



# Long COVID current awareness bulletin

April 2025

**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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## Published Research

### **Autoimmunity in long COVID**

**The Journal of Allergy and Clinical Immunology, April 2025**

**Available at:** [JACI Online](#)

Here, we review the mechanisms through which autoimmune responses can arise during and after viral infection, focusing on the evidence for B-cell dysregulation and autoantibody production in acute and long COVID.

### **Behind the shadows: bringing the cardiovascular secrets of long COVID into light** **European Journal of Preventive Cardiology, March 2025**

**Available at:** [Oxford Academic](#)

Long COVID manifests across diverse bodily systems, impacting the respiratory system, the cardiovascular system, the musculoskeletal system, the nervous system with cognitive dysfunction, the gastrointestinal system, and the reproductive system. Among the multifaceted manifestations, the cardiovascular system, crucial for oxygen delivery to all organs, emerges as a pivotal battleground with the impact of long COVID less understood.

### **Considerations for Long COVID Rehabilitation in Women**

**Physical Medicine and Rehabilitation Clinics of North America, May 2025**

**Available at:** Email [ulth.library.lincoln@nhs.net](mailto:ulth.library.lincoln@nhs.net) to request

Despite efforts, diagnostic and treatment approaches for Long COVID remain insufficient, particularly for women who experience higher prevalence rates. Rehabilitation professionals have played a crucial role during the pandemic. Individualized rehabilitation plans, encompassing various therapies and interdisciplinary collaborations, are essential.

### **Long COVID Characteristics and Experience: A Descriptive Study From the Yale LISTEN Research Cohort**

**The American Journal of Medicine, April 2025**

**Available at:** [The American Journal of Medicine](#)

The experience of people with long COVID needs further amplification, especially with a comprehensive focus on symptomatology, treatments, and the impact on daily life and finances. Our intent is to describe the experience of people with long COVID symptomatology and characterize the psychological, social, and financial challenges they experience.



**Long COVID: Pathophysiology, current concepts, and future directions**

**Journal of Allergy and Clinical Immunology, April 2025**

**Available at:** Email [ulth.library.lincoln@nhs.net](mailto:ulth.library.lincoln@nhs.net) to request

Long COVID, an umbrella term referring to a variety of symptoms and clinical presentations that emerges in a subset of patients after severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection, has a significant effect on quality of life and places a substantial burden on health care systems worldwide, straining financial and human resources. The pathophysiology of long COVID remains incompletely understood.

**Mixed methods study of views and experience of non-hospitalised individuals with long COVID of using pacing interventions**

**Nature, April 2025**

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

Long COVID is highly prevalent and debilitating, with key symptoms including fatigue, breathlessness, and brain fog. Pacing is an approach to energy conservation used to help people with chronic conditions like ME/CFS manage the impact of their condition, and could be a useful strategy for people with Long COVID. The aim of this study was to explore the views and experiences of non-hospitalised adults with Long COVID of pacing as an intervention.

**Post-coronavirus Disease 2019 (COVID-19) Cardiovascular Manifestations: A Systematic Review of Long-Term Risks and Outcomes**

**Cureus, April 2025**

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

Emerging evidence suggests that COVID-19 survivors face increased risks of cardiovascular complications, but the long-term risks, underlying mechanisms, and clinical implications remain incompletely characterized. This systematic review synthesizes current evidence on post-COVID-19 cardiovascular manifestations, evaluating their incidence, pathophysiology, and outcomes.

**Post-Traumatic Stress Disorder and Complex Post-Traumatic Stress Disorder in People with Long COVID, ME/CFS, and Controls**

**The American Journal of Medicine, April 2025**

**Available at:** [The American Journal of Medicine](#)

Prevalences of PTSD and complex post-traumatic stress disorder (CPTSD) have not previously been compared between individuals with long COVID and individuals with myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), and healthy age-matched controls. For these reasons, this study aimed to determine the prevalence of PTSD and CPTSD in individuals with long COVID and ME/CFS and age-matched controls.

**Rethinking 'Recovery': A Comparative Qualitative Analysis of Experiences of Intensive Care With COVID and Long Covid in the United Kingdom**

**Health Expectations, April 2025**

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

Interpretations of 'recovery' from illness are complex and influenced by many factors, not least patient expectations and experiences. This paper examines meanings of 'recovery', and how it is strived towards, drawing on the example of COVID-19 infection. This study highlights how the meanings of illness ascribed by others can influence how recovery is experienced.



**Understanding symptom clusters, diagnosis and healthcare experiences in myalgic encephalomyelitis/chronic fatigue syndrome and long COVID: a cross-sectional survey in the UK**

**BMJ Open, April 2025**

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

This study aims to provide an in-depth analysis of the symptoms, coexisting conditions and service utilisation among people with myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) and long COVID. The major research questions include the clustering of symptoms, the relationship between key factors and diagnosis time, and the perceived impact of National Institute for Health and Care Excellence (NICE) guidelines on patient care.

**Blogs**

**'Five years of long Covid - I fear it will never go'**

**BBC News, March 2025**

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

Five years on from falling ill with Covid-19, Sue Snelson, a retired critical care nurse from Scunthorpe, explains how she has been affected by ongoing symptoms, and fears her condition is only going to get worse.

**'Long Covid affects me every day, anything I do'**

**BBC News, April 2025**

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

Living with long Covid for four years has been "horrible", a teenager has said. Molly, who lives in Weymouth, is now 16 and said she rarely goes out. When she does she needs the help of a wheelchair as she gets tired easily. In July, Molly will travel 300 miles (480km) to Liverpool to a private clinic, because the family cannot find help nearby.

**'Long Covid clinical trial helped me return to work'**

**BBC News, March 2025**

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

When Sharon Baker tested positive for Covid-19 three and a half years ago, she had little idea it would lead to an 18-day hospital stay and debilitating long-term symptoms. However, she said taking part in a clinical research trial at Glenfield Hospital, in Leicester, had allowed her to get her life back while managing ongoing symptoms.

**Miscellaneous**

**5 Long COVID Predictions for 2025 and Beyond**

**Medscape, April 2025**

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

Despite the progress that has been made in helping doctors recognize symptoms tied to long COVID, no standard diagnostic tests or treatments have been identified. With a broader understanding of monoclonal antibodies, combination antiviral therapies, viral reservoirs, and disease phenotypes, experts predict 2025 could be the year better ways to diagnose and treat this vexing condition will emerge.