

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
September 2021			
9/1/2021	For Those with Long COVID-19, 'Returning to Normal' Is A Massive Battle	Huffpost	<ul style="list-style-type: none"> It is common for individuals with long-COVID to experience mental strain and depression because so little is understood about their prognosis. A study at University of Oxford and NIHR Oxford Health Biomedical Research Centre found 1 in 5 people diagnosed with COVID-19 also suffered from psychiatric disorders within 3 months. Many COVID long-haulers find Facebook and other online groups helpful with coping
9/1/2021	Mechanisms of Long COVID Remain Unknown but Data Are Rolling In	The Scientist	<ul style="list-style-type: none"> It is still unknown why or how long-COVID happens, who is the most susceptible to developing it, or how to treat it. The heterogeneity of long- COVID makes it difficult to study. Proposed drivers of long-COVID include hyperactive immune system due to cytokine imbalance, reservoirs of viral particles in different organ systems, blood clots, and genetic factors. Female sex and severe acute infections were found to be risk factors for a longer recovery from COVID
9/1/2021	Experts reassured over 'long COVID' in children	BBC News	<ul style="list-style-type: none"> The risk of long-COVID in children is lower than that in adults. Research conducted by the Great Ormond Street Institute of Child Health found that 1.7% - 14% of 11–17-year-olds testing positive for COVID-19 still had symptoms 15 weeks later
9/1/2021	Long COVID - the physical and mental health of children and non-hospitalised young people 3 months after SARS-CoV-2 infection; a national matched cohort study (The CLoCK) Study	BMJ	<ul style="list-style-type: none"> Nationally representative cohort study in England compared outcomes at 3 months for children aged 11-17 years old. 3-months post PCR test, 66.5% of children who tested positive and 53.3% of those who tested negative had one or more symptoms. 30.3% of those who tested positive had three or more symptoms, compared with 16.2% of those who tested negative. High numbers of children who tested negative reporting symptoms could be explained by tiredness being common in this age bracket and the survey period overlapping with the return to school after lockdowns
9/1/2021	Risk factors and disease profile of post-vaccination SARS-CoV-2 infection in UK users of the COVID Symptom Study app: a prospective, community-based, nested, case-control study	The Lancet Infectious Diseases	<ul style="list-style-type: none"> Prospective, case-control study of over 1 million British adults used self-reported data to identify the risk factors for and symptoms associated with post-vaccination COVID-19 infections. COVID-19 infection after vaccination (compared with no vaccination) was associated with reduced odds of hospitalization, having 5 or more symptoms in the first week of illness following the first or second dose, and long-duration (≥ 28 days) symptoms following the second dose
9/1/2021	Breakthrough Infections Less Likely to Cause Long Covid, Large Study Finds	The New York Times	“People who experience breakthrough infections of the coronavirus after being fully vaccinated are about 50 percent less likely to experience long Covid than are unvaccinated people who catch the virus, researchers said in a large new report on British adults”
9/1/2021	Kidney Outcomes in Long COVID	Journal of American	<ul style="list-style-type: none"> This US study compared kidney outcomes between 30-day COVID-19 survivors who were veterans (n=89,216) and non-infected veterans (n=1,637,467).

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		Society of Nephrology	<ul style="list-style-type: none"> 30-day survivors of COVID-19 exhibited a higher risk of acute kidney injury, estimated glomerular filtration rate (eGFR) decline $\geq 30\%$, eGFR decline $\geq 40\%$, eGFR decline $\geq 50\%$, end-stage kidney disease, and major adverse kidney events. As the severity of the acute infection increased, the risks of negative post-acute kidney outcomes also increased
9/2/2021	Vaccines cut risk of 'long covid' in half, major study finds	The Washington Post	"A new study that included more than a million adults in Britain has found that instances of people contracting the coronavirus after full vaccination are extremely rare — and that their risk of experiencing lingering symptoms of the disease in what's known as "long covid" is reduced by almost half"
9/7/2021	Covid-19: 1-in-3 Patients Reported Long-Hauler Symptoms	Physician's Weekly	<ul style="list-style-type: none"> Around 1/3 of people who suffer from Acute Covid-19 had lingering symptoms 7-9 months later Information comes from a study called : Prevalence of Symptoms More Than Seven Months After Diagnosis of Symptomatic COVID-19 in an Outpatient Setting Of the 629 participants in the study who completed the baseline interviews, 410 completed follow-up at 7 to 9 months after COVID-19 diagnosis; 39.0% reported residual symptoms. Fatigue (20.7%) was the most common symptom reported, followed by loss of taste or smell (16.8%), dyspnea (11.7%), and headache (10.0%).
9/7/2021	For Many, 'Long COVID' Becoming Chronic Fatigue	MedPage Today	<ul style="list-style-type: none"> Fatigue is the most common and long-lasting symptom of COVID-19. In a study conducted in the Netherlands (n=239), 85% of individuals in long-COVID online support groups reported severe fatigue when surveyed 11 weeks after symptom onset. This percentage decreased to 79% at week 24. Only 4% of individuals at week 11 and 13% at week 24 received formal rehabilitation therapy
9/7/2021	Patients' Experiences of "Long COVID" in the Community and Recommendations for Improving Services: A Quality Improvement Survey	Journal of Primary Care & Community Health	<ul style="list-style-type: none"> In this UK study, 49 patients who were diagnosed with COVID-19 were administered a semi-structured quality improvement survey by phone to better understand their post-acute long-COVID symptoms and their experience using community services. Most common symptoms were severe fatigue (45%), breathlessness (30%), neurocognitive difficulties (such as poor memory), poor concentration and "brain fog" (30%), headaches (20%), and joint pain (20%). Patients reported not having adequate support, information about community resources, and/or lack of follow-up from primary care healthcare staff
9/9/2021	'Long COVID': Making the Invisible Visible	Health Affairs	<ul style="list-style-type: none"> In this article, a physician shares her experience dealing with the debilitating symptoms of long-COVID, especially chronic fatigue, for the past 1.5 years. Variation in the clinical presentation of long-COVID makes it difficult to recognize and treat. The author recommends (1) raising awareness about long-COVID among healthcare providers, patients, and the public; and (2) taking a multidisciplinary and multispecialty approach and holistic view in treating patients with long-COVID.

