

## COVID PATIENT RECOVERY ALLIANCE

The COVID Patient Recovery Alliance is a multi-sector collaboration with the mission to support the energy and innovation of government and private-sector leaders as they care for individuals with long-COVID. The Alliance is developing national solutions that link diverse data sources, improve clinical care pathways, and ensure sustainable federal financial support for the care of these patients. The Alliance is particularly interested in those patients who served their communities and nation when called to duty; whose COVID-19-related costs are extraordinary and burdensome; or who are underserved by existing programs, including racial and ethnic minorities and communities experiencing health disparities.

For more information, please visit our website at [COVID19PatientRecovery.org](https://COVID19PatientRecovery.org).

### PURPOSE OF RESEARCH TRACKER

The research, news, and knowledge of long-COVID is quickly evolving. To stay up-to-date and informed on long-COVID, the Patient Recovery Alliance is performing routine intel scans from a variety of sources – from peer-reviewed publications to various news websites – and on variety of long-COVID-related topics, including health care coverage, workers' compensation, impacted populations, symptoms, and prevalence. The outputs of these intel scans are compiled in this document, which will be periodically updated.

# COVID-19 Patient Recovery Alliance Research Tracker

Date	Article	Publication	Key Takeaways
<b>December 2020</b>			
31-Dec-20	<a href="#"><u>Short-term and long-term disability insurance for civilian workers in 2020</u></a>	U.S. Bureau of Labor Statistics	<p>Short-term disability insurance was available to 40 percent of civilian workers in March 2020, and long-term disability insurance was available to 35 percent.</p> <p>Nine percent of workers in the lowest wage group had access to long-term disability insurance, compared with 59 percent of workers in the highest wage group.</p> <p>Most civilian workers were not required to contribute toward the costs of these disability benefits. Fifteen percent of civilian workers had a contribution requirement when participating in short-term disability plans, and 6 percent contributed to long-term disability plans.</p>
30-Dec-20	<a href="#"><u>He Was Hospitalized for COVID-19. Then Hospitalized Again. And Again.</u></a>	<i>NY Times</i>	<p>A “significant subset of patients are having to return to hospitals, sometimes repeatedly, with complications triggered by the disease or by the body’s efforts to defeat the virus.” This includes younger and healthier people, and those who had mild cases.</p> <p>“Data on rehospitalizations of coronavirus patients are incomplete, but early studies suggest that in the United States alone, tens of thousands or even hundreds of thousands could ultimately return to the hospital.”</p> <p>“A study by the Centers for Disease Control and Prevention of 106,543 coronavirus patients initially hospitalized between March and July found that one in 11 was readmitted within two months of being discharged, with 1.6 percent of patients readmitted more than once.”</p> <p>“In another study of 1,775 coronavirus patients discharged from 132 V.A. hospitals in the pandemic’s early months, nearly a fifth were rehospitalized within 60 days. More than 22 percent of them needed intensive care, and 7 percent required ventilators.”</p> <p>“And in a report on 1,250 patients discharged from 38 Michigan hospitals from mid-March to July, 15 percent were rehospitalized within 60 days.”</p>
29-Dec-20	<a href="#"><u>The Problem of ‘Long Haul’ COVID</u></a>	<i>Scientific American</i>	<p>One non-peer-reviewed study involving 139 health care workers who developed coronavirus infection and recovered, found that 37% them were diagnosed with myocarditis or myopericarditis about 10 weeks after their initial symptoms. Additionally, fewer than half of those had showed symptoms at the time of their scans.</p>

