

## 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>March 2021</b>			
28-Mar-21	<a href="#">How The Coronavirus Vaccines Affect Long-Haul COVID-19 Patients, NPR Interview</a>	NPR	<ul style="list-style-type: none"> <li>• MCCAMMON: In a survey of long-haulers, about a third reported that symptoms lessened after they received the vaccine. About a fifth said they got worse, and about half were about the same. From a scientific standpoint, what do you think the effect of the vaccine should be on COVID long-haulers?</li> <li>• IWASAKI: Before I started seeing these reports, I actually had no expectation that long-haulers would feel better after the vaccine, so I was delighted to see that 30 to 40% of the people are actually reporting improvement in their symptoms after getting the COVID vaccine. And so the reason for them getting better with the COVID vaccine - it can be - again, two different reasons can explain that. One is that if there is this residual virus replication or viral remnants that's causing this long-haul symptom, then the vaccines are known to induce very robust immune response that can clear these reservoirs and essentially eliminate the cause of the problem. The second possibility is that the vaccine is stimulating the cytokines in the innate immune response that will, at least temporarily, dampen the autoreactive T cells or B cells, and they might be feeling better because of that.</li> <li>• Akiko Iwasaki is an immunologist at Yale; Professor.</li> </ul>
26-Mar-21	<a href="#">Studies underway to see if vaccine improves long-haul coronavirus symptoms</a>	Khon	<ul style="list-style-type: none"> <li>• Anecdotal</li> <li>• "The simplest explanation is that there may be some residual virus in individuals who are infected not enough for people to detect by PCR or the usual test for COVID-19," explained Dr. Chang. "But a low level that continues to provide these inflammatory kind of responses and the symptoms that you see after many different viral illnesses, and so it's possible that the vaccine is just clearing that low level of infection that may persist over time." Dr. Sandra Chang, John A Burns School of Medicine Tropical Medicine professor.</li> </ul>
24-Mar-21	<a href="#">Can vaccine help relieve long haul COVID symptoms? Cedars-Sinai expert explains</a>	NBC7	<ul style="list-style-type: none"> <li>• Article on anecdotal case</li> <li>• Similar COVID long-haulers have reported a lessening of symptoms. Cedars-Sinai infectious disease expert Dr. Priya Soni has some theories as to why. "One theory is that there might be some leftover viral fragments causing the immune system to be in a somewhat inflammatory state," she said. Another possibility is that old viruses that stayed dormant in the body may have become active after a COVID infection. Soni said the only way to know if a vaccine helps is to do randomized, controlled studies to rule out the placebo effect. "Without doing the clinical trials, we may be missing out on the true reason why this is happening," she said.</li> </ul>
24-Mar-21	<a href="#">Long COVID is frustrating patients and puzzling scientists</a>	LA Times	<ul style="list-style-type: none"> <li>• Researchers are getting serious about understanding a disease patients call "Long COVID." Its symptoms include: aches, fatigue, sleep problems and brain fog.</li> </ul>

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24-Mar-21	<a href="#">Physical, cognitive and mental health impacts of COVID-19 following hospitalization: a multi-center prospective cohort study</a>	MedRxiv	<ul style="list-style-type: none"> <li>• Not peer-reviewed yet</li> <li>• PHOSP-COVID is a multi-center, UK, observational study of adults discharged from hospital with a clinical diagnosis of COVID-19 involving an assessment between two- and seven-months later including detailed symptom, physiological and biochemical testing.</li> <li>• At follow-up only 29% felt fully recovered, 20% had a new disability, and 19% experienced a health-related change in occupation. Factors associated with failure to recover were female, middle-age, white ethnicity, two or more co-morbidities, and more severe acute illness.</li> <li>• Four clusters were identified with different severities of mental and physical health impairment: 1) Very severe (17%), 2) Severe (21%), 3) Moderate with cognitive impairment (17%), 4) Mild (46%), with 3%, 7%, 36% and 43% feeling fully recovered, respectively. Persistent systemic inflammation determined by C-reactive protein was related to cluster severity, but not acute illness severity. Interpretation: We identified factors related to recovery from a hospital admission with COVID-19 and four different phenotypes relating to the severity of physical, mental, and cognitive health five months later.</li> </ul>
