



Long Covid Bulletin

February 2021

General

House of Commons Library

[Coronavirus: Long Covid](#), 2021

This briefing provide an overview of long Covid, the impacts of this condition and the development of clinical guidance and services for those affected.

NHS Networks Blog

[Supporting Staff: the emergence of 'long covid'](#), January 2021

This article looks at the implications of long-covid for HR and service managers when looking to support health care professionals (HCPs) return to work.

World Health Organization

[COVID-19 Clinical management: living guidance](#), 2021

This document is the update of interim guidance published in May 2020. This guideline now also includes Best Practice Statement on caring for COVID-19 patients after their acute illness and 5 new recommendations.

National Institute for Health and Care Excellence (NICE)

[COVID-19 rapid guideline: managing the long-term effects of COVID-19](#), 2020

This guideline covers identifying, assessing and managing the long-term effects of COVID-19. It makes recommendations about care in all healthcare settings for anyone with new or ongoing symptoms 4 weeks or more after the start of acute COVID-19. It also includes advice on organising services for long COVID.

National Institute for Health Research

[Living with Covid19](#)

We hope this review will be useful to the public, health and social care professionals, researchers, service providers and policy makers and lead to better understanding of the issues around living with Covid19.

Your Covid Recovery

<https://www.yourcovidrecovery.nhs.uk/>

Your COVID Recovery helps patients to understand what has happened and what they might expect as part of their recovery.

Rehabilitation

Postdischarge symptoms and rehabilitation needs in survivors of COVID-19 infection: A cross-sectional evaluation.

Source: Journal of medical virology; Feb 2021; vol. 93 (no. 2); p. 1013-1022



This is the first UK study reporting on longer term symptoms in individuals recovering from COVID-19. New illness-related fatigue, breathlessness and psychological distress were commonly reported at 7 weeks after discharge from hospital with a clinically significant drop in the quality of life of many individuals. Symptoms were present in both ward and ICU managed individuals, the prevalence being higher in those who required ICU care. Rehabilitation care for COVID-19 survivors must therefore be need-focused, delivered by specialist multidisciplinary team and planned for the longer term to meet the needs of these individuals.

Available from: <https://onlinelibrary.wiley.com/doi/10.1002/jmv.26368>

Beneficial effects of multi-disciplinary rehabilitation in post-acute COVID-19 - an observational cohort study.

Source: European journal of physical and rehabilitation medicine; Jan 2021

Individuals discharged after a severe course of COVID-19 frequently present with persisting physical and cognitive dysfunctions after hospital discharge. Those patients significantly benefit from multi-disciplinary inpatient rehabilitation. Our data demonstrate the highly promising effects of early post-acute rehabilitation in survivors of severe or critical COVID-19. This finding urges the need for further prospective evaluations and may impact future treatment and rehabilitation strategies.

[Email nhsincslibrary.request@ulh.nhs.uk to request a copy of this article]

Respiratory

Long term respiratory complications of covid-19 [Editorial]

Source: British Medical Journal, August 2020

To summarise, persistent respiratory complications following covid-19 may cause substantial population morbidity, and optimal management remains unclear. Prospective studies are under way to evaluate these complications further and to identify people at greatest risk. Meanwhile, a pragmatic approach to primary care management might include first line investigations such chest radiography and oxygen saturation measurements, with referral to secondary care where lung pathology needs investigation. Integrated support from a broader primary care team should be considered for patients with more complex symptoms, including those with disproportionate functional impairment.

Available from: <https://www.bmj.com/content/370/bmj.m3001>

Service Development

Persistent symptoms after Covid-19: qualitative study of 114 "long Covid" patients and draft quality principles for services.

Source: BMC health services research; Dec 2020; vol. 20 (no. 1); p. 1144

Suggested quality principles for a long Covid service include ensuring access to care, reducing burden of illness, taking clinical responsibility and providing continuity of care, multi-disciplinary rehabilitation, evidence-based investigation and management, and further development of the knowledge base and clinical services.

Available from: <https://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-020-06001-y>



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<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/>