



Long Covid Current Awareness Bulletin

March 2024

Guidelines, Policies and Reports

Coronavirus: Long covid

House of Commons Library, February 2024

Available at: [House of Commons Library](#)

Information about long covid, including guidance and services for long covid patients, statistics and the impact of long covid on healthcare, employment and education.

Published research

Associations between forgiveness and physical and mental health in the context of long COVID

Journal of Psychosomatic Research, March 2024

Available at: Email library.lincoln@ulh.nhs.uk to request full article

This cross-sectional study examined the relationships among dimensions of forgiveness and physical and mental health in individuals with and without long COVID. Individuals with long COVID reported significantly less forgiveness of self, forgiveness of others, and forgiveness of situations than those without long COVID. Among the long COVID sample, forgiveness of self and situations were positively associated with mental health, but not physical health. Forgiveness of others was negatively associated with both physical and mental health.

Low-dose naltrexone and NAD+ for the treatment of patients with persistent fatigue symptoms after COVID-19

Brain, Behavior, & Immunity – Health, March 2024

Available at: [Science Direct](#)

In this pilot study, we assessed whether treatment with low-dose naltrexone and supplementation with NAD+ through patches could improve fatigue symptoms and quality of life in patients with persistent fatigue after COVID-19. We detected a significant increase from baseline survey scores suggestive of improvement of quality of life. Participants scored significantly lower on the Chalder fatigue scale. Treatment was generally safe, with mild adverse events. Treatment with LDN and NAD+ is safe and may be beneficial in a subset of patients with persistent fatigue.

Post-COVID-19 physical and cognitive impairments and associations with quality of life: a cross-sectional study

Frontiers in Sports and Active Living, March 2024

Available at: [Frontiers](#)

This study aimed to compare physical and cognitive functions between Long COVID participants and healthy matched controls and investigate associations between physical and cognitive impairments with quality of life.



Predictors of non-recovery from fatigue and cognitive deficits after COVID-19: a prospective, longitudinal, population-based study
eClinicalMedicine, March 2024

Available at: [NCBI](#)

Despite the high prevalence and major disability associated with fatigue and cognitive deficits after COVID infection, little is known about long-term trajectories. We aimed to assess long-term trajectories of these conditions and to identify risk factors for non-recovery. Significant risk factors for cognitive non-recovery were male sex, older age and <12 years of school education.

Cognition and Memory after Covid-19 in a Large Community Sample
New England Journal of Medicine, February 2024

Available at: [NEJM](#)

Participants with resolved persistent symptoms after Covid-19 had objectively measured cognitive function similar to that in participants with shorter-duration symptoms, although short-duration Covid-19 was still associated with small cognitive deficits after recovery

Complement dysregulation is a prevalent and therapeutically amenable feature of long COVID
Med, February 2024

Available at: [Cell](#)

In this study, researchers show that overactivation of the complement system, a series of proinflammatory proteins circulating throughout the body, frequently associates with the clinical diagnosis of long COVID. The authors speculate that currently licensed inhibitors of complement activation could be repurposed to reduce systemic inflammation and counteract the associated illness in selected patients with long COVID.

Dysregulated platelet function in patients with postacute sequelae of COVID-19
Vascular Medicine, February 2024

Available at: Email library.lincoln@ulh.nhs.uk to request full article

Our objective was to evaluate platelet function and thrombotic potential in patients with Long COVID. Patients with Long COVID show dysregulated responses in platelets and coagulation in plasma, likely caused by a circulating molecule that promotes thrombosis.

Exploring the Use of Mobile Health for the Rehabilitation of Long COVID Patients: A Scoping Review

Healthcare, February 2024

Available at: [MDPI](#)

This systematic review investigates the enduring physical and psychological consequences individuals experience up to two years post-recovery. Additionally, it focuses on examining the influence of mHealth interventions on these effects.

Building and Sustaining Organizational Capacity for the Rehabilitation Profession to Support Long COVID Care

Cardiopulmonary Physical Therapy Journal, January 2024

Available at: [Lippincott](#)

Rehabilitation providers are critical members of the interdisciplinary care team that screen for, evaluate, treat, and manage Long COVID. However, current models of outpatient rehabilitation may



lack the organizational capacity to effectively treat large numbers of patients at a higher frequency and longer duration. The purpose of this review is to outline challenges in organizational capacity to scaling Long COVID care through illustrative examples.

Blogs

Why scrapping the term ‘long COVID’ would be harmful for people with the condition The Conversation, March 2024

Available at: [The Conversation](#)

The assertion that it’s time to stop using the term “long COVID” has made waves. The comments were related to new research finding long-term symptoms of COVID are similar to the ongoing symptoms following other viral infections. But there are limitations in this research, and problems with the argument we should drop the term “long COVID”. Here’s why.

One in twenty people have no sense of smell – here’s how they might get it back The Conversation, January 2024

Available at: [The Conversation](#)

During the pandemic, a lost sense of smell was quickly identified as one of the key symptoms of COVID. Nearly four years later, one in five people in the UK is living with a decreased or distorted sense of smell, and one in twenty have anosmia – the total loss of the ability to perceive any odours at all. Smell training is one of the few options for recovering a lost sense of smell – but can we make it more effective?

Miscellaneous

Online tool for Long Covid support University of Southampton, March 2024

Available at: [University of Southampton](#)

A website to support people living with Long Covid has been launched by a research team led by a Southampton professor with first-hand experience of the condition. The online tool offers a symptom checker, advice on seeking support, and encourages people to talk about their symptoms with professionals, friends and family. It is live at www.long-covid-care.org.uk.

Long Covid and Impaired Cognition — More Evidence and More Work to Do New England Journal of Medicine, February 2024

Available at: [NEJM](#)

Cognitive deficit with a 3-point loss in IQ was evident even in participants who had had mild Covid with resolved symptoms. Participants with unresolved persistent symptoms had the equivalent of a 6-point loss in IQ, and those who had been admitted to the intensive care unit had the equivalent of a 9-point loss in IQ. Vaccinations provided a small cognitive advantage. Reinfection contributed an additional loss in IQ of nearly 2 points.



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Library Services

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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/training/>

Online Resources

BMJ Best Practice is a clinical decision support tool that 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/>