24-Mar-21	<a href="#">Seven in 10 UK Covid patients still affected months after leaving hospital</a>	The Guardian	<ul style="list-style-type: none"> <li>• The study, mentioned below "physical, cognitive, and mental health impacts.." is one of the world's largest into long Covid in hospital patients, includes a group with persistent brain fog, which bears little relation to the severity of their other symptoms. More than 300,000 Britons are estimated to have received hospital care for Covid-19 during the pandemic, and the UK-wide Phosp-Covid study has been following the health of 1,077 of those discharged between March and November 2020.</li> <li>• Patients broadly fell into one of four different groups based on their mental and physical impairments: those with very severe mental and physical health impairments accounted for 17% of patients; people with severe impairments accounted for 21%; those with mild impairments at 46%; while the fourth group, who had pronounced brain fog and moderate impairments, accounted for 17%. White middle-aged women were the most likely to fall into the first two categories – particularly if they were obese and had pre-existing conditions such as type 2 diabetes, and heart or lung disease.</li> </ul>
23-Mar-21	<a href="#">COVID-19 'long haulers' need dedicated clinics, experts say,</a>	CIDRAP: Center for Infectious Disease Research and Policy	<ul style="list-style-type: none"> <li>• "The researchers called for the creation of dedicated COVID-19 clinics, similar to those popping up in Italy, and prioritization of those at high-risk for long-term symptoms, such as those of advanced age or with severe acute infection requiring intensive care, pre-existing respiratory illness, obesity, diabetes, high blood pressure, chronic cardiovascular disease, chronic kidney disease, organ transplant, or active cancer."</li> <li>• Physician cooperation with patient advocacy groups, sharing of data, and participation in longitudinal clinical trials are also essential, the authors said in the study. "Necessary active and future research include the identification and characterization of key clinical, serological, imaging and epidemiologic features of COVID-19 in the acute, subacute, and chronic phases of disease, which will help us to better understand the natural history and pathophysiology of this new disease entity," they wrote.</li> <li>• Discusses other studies previously tracked</li> </ul>

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23-Mar-21	<a href="#">Predicting 'Long COVID Syndrome' with Help of a Smartphone App</a>	NIH Directors Blog	<ul style="list-style-type: none"> <li>The team began by looking at data recorded between March 24-Sept. 2, 2020 from about 4.2 million app users with an average age of 45, about 90 percent of whom lived in the U.K., with smaller numbers from the U.S. and Sweden.</li> <li>For this particular study, the researchers decided to focus on 4,182 app users, all with confirmed COVID-19, who had consistently logged in their symptoms.</li> <li>The team found that the individuals most likely to develop Long COVID were older people, women, and especially those who experienced five or more symptoms. The nature and order of symptoms, which included fatigue, headache, shortness of breath, and loss of smell, didn't matter. People with asthma also were more likely to develop long-lasting symptoms, although the study found no clear links to any other pre-existing health conditions.</li> <li>Study previously tracked "attributes and predictors of long COVID"</li> </ul>
23-Mar-21	<a href="#">COVID-19: Hearing loss, tinnitus and vertigo may be associated with coronavirus, research suggests</a>	Sky News	<ul style="list-style-type: none"> <li>Scientists estimate 7.6% of people infected with COVID-19 experience hearing loss, while 14.8% suffer tinnitus. They also found the prevalence of vertigo was 7.2%.</li> <li>The researchers, from The University of Manchester and Manchester Biomedical Research Centre, compiled data from 24 studies that identified an association between coronavirus and auditory and vestibular problems.</li> </ul>
