

Long COVID research: an update from the PHOSP-COVID Scientific Summit

The severity of acute SARS-CoV-2 infection has decreased with the introduction of public health policies, vaccination, improved management of acute disease, and a degree of protective immunity in those who have survived past infection. However, in the wake of the pandemic, post-acute sequelae of COVID-19—referred to as long COVID—have emerged. The UK National Institute for Health and Care Excellence (NICE) describes long COVID as a condition in which signs and symptoms continue or develop after acute COVID-19 (>4 weeks), including ongoing symptomatic COVID-19 and post-COVID-19 syndrome (≥12 weeks).

3 years since the first UK national lockdown, the Post-hospitalisation COVID-19 study (PHOSP-COVID) held a Scientific Summit in Leicester, UK (28–29 March, 2023) to review progress and address key questions related to future research. PHOSP-COVID is a UK consortium of multidisciplinary researchers and clinicians working together to understand and improve long-term health outcomes for adults who were hospitalised with COVID-19. Patients, clinicians, and scientists worked together in 2020 to agree priority research questions and, throughout the study, there has been close engagement between the consortium, patients involved in the study, and the wider public. 7935 adults who were discharged from hospital after COVID-19 between February 2020 and March 2021 were recruited into three tiers of research, which included follow-up at around 5 months and 12 months after discharge for deep phenotyping and biosource sampling (Tier 2), and detailed immune profiling and multiorgan MRI (Tier 3). Recruitment across the four UK nations is now complete and analyses are ongoing.

The aims of PHOSP-COVID are as follows: (1) to describe the holistic impact of long COVID on people who were hospitalised with COVID-19; (2) to identify the features associated with good or poor recovery; (3) to investigate the underlying causes of long COVID; (4) to determine whether long COVID is altered by treatments given during the acute infection; and (5) to develop treatments for people with long COVID to improve recovery. PHOSP-COVID has not studied the impact of long COVID in those not hospitalised during the acute infection and does not include children, but it works closely with the other national long COVID consortia¹ and internationally with professional societies such as the European Respiratory Society.²

Early key findings were that, at 5 months after hospital discharge, only about 30% of participants reported that they felt fully recovered.³ The proportion was similar after 1 year, with only marginal improvement from 5 months to 1 year.⁴ Participants were less likely to have recovered if they were female, were aged 35–65 years, had a BMI of more than 30 kg/m², had multiple pre-existing, long-term conditions, or required mechanical ventilation while hospitalised for COVID-19. These risk factors and the high proportion of people with persistent symptoms after hospitalisation for COVID-19 were consistent with the findings of other studies.⁵ We found that treatments given during the acute infection, such as corticosteroids, did not affect the likelihood of recovery, consistent with the 6-month follow-up of the REMAP-CAP study, which involved only critically ill participants and identified only anti-interleukin-6 (IL-6) and anti-platelet therapies as being associated with improvements in health.⁶ Through unsupervised cluster analysis, we found that the severity of physical and mental health impairments largely grouped together, whereas brain fog (cognitive impairment) could occur on its own.³ Those with the most severe

health impairments had evidence of persistent inflammation.⁴ In the lungs, the prevalence of interstitial lung abnormalities on thoracic CT was estimated at 8.5%.⁷ Multiorgan, multimodality MRI revealed abnormalities in the brain, lungs, and kidneys, but no significant increase in cardiac or liver abnormalities compared with controls.⁸ Patients with a higher burden of multiorgan injury were more likely to report poor physical and mental recovery.⁸ A list of publications, including reports of key research findings, is provided in the appendix (pp 1–2), with a list of members of the PHOSP-COVID Collaborative Group (pp 3–12). PHOSP-COVID has evaluated the effectiveness of clinical care pathways and contributed to NICE and NHS England long COVID guidance.

Importantly, in view of the progress to date, the PHOSP-COVID Scientific Summit included a discussion of four key questions pertaining to future research, which were subsequently reviewed with our patient, public, and voluntary sector partners (panel). To date, efficacy has been reported in an early-phase trial of metabolic modulator therapy (AXA1125).⁹ PHOSP-COVID is undertaking two proof-of-concept randomised controlled trials of rehabilitation and anti-IL-6 therapy. Other platform trials are underway, although there remains a need for further precision medicine trials that can specifically target the emerging mechanisms and phenotypes of long COVID.

Long COVID remains a major challenge for the millions of people who have persistent morbidity, for health-care systems, and for economies through loss of work. It is imperative that long COVID remains a major health-care and research priority. The planned work looking into mechanisms that drive the long-term effects of COVID-19 on all organs should help in the development of new tests, new treatments, and improved outcomes for people living with long COVID.



Lancet Respir Med 2023

Published Online
October 16, 2023
[https://doi.org/10.1016/S2213-2600\(23\)00341-7](https://doi.org/10.1016/S2213-2600(23)00341-7)

See Online for appendix

For the NICE guideline see
<https://www.nice.org.uk/guidance/NG188>

For more on PHOSP-COVID see
<https://www.phosp.org/>

Panel: Key questions discussed at the PHOSP-COVID Scientific Summit

The PHOSP-COVID Scientific Summit included a review of progress and a discussion focused on four key questions pertaining to future research that were identified in advance of the summit.

