



Long Covid Current Awareness Bulletin

April 2021

Guidelines, Policies and Reports

British Society of Rehabilitation Medicine (BSRM)

[C19-YRS COVID-19 Yorkshire Rehabilitation Scale A digital assessment and monitoring tool to help manage individuals with Long COVID](#) (2021)

[Rehabilitation in the wake of Covid-19 - A phoenix from the ashes](#) (2020)

Llywodraeth Cymru / Welsh Government

[Rehabilitation Needs Of People Affected By The Impact Of Covid-19](#) (2020)

Royal College of Occupational Therapists

[How to manage post-viral fatigue after COVID-19](#) (2021)

Scottish Government

[Framework for supporting people through Recovery and Rehabilitation during and after the COVID-19 Pandemic](#) (2020)

The Primary Care Respiratory Society

[Recovering after COVID-19 - a practical guide for clinicians and commissioners](#) (2020)

Published research

Cochrane Library

[Coronavirus \(COVID-19\): evidence relevant to clinical rehabilitation](#) (2021)

This Special Collection focuses on rehabilitation interventions for each of these conditions:

- Acute respiratory distress syndrome (ARDS) and pulmonary restrictive syndrome
- Post-intensive care syndrome (PICS)
- Multiple organ failure and shock
- PTSD, in the context of rehabilitation

Long-term follow-up of olfactory and gustatory dysfunction in COVID-19: 6 months case-control study of health workers.

Source: European archives of oto-rhino-laryngology; Mar 2021

The study aimed to determine the incidence and long-term evolution of COVID-related olfactory (OD) and gustatory (GD) dysfunction, the recovery timeline, and the association with other symptoms. OD and GD showed high-resolution rates during the first two months after the onset of symptoms. We



found a high correlation between OD and GD, both in the appearance of symptoms and in their recovery. Nasal obstruction and dyspnea have been identified as risk factors for the persistence of symptoms.

Email clinical.librarian@ulh.nhs.uk to request a copy of this article

Health related quality of life of COVID-19 patients after discharge: A multicenter follow up study.

Source: Journal of clinical nursing; Mar 2021

COVID-19 has caused a worldwide pandemic and led a huge impact on the health of human and daily life. It has been demonstrated that physical and psychological conditions of hospitalized COVID-19 patients are impaired, but the studies focus on physical and psychological conditions of COVID-19 patients after discharge from hospital are rare.

Email clinical.librarian@ulh.nhs.uk to request a copy of this article

Physical Therapy Management of an Individual With Post-COVID Syndrome: A Case Report.

Source: Physical therapy; Mar 2021

This case alerts physical therapists to post-COVID syndrome-which can include debilitating symptoms of decreased aerobic tolerance, anxiety, PTSD, and cognitive dysfunction-and to the role that therapists can play in assessing these symptoms and managing these patients.

Available from [Physical therapy](#)

Cardiopulmonary Exercise Testing to Assess Persistent Symptoms at 6 Months in People With COVID-19 Who Survived Hospitalization - A Pilot Study.

Source: Physical therapy; Mar 2021

This study is the first to show that a persistent breathing disorder can explain persistent symptoms 6 months after hospitalization for Covid-19 infection and suggests that a specific rehabilitation intervention is warranted.

Available from [Physical therapy](#)

Information for the public

Asthma UK and The British Lung Foundation

[Long Covid Hub](#)

Medically reviewed content on breathing difficulties after Covid-19

Moving Medicine

[Covid Recovery](#)

Practical tips to help you get your body back to normal after Covid-19



Library services

<https://www.nhslincslibrary.uk/>

KnowledgeShare

Sign up to KnowledgeShare and we will send out regular emails alerting you to the latest evidence on a particular topic.

<https://www.nhslincslibrary.uk/knowledgeshare-request/>

Literature Searching

We can undertake literature searches on your behalf to support your work and CPD – this could be to find the evidence to support patient care; an audit; service improvement; or to keep you up to date with a particular topic.

<https://www.nhslincslibrary.uk/page/search-request/>

Information Skills Training

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/page/training/>

Online resources

BMJ Best Practice is available to all NHS staff. This clinical decision support tool 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/>