23-Mar-21	<a href="#">Persistent neurologic symptoms and cognitive dysfunction in non-hospitalized Covid-19 "long haulers"</a>	Annals of Clinical and Translational Neurology	<ul style="list-style-type: none"> <li>"the main neurologic manifestations were: "brain fog" (81%), headache (68%), numbness/tingling (60%), dysgeusia (59%), anosmia (55%), myalgias (55%),... Non-hospitalized Covid-19 "long haulers" experience prominent and persistent "brain fog" and fatigue that affect their cognition and quality of life."</li> <li>Doctors say that depression and anxiety were among the most common comorbidities that patients reported facing prior to their COVID-19 diagnosis.</li> <li>Physicians said 85% of patients reported feeling frequent fatigue, with another 47% reporting depression or anxiety while going through their fight with the disease. Another 46% reported feeling shortness of breath, while 37% reported having chest pain.</li> </ul>
22-Mar-21	<a href="#">'Reluctant pioneer': A qualitative study of doctors' experiences as patients with long COVID</a>	Wiley Online Publication	<ul style="list-style-type: none"> <li>13 doctors with PASC symptoms studied; 11 were female.</li> <li>"This is the first qualitative study reporting the perspectives of doctors experiencing persistent symptoms following infection with COVID-19 in early 2020, as new knowledge was emerging. Doctors described the difficulty of making sense of unusual, unanticipated and persistent symptoms in the face of rapidly emerging and changing evidence (e.g. on NHS websites) and anecdote (e.g. on social media)."</li> </ul>
22-Mar-21	<a href="#">Post-acute COVID-19 syndrome</a>	Nature	<ul style="list-style-type: none"> <li>'We provide a comprehensive review of the current literature on post-acute COVID-19, its pathophysiology and its organ-specific sequelae. Finally, we discuss relevant considerations for the multidisciplinary care of COVID-19 survivors and propose a framework for the identification of those at high risk for post-acute COVID-19 and their coordinated management through dedicated COVID-19 clinics.'</li> <li>The research, published in the journal Nature Medicine, summarized what experts from a wide range of fields, including neurology, cardiology, and nephrology have seen in their own long-haul COVID-19 patients, and also in</li> </ul>

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			<p>existing literature. According to the review authors, including those from Columbia University in the US, chest pain has been reported in up to 20 percent of COVID-19 survivors two months after recovery from the infection</p>
19-Mar-21	<a href="#">Long-COVID postural tachycardia syndrome: an American Autonomic Society statement</a>	PubMed	<ul style="list-style-type: none"> <li>• “In this document from the American Autonomic Society, we outline the scope of the problem, and the resources and research needed to properly address the impact of Long-COVID POTS.”</li> <li>• Short article that outlines link between PASC and POTS and urges more research</li> <li>• “Recently, a number of case reports have been published describing patients who developed POTS following a SARS-CoV-2 infection [7–9]. Anecdotal preliminary information from personal communications with autonomic clinics in the USA, UK and Canada suggest an increased incidence of POTS, with independent articles in the Wall Street Journal”</li> </ul>
17-Mar-21	<a href="#">Dr. Fauci Just Said These are Signs You Have Long COVID</a>	MSN	<ul style="list-style-type: none"> <li>• “Different studies say anywhere from 25 to over then 35, 40% of individuals have prolongation of symptoms that measure not only in weeks, but in months,” he said, describing some as “completely incapacitating.”</li> <li>• Lists symptoms of PASC like fatigue drain fog, temperature dysregulation, tachycardia</li> </ul>
17-Mar-21	<a href="#">Dr. Fauci Just Said if COVID Vaccine Can Cure Long COVID</a>	MSN	<ul style="list-style-type: none"> <li>• According to some health experts, there may be an added benefit for those suffering from Post-Acute Sequelae of SARS-CoV-2 infection, or PASC, the long version of COVID-19: it could help improve their symptoms. On Wednesday morning Dr. Anthony Fauci, the chief medical advisor to the President and the director of the National Institute of Allergy and Infectious Diseases, addressed claims that the vaccine may be able to cure long COVID.</li> <li>• However, Dr. Fauci clarified that while they are gearing up to study the impact of the vaccine on long COVID, “the issue is thus far that’s anecdotal.”</li> <li>• “The reason I say anecdotal is that many people spontaneously get better anyway,” he pointed out. “And if you get vaccinated and you get better, you’re not sure whether it’s the vaccine or the spontaneous recovery. So you’ll have to do a randomized trial in order to determine that.”</li> </ul>
