

Long COVID Interventions

What is long COVID?

Long COVID is a complex condition with a wide range of symptoms (fatigue, cognitive impairment, shortness of breath, memory and smell loss) that can be debilitating and vary significantly from person to person. It can be long-lasting.

What did we review?

We reviewed 57 randomised controlled trials that considered interventions for adults with symptoms of Long COVID.



Findings

A clear treatment pathway for Long COVID remains unknown. Further research on the long term safety and effectiveness of the interventions included in this review is required.



Michelle O'Neill
Deputy Director of HTA

"Healthcare professionals should provide a holistic, person-centred approach to the assessment and management of people with Long COVID. This is important as symptoms of Long COVID are highly diverse, vary in severity, and can fluctuate over time."