



PHIRI

Population Health Information
Research Infrastructure

Task 8.4: Long Covid – Róbert Láng (HU)

REF meeting
5th December, 2022



Coronavirus disease (COVID-19): Post COVID-19 condition - WHO

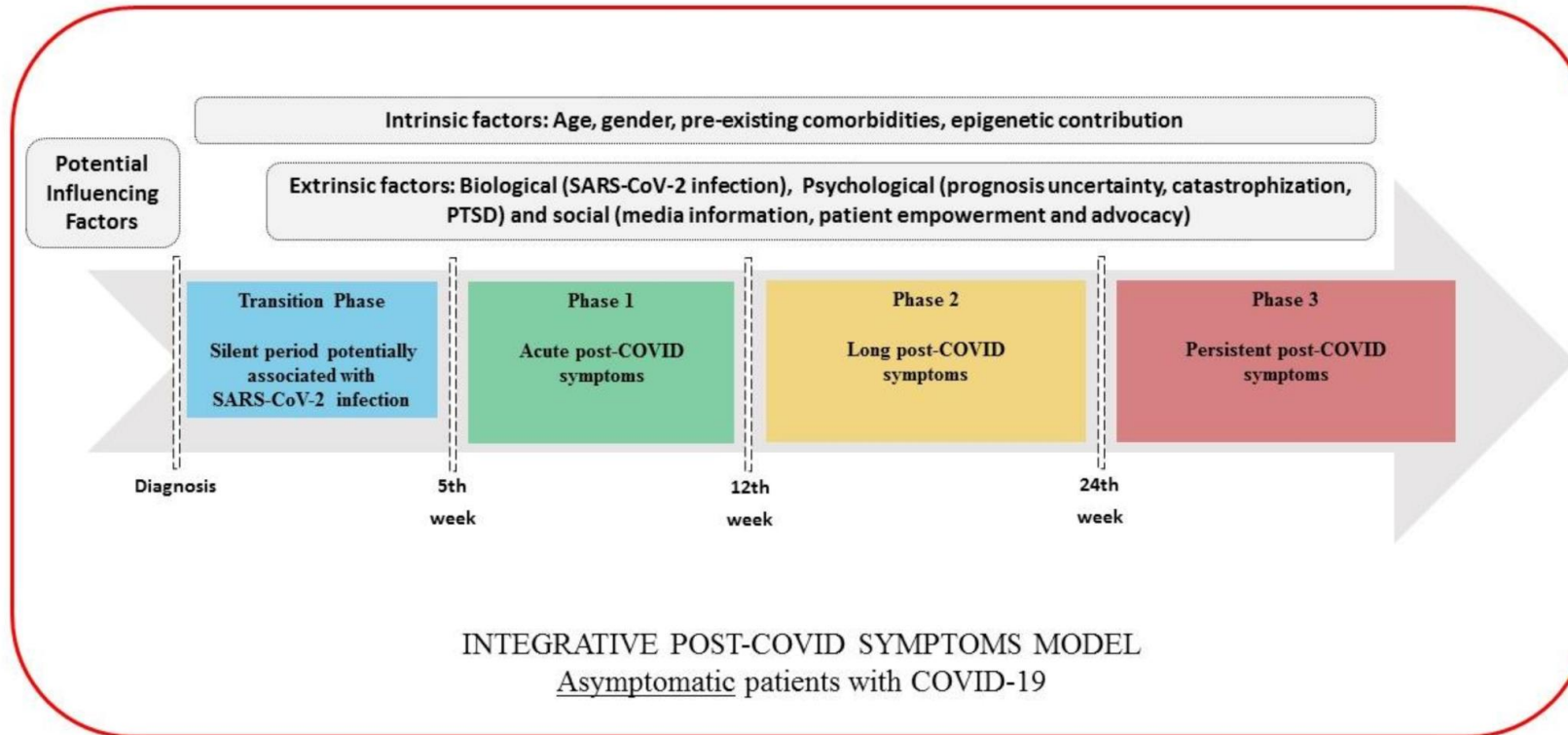
- Post COVID-19 condition, also known as “long COVID,” refers collectively to the constellation of long-term symptoms that some people experience after they have had COVID-19
- Approximately 10%-20% of people experience a variety of mid- and long-term effects after they recover from their initial illness
- These symptoms might persist from their initial illness or develop after their recovery. They can come and go or relapse over time.
- Post COVID-19 condition can affect a person’s ability to perform daily activities such as work or household chores.

