



Long COVID current awareness bulletin

February 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

Development of an expectation management intervention for patients with Long COVID: A focus group study with affected patients

PLoS One, February 2025

Available at: [PLoS One](#)

The aim of the present study was to explore needs and wishes of patients with Long COVID regarding the preliminary version of an expectation management intervention and to thereby inform the further development of the treatment manual.

Effectiveness of a personalised self-management intervention for people living with long covid (Listen trial): pragmatic, multicentre, parallel group, randomised controlled trial

BMJ Medicine, January 2025

Available at: [BMJ](#)

The personalised self-management support intervention of the Listen trial resulted in non-significant short term improvements in routine activities when compared with usual care. Improvements in emotional wellbeing, fatigue, quality of life, and self-efficacy for people living with long covid were also reported.

Factors associated with long Covid in nursing professionals

Revista da Escola de Engenharia da USP, January 2025

Available at: [NCBI](#)

This study aimed to analyze the association between sociodemographic variables, lifestyle and mental health habits, and long Covid in nursing professionals.

Healthcare utilization patterns before and after a long COVID diagnosis: a case-control study

BMC Public Health, February 2025

Available at: [BMC](#)

Long COVID patients increased outpatient healthcare utilization following a diagnosis, switching from acute care settings. The change in service settings among this population suggests that diagnosis could lead to better patient management. Healthcare utilization among these patients is high, underscoring the need to understand the Long COVID burden on healthcare systems



Long COVID for the Rheumatologist: Current Understanding and Approach to Management

Rheumatic Disease Clinics of North America, February 2025

Available at: email library.lincoln@ulh.nhs.uk to request

The field of long COVID is rapidly changing and poses a major challenge to a number of stakeholders. Rheumatologists need to remain knowledgeable about long COVID, at the minimum for the benefits of their own patients who may be concerned or who have developed this syndrome and need assessment and care.

Medical ambivalence and Long Covid: The disconnects, entanglements, and productivities shaping ethnic minority experiences in the UK

Social Science & Medicine, February 2025

Available at: [Science Direct](#)

The study aimed to address the lack of representation of minoritised voices in Long Covid research. The focus was on developing insights into the structural vulnerabilities ethnic minorities face.

Prevalence and Impact of Post-Exertional Malaise on Recovery in Adults with Post COVID-19 Condition. A Systematic Review with Meta-Analysis

Archives of Physical Medicine and Rehabilitation, February 2025

Available at: [Archives of Physical Medicine and Rehabilitation](#)

The aim of this systematic review with meta-analysis was to assess the prevalence of post-exertional malaise (PEM) in adults living with Long COVID and investigate the change in prevalence of PEM following rehabilitation interventions that include a prescribed exercise component.

Profiling the persistent and episodic nature of long COVID symptoms and the impact on quality of life and functional status: a cohort observation study

Journal of Global Health, February 2025

Available at: [NCBI](#)

The data presented here highlight the episodic and relapsing nature and should be used to help characterise long COVID disability. They can inform the development of long COVID-specific guidelines and support services that can adequately respond to the reductions in patient well-being.

Rehabilitation service utilization among individuals with long COVID in Laval, Canada

Disability and Rehabilitation, February 2025

Available at: email library.lincoln@ulh.nhs.uk to request

Barriers to accessing rehabilitation services include not knowing where to go, finances, and not being referred. Males without any other comorbid conditions who are employed are least likely to receive rehabilitation services.

Remotely delivered weight management for people with long COVID and overweight: the randomized wait-list-controlled ReDIRECT trial

Nature Medicine, January 2025

Available at: [Nature](#)

We found that a remotely delivered weight management intervention in people with LC and excess body weight effectively reduced LC symptoms that matter most to participants, alongside substantial weight loss. There was a significant treatment effect on the



respective primary outcome, the LC symptom that each participant nominated as the one they most wanted to see improve. In our study, all individually self-reported LC symptoms (except pain) improved at 6 months in the intervention group compared with the control group, with a parallel improvement in quality of life.

Sex Differences in Long COVID
JAMA Network Open, January 2025

Available at: [JAMA Network](#)

In this cohort study of 12 276 individuals, females had a significantly higher risk of long COVID compared with males after adjusting for sociodemographic and clinical risk factors. The sex-based difference in long COVID risk was age, pregnancy, and menopause dependent, with the highest risk among females aged 40 to 55 years.

Blogs

'The pandemic isn't over': my year of long Covid

The Guardian, January 2025

Available at: [The Guardian](#)

Darren Parkinson is one of about 2 million people living with long Covid in England and Scotland. The illness is having a detrimental impact on his life, stopping him from being the kind of active and involved parent he wants to be to his two children. The Guardian has spent a year with Darren and his family to document his journey as he tries to recover from long Covid and come to terms with his new reality.

Why recovering from long Covid is a lot like training for the Olympics

BBC Sounds, February 2025

Available at: [BBC](#)

We visit the UK's very first long Covid clinic where healthcare workers started learning about this life-shattering disease in the hospital car park - and we find out why recovering from long Covid is a lot like training for the Olympics. What did we know back then – and what do we know now? And are we really any closer to seeing the end of long Covid?

Miscellaneous

We must recognise the collective wisdom of those with lived experience of long covid

BMJ, February 2025

Available at: [BMJ](#)

People with long covid helped to shape research during the pandemic, and researchers must continue to recognise their important contribution.

What support do people with long COVID need to return to work?

NIHR, January 2025

Available at: [NIHR](#)

People with long COVID can struggle to return to, and stay in, employment due to fluctuating and unpredictable symptoms. Interviews with people with long COVID highlighted the problems they face. The researchers call for employers to recognise that some staff with long COVID could be considered disabled under the Equality Act Workplace adjustments and flexible support where necessary help employees return to and stay in work.