

COVID-19

Issue Brief

The MEDBOX team publishes issue briefs on different topics around COVID-19. Registered MEDBOX users can see the latest documents in the 'My News' section by selecting their personal preferences under 'My Profile'.

Long COVID

Dear MEDBOX users, to keep you well-informed, we have prepared a new issue brief on COVID-19. This time on the long-term effects of coronavirus infection, Long COVID (also known as long-haul COVID, post-acute COVID-19, long-term effects of COVID, or chronic COVID).

Long COVID is a complicated mix of various symptoms. Common symptoms include:

- extreme tiredness (fatigue)
- shortness of breath
- chest pain or tightness
- problems with memory and concentration ("brain fog")
- difficulty sleeping (insomnia)
- heart palpitations
- dizziness
- pins and needles
- joint pain
- depression and anxiety
- tinnitus, earaches
- feeling sick, diarrhoea, stomach aches, loss of appetite
- a high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- rashes

After a COVID-19 infection, we might contribute any sign or symptom to the infection and call it Long COVID. However, we know from studies that compared the wellbeing of people who had and did not have a COVID-19 disease period that some of the symptoms were also found in a high percentage of the people who were not infected. Some of the symptoms can result from a lockdown or other control measures to prevent the further spread of the virus.

Another complicating factor is that many infections will go unnoticed or are not laboratory-confirmed. A [recent study](#) in South Africa concluded that approximately 95% of the infections were not laboratory-confirmed. The chances of developing Long-COVID does not seem to be linked to how ill you are when you get COVID-19. People presenting one or more of the Long COVID symptoms that cannot be explained otherwise should be checked for a coronavirus infection.

The discussions about Long COVID, the causes and the therapy are still ongoing. There are still many unclear aspects. We hope that this brief will help you to get a better understanding.

You can find further documents on the topic of mental health aspects in our [MENTAL HEALTH TOOLBOX](#).

Clinical Management

Guidance on Diagnosis and Management of People with Post-Acute COVID-19 Syndrome

African Union; Africa CDC Centres for Disease Control and Prevention

This guidance covers diagnosis and care of patients with long-term effects of COVID-19. It makes recommendations for the care of adults and children who have new or ongoing symptoms 4 weeks or more after the start of acute COVID-19. It is meant for health and care practitioners. This interim document has been developed by the Africa Taskforce on Coronavirus Case Management Technical Working Group and will be continuously reviewed and updated in response to emerging evidence

<https://www.medbox.org/document/guidance-on-diagnosis-and-management-of-people-with-post-acute-covid-19-syndrome>



Management of post-acute covid-19 in primary care

Greenhalgh, T.; et al.

BMJ 2020; 370 doi: <https://doi.org/10.1136/bmj.m3026> (Published 11 August 2020) The BMJ "practice pointer" includes a one-page visual summary of assessment and initial management of patients with persistent symptoms following acute SARS-CoV-2 infection

<https://www.medbox.org/document/management-of-post-acute-covid-19-in-primary-care>



Update on clinical long-term effects of COVID-19

World Health Organization WHO

The latest on the COVID-19 global situation & long term sequelae, March 2021

<https://www.medbox.org/document/update-on-clinical-long-term-effects-of-covid-19>



Post-acute COVID-19 syndrome

Nalbandian, A.; et al.

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

<https://www.medbox.org/document/post-acute-covid-19-syndrome>



Post-Acute COVID Syndrome (PACS): Definition, Impact and Management Multidisciplinary Collaborative Group for the Scientific Monitoring of COVID-19 (GCMSC)

June 2021

<https://www.medbox.org/document/post-acute-covid-syndrome-pacs-definition-impact-and-management>



Mental Health

Module: Depression

World Health Organization WHO

Overview Learning objectives • Promote respect and dignity for people with depression. • Recognize common symptoms of depression. • Know the assessment principles of depression. • Know the management principles of depression. • Perform an assessment for depression. • Use effective communication skills in interactions with people with depression. • Assess and manage physical health conditions as well as depression. • Assess and manage emergency presentations of depression (see Module: Self-harm/ suicide). • Provide psychosocial interventions for people with depression and their carers. • Deliver pharmacological interventions as needed and appropriate, considering special populations. • Plan and perform follow-up for depression. • Refer to specialists and link with outside services where appropriate and available.