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23-Dec-20	<a href="#">Merck to supply feds with COVID-19 drug under \$356M deal</a>	<i>NY Post</i>	<p>“The treatment, originally named CD24Fc, uses something called a recombinant fusion protein to regulate the body’s response to COVID-19. The drug is believed to put a check on the immune system, which can overreact when people get infected with the virus, according to STAT news.”</p> <p>Used to treat severely ill patients. This is an immunomodulator.</p> <p>U.S. has bought tens of thousands of doses of this product.</p>
21-Dec-20	<a href="#">Ventilation in Buildings</a>	CDC	<p>CDC recommends a layered strategy to reduce exposures to SARS-CoV-2.</p> <p>HEPA Filters: “Consider portable high-efficiency particulate air (HEPA) fan/filtration systems to help enhance air cleaning (especially in higher risk areas such as a nurse’s office or areas frequently inhabited by persons with higher likelihood of COVID-19 and/or increased risk of getting COVID-19).”</p> <p>UVGI Light (warning, UV light can cause eye-sunburn and also emits radiation): “Consider using ultraviolet germicidal irradiation (UVGI) as a supplement to help inactivate SARS-CoV-2, especially if options for increasing room ventilation are limited. Upper-room UVGI systems pdf icon can be used to provide air cleaning within occupied spaces, and in-duct UVGI systems can help enhance air cleaning inside central ventilation systems.”</p>
21-Dec-20	<a href="#">The Mysterious Link Between COVID-19 and Sleep</a>	<i>The Atlantic</i>	<p>Melatonin could potentially block the virus, as observed by Feixiong Cheng at the Cleveland Clinic. Melatonin plays a part in calibrating the immune system and “acts as a moderator to help keep our self-protective responses from going haywire—which happens to be the basic problem that can quickly turn a mild case of COVID-19 into a life-threatening scenario.”</p> <p>Study results published last month showed people taking melatonin “had significantly lower odds of developing COVID-19, much less dying of it.”</p> <p>“Other researchers noticed similar patterns. In October, a study at Columbia University found that intubated patients had better rates of survival if they received melatonin... Eight clinical trials are currently ongoing, around the world, to see if these melatonin correlations bear out.”</p> <p>However, melatonin’s “benefit to COVID-19 patients could simply be a spurious correlation—or, perhaps, a signal alerting us to something else that is actually improving people’s outcomes” which Cheng thinks may be the case. The real issue may be tied to sleep. Johns Hopkins Department of Neurology “has been flooded with consultation requests for people suffering from insomnia” and “Roughly three-quarters of people in the United Kingdom have had a change in their sleep during the pandemic, according to the British Sleep Society, and less than half are getting refreshing sleep” which they termed COVID-somnia. Increasing the amount of sleep one gets could be beneficial.</p>
18-Dec-20	<a href="#">COVID-19’s long-term harms: What we don’t know yet could hurt us</a>	<i>The Hill</i>	<p>As more long term COVID-19 effects develop, federal support should be directed to academic medical centers to fund clinical and research programs to study the long-term consequences of COVID-19. Federal legislation should be pursued to establish “Centers of Excellence” that integrate multidisciplinary collaborations across institutions to promote pandemic preparedness and response, clinical care and research, and promote health equity.</p>

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18-Dec-20	<a href="#">Help the COVID long-haulers: How the nation can learn from NYC</a>	NY Daily News	<p>“With COVID-19, the body aches, shortness of breath, headaches, difficulty concentrating and fatigue sometimes don’t go away. These patients become COVID-19 ‘long-haulers,’ who have lingering issues and may experience damage to their heart, lungs, kidneys or brain—putting them at increased risk for cardiovascular complications such as heart attacks and strokes, cognitive and neurological impairments, and lung damage.”</p> <p>NYC Health + Hospitals, is planning three COVID-19 recovery centers—called COVID-19 Centers of Excellence—strategically placed around the city. One, in Tremont in the Bronx, has already opened.</p> <p>“In our outpatient COVID-19 recovery centers, patients have access to specialists from a range of disciplines, including pulmonary, cardiology and neurology, along with on-site radiology, optometry, dentistry and pharmacy. Any patient with a referral is welcome, from those who just need extra help getting back to baseline, to those who are completely debilitated by chronic pain, or can’t get out of bed or catch their breath. The centers will provide mental health services as well, as one in five COVID-19 survivors receive mental health diagnoses within 90 days of infection.”</p> <p>“In New York, Mount Sinai, Hackensack Meridian and Richmond University Medical Center also have established COVID-19 recovery centers. And so have several clinics around the country — associated with hospitals such as Penn Medicine in Philadelphia, the University of Texas Medical Branch and the University of California, Davis.”</p>
18-Dec-20	<a href="#">NICE Issues Rapid Guideline on Long COVID</a>	Medscape	<p>“The rapid guideline on managing the long-term effects of COVID-19, also known as ‘long COVID’, was produced by NICE in collaboration with the Scottish Intercollegiate Guidelines Network (SIGN) and the Royal College of General Practitioners (RCGP).”</p> <p>“The guideline makes recommendations in a number of other key areas, including:</p> <ul style="list-style-type: none"> <li>• Assessing people with new or ongoing symptoms after acute COVID-19</li> <li>• Investigations and referral</li> <li>• Planning care</li> <li>• Management, including self-management, supported self-management, and rehabilitation</li> <li>• Follow-up and monitoring</li> <li>• Service organization”</li> </ul> <p>“Latest research found that 1 in 5 people with COVID-19 develop longer term symptoms. Around 186,000 people experience health problems for up to 12 weeks, according to the Office for National Statistics.”</p>
18-Dec-20	<a href="#">‘Brutal’ virus leaves Newcastle players struggling to walk, says Bruce</a>	Yahoo	<p>Newcastle United boss Steve Bruce says some of the club’s coronavirus victims are battling extreme exhaustion as they attempt to fight their way back to fitness. Players are experiencing several long-term COVID-19 symptoms including fatigue, vomiting, sores, mouth ulcers, no smell, no taste.</p>