17-Mar-21	<a href="#">Four-Month Clinical Status of a Cohort of Patients After Hospitalization for COVID-19</a>	JAMA	<ul style="list-style-type: none"> <li>• Four months after hospitalization for COVID-19, a cohort of patients frequently reported symptoms not previously present, and lung-scan abnormalities were common among those who were tested. These findings are limited by the absence of a control group and of pre-COVID assessments in this cohort. Further research is needed to understand longer-term outcomes and whether these findings reflect associations with the disease.</li> </ul>

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15-Mar-21	<a href="#">Study of post-acute sequelae of SARS-CoV-2 infection shows persistent symptoms 8 months</a>	NewsMedical	<ul style="list-style-type: none"> <li>As SARS-CoV-2 continues to affect millions of people worldwide, the public health impact of PASC and the need to develop effective methods to prevent or treat the condition need to be studied further.</li> <li>From April 21 to December 31, 2020, the researchers assembled a cohort of volunteers with documented SARS-CoV-2 RNA-positivity, who were <math>\geq 2</math> weeks past the onset of their COVID-19 symptoms, and those who were able to travel to San Francisco, where the study was conducted.</li> </ul>
15-Mar-21	<a href="#">They Got Covid One Year Ago. They're Still Sick.</a>	WSJ	<ul style="list-style-type: none"> <li>Suffering from what's often referred to as "long Covid," an estimated roughly 10% to 30% of Covid patients continue to experience symptoms months after their initial diagnosis. Many had mild to moderate Covid cases at first, and didn't require hospitalization. But months later, they are grappling with often-debilitating symptoms that can include brain fog, fatigue, shortness of breath, racing heartbeat, and an inability to tolerate physical or mental exertion.</li> <li>Mount Sinai in New York was one of the first hospitals to establish a dedicated center for post-Covid care. Of the 800 patients enrolled in the center's rehabilitation program, about 150 have undergone about four months of rehab, says David Putrino, director of rehabilitation innovation at Mount Sinai.</li> <li>Nearly all of those 150 are improving but none are fully recovered, he says. He believes that most long Covid patients will need a minimum of six to 12 months of rehab.</li> </ul>
11-Mar-21	<a href="#">These symptoms and risk factors may predict whether you could become a 'COVID-19 long hauler,' study suggests</a>	Yahoo and USA Today	<ul style="list-style-type: none"> <li>Mentions studies previously tracked: Attributes and predictors of long COVID, 3/10/21</li> <li>The five symptoms experienced during the first week that were most predictive of becoming a long hauler were fatigue, headache, hoarse voice, muscle pain and difficulty breathing.</li> <li>Researchers from King's College London, Massachusetts General Hospital and Boston Children's Hospital asked COVID-19 patients from the U.K., U.S. and Sweden to report their symptoms through a smartphone application from March to September 2020.</li> <li>Out of more than 4,000 participants, about 13% of patients reported symptoms lasting more than 28 days, 4% for more than 8 weeks and 2% more than 12 weeks.</li> <li>Corresponding original article: COVID-19 long hauler: Study suggests what symptoms to look out for (usatoday.com)</li> <li>Women also were more likely to have long COVID-19 than men, with 14.9% of female study participants reporting symptoms 28 days after initial infection, compared with 9.5% of men.</li> </ul>
11-Mar-21	<a href="#">Rapid implementation of a cohort for the study of post-acute sequelae of SARS-CoV-2 infection/COVID-19</a>	MedRxiv	<ul style="list-style-type: none"> <li>Prevalence of symptoms reported by participants in a study of individuals with SARS-CoV-2 infection during acute infection and three time points in the post-acute phase. Symptoms were limited to those not present prior to the occurrence of COVID-19. Concentration problems refers to "Trouble concentration, trouble with your thinking, or trouble with your memory." Vision problems refers to "Trouble with vision, for example double vision, blurry vision, or other visual issues."</li> <li>The most common symptoms during the acute phase of SARS-CoV-2 infection were fatigue, fever, myalgia, cough and anosmia/dysgeusia (Figure 1). In the post-acute phase time points, fatigue, shortness of breath, concentration</li> </ul>