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9/9/2021	Long COVID and kidney disease	Nature Reviews Nephrology	<ul style="list-style-type: none"> • About 28% of patients hospitalized with COVID-19 are diagnosed with acute kidney injury (AKI) and 9% receive kidney replacement therapy. COVID-19 has also been found to have long-term effects on the kidney, resulting in recurrent AKI, increased risk of chronic kidney disease (CKD), and sepsis. • The relationship between COVID-19 and CKD is bidirectional and patients who are at-risk of or have CKD are disproportionately impacted by COVID-19.
9/9/2021	Can kids get 'long COVID' after coronavirus infections?	AP News	<ul style="list-style-type: none"> • Children are less likely to experience long-COVID symptoms compared to adults. • A UK study found 4% of young children and teens had long-COVID symptoms more than 1 month after getting infected. • However, children can develop other rare health issues after COVID-19 infection, such as heart inflammation or multisystem inflammatory syndrome.
9/9/2021	Covid long-haulers face new challenges as they head to college. Universities are listening.	NBC News	Young people with long-COVID symptoms will need support and accommodations from schools and colleges this fall. Given that long-COVID could qualify as a disability, college campuses and other institutions will need to build their infrastructure for reasonable modifications and disability
9/10/2021	Lifestyle Adjustments in Long-COVID Management: Potential Benefits of Plant-Based Diets	Current Nutrition Reports	<ul style="list-style-type: none"> • This review article noted there are limited clinical trials examining the benefits of plant-based diets for patients with long-COVID. • However, pre-pandemic studies have shown that plant-based diets can reduce intake in pro-inflammatory mediators, which could help alleviate the prolonged systemic inflammation frequently seen in long-COVID patients. • Additional research is needed to study whether plant-based diets can reduce long-COVID symptoms.
9/13/2021	In-Depth: Long COVID patients report worse health problems than cancer patients	10 News	<ul style="list-style-type: none"> • This study administered surveys about overall health to 1,295 patients with long-COVID and 2,395 patients with cancer. • In general, long-COVID patients reported worse outcomes compared to patients with cancer. <ul style="list-style-type: none"> ○ For General Health, 32.9% of long-COVID patients said their general health was fair or poor, compared to 25.4% of cancer patients. ○ 40.5% of long-COVID patients reported a pain level of 7 or higher, compared with 24.8% of cancer patients. ○ 34.3% of long-COVID patients say they're unable to run errands or shop, compared with 16.0% of cancer patients. ○ 19.1% of long-COVID patients described their mental health as fair or poor, compared with 15.3% of cancer patients • Full CDC Study: https://www.cdc.gov/mmwr/volumes/70/wr/pdfs/mm7027a2-H.pdf
9/14/2021	The lasting misery of coronavirus long-haulers	Nature	<ul style="list-style-type: none"> • People with more severe infections might experience long-term damage in their lungs, heart, immune system, brain and elsewhere.

