



Current Awareness Bulletin: Long Covid

September 2021

Guidelines, Policies and Reports

Chartered Society of Physiotherapy

[Covid-19 community rehabilitation: physiotherapy service delivery](#) (2021)

The standards apply to anyone with rehabilitation needs who has acute Covid-19 or Long Covid, and their families and carers. Version 2 of these standards has been updated to take into account updated guidance and emerging evidence including people's lived experiences.

Published research

Long COVID and breathlessness: an overview

Robinson P., British Journal of Community Nursing; 2021, 26(9), p. 438-443.

Available via [journal article request](#)

Approximately 10% of people experience prolonged symptoms following acute COVID-19 infection. All individuals with a suspected or confirmed diagnosis of acute covid should be asked about ongoing symptoms relating to long COVID; Ongoing research is being undertaken to identify and understand the impact of acute and long COVID on respiratory health; Community nurses have a role in supporting individuals with long COVID in monitoring and supporting recovery.

Long COVID, a comprehensive systematic scoping review

Akbarialiabad H., Infection; 2021

Available via [Infection](#)

A comprehensive search of the literature to January 2021 identified 120 papers, but only one RCT. The results are presented in a narrative synthesis in separated sections (nomenclature, diagnosis, pathophysiology, risk factors, signs/symptoms, management).

Refining "Long-COVID" by a Prospective Multimodal Evaluation of Patients with Long-Term Symptoms Attributed to SARS-CoV-2 Infection

Infectious diseases and therapy; Sep 2021, 10(3), p. 1747-1763

Available via [Infectious diseases and therapy](#)

COVID-19 long-haulers, also described as having "long-COVID" or post-acute COVID-19 syndrome, represent 10% of COVID-19 patients and remain understudied. In this prospective study, we recruited 30 consecutive patients seeking medical help for persistent symptoms (> 30 days) attributed to COVID-19. All reported a viral illness compatible with COVID-19. The patients underwent a multi-modal evaluation, including clinical, psychologic, virologic and specific immunologic assays and were followed longitudinally. Half of patients seeking medical help for post-acute COVID-19 syndrome lack SARS-CoV-2 immunity. The presence of SARS-CoV-2 immunity, or not, had no consequence on the clinical or biologic characteristics of post-acute COVID-19 syndrome patients, all of whom reported severe fatigue, altered quality of life and psychologic distress.

Persistent symptoms following SARS-CoV-2 infection in a random community sample of 508,707 people.

Imperial College London; 2021.



Available via [Imperial College London](#)

Random samples of the population between September 2020 and February 2021 found that nearly 27,000 (around 6%) reported experiencing at least one of 29 symptoms linked with COVID-19 for 12 weeks or more.

Long covid-mechanisms, risk factors, and management.

BMJ (Clinical Research ed.); Jul 2021, 374

Available via [BMJ \(Clinical Research ed.\)](#)

This review summarizes studies of the long term effects of covid-19 in hospitalized and non-hospitalized patients and describes the persistent symptoms they endure. Risk factors for acute covid-19 and long covid and possible therapeutic options are also discussed.

Symptoms, complications and management of long COVID: a review

Journal of the Royal Society of Medicine; Jul 2021

Available via [Journal of the Royal Society of Medicine](#)

Beyond symptoms and complications, people with long COVID often reported impaired quality of life, mental health and employment issues. These individuals may require multidisciplinary care involving the long-term monitoring of symptoms, to identify potential complications, physical rehabilitation, mental health and social services support. Resilient healthcare systems are needed to ensure efficient and effective responses to future health challenges.



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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/>