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			<p>problems, headaches, trouble sleeping and anosmia/dysgeusia were the most commonly reported, but a variety of other symptoms were endorsed by at least some participants at each time point. Importantly, these were not chronic symptoms, known to be present prior to COVID-19; they were instead symptoms that either newly developed or worsened since the onset of COVID-19.</p>
11-Mar-21	<a href="#">7 Signs You're a COVID Long Hauler, Says New Study</a>	MSN	<p>O Article on MedRxiv study already tracked “COVID Symptoms, Symptom Clusters, and Predictors for Becoming a Long-Hauler: Looking for Clarity in the Haze of the Pandemic”</p> <p>O Hair loss, fatigue, lower back pain, dyspnea, anxiety, chest pain, abdominal pain, cough</p>
10-Mar-21	<a href="#">Attributes and predictors of long COVID</a>	Nature	<ul style="list-style-type: none"> <li>• Patients with COVID-19 who felt more than five symptoms in their first week of illness were more likely to become a so-called "COVID long hauler"</li> <li>• “Long COVID was characterized by symptoms of fatigue, headache, dyspnea and anosmia and was more likely with increasing age and body mass index and female sex.”</li> </ul>
10-Mar-21	<a href="#">Long COVID and the role of physical activity: a qualitative study</a>	MSN	<ul style="list-style-type: none"> <li>• Qualitative study with 18 people living with long COVID (9 men, 9 women; aged between 18-74 years; 10 white British, 3 white Other, 3 Asian, 1 black, 1 mixed ethnicity) recruited via a UK-based research interest database for people with long COVID.</li> <li>• Four themes were generated. Theme 1 describes how participants struggled with drastically reduced physical function, compounded by the cognitive and psychological effects of long COVID. Theme 2 highlights challenges associated with finding and interpreting advice about physical activity that was appropriately tailored. Theme 3 describes individual approaches to managing symptoms including fatigue and 'brain fog' while trying to resume and maintain activities of daily living and other forms of exercise. Theme 4 illustrates the battle with self-concept to accept reduced function (even temporarily) and the fear of permanent reduction in physical and cognitive ability.</li> </ul>
10-Mar-21	<a href="#">A Dizzying Long-Term Effect of COVID-19?</a>	The Journal of the American College of Cardiology	<ul style="list-style-type: none"> <li>• “In this case report, researchers discuss three Swedish patients who were diagnosed with POTS more than three months after presumed COVID-19 infections. All three patients experienced COVID-19-like symptoms in the spring of 2020, but not all sought medical attention or received COVID-19 tests at the time of their symptoms. Later that summer and fall, all three patients began experiencing symptoms of POTS, including extreme fatigue, headache, nausea and dizziness. POTS was confirmed using active standing and head-up tilt tests.”</li> </ul>
9-Mar-21	<a href="#">Many 'Long COVID' Patients Had No Symptoms From Their Initial Infection</a>	Yahoo; and also on New York Times	<ul style="list-style-type: none"> <li>• “The study, one of the first to focus exclusively on people who never needed to be hospitalized when they were infected, analyzed electronic medical records of 1,407 people in California who tested positive for the coronavirus. More than 60 days after their infection, 27%, or 382 people, were struggling with post-COVID symptoms like shortness of breath, chest pain, cough or abdominal pain.”</li> </ul>

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			<ul style="list-style-type: none"> <li>Nearly one-third of the patients with such long-term problems had not had any symptoms from their initial coronavirus infection through the 10 days after they tested positive, the researchers found.</li> <li>The new study is published on the preprint site MedRxiv and has not finished undergoing peer review</li> <li>Among their findings: Long-term problems affect every age group, including children. "Of the 34 children in the study, 11 were long-haulers," said one of the authors.</li> </ul>