<https://www.medbox.org/document/module-depression>

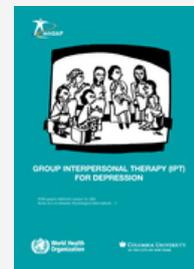


Group Interpersonal Therapy (IPT) For Depression

World Health Organization WHO

WHO recommends interpersonal therapy (IPT) as a possible first line treatment for depression. With this new manual, the World Health Organization (WHO) gives guidance on the use of interpersonal therapy (IPT) using a 8 session group protocol. The manual - which is part of WHO's mhGAP programme - describes IPT in a simplified format for use by supervised facilitators who may not have received previous training in mental health.

<https://www.medbox.org/document/group-interpersonal-therapy-ipt-for-depression>



Depression: slides (mhGAP)

World Health Organization

Session outline •Introduction to depression •Assessment of depression •Management of depression •Follow-up •Review

<https://www.medbox.org/document/depression-slides-mhgap>

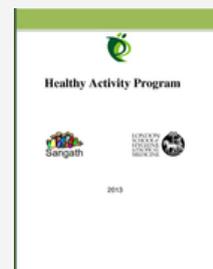


Healthy Activity Program

A. Anand; N. Chowdhary, S. Dimidji and V. Patel

The Healthy Activity Program manual aims at providing counsellors like you with information about counselling patients with moderate to severe Depression in primary care settings.

<https://www.medbox.org/document/healthy-activity-program>



Depression. First Aid Guidelines

Mental Health First Aid

<https://www.medbox.org/document/depression-first-aid-guidelines>



Living with the times: A mental health and psychosocial support toolkit for older adults during the COVID-19 pandemic

Inter-Agency Standing Committee IASC

This resource includes posters with key messages for older adults on how to take care of their well-being and how they can provide support to those around them during the COVID-19 pandemic and beyond. It includes instructions for facilitators of mental health and psychosocial support (MHPSS) on how to conduct guided conversations with older adults using these posters.



<https://www.medbox.org/document/living-with-the-times-a-mental-health-and-psychosocial-support-toolkit-for-older-adults-during-the-covid-19-pandemic>

Psychological First Aid. Stronger Together. A guide to help you and your community

Pan American Health Organization (PAHO)

2nd edition. The Pan American Health Organization and the Caribbean Development Bank developed this booklet as a tool to help you take care of yourself and your community during crisis situations. This is achieved through psychological first aid, also known as PFA, a humane, supportive and practical response to a fellow human being who is suffering and may need support. In this booklet, our “PFA helper” will guide you through the three basic principles of PFA: look, listen and link. This will help you to approach affected people, listen and understand their needs, and link them with practical support and information. It will also bring to your attention the needs of specific groups, including men, women, children and adolescents, and people with disabilities, among others. Enjoy the booklet. Read it again from time to time, share it with friends, family and members of your community, and spread the message: “Stronger together”



<https://www.medbox.org/document/psychological-first-aid-stronger-together-a-guide-to-help-you-and-your-community>

Guidance for mental health and psychosocial support for COVID-19

Africa CDC Centers for Disease Control and Prevention

This document provides guidance to African Union Member States on key mental health and psychosocial support (MHPSS) considerations in relation to the coronavirus disease 2019 (COVID-19) pandemic. It contains useful guidance on MHPSS for the community, healthcare workers, caregivers of vulnerable populations and people in quarantine, isolation or treatment centers(1) (2). This guidance aims to provide practical steps to reduce stress, anxiety, stigma and psychological disorders associated with COVID-19 and improve overall mental health and well being.



<https://www.medbox.org/document/guidance-for-mental-health-and-psychosocial-support-for-covid-19>

My hero is you - How kids can fight COVID-19

Inter-Agency Standing Committee IASC; World Health Organization (WHO); UNICEF; et al.

A new story book that aims to help children understand and come to terms with COVID-19 has been produced With the help of a fantasy creature, Ario, “My Hero is You, How kids can fight COVID-19!” explains how children can protect themselves, their families and friends from coronavirus and how to manage difficult emotions when confronted with a new and rapidly changing reality. Available in more languages The book is aimed primarily at children aged 6-11 years old. Available in different languages



Information Material and Fact Sheets for Health Professionals

Care of people with post-acute COVID-19

National COVID-19 Clinical Evidence Taskforce

June 2021

<https://www.medbox.org/document/care-of-people-with-post-acute-covid-19>



Post-COVID Conditions: Information for Healthcare Providers

Centers for Disease Control and Prevention CDC

July 2021

<https://www.medbox.org/document/post-covid-conditions-information-for-healthcare-providers>



Long COVID-19

Hoffmann, C.