What can I do to protect myself against post COVID 19 condition - WHO

The best way you can protect yourself against post COVID-19 condition is by doing everything you can to avoid getting infected with the COVID-19 virus.

This includes getting vaccinated and following the many public health and social measures that can reduce your chances of getting infected and spreading the COVID-19 virus.

Fernández-de-las-Peñas C, Palacios-Ceña D, Gómez-Mayordomo V, Cuadrado ML, Florencio LL. Defining Post-COVID Symptoms (Post-Acute COVID, Long COVID, Persistent Post-COVID): An Integrative Classification. *International Journal of Environmental Research and Public Health*. 2021; 18(5):2621. <https://doi.org/10.3390/ijerph18052621>



Long COVID includes two different groups:

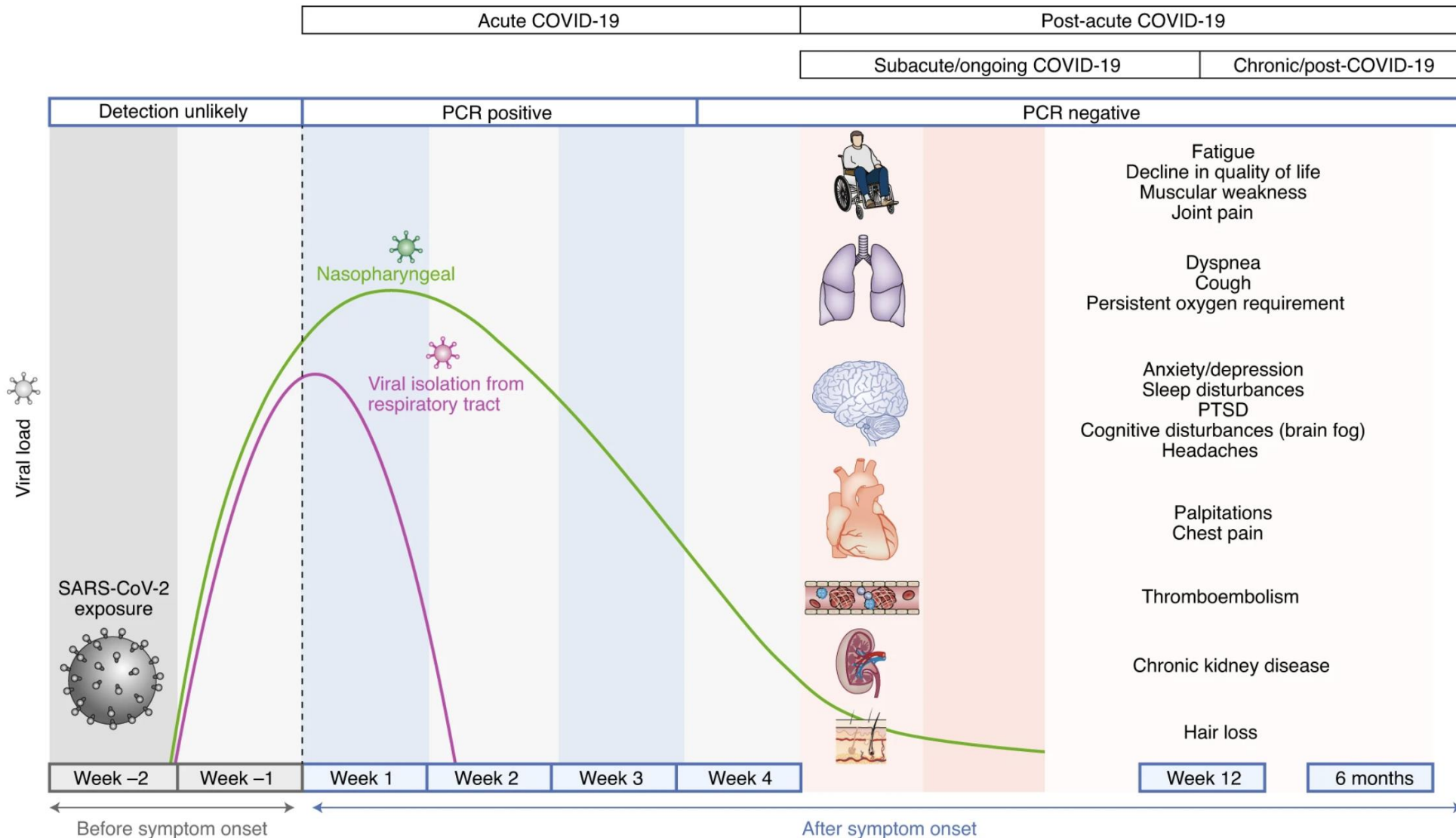
- Ongoing symptomatic COVID-19 includes signs and symptoms of COVID-19 from four weeks to twelve weeks after your illness started. For many people symptoms will resolve by twelve weeks.
- Post-COVID-19 syndrome includes signs and symptoms that develop after an infection with COVID-19, continue for more than 12 weeks and are not explained by an alternative diagnosis.

