

CURRENT AWARENESS BULLETIN



Long Covid Management

01 June 2023



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It is intended to provide you with a range of the most up-to-date resources, including recently published guidelines and research articles, news and policy items.

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We hope you find it helpful and please do let us know if you need any further information or assistance.

Thank you.

[Recovery and symptom trajectories up to two years after SARS-CoV-2 infection: population based, longitudinal cohort study](#)

Cite this as: BMJ 2023;381:e074425 <https://doi.org/10.1136/bmj-2022-074425>

[Toward Comprehensive Care for Long Covid](#)

Janko Ž. Nikolich, M.D., Ph.D., and Clifford J. Rosen, M.D.

Article published in The New England Journal of Medicine, May 9, 2023 makes a clear case for evidence based national programmes for researching and implementing best practice care and recovery programmes nationally (in the US). Article is written by researchers working on the RECOVER (Researching Covid to Enhance Recovery) project.

[How Primary Care Physicians Can Recognize and Treat Long COVID](#)

JAMA. Published online May 3, 2023. doi:10.1001/jama.2023.6604

US article offers practical information and advice to try management approaches that have been used for ME/CFS, fibromyalgia, posttreatment Lyme disease syndrome, dysautonomia and mast cell activation syndrome.

[Heterogenous Treatment Effects Following Inspiratory Muscle Training during Recovery from Post-Acute COVID-19 Syndrome.](#)

Medicine and science in sports and exercise [Med Sci Sports Exerc] 2023 May 12. *Date of Electronic Publication:* 2023 May 12.

UK based study of eight-week home-based IMT intervention compared to standard wait list in 147 individuals, concludes “ Heterogenous individual responses occurred following an eight-week home-based IMT programme in people with post-acute COVID-19 syndrome. Consistent with standard exercise theory, larger improvements in inspiratory muscle strength are strongly related to a greater cumulative dose of IMT.”

[Digital Interventions for Treating Post-COVID or Long-COVID Symptoms: Scoping Review](#)

J Med Internet Res. 2023 Apr 17;25:e45711. doi: 10.2196/45711.

Review concludes that “The evidence so far suggests that patients should be provided with digital interventions to manage symptoms and reintegrate into everyday life, including work.”

[Diode laser in management of loss of taste sensation in patients with post-COVID syndrome: a randomized clinical trial](#)

BMC Oral Health May 2023

“Conclusion The present study concluded that using a Diode laser 810 nm aided in a more rapid recovery from loss of taste dysfunction.”

[Three types of long-COVID for people experiencing symptoms for 12 weeks or more](#)

King’s College London News Centre report states that there are at least 3 distinct types of Long Covid and calling for care to be personalised

[Italian good practice recommendations on management of persons with Long-COVID.](#)

Frontiers in public health [Front Public Health] 2023 Apr 20; Vol. 11, pp. 1122141. Date of Electronic Publication: 2023 Apr 20 (Print Publication: 2023).

Project funded by the National Center for Diseases Prevention and Control of the Italian Ministry of Health: “This document provides a basis to establish national standardized pathways of care and management of Long-COVID (in adults and children) by primary care providers, relevant specialists, mental health, and psychosocial professionals.”

[Cardiovascular Considerations in the Management of People With Suspected Long COVID.](#)

The Canadian journal of cardiology [Can J Cardiol] 2023 Apr 06. Date of Electronic Publication: 2023 Apr 06.

This review has been compiled to offer practical guidance to cardiologists and general clinicians who are treating adults patients with suspected Long COVID and who continue to experience unexplained cardiac symptoms.

[How do German General Practitioners Manage Long-/Post-COVID? A Qualitative Study in Primary Care](#)

Viruses. 2023 Apr 20;15(4):1016. doi: 10.3390/v15041016.

Qualitative survey of 11 GPs in Germany finds a range of pharmacological, non-pharmacological and “wait-and-see” interventions utilised for Long Covid patients.

[Learning from long COVID: integrated care for multiple long-term conditions](#)

Br J Gen Pract. 2023 Apr 27;73(730):196-197. doi: 10.3399/bjgp23X732561. Print May 2023.

Three recommendations are made to develop integrated care for the complex treatment of Long Covid.

[The Leipzig Treatment Program for Interdisciplinary Diagnosis and Therapy of Neurocognitive Post-COVID Symptoms: Experiences and Preliminary Results.](#)

Zeitschrift für Neuropsychologie. Jun2023, Vol. 34 Issue 2, p71-83. 13p.

[**Long COVID - integrated approaches to chronic disease management?**](#)

The American journal of medicine [Am J Med] 2023 May 23. Date of Electronic Publication: 2023 May 23.

[**Factors associated with psychiatric outcomes and coping in Long COVID**](#)

Nature Mental Health 1, pages361–372 (2023)

[**Neurological Long COVID Symptoms Guidance Statement Announced by the American Academy of Physical Medicine and Rehabilitation**](#)

Plus Company Updates. May 17, 2023

[**Effectiveness of a telerehabilitation intervention using ReCOVeRY APP of long COVID patients: a randomized, 3-month follow-up clinical trial.**](#)

Publisher: Nature Publishing Group *Country of Publication:* England *NLM ID:* 101563288 *Publication Model:* Electronic *Cited Medium:* Internet *ISSN:* 2045-2322 (Electronic) *Linking ISSN:* 20452322 *NLM ISO Abbreviation:* Sci Rep *Subsets:* MEDLINE

[**Fading Fatigue - A Self-Management App for Supporting Long-COVID Patients with Fatigue.**](#)

Publisher: IOS Press *Country of Publication:* Netherlands *NLM ID:* 9214582 *Publication Model:* Print *Cited Medium:* Internet *ISSN:* 1879-8365 (Electronic) *Linking ISSN:* 09269630 *NLM ISO Abbreviation:* Stud Health Technol Inform

[**Disentangling the Postacute Sequelae of SARS-CoV-2E Unibus Pluram \(From One, Many\)**](#)

JAMA. Published online May 25, 2023. doi:10.1001/jama.2023.8961

[**Long COVID? What is that?**](#)

The Lancet Respiratory Medicine SPOTLIGHT | PATIENT PERSPECTIVES | VOLUME 11, ISSUE 6, P515-517, JUNE 2023

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