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			<ul style="list-style-type: none"> Evidence from previous coronavirus outbreaks, especially the severe acute respiratory syndrome (SARS) epidemic, suggests that these effects can last for years.
9/14/2021	Breakthrough Infections in Vaccinated People Less Likely to Cause 'Long COVID'	NIH Director's Blog	<ul style="list-style-type: none"> This article discusses findings from a Lancet study that found that fully vaccinated UK adults were 49% less likely to report long-COVID symptoms four weeks after infection compared to unvaccinated adults. The most common symptoms reported in both groups were fatigue, loss of smell, cough, fever, and headaches; however, the symptoms were milder and reported less frequently by vaccinated adults compared to unvaccinated adults.
9/14/2021	'Long COVID' affects 1 in 10 kids, Israel survey finds	Fox News	<ul style="list-style-type: none"> Israel's Health Ministry conducted a phone survey with 13,834 parents of kids aged 3-18 who recovered from COVID-19 and found that 11.2% of kids experienced lasting COVID-19 symptoms after recovery. This number dropped to 1.8% for kids aged 3-6 and 4.6% for kids aged 12-18 six months following COVID-19 infection.
9/14/2021	In for the long-haul? Seropositivity and sequelae 1 year post COVID-19	BMC Medicine	<ul style="list-style-type: none"> This review article summarizes recent evidence on long-lasting immunity after COVID-19 infection and long-COVID in healthcare workers. Multiple studies found that healthcare workers infected with COVID-19 experienced persistent symptoms of long-COVID, including declines in muscle strength, agility, and balance. Larger, systematic studies are needed to assess immunity after infection and the burden of long-COVID among healthcare workers so strategies can be developed to mitigate the negative effects.
9/16/2021	CDC: One-third in 'limited' study report long-term COVID-19 two months after positive test	The Hill	<ul style="list-style-type: none"> The CDC surveyed 366 adults in Long Beach who tested positive for COVID-19. They found that women, older and Black residents, individuals aged 40 to 54 years, and individuals with pre-existing conditions were more likely to report long-COVID symptoms 2 months after testing positive. Given the random sample size, the CDC called for more research examining which demographic groups are more likely to experience long-COVID.
9/16/2021	Long Covid in children and adolescents is less common than previously feared	The Guardian	<ul style="list-style-type: none"> A review of 14 international studies involving 19,426 children and adolescents suggests that long-COVID symptoms after COVID-19 infection rarely lasts longer than 12 weeks. The 5 most common symptoms reported in children and adolescents were fatigue, headache, concentration difficulties, sleep disturbance, and abdominal pain. Of note, children and adolescents with pre-existing conditions (such as obesity, chronic kidney disease, and immune disorders) were 25 times more likely to experience severe COVID.
9/16/2021	Long Covid less common than feared - ONS study	BBC News	<ul style="list-style-type: none"> The UK's Office for National Statistics (ONS)'s latest analysis with over 50,000 adults showed that 1 in 40 people who tested positive for COVID-19 has long-COVID symptoms lasting at least 3 months.

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			<ul style="list-style-type: none"> • Women, individuals aged 50 to 69 years, and individuals with pre-existing conditions were more likely to report long-COVID symptoms 3 months after testing positive.
9/17/2021	NIH to Use mHealth, Telehealth in Long COVID Research	mHealthIntelligence	<ul style="list-style-type: none"> • The NIH’s recently launched REsearching COVID to Enhance Recovery (RECOVER) initiative to research the long-term effects of COVID-19 will use connected health platforms and telehealth services to collect data from participants. • This includes data from wearables, health apps and telehealth platforms, and electronic health record platforms.
9/18/2021	The days of full covid coverage are over. Insurers are restoring deductibles and co-pays, leaving patients with big bills	The Washington Post	<ul style="list-style-type: none"> • Although many insurance companies waived cost-sharing for COVID-19-related testing and treatment in 2020, they reinstated cost-sharing in 2021. • The financial burden of COVID-19 on patients varies by insurer and state. • Individuals with long-COVID symptoms have to continue to deal with deductibles and co-pays, resulting in financial stress for many
9/20/2021	The Struggle to Define Long COVID	The New Yorker	<ul style="list-style-type: none"> • This article describes an individual with long-COVID who used her experience to advocate for other COVID-19 survivors. • She advocates for more research on the long-term effects of COVID-19, as well as legitimizing long-COVID and defining it more broadly given the severity and scope of long-COVID symptoms.
9/20/2021	What to Do When COVID-19 Long-Haulers Seek Exemptions from Vaccine Mandates	Society for Human Resource Management (SHRM)	<ul style="list-style-type: none"> • Employers will have to provide reasonable accommodations to COVID-19 long-haulers who request disability-related exemptions from mandatory vaccination policies. • Employers can request medical documentation from the employee’s healthcare provider that the employee would be put at risk by being vaccinated. • Accommodations can include wearing a mask at work with periodic testing, working in an area where the employee can avoid close contact with others, and remote work.
9/23/2021	Conceptualizing Long COVID as an episodic health condition	BMJ Global Health	<p>“We propose that Long COVID should be conceptualised as an episodic illness, characterised by health-related challenges (or disability) that may be multidimensional, episodic and unpredictable in nature... Future directions include establishing valid and reliable measures of episodic disability, assessing effectiveness of rehabilitation approaches and interventions and building on existing international collaborations and community-engaged partnerships to advance practice, research and policy”</p>