



# Long Covid Current Awareness Bulletin

May 2021

## Guidelines, Policies and Reports

### **Chartered Society of Physiotherapy**

[Rehabilitation of adults who are hospitalised due to acute Covid-19 or long Covid: physiotherapy service delivery](#) (2021)

These standards cover rehabilitation for adults of 18 years and over who are admitted to hospital with Covid-19. This encompasses people with acute Covid-19 or long Covid.

## Published research

### **Radiological management and follow-up of post-COVID-19 patients.**

Radiologia; 2021; vol. 63 (no. 3); p. 258-269

Most of the patients who overcome the SARS-CoV-2 infection do not present complications and do not require a specific follow-up, but a significant proportion (especially those with moderate / severe clinical forms of the disease) require clinical radiological follow-up. Although there are hardly any references or clinical guidelines regarding the long-term follow-up of post-COVID-19 patients, radiological exams are being performed and monographic surveillance consultations are being set up in most of the hospitals to meet their needs. The purpose of this work is to share our experience in the management of the post-COVID-19 patient in two institutions that have had a high incidence of COVID-19 and to propose general follow-up recommendations from a clinical and radiological perspective.

Available at: [Radiologia](#)

### **Persistent psychopathology and neurocognitive impairment in COVID-19 survivors: Effect of inflammatory biomarkers at three-month follow-up.**

Brain, behavior, and immunity; May 2021; vol. 94 ; p. 138-147

COVID-19 outbreak is associated with mental health implications during viral infection and at short-term follow-up. Data on psychiatric and cognitive sequelae at medium-term follow-up are still lacking. During an ongoing prospective cohort study, the psychopathological and cognitive status of 226 COVID-19 pneumonia survivors (149 male, mean age 58) were prospectively evaluated one and three months after hospital discharge. We hypothesize that COVID-19 could result in prolonged systemic inflammation that predisposes patients to persistent depression and associated neurocognitive dysfunction. The linkage between inflammation, depression, and neurocognition in patients with COVID-19 should be investigated in long-term longitudinal studies, to better personalize treatment options for COVID-19 survivors.

Available at: [Brain, behavior, and immunity](#)



### **Persistent post-covid symptoms in healthcare workers.**

Occupational medicine (Oxford, England); Apr 2021

Recent reports suggest a higher incidence of COVID-19 infections among healthcare workers (HCW). However, information about the long-term complications affecting this population is lacking. Our data suggest that about a third of HCW who responded to the 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.

Email [clinical.librarian@ulh.nhs.uk](mailto:clinical.librarian@ulh.nhs.uk) to request a copy of this article

### **Development and validation of the long covid symptom and impact tools, a set of patient-reported instruments constructed from patients' lived experience.**

Clinical infectious diseases; Apr 2021

To develop and validate patient-reported instruments, based on patients' lived experiences, for monitoring the symptoms and impact of long covid. The long covid Symptom and Impact Tools (ST and IT) were constructed from the answers to a survey with open-ended questions to 492 patients with long COVID. Validation of the tools involved adult patients with suspected or confirmed COVID-19 and symptoms extending over three weeks after onset. The long covid ST and IT tools, constructed from patients' lived experiences, provide the first validated and reliable instruments for monitoring the symptoms and impact of long covid.

Email [clinical.librarian@ulh.nhs.uk](mailto:clinical.librarian@ulh.nhs.uk) to request a copy of this article

### **Prevalence and characteristics of persistent symptoms after non-severe COVID-19: a prospective cohort study.**

European journal of clinical microbiology & infectious diseases; Apr 2021

We performed a prospective cohort study of 311 outpatients with non-severe COVID-19. Of the 214 (68.8%) who completed the 6-week follow-up questionnaire, 115 (53.7%) had recovered. Others mostly reported dyspnea (n = 86, 40.2%), weight loss (n = 83, 38.8%), sleep disorders (n = 68, 31.8%), and anxiety (n = 56, 26.2%). Of those who developed ageusia and anosmia, these symptoms were still present at week 6 in, respectively, 11/111 (9.9%) and 19/114 (16.7%). Chest CT scan and lung function tests found no explanation in the most disabled patients (n = 23). This study confirms the high prevalence of persistent symptoms after non-severe COVID-19.

Email [clinical.librarian@ulh.nhs.uk](mailto:clinical.librarian@ulh.nhs.uk) to request a copy of this article

### **Information for the public**

#### **Long COVID Support**

<https://www.longcovid.org/>

Peer support and advocacy group with resources for patients, practitioners and employers.



## 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/>