term effects of SARS-CoV-2 infection. Unfortunately, fewer data is available on long covid in young people compared with adults.

**Psychological Symptoms in COVID-19 Patients: Insights into Pathophysiology and Risk Factors of Long COVID-19**

**Biology, January 2022**

Available at: [MDPI](#)

There is growing evidence of studies associating COVID-19 survivors with increased mental health consequences. Mental health implications related to a COVID-19 infection include both acute and long-term consequences. Here we discuss COVID-19-associated psychiatric



sequelae, particularly anxiety, depression, and post-traumatic stress disorder (PTSD), drawing parallels to past coronavirus outbreaks.

**Long COVID-19 and the Role of the Patient–Clinician Interaction in Symptom Management**  
**The Journal of Patient Experience, February 2022**

Available at: [The Journal of Patient Experience](#)

Clinicians, despite a seeming lack of resources, do indeed have a potent neurobiological therapeutic in hand that can positively or negatively affect daily clinical outcomes. We assert that the very nature of the clinical encounter and the biopsychosocial factors surrounding the patient–clinician interaction can have meaningful effects on clinical outcomes including quality of life and symptom improvements.

## **Blogs**

**Long COVID and self-management**

**The Lancet, January 2022**

Available at: [The Lancet](#)

People with COVID-19 often have symptoms in the long term, including fatigue, breathlessness, and neurocognitive difficulties. The disease mechanisms causing long COVID are unknown, and there are no evidence-based treatment options. Clinical guidelines focus on symptom management, and various treatment options are being evaluated. The scarcity of advice has often left people with long COVID feeling isolated and frustrated in their search for therapies.

**Pandemic health consequences: Grasping the long COVID tail**

**PLoS Medicine, January 2022**

Available at: [PLoS medicine](#)

Early pandemic public messaging strategies focused on flattening the peak of the acute COVID-19 infection curve to preserve healthcare system capacity and its ability to deliver high-quality care. These efforts were generally successful. To preserve ongoing system capacity and provide high-quality patient care, the long COVID tail does not require further flattening, but rather demands new clinical and health policy strategies to address its potential for longterm suffering. Here, we must recognize that the head of the pandemic often demands our immediate attention, but we must not ignore its long and deadly tail.

**How can you help me integrate my long covid care?**

**BMJ, January 2022**

Available at: [BMJ](#)

Carl Jreidini discusses his search for answers as he navigated recovery from long covid.



## Library and Knowledge Services

### **How technology can support with symptoms of Long Covid**

**AbilityNet, January 2022**

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

Long Covid symptoms may make it harder to work with technology. However, you can make adjustments that will help, and tech can also make it easier to work despite Long Covid.

### **Recognising and bearing the burden of long COVID-related disability**

**BJGP, February 2022**

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

Lack of attention to long COVID-related disability has contributed to ineffective and unsafe policy decisions, for example, relating to mitigation in schools. This is perhaps unsurprising given that, with the recent exception of mental health issues in veterans, governments have a long tradition of ignoring disability in those under 65 years.

### **The great gaslighting: how Covid longhaulers are still fighting for recognition**

**The Guardian, February 2022**

**Available at:** [The Guardian](#)

People with long Covid face an uphill battle convincing skeptics their malady is real – but discrediting uncommon conditions is hardly a new phenomenon.

## 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.nhslinclslibrary.uk/knowledgeshare-request/>

Can't find the information you need? We can do literature searches for you:

<https://www.nhslinclslibrary.uk/page/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.nhslinclslibrary.uk/page/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/>