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16-Dec-20	<a href="#">Johns Hopkins Medicine Is Trying To Help COVID-19 Patients With Long-Term Symptoms</a>	<i>NPR</i>	Johns Hopkins Medicine’s post-COVID clinic is studying and treating patients who have a range of long-term symptoms within specialties - neurologists, psychiatrists, physical therapists and heart specialists. The goal of their post-COVID clinic is to establish an interdisciplinary approach to address the unique needs of COVID survivors.
15-Dec-20	<a href="#">The many strange long-term symptoms of Covid-19, explained</a>	<i>Vox</i>	<p>Preliminary research suggests that somewhere between 10 percent and 88 percent of Covid-19 patients will experience at least one symptom for many weeks or months. However, the sheer volume of individuals getting sick indicates there are already millions of Americans who have, and will soon have, long-Covid.</p> <p>One study found that 50 percent of non-ICU patients reported a significant change to their cognitive functioning.</p>
13-Dec-20	<a href="#">‘Autoantibodies’ may be driving severe Covid cases, study shows</a>	<i>The Guardian</i>	<p>“Dramatic levels of ‘friendly fire’ from the immune system may drive severe Covid-19 disease and leave patients with ‘long Covid.’”</p> <p>“Researchers at Yale University found that Covid-19 patients had large numbers of misguided antibodies in their blood that targeted the organs, tissues and the immune system itself, rather than fighting off the invading virus.”</p>
12-Dec-20	<a href="#">Facing up to long COVID</a>	<i>The Lancet</i>	<p>On November 23, “Bin Cao presented data (in press at The Lancet) on the long-term consequences of COVID-19 for patients in Wuhan, and warned that dysfunctions and complications could persist in some discharged patients for at least 6 months.”</p> <p>“[D]ischarged patients should have long-term access to multidisciplinary health care, including rehabilitation services and telehealth, as well as social and financial support.”</p>
9-Dec-20	<a href="#">A Canadian woman has been sick with covid-19 long-term effects for nearly 9 months: ‘I’m definitely worried it will be permanent’</a>	<i>The Washington Post</i>	The woman featured has been in and out of hospitals four times in nine months.
9-Dec-20	<a href="#">Virtually all children infected with COVID-19 show signs of blood vessel damage, study shows</a>	<i>Study Finds</i>	<p>A small portion of young patients develop major symptoms or a post-viral inflammatory response to COVID-19 called Multisystem Inflammatory Syndrome in Children (MIS-C).</p> <p>“A troubling study by researchers at the Children’s Hospital of Philadelphia reports a ‘high proportion’ of children infected with SARS-CoV-2 show elevated levels of a biomarker tied to blood vessel damage. Making matters worse, this sign of cardiovascular damage is being seen in asymptomatic children as well as kids experiencing COVID-19 symptoms.”</p> <p>“Additionally, many examined children testing positive for SARS-CoV-2 are being diagnosed with thrombotic microangiopathy (TMA). TMA leads to clots in small blood vessels and has been linked to severe COVID symptoms among adult patients.”</p>

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9-Dec-20	<a href="#"><u>Mayo Clinic doctor studying Covid 'long haulers' says it might take them a year or more to recover</u></a>	CNBC	"It may take some Covid-19 patients more than a year to fully recover from lingering symptoms," according to a Mayo Clinic doctor studying the phenomenon.
5-Dec-20	<a href="#"><u>Covid Survivors With Long-Term Symptoms Need Urgent Attention, Experts Say</u></a>	NYT	<p>The Centers for Disease Control and Prevention recently posted a list of some long-term symptoms, including fatigue, joint pain, chest pain, brain fog and depression.</p> <p>Still, doctors and researchers said they know little about the extent or cause of many of the problems, which patients will develop them, or how to address them.</p>
4-Dec-20	<a href="#"><u>WHO warns Covid reinfections may occur as data suggests antibodies wane</u></a>	CNBC	The WHO warned that while such cases are rare, individuals could be reinfected as emerging data suggests protection from the initial infection may not be lifelong. "[O]ngoing research indicates an immune response may last for six months or longer."