

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.

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
August 2021			
2-Aug-21	Longhailer's or Long Covid—What is it?	Psychology Today	<ul style="list-style-type: none"> • Acute Covid-19 infections follow the pattern of an acute threat response. • People who have a higher baseline threat load from things such as chronic repression, generational trauma, adverse childhood events, disenfranchisement, discrimination, poverty and lack of safe housing fare more poorly with acute Covid-19. • Post Covid-19 Syndrome folks tend to have a higher baseline threat load and experience more tissue and organ degeneration and destruction with an acute infection, and the infection leaves them with an even higher threat load, sometimes well after the virus has been eliminated.
2-Aug-21	Long Covid may be triggered by dormant viruses behind cold sores and chickenpox as scientists investigate link	inews Science	<ul style="list-style-type: none"> • Scientists have launched a study into whether long Covid is caused by the reactivation of dormant viruses such as those behind glandular fever, cold sores and chickenpox. • The researchers expect their study will reveal the existence of a number of different types of long Covid – at least some of which may be caused by reactivated viruses that are lying dormant in most people. • This may allow patients to be treated with whatever medication is available for the virus underlying their form of the condition.
2-Aug-21	How Often Did Kids Develop 'Long COVID?'	medpage today	<ul style="list-style-type: none"> • Less than 5% of children reported COVID-19 symptoms for more than 28 days, and less than 2% reported symptoms for over 56 days. • Researchers collected data from 258,790 children through this "proxy-reporting" system, 75,529 of which reportedly tested positive for COVID-19. Of these, 1,734 children had both a positive test and illness duration data: 1,146 children ages 12-17, and 588 children ages 5-11. • Median illness duration was longer in older children versus younger children (7 vs 5 days, respectively), as "age correlated with illness duration."
3-Aug-21	COVID-19 Could Impact Transportation Long After the Virus Leaves Students	School Transportation News	<ul style="list-style-type: none"> • With Long COVID qualifying as a disability, students may be entitled to extra accommodations under the Individuals with Disabilities Act (IDEA) and Section 504 of the Rehabilitation Act of 1973 (Section 504). • For students to qualify they must demonstrate an adverse educational impact, need for specialized instructions and otherwise meet the requirements of IDEA eligibility under Section 504. • Disabled Children could be entitled to special education, or related services such as additional time to finish classwork and tests.

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7-Aug-21	Max Healthcare conducts study on long term health consequences of Covid-19 patients	PHARMABIZ	<ul style="list-style-type: none"> • Study was conducted on a cohort of nearly 1000 RT-PCR confirmed Covid-19 patients admitted across 3 hospitals in north India. • The aim of the study was to describe the consequences of long Covid and to identify potential factors associated with those symptoms. • “We found that overall, long-Covid occurred in almost 40% of the cases. Of the 990 patients studied, 31.8% patients had post Covid symptoms beyond three months, and 11% of the patients continued to have some form of symptoms for as long as 9-12 months from the onset of disease.” • “Fatigue showed significant association with age (P = 0.017), with only 1 of 44 (2.3%) in the age group of less than 30 years had fatigue, which increased to 21.5% in the age-group of 60 years or more. Fatigue was also significantly associated with severity of Covid-19 illness at admission (P = 0.016), while Neuro-psychiatric symptoms, such as anxiety, depression, “brain-fog”, and sleep disorder, were reported by 9.0% cases. It was significantly associated with pre-existing comorbidity (P=0.018) and not with age, gender, or severity of illness.”
7-Aug-21	Study investigates long-term sequelae of COVID-19 in hospitalized children	News Medical Life Sciences	<ul style="list-style-type: none"> • Researchers from ISARIC (International Severe Acute Respiratory and emerging Infection Consortium) pediatric Long Covid working group in the UK, Sechenov University and Z.A. Bashlyeva Children's Municipal Clinical Hospital in Russia ran the largest study to date on children hospitalized with COVID-19. • The goal of the study was to uncover the long-term effects on children and adolescents who have been hospitalized with confirmed COVID-19. They also aimed to discover the risks of children developing long term symptoms after being diagnosed with COVID-19. • Older children are at greater risk of developing Long COVID as well as children with allergic diseases reported by their parents. • One in ten children reported persistent symptoms related to two or more organs and/or /systems (for example respiratory or digestive system). One in twenty parents noticed behavioral changes in their children(Eating and sleeping habits). • The study lead mentioned that these results do not demonstrate a full picture because their was no control group, and it was only done on children who were hospitalized which means this study was done on the severest of adolescent cases.
14-Aug-21	What Covid-19 long haulers should know about claiming Social Security disability benefits	CNBC	<p>While the Biden Administration moved to make long-COVID recognized as a disability under federal law, experts note that whether disability requests are successful depends on several factors, including the ability to show a longitudinal history of debilitating long-COVID related symptoms and whether the individual meets certain financial qualifications (i.e., paying FICA taxes and contributing for at least 10 years).</p>
16-Aug-21	Blood clotting markers found to be elevated in patients with Long COVID syndrome	News Medical	<p>Recent research suggests that patients with long-COVID have higher measures of blood clotting, which may help explain some persistent symptoms, such as reduced physical fitness and fatigue.</p>
16-Aug-21	Can the Vaccinated Develop Long Covid After a Breakthrough Infection?	NYTimes	<p>Article discusses whether vaccinated individuals can develop long-COVID after breakthrough infection. Many experts interviewed in the article mention that it is too soon to tell and call for more data around breakthrough cases.</p>

