



Long COVID current awareness bulletin

March 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

A Narrative Review of the Efficacy of Long COVID Interventions on Brain Fog, Processing Speed, and Other Related Cognitive Outcomes
Biomedicines, February 2025

Available at: [MDPI](#)

Long COVID is associated with pervasive symptoms affecting multiple organ systems. Neurocognitive symptoms are reported by up to 40% of patients, with resultant effects of loss of daily functioning, employment issues, enormous economic impact and high healthcare utilization. Overall, treatment interventions such as cognitive training, non-invasive brain stimulation therapy, exercise rehabilitation, targeted pharmacological intervention, and other related treatment paradigms show promise in reducing long COVID cognitive issues.

Effectiveness and tolerance of exercise interventions for long COVID: a systematic review of randomised controlled trials

BMJ Open, March 2025

Available at: [BMJ](#)

There is substantial debate on the safety and effectiveness of exercise interventions in people with long COVID. For example, in the USA, patients and representatives have petitioned against the funding of exercise trials by the National Institutes of Health. Therefore, this review aims to examine the effectiveness of exercise interventions to improve long COVID symptoms and the tolerance of exercise interventions among people with long COVID.

Effects of Cardiopulmonary Rehabilitation on Cardiorespiratory Fitness and Clinical Symptom Burden in Long COVID: Results From the COVID-Rehab Randomized Controlled Trial

American Journal of Physical Medicine & Rehabilitation, February 2025

Available at: [Wolters Kluwer](#)

The aim of the study is to investigate the effectiveness of an 8-wk cardiopulmonary rehabilitation program on cardiorespiratory fitness and key cardiopulmonary exercise test measures, quality of life, and symptom burden in individuals with long COVID. An individualized and supervised cardiopulmonary rehabilitation program was effective in



improving cardiorespiratory fitness, ventilatory efficiency, and symptom burden in individuals with long COVID.

How long is Long-COVID? Symptomatic improvement between 12 and 18 months in a prospective cohort study

BMJ Military Health, March 2025

Available at: [BMJ](#)

COVID-19 infection can precede, in a proportion of patients, a prolonged syndrome including fatigue, exercise intolerance, mood and cognitive problems. This study aimed to describe the profile of fatigue-related, exercise-related, mood-related and cognitive-related outcomes in a COVID-19-exposed group compared with controls.

Interventions for Long COVID: A Narrative Review

Journal of General Internal Medicine, February 2025

Available at: Email ulth.library.lincoln@nhs.net to request

This review synthesized evidence from 97 studies, including 26 randomized controlled trials and 15 non-randomized comparative studies, which explored the effectiveness, comparative effectiveness, and potential risks of proposed interventions for managing common long COVID symptoms.

Long-COVID incidence proportion in adults and children between 2020 and 2024

Clinical Infectious Diseases, February 2025

Available at: [Oxford Academic](#)

Incidence estimates of post-acute sequelae of SARS-CoV-2 infection, also known as long-COVID, have varied across studies and changed over time. We estimated long-COVID incidence among adult and pediatric populations in three nationwide research networks of electronic health records.

Neurocognitive and emotional long-term effects of COVID-19 infections in children and adolescents: results from a clinical survey in Bavaria, Germany

BMC Infectious Diseases, March 2025

Available at: [BMC](#)

While children and adolescents typically experience mild symptoms during the acute phase of the COVID-19 infection, some may develop severe post-infectious symptoms. In our study Post-COVID Kids Bavaria we integrated somatic and psychiatric aspects of the post-COVID syndrome to provide a holistic description of symptoms, provide early treatment, and detect possible risk factors associated with post-infectious neurocognitive and emotional impairments.

Patients' experiences of living with Long Covid and their beliefs about the role of psychology in their condition

Journal of Health Psychology, March 2025

Available at: [Sage](#)

Some patients with chronic conditions are unreceptive to a psychological approach. This study aimed to explore the experience of Long Covid (LC) with an emphasis on patients' beliefs about the role of psychology. Living with LC is characterised by feeling disbelieved which can drive the rejection of psychology. Helping patients feel listened to may encourage a more positive approach to psychological support.

Symptoms Patterns and Health-Related Quality of Life in a Real-Life Cohort of Long-COVID Patients: Complexity to Optimize Rehabilitation Treatment



American Journal of Physical Medicine & Rehabilitation, March 2025

Available at: [Wolters Kluwer](#)

We wanted to identify prevalent symptoms and patterns of long-COVID syndrome, assess the impact on health-related quality of life, and explore factors linked to lower quality of life, including vaccination status and symptom count, in a real-life cohort.

Unraveling the Mechanisms Behind Exercise Intolerance and Recovery in Long COVID

The American Journal of Medicine, February 2025

Available at: [AJM](#)

Patients suffering from long COVID may exhibit autonomic dysregulation. However, the association between autonomic dysregulation and exercise intolerance and the impact of therapeutic interventions on its modulation remains unclear. This study investigated the relationship between heart rate recovery at the first minute and exercise intolerance in patients with long COVID. Additionally, the study aimed to assess the effects of a 12-week home-based inspiratory muscle training program on autonomic modulation in this patient population.

Blogs

Almost one in 10 may have long Covid, research finds

BBC News, March 2025

Available at: [BBC News](#)

Almost one in 10 people in England think they could have long Covid, according to analysis of national data. University of Southampton researchers examined information collected by NHS England that showed 4.8% of people reported having the condition. The analysis of more than 750,000 responses to the GP Patient Survey also found that 9.1% of people believe they may have long Covid.

Huge fall in NHS Long Covid clinics, study finds

BBC News, March 2025

Available at: [BBC News](#)

New research has revealed the number of NHS clinics for people living with Long Covid has more than halved, from a peak of 120 services in 2022 to 46 today. Services for children and young people are also affected with 13 specialists hubs reduced to eight.

Inside the mystery of long Covid recovery – podcast

The Guardian, March 2025

Available at: [The Guardian](#)

What is life like with – and after – long Covid? James first caught Covid-19 in April 2022 and as his partner Emma explains to Helen Pidd, it was not until months later that the severity of his infection became apparent. He became unable to get up and walk and was hypersensitive to noise and light.

Patients with long Covid regain sense of smell and taste with pioneering surgery

The Guardian, March 2025

Available at: [The Guardian](#)

Doctors in London have successfully restored a sense of smell and taste in patients who lost it due to long Covid with pioneering surgery that expands their nasal airways to kickstart their recovery.