



Current Awareness Bulletin: Long Covid

July 2021

Guidelines, Policies and Reports

NHS England

[Long COVID: the NHS plan for 2021/22](#)

The Long COVID Plan 21/22 builds on the five-point plan which outlines 10 key next steps to be taken to support those suffering from long COVID.

Royal College of Speech and Language Therapists (RCSLT)

[Long COVID and speech and language therapy: Understanding the mid- to long-term speech and language therapy needs and the impact on services.](#)

This report furthers the understanding of the mid- to long-term speech and language therapy needs of people with Long COVID, the impact these difficulties have on people's lives and the essential role that speech and language therapy plays in supporting them.

Published research

Characteristics and predictors of acute and chronic post-COVID syndrome: A systematic review and meta-analysis.

Source: EClinical Medicine, The Lancet; June 2021.

Available from: [The Lancet](#)

A significant proportion of individuals experience lingering and debilitating symptoms following acute COVID-19 infection. NICE have coined the persistent cluster of symptoms as post-COVID syndrome. The aim of this review was to detail the prevalence of clinical features and identify potential predictors for acute and chronic post-COVID syndrome.

Chronic fatigue syndrome and long covid: moving beyond the controversy

Source: BMJ, June 2021

Available from: [BMJ](#)

Many patients with "long" covid are experiencing extreme fatigue, a situation that has re-polarised approaches to treatment and rehabilitation.

Health-related quality of life issues, including symptoms, in patients with active COVID-19 or post COVID-19; a systematic literature review.

Source: Quality of life research; Jun 2021

Available from: [Quality of life research](#)

This systematic review was performed to identify all relevant health-related quality of life (HRQoL) issues associated with COVID-19. We identified 75 distinct symptoms and other HRQoL issues categorized into 12 thematic areas; from general symptoms such as fever, myalgia, and fatigue, to neurological and psychological issues. The updated search revealed three extra issues experienced during active disease and long-term



problems with fatigue, psychological issues and impaired cognitive function. The results provided the foundation for the international development of a COVID-19 specific patient-reported HRQoL questionnaire.

Persistent post-covid symptoms in healthcare workers.

Source: Occupational medicine; Jun 2021; vol. 71 (no. 3); p. 144-146

Available from: [Occupational medicine](#)

Abstract: Our data suggest that about a third of healthcare workers who responded to our survey were still struggling to cope with the symptoms of what is now known as long covid several months after the acute COVID-19 infections. The overwhelming majority of this group seem to be reluctant to neither seek medical advice nor take sick leave.

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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/>