



# Long Covid Bulletin

## March 2021

### General

#### **Kings Fund**

[Covid-19 recovery and resilience: what can health and care learn from other disasters?](#), 2021

We set out to understand what the health and care system can learn from the experience of recovery from other disasters. What became clear from our research is that recovery should focus on understanding what individuals and communities need to cope with the impacts of a disaster, and be in a better position to withstand the next one. Here we share the four priorities that we learnt require conscious attention and action.

#### **Scottish Intercollegiate Guidelines Network (SIGN)**

[Managing the long-term effects of COVID-19](#), 2020

This guideline on managing the long-term effects of COVID-19 covers the care of people who have signs and symptoms that develop during or after an infection that is consistent with COVID-19, which continue for more than four weeks and are not explained by an alternative diagnosis.

### Children

**Case report and systematic review suggest that children may experience similar long-term effects to adults after clinical COVID-19.**

**Source:** Acta paediatrica; Mar 2021; vol. 110 (no. 3); p. 914-921

Persistent symptoms in adults after COVID-19 are emerging and the term long COVID is increasingly appearing in the literature. However, paediatric data are scarce. This paper contains a case report of five Swedish children and the long-term symptoms reported by their parents. It also includes a systematic literature review

Available from [Acta Paediatrica](#)

### Rehabilitation

**Post-COVID-19 Symptom Burden: What is Long-COVID and How Should We Manage It?**

**Source:** Lung; Feb 2021

We report the lasting symptom burden of COVID-19 patients from the first wave of the pandemic. All patients with COVID-19 pneumonia discharged from a large teaching hospital trust were offered follow-up. Eighty-six percent of patients reported at least one residual symptom at follow-up.

Available from [Lung](#)



### **Chartered Society of Physiotherapy**

[Covid-19 recovery: Activity planner](#), 2020

Planner to record daily activities and levels of energy to help recovery.

### **World Health Organisation**

[Support for Rehabilitation Self-Management after COVID-19- Related Illness](#), 2020

Advice on coping with lingering symptoms of Covid-19. Techniques to manage breathlessness, fatigue, stress, memory problems, and difficulty eating.

## **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/>