

## 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 2021</b> |  |                     |   |
| 2-Dec-21             | <a href="#">Another fight for Covid long-haulers: having their pain acknowledged</a>       | Stat News           | <ul style="list-style-type: none"> <li>The medical establishment has been slow in acknowledging, diagnosing, and treating chronic pain, largely due to lack of education among providers and lack of research funding to understand chronic pain. Long-COVID is adding a new group of people to the chronic pain population. A study from Italy found that roughly 33% of individuals with long-COVID experienced fibromyalgia or widespread muscle or bone pain. Research has also linked long-COVID to neuropathic pain, which results from damage to the nervous system.</li> </ul>  |
| 3-Dec-21             | <a href="#">Cognitive Rehab: One Patient's Painstaking Path Through Long Covid Therapy</a> | NYTimes             | <ul style="list-style-type: none"> <li>This article describes Samantha Lewis's experience of battling brain fog and other cognitive long-COVID symptoms for over a year since being infected with COVID-19. Few drugs exist to address cognitive issues, and cognitive deficits can often be exacerbated by resuming activities too soon or intensely. Samantha began cognitive rehab to improve her memory, concentration, balance, and endurance and get back to her life before being infected with COVID-19.</li> <li>Post-COVID clinics are being to characterize the experience of long-COVID patients. At Mount Sinai, 63% of patients in their post-COVID program reported cognitive problems (brain fog, dizziness, headaches, and fatigue) and nearly 50% of patients stopped working full-time. At Northwestern, 42% of patients in their long-COVID clinic previously had depression or anxiety. Other pre-existing conditions were autoimmune diseases and headaches.</li> </ul> |
| 9-Dec-21             | <a href="#">Long covid is destroying careers, leaving economic distress in its wake</a>    | The Washington Post | <ul style="list-style-type: none"> <li>"Across America, many of the nearly 50 million people infected with the coronavirus continue to suffer from some persistent symptoms, with a smaller subset experiencing such unbearable fatigue and other maladies that they can't work, forcing them to drop out of the workforce, abandon careers and rack up huge debts... Long covid is testing not just the medical system, but also government safety nets that are not well suited to identifying and supporting people with a newly emerging chronic disease that has no established diagnostic or treatment plan. Insurers are denying coverage for some tests, the public disability system is hesitant to approve many claims, and even people with long-term disability insurance say they are struggling to get benefits.</li> </ul>   |

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| 9-Dec-21  | <a href="#">‘Scary and confusing’: When kids suffer from long COVID-19</a>                                   | AAMC         | <ul style="list-style-type: none"> <li>Although COVID-19 infections in children tend to be less severe, even children with mild COVID-19 infection can experience long-COVID symptoms. Long-COVID symptoms include heart palpitations, brain fog, difficulty breathing, and painful rashes. Nearly 6.8 million young people have been infected with COVID-19 and pediatric long-COVID rates range from 2% to 50%. Long-COVID takes a toll on both kids and parents, and there are fewer pediatric long-COVID clinics compared to those for adults.</li> </ul>   |
| 22-Dec-21 | <a href="#">More than a million of us are suffering with long Covid – yet still it’s not taken seriously</a> | The Guardian | <ul style="list-style-type: none"> <li>Author of the article highlights how recent research suggests over a million people in the U.S. have long-COVID, however long-COVID rarely receives the media and Congressional attention it needs and deserves.</li> <li>The author also highlights that treatment for long-COVID needs to be different for every patient since their needs and symptoms vary, however clinics and physicians are struggling with managing long-COVID patients’ symptoms.</li> </ul>  |
| 23-Dec-21 | <a href="#">Don’t Dismiss Omicron as ‘mild.’ Take it from a COVID long-hauler</a>                            | The Guardian | <ul style="list-style-type: none"> <li>While recent media has deemed the Omicron variant as “mild,” long-COVID advocates warn that even asymptomatic and mild cases of COVID-19 can lead to long-COVID.</li> <li>The author urges media outlets to be more careful with the words they choose when it comes to COVID-19 variants and long-COVID.</li> </ul>   |
| 28-Dec-21 | <a href="#">Small Number of Covid Patients Develop Severe Psychotic Symptoms</a>                             | NYT          | <ul style="list-style-type: none"> <li>“Although the coronavirus was initially thought primarily to cause respiratory distress, there is now ample evidence of many other symptoms, including neurological, cognitive and psychological effects, that could emerge even in patients who didn’t develop serious lung, heart or circulatory problems. Such symptoms can be just as debilitating to a person’s ability to function and work, and it’s often unclear how long they will last or how to treat them.”</li> <li>“Experts increasingly believe brain-related effects may be linked to the body’s immune system response to the coronavirus and possibly to vascular problems or surges of inflammation caused by the disease process.”</li> </ul> |