



Long COVID current awareness bulletin

May 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

Cognitive Interventions and Rehabilitation to Address Long-COVID Symptoms: A Systematic Review

OTJR, May 2025

Available at: [Sage](#)

Long COVID symptoms include cognitive and physical deficits impacting one's functional performance and quality of life. Limited evidence examines the use of cognitive interventions provided by occupational therapists in treating long COVID symptoms among adults. This systematic review summarizes existing studies on cognitive interventions and rehabilitation to treat long COVID symptoms and discusses their potential use within the scope of occupational therapy practice.

Comparison of long COVID, recovered COVID, and non-COVID Post-Acute Infection Syndromes over three years

PLOS One, May 2025

Available at: [PLOS One](#)

Comparing the characteristics of patients with long COVID to those with other post-acute infection syndromes (PAIS) could potentially provide clues to common underlying disease processes that may affect patient recovery.

Effects of Physical Exercise on Functional Physical Performance in Individuals With Long COVID: A Systematic Review

Journal of Cardiopulmonary Rehabilitation and Prevention, May 2025

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

This study aimed to analyze the effect of physical exercise on functional parameters in individuals with long COVID. Results suggest potential benefits of exercise training for subjects with long COVID-19 in several outcomes, mainly in functional capacity, depression symptoms, quality of life, and fatigue.

Exploring the role of community pharmacy in providing advice and support for people with Long COVID: a qualitative study

British Journal of General Practice, May 2025

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



Long COVID affects ~2 million people across the UK. People with Long COVID (PwLC) can experience uncertainty around symptom management and prospect of recovery. There are current difficulties in accessing primary care. Community pharmacies could provide a more accessible alternative for PwLC seeking advice about symptom management.

Identifying the prevalence of symptoms of anxiety and depression in patients with post COVID

Journal of Psychosomatic Research, May 2025

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

As with any long-term condition, it is important to understand the prevalence of psychological comorbidities for those with Long COVID. Katon highlights the bidirectional relationship between chronic physical illness and depression. The psychobiological changes associated with depression can increase the risk of chronic illness, and vice versa. Katon highlights that comorbid depression is associated with higher levels of functional impairment, symptom burden, and poorer treatment adherence.

Impact of COVID-19 vaccination on symptoms and immune phenotypes in vaccine-naïve individuals with Long COVID

Communications Medicine, May 2025

Available at: [Nature](#)

In this prospective study, we evaluated changes in symptoms and immune responses after COVID-19 vaccination in 16 vaccine-naïve individuals with Long COVID. At 12 weeks post-vaccination, self-reported improved health is seen in 10 out of 16 participants, 3 have no change, and 3 have worse health although 2 report transient improvement after vaccination.

Internal medicine at the crossroads of long COVID diagnosis and management
Frontiers in Medicine, May 2025

Available at: [Frontiers](#)

The lack of specificity in its definition is a major obstacle to both explanatory and therapeutic research in long COVID. It brings together, on the one hand, patients with severe COVID-19 who suffer the classic complications of prolonged hospitalization and decompensation of comorbidities and, on the other hand, patients with non-severe acute COVID-19 who report multiple symptoms that cannot be fully explained by a biomechanical model.

Long COVID brain fog treatment: An early-phase randomized controlled trial of constraint-induced cognitive therapy signals go

Rehabilitation Psychology, April 2025

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

Long COVID brain fog is often disabling. Yet, no empirically supported treatments exist. This study's objectives were to evaluate the feasibility and efficacy, provisionally, of a new rehabilitation approach, Constraint-Induced Cognitive Therapy (CICT), for post-COVID-19 cognitive sequelae. Those who received CICT adhered to the protocol and were highly satisfied with their outcomes.

Respiratory telerehabilitation: user experience and satisfaction with the program
BMC Geriatrics, May 2025

Available at: [BMC](#)



The rise of telehealth in geriatric care is an inexorable movement toward adapting to global digitalization trends, with clear gains for health systems and citizens. A literature review shows that the older population, with lower levels of digital literacy, faces specific challenges with this type of service. The aim of this study was to understand the way older people with COPD or long COVID perceive the implementation of telerehabilitation programs to meet their healthcare needs.

The importance of diagnosis from the perspectives of young people with Long COVID, their parents, and healthcare professionals
British Journal of General Practice, May 2025

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

For families, Long COVID diagnoses are important for validating and legitimising symptoms, removing uncertainty, and supporting access and participation, particularly in school. Professionals questioned some ways that families use the diagnosis, focusing instead on appropriate treatment according to a child/young person's needs. Understanding the importance of a Long COVID diagnosis to families may ensure effective communication, negotiation of an acceptable management plan, and ongoing support for this group.

Therapeutic options for the treatment of post-acute sequelae of COVID-19: a scoping review
BMC Infectious Diseases, May 2025

Available at: [BMC](#)

We conducted a scoping review of nine potential therapeutic options for PASC that are currently under consideration. In addressing the ongoing challenges posed by PASC, this review provides a comprehensive review of emerging treatment options.

Trajectories of Health-Related Quality of Life 2 Years After Mild/Moderate Severe Acute Respiratory Syndrome Coronavirus 2 Infection in the Pre-Omicron Era
Open Forum Infectious Diseases, May 2025

Available at: [Oxford Academic](#)

Individuals with long COVID experience substantial burden of illness many months after initial infection. Few studies have comprehensively and longitudinally assessed health outcomes for people with long COVID following mild/moderate infection. We applied the Wilson-Cleary model of health-related quality of life to describe the impact of long COVID on multiple health dimensions up to 24 months following mild/moderate COVID-19.

Blogs

Young people with long Covid 'battle' for NHS care
BBC News, March 2025

Available at: [BBC News](#)

Young people living with debilitating symptoms caused by long Covid have described feeling abandoned and having to "battle" to access NHS support.