Question 1: How should we approach future pandemic research for long-term sequelae?

- Maintain pandemic preparedness through so-called hibernating studies (large community and secondary care cohorts enabling detailed mechanistic studies)
- Include early patient, public, and voluntary sector involvement; consider ethnicity, diversity, and inclusivity in recruitment and co-design of studies; use e-data capture tools, centralised biosampling, and a centralised knowledge platform (eg, a Trusted Research Environment), with effective data linkage with health records; promote efficient, robust research governance and international collaboration
- Identify control groups matched for specific research questions using existing datasets, but also recruited as part of matched cohort studies and coordinated nationally
- Prioritise research for long-term sequelae alongside studies of acute illness

Question 2: What are the main knowledge gaps and needs in imaging and clinical phenotyping?

- Limitations of current definitions of long COVID; new taxonomy underpinned by biological, imaging, and physiological biomarkers needs to be considered
- Gaps in understanding of links between phenotypic heterogeneity and specific underlying mechanisms (see question 3)
- Need for appropriate control groups for biomarker identification (see question 1)
- Need to link to national and international consortia to ensure generalisability of findings (see question 1)
- Urgent need to translate knowledge of phenotypes into precision medicine (see question 4)

Question 3: What are the main knowledge gaps and needs in mechanistic and cellular biomarkers?

- Need to test hypotheses for the causes of long COVID—including persistent inflammation with immune activation, autoimmunity, microvasculopathy, viral reservoir, and altered microbiome—and to link underlying mechanisms to phenotypes (see question 2)
- Need to use PHOSP-COVID samples and combine with those from other studies to develop predictive versus associative biomarkers, to link to phenotype, and for precision medicine (see question 4)
- Need to investigate possible mechanistic roles for adiposity and metabolic disease, sex hormones, immune ageing, and deconditioning, as suggested by known risk factors for long COVID
- Need to understand mechanisms underlying mental health in addition to physical health impairments
- Need to understand the effects of environmental factors and how to prevent reinfection, highlighted by people with lived experience of long COVID

Question 4: What are the main knowledge gaps and needs in interventions and health service research?

- Urgent need to translate findings of platform and precision medicine trials into patient care
- Need to test rehabilitation strategies to determine efficacy and safety; better management of postural orthostatic tachycardia syndrome and post-exertional symptom exacerbation are needed
- Need to test both pharmacological and non-pharmacological mental health interventions
- Need to test existing sleep management strategies (eg, Sleepio)
- Need to study potential weight management strategies—both non-pharmacological strategies and repurposing of existing pharmacological strategies
- Need to test integrated, holistic clinical pathways to exclude the presence of contributing comorbidities, alternative diagnoses, and effects of management; need for precision medicine using biomarkers to direct therapy

PHOSP-COVID is jointly funded by a grant from the Medical Research Council UK Research and Innovation and the Department of Health and Social Care through the National Institute for Health Research (NIHR) rapid response panel to tackle COVID-19 (MR/V027859/1 and COV0319). The views expressed in the publication are those of the authors and not necessarily those of the National Health Service, the NIHR, or the Department of Health and Social Care. CEB has received grants to his institution and consulting fees from GSK, AstraZeneca, Sanofi,

Regeneron, Roche, Genentech, Boehringer Ingelheim, Novartis, Chiesi, 4D Pharma, and Mologic; and consulting fees from Aretea. RAE reports research funding from the Wolfson Foundation and Genentech/Roche; consulting fees from AstraZeneca; speaker's fees from Boehringer Ingelheim and Moderna; support for attending meetings from Chiesi; and roles as European Respiratory Society Pulmonary Rehabilitation and Chronic Care committee Secretary and American Thoracic Society Pulmonary Rehabilitation Assembly Chair.

LVW reports a professorship from GSK and Asthma + Lung UK; research funding from Orion Pharma, GSK, Genentech, AstraZeneca, Nordic Bioscience, and Sysmex (OGT); consulting fees from Galapagos, Boehringer Ingelheim, and GSK; support for a site visit from Genentech; participation on an advisory board for Galapagos; and roles as Associate Editor for the *European Respiratory Journal* and as board member and Deputy Chair at the Medical Research Council. AS and NS declare no competing interests.

***Christopher E Brightling, Rachael A Evans, Amisha Singapuri, Nikki Smith, Louise V Wain, on behalf of the PHOSP-COVID Collaborative Group**
ceb17@le.ac.uk

Institute for Lung Health, NIHR Leicester Biomedical Research Centre, University of Leicester, Leicester LE3 9QP, UK (CEB, RAE, AS, LVW); University Hospitals of Leicester NHS Trust, Leicester, UK (RAE); Long Covid Support, UK (NS); Department of Population Health Sciences, University of Leicester, Leicester, UK (LVW)

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