9-Mar-21	<a href="#">For Some COVID Long-Haulers, Symptom Relief After a Vaccine</a>	U.S. News	<ul style="list-style-type: none"> <li>Lately, some group members have posted about the same phenomenon Finley experienced: After just one COVID-19 vaccine dose, members said they feel better – even normal.</li> <li>Seeing these stories in the Facebook group prompted Finley to design a Google Forms survey on vaccination. It's still ongoing, but she shared interim results with U.S. News. Of 68 responses, 32% reported an improvement in long-haul symptoms after a COVID-19 vaccine. About 53% reported no change, and roughly 15% reported feeling worse.</li> </ul>
8-Mar-21	<a href="#">Persistence of symptoms up to 10 months following acute COVID-19 illness</a>	MedRxiv	<p>"Among 6,211 survey respondents reporting COVID-19 illness, with a mean age of 37.8 (SD 12.2) years and 45.1% female, 73.9% white, 10.0% Black, 9.9% Hispanic, and 3.1% Asian, a total of 4946 (79.6%) had recovered within less than 2 months, while 491 (7.9%) experienced symptoms for 2 months or more. Of the full cohort, 3.4% were symptomatic for 4 months or more and 2.2% for 6 months or more. In univariate analyses, individuals with persistent symptoms on average reported greater initial severity."</p>
8-Mar-21	<a href="#">Population-based estimates of post-acute sequelae of SARS-CoV-2 infection (PASC) prevalence and characteristics: A cross-sectional study</a>	MedRxiv	<ul style="list-style-type: none"> <li>Sample size of 593</li> <li>"Main outcomes and Measures: We defined post-acute sequelae of SARS-CoV-2 infection (PASC) as persistent symptoms 30+ days (30-day COVID-19) or 60+ days (60-day COVID-19) post COVID-19 onset. Results: 30- and 60-day COVID-19 were highly prevalent (52.5% and 35.0%), even among respondents reporting mild symptoms (29.2% and 24.5%) and non-hospitalized respondents (43.7% and 26.9%, respectively)."</li> <li>"PASC is highly prevalent among cases with severe initial symptoms, and, to a lesser extent, cases with mild and moderate symptoms."</li> </ul>
8-Mar-21	<a href="#">I've Been Sick From COVID-19 For Almost A Year. Here's What My Life Has Been Like</a>	Huffpost	<ul style="list-style-type: none"> <li>"I have experienced approximately 100 symptoms myself, ranging from the notorious chest pressure and hypoxia, to tingling and numbness in my arms and legs, to muscle and joint pain, to brain fog and impaired verbal recall, to mental and physical exhaustion, to insomnia and nightmares"</li> <li>Mentions unique symptoms like POTS and support groups Long Haul COVID Fighters and COVID-19 Longhauler Advocacy Project</li> </ul>
5-Mar-21	<a href="#">'Pray for a miracle': Covid long-haulers fight debilitating symptoms a year later</a>	ABC News	<p>"One out of three Covid patients, or 8.4 million Americans, have persistent symptoms months after they first got sick, a recent study shows. In post-Covid clinics across the country, doctors are scrambling to find answers and a cure for what some are calling a "second pandemic"</p>

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3-Mar-21	<a href="#">COVID Symptoms, Symptom Clusters, and Predictors for Becoming a Long-Hauler: Looking for Clarity in the Haze of the Pandemic</a>	MedRxiv	<ul style="list-style-type: none"> <li>o The University of California COVID Research Data Set (UC CORDS) was used to identify 1407 records that met inclusion criteria. Symptoms attributable to COVID-19 were extracted from the electronic health record.</li> <li>o “27% reported persistent symptoms after 60 days. Women were more likely to become long haulers, and all age groups were represented with those aged 50 ± 20 years comprising 72% of cases. Presenting symptoms included palpitations, chronic rhinitis, dysgeusia, chills, insomnia, hyperhidrosis, anxiety, sore throat, and headache among others. We identified 5 symptom clusters at day 61+: chest pain-cough, dyspnea-cough, anxiety-tachycardia, abdominal pain nausea, and low back pain-joint pain. Long-haulers represent a very significant public health concern, and there are no guidelines to address their diagnosis and management.”</li> </ul>
