

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
November 2021			
2-Nov-21	NIH to study long-term effects of COVID-19 in pregnancy	NIH	<ul style="list-style-type: none"> As part of the RECOVER initiative, the NIH will follow up to 1,500 pregnant women who were infected with COVID-19 during their pregnancy to evaluate the long-term effects of COVID-19 on pregnant women and their offspring. Participants will be recruited from an earlier study by the Maternal-Fetal Medicine Units (MFMU) Network. Key research questions include the prevalence of long-COVID in pregnant women and whether the severity of COVID-19 in pregnancy influences the likelihood of developing long-COVID.
2-Nov-21	In Long COVID, GI and Mental Health Symptoms 'Go Hand in Hand'	medpage today	<ul style="list-style-type: none"> A study of nearly 750 individuals who recovered from COVID-19 found that those with mental health symptoms were over 16 times more likely to have long-COVID GI symptoms. This shows that psychological distress is a risk factor for developing post-COVID-19-infection functional GI disorder. COVID-related GI symptoms reported 6 months following the initial COVID-19 diagnosis included heartburn (16%), constipation (11%), diarrhea (9.6%), abdominal pain (9.4%), and nausea or vomiting (7%). Individuals who had been hospitalized for COVID-19 and individuals with pre-COVID mental health symptoms had a higher risk of post-COVID GI symptoms.
2-Nov-21	Do Patients Hold the Answer to the Mystery of Long COVID?	medpage today	<ul style="list-style-type: none"> A physician reflects on his experience working in a long-COVID clinic, noting that listening is integral for physicians to better understand long-COVID and help their patients recover, especially in the absence of easy treatment or medication for long-COVID. A common theme in his patients is self-doubt about their symptoms; part of his role as a physician is to validate what they are experiencing while listening and obtaining a better understanding of their symptoms. Challenges include compassion fatigue, high public scrutiny, and overburdened facilities.

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4-Nov-21	How Covid attacks the brain may explain long-lasting symptoms	NBC News	<ul style="list-style-type: none"> Two new studies (CA National Primate Research Center and Rotman Research Institute in Toronto) were presented during a meeting of the Society for Neuroscience. The studies suggest the COVID-19 virus directly infects neurons in the brain through the nose, resulting in long-COVID neurological symptoms. The first study found that monkeys infected with the COVID-19 virus showed evidence of infection inside the brain's neurons after 7 days of exposure. The second study used EEG to show that patients with COVID-19 had different brain wave patterns that lasted at least 7 months after the initial infection.
5-Nov-21	Patient symptoms and experience following COVID-19: results from a UK-wide survey	BMJ Open Respir Res.	<ul style="list-style-type: none"> This mixed methods study (n=3,290) found that the most common ongoing long-COVID symptoms were breathing problems (92.1%), fatigue (83.3%), muscle weakness or joint stiffness (50.6%), sleep disturbances (46.2%), and problems with mental abilities (45.9%). Respondents living with long-COVID commonly reported having physical and psychological symptoms that fluctuate unpredictably, unsatisfactory interactions with the healthcare system, and the need for long-COVID research.
5-Nov-21	'I barely function some days': Covid 'long haulers' struggle to work amid labor shortage	CNN	<ul style="list-style-type: none"> Laurie Bedell is a long-COVID survivor who's continues to deal with severe fatigue, cognitive impairment, and constant pain. She had to leave her previous job as the nursing director for a home health agency due to her debilitating condition. Roughly 1.3 million Americans are out of work due to long-COVID symptoms. Although the federal government recognizes long-COVID as a disability, obtaining financial assistance can take months and many long haulers have been denied assistance.
6-Nov-21	Vaccine for kids paves way for protection against long-haul COVID	ABC News	<ul style="list-style-type: none"> Children ages 5-11 years are now eligible to get vaccinated against COVID-19. The vaccine reduces their risk of being infected with COVID-19 and offers protection from long-COVID. Estimates suggest anywhere from 10% to 33% of COVID-19 patients go on to develop long-COVID symptoms. Scientists are still unsure whether the vaccine could help kids who are already experiencing long-COVID symptoms.