Published 24 January 2021 The term "Long COVID-19" covers a wide spectrum of symptoms that can occur or persist weeks and even months after an acute infection, not only after severe but also after initially mild courses. Primary symptoms are exhaustion and fatigue, but also dyspnea on exertion, headache and arthralgia, palpitations, concentration disorders and depressive symptoms in previously healthy individuals. The symptoms may fluctuate within hours or days. This chapter summarizes current knowledge (which is still limited, as of the end of January 2021).

<https://www.medbox.org/document/long-covid-19>



Long Term Neurological Complications of COVID-19

Navaz Karanjia

This resource details the long term neurological complication seen in COVID-19 patients. This is SCCM curated COVID-19 microlearning content.

<https://www.medbox.org/document/long-term-neurological-complications-of-covid-19>



Relaxation training

World Health Organization WHO

Q 5: Is relaxation training better (more effective than/as safe as) than treatment as usual in adults with depressive episode/disorder?

<https://www.medbox.org/document/relaxation-training>



Physical Activity

World Health Organization WHO

Q6: Is advice on physical activity better (more effective than/as safe as) than treatment as usual in adults with depressive episode/disorder with inactive lifestyles

<https://www.medbox.org/document/physical-activity>



Information Material General Public

Long COVID – die häufigsten Symptome

Bundesministerium für gesundheitliche Aufklärung Bzga

<https://www.medbox.org/document/long-covid-die-haufigsten-symptome>



Support for Rehabilitation: Self-Management after COVID-19 Related Illness

World Health Organization WHO, Regional Office of Europe

This leaflet provides support and advice for adults who are recovering from COVID-19. It can be used by individuals after hospitalization from the illness and those in the community who did not need hospitalization. The leaflet can complement care received from health care professionals. The leaflet was written by rehabilitation professionals in consultation with people recovering from COVID-19. There is still much we don't know about post-COVID-19 recovery, and evidence is fast emerging. Available in different languages

<https://www.medbox.org/document/support-for-rehabilitation-self-management-after-covid-19-related-illness>



Long COVID: Langzeitfolgen von COVID-19

Bundesministerium für gesundheitliche Aufklärung Bzga

Noch Wochen und Monate nach Erkrankung an COVID-19 können gesundheitliche Langzeitfolgen bestehen. Welche Symptome treten bei Long COVID auf? Wer kann betroffen sein? Wie lassen sich Spätfolgen einer Infektion mit dem Coronavirus SARS-CoV-2 vermeiden?

<https://www.medbox.org/document/long-covid-langzeitfolgen-von-covid-19>



WHO Science in 5 Episode #47 - Post COVID-19 condition

World Health Organization WHO

If you have recovered from COVID-19 but are still experiencing certain symptoms you could have post COVID-19 condition or "long COVID". What are these symptoms? How long do they last and are there any treatment options? Dr Janet Diaz explains in Science in 5.

<https://www.medbox.org/document/who-science-in-5-episode-47-post-covid-19-condition>



iFightDepression® Ein begleitetes Online- Selbstmanagement-Programm zur Ergänzung der Depressionstherapie
Deutsche Depressionshilfe

Das Programm richtet sich an Menschen mit leichteren Depressionsformen, d.h. leichte bis mittelgradige, aber auch subklinische Depression. Es zielt darauf ab, Betroffene beim eigenständigen Umgang mit den Symptomen einer Depression zu unterstützen. iFightDepression beruht auf den Prinzipien der Kognitiven Verhaltenstherapie, welche sich in der Forschung als wirksam bei Depression erwiesen hat. Es hat sich gezeigt, dass onlinebasierte Programme genauso gut wie eine persönliche Behandlung bei einem Arzt oder Therapeuten funktionieren können. Es ist derzeit in zwölf Sprachen verfügbar (deutsch, englisch, italienisch, estnisch, ungarisch, griechisch, norwegisch, spanisch, katalanisch, baskisch, albanisch, arabisch; Stand November 2018). Die deutsche Version wird über die Stiftung Deutsche Depressionshilfe im Rahmen einer Kooperation mit der Deutsche Bahn Stiftung angeboten, evaluiert und weiterentwickelt.

<https://www.medbox.org/document/ifightdepressionein-begleitetes-online-selbstmanagement-programm-zur-erganzung-der-depressionstherapie>



Long COVID symptoms
British Lung Foundation

This infographic shows the most common signs and symptoms of Long COVID. Breathlessness. Cough, sore throat. Chest pain. Pins and needles. Tinnitus, earaches.

<https://www.medbox.org/document/long-covid-symptoms>