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16-Aug-21	Study highlights possible link between 'long' COVID-19, chronic fatigue syndrome	UPI	Recent study published in the Proceedings of the National Academy of Sciences shows that long-COVID shares some symptoms and biologic abnormalities with chronic fatigue symptom. These common symptoms include " redox imbalance, systemic inflammation, brain inflammation and a hypometabolic state -- a reduced metabolism similar to that seen people with an under-active thyroid"
17-Aug-21	What Parents Need To Know About Long Covid In Children	Forbes	Article highlights how the Delta variant has "changed the game" when it comes to kids, as many of them are being hospitalized for COVID and a greater percentage than before are going on to develop long-COVID. The article encourages parents to get vaccinated and have their children (over the age of 12) to get vaccinated.
18-Aug-21	How does COVID-19 affect the brain? A troubling picture emerges.	National Geographic	Tells the story of a previously healthy young woman who contracted COVID and has been experiencing debilitating neurological symptoms months thereafter. Article goes on to highlight studies that demonstrate the neurological impacts of long-COVID, including one study showing that hospitalized COVID-19 patients had similar blood biomarkers, neurodegeneration, and inflammation to those with Alzheimer's disease.
24-Aug-21	Estimates of Americans with long COVID-19, per state	Becker's Hospital Review	The American Academy of Physical Medicine and Rehabilitation developed a dashboard estimating long-COVID infections by state, assuming 30% of people who recover from COVID develop long-COVID. Estimates range from 7,990 (Vermont) to 1,248,683 (California)
25-Aug-21	Long Covid limbo: some US patients wait months for diagnosis and treatment	The Guardian	For patients who got sick early in the pandemic when diagnostic tests weren't widely available, reliable, and/or accessible, seeking medical treatment for long-COVID can be difficult. For example, antibodies may be gone; medical providers may disregard connection between symptoms and virus; and individuals may have difficulty accessing treatment at long-COVID clinics and/or obtaining insurance authorizations and disability benefits
25-Aug-21	For many, long COVID looks a lot like chronic fatigue	John Hopkins Medicine	Researchers found that oxidative stress may cause symptoms seen in both long-COVID and myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). Oxidative stress or redox imbalance causes too many oxygen molecules to accumulate on cells, which may be linked to inflammation and disorders of metabolism found in long-COVID and ME/CFS
25-Aug-21	Long COVID, Big Bills Even with Short Hospital Stays	WebMD	Researchers found that long-COVID takes a significant physical and financial toll on patients. Of the 253 patients surveyed 1-month after discharge from COVID-19: <ul style="list-style-type: none"> • 55% had at least one new or worsening heart/lung symptom • 53% had physical limitations that had not been present before • 20% had either lost or had to change their job • 38% a loved one had taken time off from work to care for them

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30-Aug-21	Should vaccinated people worry about long Covid?	Vox	“Long Covid is relatively rare, especially among vaccinated people. It will likely become rarer over time, especially as more people get vaccinated and the population in general develops stronger immune defenses against the coronavirus”
30-Aug-21	1-year outcomes in hospital survivors with COVID-19: a longitudinal cohort study	The Lancet	<p>Study with 1,276 individuals with COVID-19 who were discharged from a hospital in Wuhan between Jan and May 2020. The proportion of patients with at least one sequelae symptom decreased from 68% at 6 months to 49% at 12 months.</p> <p>More patients had anxiety or depression at 12 months (26%) versus 6 months (23%). 88% of patients who were employed before COVID-19 had returned to their original work at 12 months. Compared with men, women had an odds ratio of 1.43 (95% CI 1.04–1.96) for fatigue or muscle weakness, 2.00 (1.48–2.69) for anxiety or depression, and 2.97 (1.50–5.88) for diffusion impairment</p>
31-Aug-21	Post-acute COVID-19 syndrome (PCS) and Health related Quality of life (HRQoL)- A systematic review and Meta-analysis	Journal of Medical Virology	This meta-analysis pooled data from 12 observational studies describing symptoms and quality of life for patients with post-acute COVID-19 syndrome. Pooled prevalence of poor quality of life was 59% (95%CI:42-75%). Poor quality of life was significantly higher among post COVID-19 patients with ICU admission and fatigue. Persistent symptoms included fatigue, dyspnea, anxiety/depression, sleep disturbances, and worse mental health
31-Aug-21	Covid-19 patients with severe symptoms suffer long-lasting cognitive impairments	The Economist	After controlling for age, sex, educational level, first language, and income, researchers found that individuals who recovered from COVID-19 performed worse on cognitive tests compared to individuals who never had COVID-19. The more severe the COVID-19 symptoms, the worse those individuals performed.