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7-Nov-21	Could long covid unlock clues to chronic fatigue and other poorly understood conditions?	Washington Post	<ul style="list-style-type: none"> • Patient advocates are hopeful that long-COVID research will lead to patterns and treatments to other post-infectious and/or poorly understood conditions, such as myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). Yale researchers have been working with the advocacy group Survivor Corps to design long-COVID studies and recruit participants.
8-Nov-21	For Some, 'Long COVID' Symptoms Have Little to Do With Virus	medpage today	<ul style="list-style-type: none"> • A French study (n=26,823) found that individuals who self-reported having COVID-19 were more likely to report symptoms such as persistent anosmia, breathing difficulties, chest pain, palpitations, and fatigue versus individuals with laboratory-confirmed infection were only more likely to report persistent anosmia. Of those who self-reported having COVID-19, half had a negative serology test result. • JAMA Article: Association of Self-reported COVID-19 Infection and SARS-CoV-2 Serology Test Results With Persistent Physical Symptoms Among French Adults During the COVID-19 Pandemic
12-Nov-21	New clues to the biology of long COVID are starting to emerge	NPR	<ul style="list-style-type: none"> • There is general consensus that long-COVID symptoms are not caused by one thing. Researchers have found unusual level of cytokines (chemical messengers that the immune system uses to communicate) and autoantibodies (proteins produced by the immune system) in patients with long-COVID, resulting in chronic inflammation. They have also found an unusual pattern of activity by T-cells, supporting the hypothesis that the virus is hiding in the body and damaging nerves and other parts of the body. Nevertheless, there are still more questions than answers in terms of what causes long-COVID symptoms and how to best treat them.
12-Nov-21	Long COVID rare for college athletes; prostate cancer treatment shows no benefit vs COVID-19	Reuters	<ul style="list-style-type: none"> • A study published in the British Journal of Sports Medicine (n=2,500 athletes across 20 sports who tested positive for COVID-19) found that college athletes are unlikely to experience long-COVID symptoms. Only 1.2% of athletes reported symptoms lasting 3+ weeks, with 0.06% reporting symptoms lasting 3+ months. Common symptoms included shortness of breath and chest pain during exercise. • A study published in JAMA (n=1,106 COVID-19 patients with prostate cancer) found no benefit of receiving androgen deprivation therapy (ADT). There was no significant difference in COVID-19 severity or death rates between men who did or did not undergo ADT. Of note,

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			<p>this was an observational study and not a randomized controlled trial.</p>
15-Nov-21	50 percent of people who survive covid-19 face lingering symptoms, study finds	Washington Post	<ul style="list-style-type: none"> • A study published in JAMA (n=250,351 adults and children) found that at least 50% of individuals who survive COVID-19 experience physical and/or psychological health issues for 6+ months after their initial COVID-19 infection. Specifically, 20% have decreased morbidity, 25% have "brain fog", 30% develop an anxiety disorder, 25% have breathing problems, and 20% have hair loss or skin rashes. Cognitive issues were more common among individuals who were hospitalized with COVID-19.
15-Nov-21	Long-term study of children with COVID-19 begins	NIH	<ul style="list-style-type: none"> • The NIH Clinical Center in Bethesda began recruiting children and young adults who previously tested positive for COVID-19 to study long-COVID physical and mental health symptoms over three years. The NIH Clinical Center will enroll up to 1,000 children ages 3 to 21 years in the study and examine risk factors for complications, screen for genetic factors that may impact how children respond to COVID-19 infection, and assess whether immunological factors influence long-COVID symptoms. This study is part of the NIH's Researching COVID to Enhance Recovery (RECOVER) Initiative to better understand the long-term impact of COVID-19.
16-Nov-21	Long COVID may affect response to and recovery from exercise in women	Medical News Today	<ul style="list-style-type: none"> • A study published in the journal Experimental Physiology found that women with mild-to-moderate illness during the acute phase showed a slower decline in their heart rate after exercise compared to the control group, suggesting deficits in cardiovascular function. The difference was more pronounced in women experiencing certain long-COVID symptoms (such as shortness of breath or joint/muscle aches).

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16-Nov-21	Ad campaign features testimonials from young 'long haulers' to motivate vaccine-holdouts	The Washington Post	<ul style="list-style-type: none"> • A NYC-based nonprofit called Resolve to Save Lives launched an ad campaign that features testimonials from three individuals in their 20s with long-COVID symptoms. The goal of the ad campaign is to increase vaccine uptake, especially among young adults. The nonprofit is working with state and local officials to promote the ads in states with low vaccination rates, such as Alabama, Louisiana, and North Carolina.
18-Nov-21	Triad of cytokines associated with long COVID	News-Medical.Net	<ul style="list-style-type: none"> • A study (n=318 individuals who recovered from COVID-19) found that three types of cytokines that are part of the immune response (IL-1β, IL-6, and TNF-α) are associated with long-COVID symptoms. The risk of experiencing long-COVID symptoms was similar in individuals who got infected before or after receiving a COVID-19 vaccine. • Original Research article: https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3963839
19-Nov-21	Over 1 Million With Long-Term Loss of Smell Thanks to COVID	WebMD	<ul style="list-style-type: none"> • A new study found that 700,000 to 1.6 million Americans infected with COVID-19 lost their sense of smell for 6 months or longer. The rate of acute COVID olfactory dysfunction was 52.7% and the recovery rate from olfactory dysfunction was 95.3%. The burden of olfactory dysfunction is higher among younger age groups compared to older age groups. • Original Research Article (published in JAMA): https://jamanetwork.com/journals/jamaotolaryngology/fullarticle/2786433