3-Mar-21	<a href="#">15-Year-Old Competitive Dancer Has Long-Haul COVID: 'Kids Are Not Supposed to Have This Kind of Condition'</a>	People	<p>She developed COPD from COVID-19. Also other symptoms like fatigue.</p> <ul style="list-style-type: none"> <li>• “The most well-known of these complications is called "multisystem inflammatory syndrome in children," or MIS-C. Symptoms — which include high fever, a skin rash and stomach pain — can appear up to a month after getting COVID. Around 2,000 cases have been identified in the United States. Black and Hispanic children make up a disproportionate share: 69%.”</li> <li>• Clinics for children: “At Norton Children's Hospital in Louisville, Kentucky, clinicians set up a clinic in October after receiving calls from area pediatricians who had patients with long-haul symptoms.”</li> <li>• “Similarly, an ad hoc clinic for other young patients has been set up within the cardiology department at the Children's Hospital &amp; Medical Center in Omaha, Nebraska. Patients are screened to assess the heart's structure and how it functions. She said they've been seeing six to eight patients per week.”</li> <li>• University Hospitals Rainbow Babies &amp; Children's Hospital in Cleveland is involved in creating a multidisciplinary clinic that will consolidate care by giving patients access to specialists and integrative medicine like acupuncture.</li> </ul>
3-Mar-21	<a href="#">For many, COVID-19 goes away, but damage could be lifelong</a>	News4Jax	<ul style="list-style-type: none"> <li>o Mostly anecdotal evidence of cardiac, neurological, and respiratory long-haul symptoms</li> <li>o “It could be inflammation of the heart, causing the muscles to get weak,” said Dr. Saumil Oza, the chief of cardiology at Ascension St. Vincent’s.</li> <li>o “We don’t know down the line if a 20-year-old or a 30-year-old develops COVID with minimal symptoms, if the damage completely goes away or if it might down the line 20 years later cause a higher incidence of coronary disease or high blood pressure,” he said.</li> </ul>
2-Mar-21	<a href="#">“Long COVID Patients Say They Feel Better After Getting Vaccinated”</a>	The Verge	<ul style="list-style-type: none"> <li>• “Patients with chronic symptoms started to report that their sense of smell was improving or that they weren’t as fatigued”</li> <li>• “For some of them it was short lived. But for a chunk, it actually persisted — they went ahead, got their second shot out, and are saying, wow, they really feel like there’s light at the end of the tunnel,” – Daniel Griffin, Infectious Disease Clinician and Researcher at Columbia University</li> </ul>

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1-Mar-21	<a href="#">‘I would like my life back’: COVID long-haulers hope new clinics lead to answers,</a>	KGW8	<p>O More than 80 post-COVID clinics working with long-haulers in the U.S., including one opening next month at Portland's Oregon Health &amp; Science University (OHSU).</p> <p>O “The 64 clinics we surveyed have been operating for six months on average. Of course, a year ago we didn’t know this illness even existed so with that context it’s pretty amazing what they’ve done in that short amount of time.”</p> <p>O There are a variety of symptoms and no consistent treatment, many had mild COVID-19 symptoms.</p>
1-Mar-21	<a href="#">Unpacking “long COVID”</a>	CMAJ	<ul style="list-style-type: none"> <li>• If 10%–20% of people with COVID-19 experience long-term symptoms, as a growing body of evidence suggests, “we’ve got 10–20 million cases out there to manage,” said Dr. Daniel Altmann, a professor of immunology at Imperial College London.</li> <li>• The complexity of long COVID poses another challenge. One survey of more than 3700 patients with illness lasting more than a month turned up 205 symptoms affecting 10 organ systems, including neurocognitive, mental health, cardiac and pulmonary symptom clusters.</li> </ul>
1-Mar-21	<a href="#">Covid-19: Long-Hauler Syndrome Has a Name—Post-Acute Sequelae of Covid-19</a>	<i>Physician’s Weekly</i>	<p>Naming of COVID long-haul condition, mentions <i>JAMA</i> study from WA university. Researchers are now referring to the lingering symptoms as Post-Acute Sequelae of COVID-19, or PASC.</p> <p>Mentions another study: “A separate follow-up of 219 patients in Northern Italy who were hospitalized for severe Covid-19 found that four months after discharge, respiratory, physical, and psychological symptoms remained common. More than half (53.8%) showed evidence of functional impairment based on lung capacity testing, and 17% reported symptoms of post-traumatic stress. The study was published online in <i>JAMA Network Open</i> in late January.”</p>