Integrative Classification for Defining Post-COVID Symptoms

- Transition Phase: Symptoms potentially associated with acute COVID-19: symptoms up to 4–5 weeks;
- Phase 1: Acute post-COVID symptoms: symptoms from week 5 to week 12;
- Phase 2: Long post-COVID symptoms: symptoms from week 12 to week 24;
- Phase 3: Persistent post-COVID symptoms: symptoms lasting more than 24 weeks.

Nalbandian, A., Sehgal, K., Gupta, A. *et al.* Post-acute COVID-19 syndrome. *Nat Med* **27**, 601–615 (2021).

<https://doi.org/10.1038/s41591-021-01283-z>



Common symptoms observed in post-acute COVID-19

Prevalence of post COVID-19 condition symptoms: a systematic review and meta-analysis of cohort study data, stratified by recruitment setting – ECDC 27 October 2022 – Technical report

Table 1. Estimated prevalence of post COVID-19 condition symptoms reported among patients recruited in both the community and hospital setting

Post COVID-19 condition symptom	Community setting prevalence	Hospital setting prevalence
Fatigue	30.8% 95% CI: 21.0–41.6	46.1% 95% CI: 37.5–54.9
Shortness of breath	20.9% 95% CI: 12.1–31.3	45.4% 95% CI: 31.9–59.2
Depression	17.3% 95% CI: 9.0–27.5	23.3% 95% CI: 15.0–32.8
Headache	14.4% 95% CI: 7.9–22.4	16.5% 95% CI: 9.2–25.3
Dizziness	10.2% 95% CI: 4.7–17.4	18.3% 95% CI: 6.1–35.0

This systematic review and meta-analysis aims to identify reported post COVID-19 condition symptoms, estimate their prevalence and determine if COVID-19 disease severity has an impact on symptom prevalence for patient cohorts.

An extremely wide range of physical and psychological symptoms are reported by individuals at least 12 weeks after a SARS-CoV-2 infection.



Long COVID treatments

Long COVID symptoms can stem from issues in several body systems at once, requiring care and treatment from multiple specialists.

- Internal medicine
- Cardiology
- Neurology
- Psychology
- Pulmonology
- Infectious Disease
- Psychiatry
- Rheumatology



Long COVID Guidance - IM

Self-Management

Setting goals is an important part of recovery.

An action plan will help to breakdown tasks into achievable steps.

Keep a record of:

- goals and what you would like to achieve
- any changes in your symptoms
- the progress you are making towards your goals
- how you feel your recovery is going
- keep a symptom diary – a symptom tracking app can help you do this

Further Assessment By Your GP

- symptoms or they are not improving then you should contact GP surgery

How to safely return to exercising while recovering from long COVID – weforum – Nov 11, 2022

- If you're recovering from long COVID, take your time, as going straight back into exercise could set you back, say experts.
- Structure your exercise plan based on the severity of your symptoms, rather than following a typical exercise programme. Making a note of your symptoms during and after exercise will help measure whether you need to pull back on exercise.
- Exercise doesn't need to be something very difficult. Once you're further along in your recovery, try a combination of endurance and strength training.
- Exercise, along with a healthy lifestyle, can boost immunity and therefore offer some protection against future COVID infections and other pathogens.
- Long COVID affects different people in different ways and it's important to recognize that exercise might not be suitable for all.