



Long Covid Current Awareness Bulletin

October 2021

Guidelines, Policies and Reports

NHS England

[Enhanced service specification: Long COVID 2021/22](#)

This enhanced service specification and template aim to support general practice in managing Long COVID

Published research

Anxiety, depression, insomnia, and trauma-related symptoms following COVID-19 infection at long-term follow-up.

Brain, behavior, & immunity - health; Oct 2021

Available at: [Brain, behavior, & immunity - health](#)

A developing finding from the novel coronavirus 2019 (COVID-19) pandemic is the burden of neuropsychiatric symptoms seen in COVID-19 survivors. While studies have shown clinically significant rates of depression, anxiety, insomnia, and trauma-related symptoms such as post-traumatic stress disorder (PTSD) after COVID-19, little is known about how these symptoms evolve over time. Here, we report findings from a cohort study of 52 participants recruited from the greater New York City area following acute COVID-19 infection. Our results present evidence from a small cohort that neuropsychiatric symptoms, particularly those related to PTSD, may worsen over time in COVID-19 survivors. Future studies should continue to investigate these questions in broader populations, while additionally exploring the potential biological and sociological mechanisms that may contribute to neuropsychiatric pathology after COVID-19 infection.

Frequency, signs and symptoms, and criteria adopted for long COVID-19: A systematic review.

International journal of clinical practice; Oct 2021; vol. 75 (no. 10); p. e14357

Available at: [International journal of clinical practice](#)

To identify, systematically evaluate and summarise the best available evidence on the frequency of long COVID-19 (post-acute COVID-19 syndrome), its clinical manifestations, and the criteria used for diagnosis. The frequency of long COVID-19 reached up to 80% over the studies included and occurred between 3 and 24 weeks after acute phase or hospital discharge. Chest pain, fatigue, dyspnea, and cough were the most reported clinical manifestations attributed to the condition. Based on these systematic review findings, there is an urgent need to understand this emerging, complex and challenging medical condition. Proposals for diagnostic criteria and standard terminology are welcome.



Severe Fatigue in Long COVID: Web-Based Quantitative Follow-up Study in Members of Online Long COVID Support Groups.

Journal of medical Internet research; Sep 2021; vol. 23 (no. 9); p. e30274

Available at: [Journal of medical Internet research](#)

The objectives of this study were to (1) assess the severity of fatigue over time in members of online long COVID peer support groups, and (2) assess whether members of these groups experienced mental fatigue, physical fatigue, or both. Fatigue in members of online long COVID support groups with a confirmed COVID-19 diagnosis decreases from 10 to 23 weeks after onset of symptoms. Despite this, severe fatigue remains highly prevalent. Both physical and mental fatigue are present. It remains unclear whether and to what extent fatigue will resolve spontaneously in the longer term.

Long COVID and mental health

British Journal of Community Nursing; 2021, 26(8), p. 406-409.

Available via [journal article request](#)

Increasingly, mental health issues such as anxiety and depression, as well as psychosis have been linked to the condition; Neurological consequences linked to long COVID include confusion and dementia symptoms. These may be linked to a cytokine 'storm' from the immune response to the infection, which affects the blood brain barrier; Psychological therapies, self-help strategies for coping and self-care, alongside medication, may help treat the mental health symptoms of long COVID



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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/>