



# Long Covid Current Awareness Bulletin

## September 2024

### Published research

**Clinical practice guidelines and expert consensus statements on rehabilitation for patients with COVID-19: a systematic review**  
**BMJ Open, September 2024**

Available at: [BMJ](#)

This systematic review summarised rehabilitation recommendations for patients with COVID-19 in the present clinical practice guidelines and expert consensus statements and assessed the heterogeneity of recommendations.

**Cognitive and psychiatric symptom trajectories 2–3 years after hospital admission for COVID-19: a longitudinal, prospective cohort study in the UK**  
**The Lancet Psychiatry, September 2024**

Available at: [The Lancet](#)

COVID-19 is known to be associated with increased risks of cognitive and psychiatric outcomes after the acute phase of disease. We aimed to assess whether these symptoms can emerge or persist more than 1 year after hospitalisation for COVID-19. Psychiatric and cognitive symptoms appear to increase over the first 2–3 years post-hospitalisation due to both worsening of symptoms already present at 6 months and emergence of new symptoms.

**Connecting the Dots: Unveiling the Overlapping Realities of Long Coronavirus Disease and Post-Intensive Care Syndrome**

**Critical Care Nursing Clinics of North America, September 2024**

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

Critical care areas saw an unprecedented number of patients throughout the COVID-19 pandemic. Unfortunately, many of these patients continue to experience lingering symptoms long after their discharge from the intensive care unit, related to post-intensive care syndrome and/or post-acute sequelae of COVID-19. Nurses should be aware of these often invisible illnesses and attentive to the fact that this patient population requires ongoing support via multidisciplinary, coordinated care.

**Effects of rehabilitation interventions for old adults with long COVID: A systematic review and meta-analysis of randomised controlled trials**

**Journal of Global Health, September 2024**

Available at: [NCBI](#)

Old adults with long COVID who underwent rehabilitation interventions experienced significant improvement in functional capacity, fatigue, quality of life, independence in activities of daily living, and mental health outcomes compared with usual/standard care. These findings suggest that screening, management, and rehabilitation interventions for long COVID in older adults should be strengthened, thereby reducing the long-term disease burden caused by long COVID and fostering healthy aging during the post-pandemic era.



**How Mild Is the Mild Long COVID? A Comprehensive Neuropsychological Assessment of Patients with Cognitive Complaints**

**Archives of Clinical Neuropsychology, September 2024**

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

We aimed to investigate the neuropsychological aspects of long-term COVID-19 in non-hospitalized adults compared with a control group. Significant reductions in verbal working memory were observed in the mild COVID group. Levels of anxiety were found to have a significant impact on difficulties with visual recognition memory. This study reveals important neuropsychological alterations in individuals following mild COVID-19, emphasizing executive functions deficits.

**New Chaotic Reality: Creative Writing Workshops for Long COVID Patients**

**Journal of Medical Humanities, September 2024**

**Available at:** [Springer](https://www.springer.com)

Writing affects a person's wellbeing and can influence physical changes in the body. For example, in a 2017 study, Robinson et al. found that 'emotionally expressive' writing makes physical wounds heal faster when compared to writing that did not engage the emotions. The Writing Long COVID project aimed to use emotionally expressive writing to explore how creative production can affect a person's experience of this new chronic condition.

**Post-Acute Sequelae of Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) After Infection During Pregnancy**

**Obstetrics & Gynecology, September 2024**

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

This study aimed to estimate the prevalence of post-acute sequelae of severe acute respiratory syndrome coronavirus infection (PASC) after infection with COVID during pregnancy and to characterize associated risk factors. The prevalence of PASC at a median time of 10.3 months after infection during pregnancy was 9.3%. The predominant symptoms were postexertional malaise, fatigue, and gastrointestinal symptoms. Several socioeconomic and clinical characteristics were associated with PASC after infection during pregnancy.

**Self-perceived barriers to healthcare access for patients with post COVID-19 condition**

**BMC Health Services Research, September 2024**

**Available at:** [BMC](https://www.bmc.com)

Many patients with post COVID-19 condition (PCC) require healthcare services. However, qualitative studies indicate that patients with PCC encounter many barriers to healthcare access. This cross-sectional study aimed to determine how many PCC patients report barriers to healthcare access and which barriers are reported, and to explore differences between subgroups.

**Small fibre neuropathy frequently underlies the painful long-COVID syndrome**

**PAIN, September 2024**

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

In this case-control study, our aim was to identify small fibre neuropathy in patients experiencing painful long-COVID syndrome. Among the 26 patients with painful long-COVID syndrome, 12 had skin biopsy and/or quantitative sensory testing abnormalities compatible with small fibre neuropathy.



**When you can't find the words: Using body mapping to communicate patients' experiences of Long Covid**

**Health & Place, September 2024**

**Available at: [Science Direct](#)**

Long Covid patients often struggle to communicate their experiences of illness due to a lack of language to describe their diverse physical, cognitive and emotional symptoms. They also often encounter stigma and dismissive attitudes, which can discourage them from sharing their experiences. The body mapping method may help people with Long Covid more effectively communicate their experiences to healthcare professionals, family and friends.

**Challenges in Receiving Care for Long COVID: A Qualitative Interview Study Among Primary Care Patients About Expectations and Experiences**

**Annals of Family Medicine, August 2024**

**Available at: [Annals of Family Medicine](#)**

For many patients with long COVID, primary care is the first point of interaction with the health care system. This study aimed to analyze the expectations and experiences of primary care patients seeking treatment for long COVID. Patients must overcome barriers at each level of the health care system and are frustrated by the constant challenges.

## **Blogs**

**Living with Long COVID: A Poem and Cartoon Tell the Story**

**Yale Medicine, September 2024**

**Available at: [Yale Medicine](#)**

"I would like medical professionals to know that any kind of listening or empathy is really helpful, because a lot of people with Long COVID don't feel like they're being believed," she says. "A lot of people—women, in particular—are being told they're just overweight and anxious or depressed. We want to feel validated."

**Long Covid sufferer's call for better support**

**BBC News, September 2024**

**Available at: [BBC News](#)**

A doctor from Leeds who developed long Covid and ME has said NHS patients like her have been "left to rot". Becky Williams, 34, first caught Covid in March 2020 and has been left house-bound ever since, with her symptoms including extreme fatigue, brain fog and pain.

**Long Covid treatment guidelines are three years out of date says Doctor**

**Nation Cymru, September 2024**

**Available at: [Nation Cymru](#)**

Doctors, charities, and victims of Long Covid are calling for "outdated" NHS guidelines on Long Covid to be updated. NICE has not updated the guidelines for doctors to follow when diagnosing and treating Long Covid since November 11, 2021. Since then, many clinical trials have been run and some of them have yielded very promising results, but no changes have been made.



## Library and Knowledge Services

### 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/>