COVID-19 recovery

22nd January 2021

**Title:** Young people "unable to cope with life" since pandemic, warns Prince’s Trust

The Price's Trust | 19th January 2021  
  
The pandemic has taken a "devastating toll" on young people’s mental health, with the unemployed significantly more likely to feel anxious and depressed, according to a new report from youth charity The Prince's Trust.

The Prince’s Trust Tesco Youth Index finds that one in four young people (26 per cent) admit they feel "unable to cope with life" since the start of the pandemic, increasing to 40 per cent among those not in work, education or training (NEETs). Half of 16 to 25-year-olds (50 per cent) say their mental health has worsened since the start of the pandemic.

The Youth Index, conducted by YouGov, gauges young people’s happiness and confidence levels across a range of areas, from their working life to their physical and mental health. This year’s report, which surveyed 2,180 16 to 25-year olds across the UK, suggests that more young people are feeling anxious than ever in the 12-year history of the Index. More than half of young people (56 per cent) "always" or "often" feel anxious, rising to 64 per cent for NEET young people.

Further detail: [Young people "unable to cope with life" since pandemic, warns Prince’s Trust](https://www.princes-trust.org.uk/about-the-trust/news-views/tesco-youth-index-2021)

Full report: [The Prince’s Trust Tesco Youth Index 2021](https://www.princes-trust.org.uk/Document_Tesco-Youth-Index-2021.pdf)

In the news:

* [Yorkshire young people report decline in mental health](https://www.bbc.co.uk/news/uk-england-55709100#:~:text=More%20than%20half%20of%20young,unable%20to%20cope%20with%20life%22.) | BBC
* [One in four young people ‘unable to cope with life’ since start of Covid pandemic, study finds](https://www.independent.co.uk/news/health/covid-mental-health-young-people-b1788960.html) | The Independent

**Title**: COVID-19 vaccines rolled out to people aged 70 years and over

Department of Health and Social Care | 18th January 2021

Millions of people aged 70 and over and those clinically extremely vulnerable to COVID-19 will be invited to get their vaccinations from Monday 18 January as the NHS begins roll out of the vaccines to the next 2 priority groups.

The NHS has so far been working to vaccinate the first 2 priority cohorts recommended by the Joint Committee on Vaccination and Immunisation (JCVI), which are care home residents and staff, and those aged 80 and over and frontline health and care staff.

Although vaccinating the first 2 groups will remain the priority, vaccination sites which have enough supply and capacity for vaccinating further people are allowed to offer vaccinations to the next 2 cohorts – those aged 70 and over and clinically extremely vulnerable people.

Full detail: : [COVID-19 vaccines rolled out to people aged 70 years and over](https://www.gov.uk/government/news/covid-19-vaccines-rolled-out-to-people-aged-70-years-and-over-from-today)

See also: [Priority groups for coronavirus (COVID-19) vaccination: advice from the JCVI](https://www.gov.uk/government/publications/priority-groups-for-coronavirus-covid-19-vaccination-advice-from-the-jcvi-30-december-2020)

**Title**: More than 4 million people receive first dose of COVID-19 vaccine in UK

Department of Health and Social Care | 19th January 2021

More than 4 million people in the UK have received their first dose of a COVID-19 vaccine. The NHS vaccinated a total of 4.06 million people between 8 December and 17 January, including more than half of those aged 80 and over and more than half of elderly care home residents.

This is more than double the number of vaccinations, per person per day, than any European country and is a significant step towards hitting the Prime Minister’s target of offering vaccines to the top 4 priority groups by the middle of February.

This group of around 15 million people accounts for 88% of COVID deaths, so vaccines will play a crucial role to saving lives and protecting the NHS.

Full detail: [More than 4 million people receive first dose of COVID-19 vaccine in UK](https://www.gov.uk/government/news/more-than-4-million-people-receive-first-dose-of-covid-19-vaccine-in-uk)

**Title**: Realising the potential of SARS-CoV-2 vaccines—a long shot?

The Lancet Respiratory Medicine | January 20th 2021

The race to develop safe, effective vaccines against severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has produced impressive results. As of January 18th, 2021, 64 vaccines were in clinical development according to the WHO COVID-19 candidate vaccine database.

This editorial suggests that although the start of mass vaccination programmes should be celebrated, many challenges lie ahead in reaching eligible recipients and protecting those at risk from COVID-19-related morbidity and mortality.

Full editorial: [Realising the potential of SARS-CoV-2 vaccines—a long shot?](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(21)00045-X/fulltext)

**Title**: Optimism and caution for an inactivated COVID-19 vaccine

The Lancet Infectious Diseases | 21st January 2021

Although the COVID-19 pandemic has caused substantial morbidity, mortality, and social upheaval worldwide, the final months of 2020 heralded the high efficacy and safety results of three phase 3 clinical trials of SARS-CoV-2 vaccines. The first COVID-19 vaccine to be approved in the western world, BNT162b2 (Pfizer), was closely followed by mRNA-1273 (Moderna), and the chimpanzee-adenovirus vectored AZD1222 (AstraZeneca–Oxford).

Unfortunately, as this Comment piece discusses, cold-chain requirements, finite global manufacturing capacity, and insufficient supply are likely to disproportionately affect low-income and middle-income countries (LMICs). Mathematical models indicate there will not be an adequate supply of vaccines available to cover the global population until 2023 further exacerbating health and other disparities in LMICs.  
  
Full detail: [Optimism and caution for an inactivated COVID-19 vaccine](https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(20)30988-9/fulltext)

**Title**: Vaccinating Children against Covid-19 — The Lessons of Measles

New England Journal of Medicine | 20th January 2021

As the first SARS-CoV-2 vaccines are rolled out to the highest-risk groups, the current stage of the Covid-19 pandemic is pregnant with possibility. Vaccination could liberate us to return to school or work, celebrate holidays, eat in restaurants, travel, run marathons and the like. We look to vaccines to give us back our world.

Children back in classrooms, on football fields, and at birthday parties are essential elements of that normal world — and we need children to help us get there. Effective herd immunity will require pediatric vaccination.

This perspective piece states that measles vaccine story reminds us that we have an obligation to provide equitable access and clear information; that coordinated efforts are essential; and that doubt, distrust, and disinformation can undermine safe, effective vaccines and worthy public health initiatives.

Planning for the implementation of SARS-CoV-2 vaccination requires not only working out details of distribution, priority, and cold chains, but also strategies for reaching people who are distrustful, hesitant, dubious, or frankly opposed.

Full detail: : [Vaccinating children against Covid-19 — The lessons of Measles](https://www.nejm.org/doi/pdf/10.1056/NEJMp2034765?articleTools=true)

**Title**: Face masks help control transmission of COVID-19

The Lancet Digital Health | 19th January 2021

This comment piece reports that face mask mandates have been divisive in many countries. The face mask debate has been complicated by the two modes by which wearing a mask affects transmission: masks might protect the wearer from infection or masks might prevent the wearer transmitting the virus, if infected. The article states that the evidence is clear: masks work, however, buy-in from society is necessary for the success of the intervention.

Full detail: [Face masks help control transmission of COVID-19](https://www.thelancet.com/action/showPdf?pii=S2589-7500%2821%2900003-0)

Related article: [Mask-wearing and control of SARS-CoV-2 transmission in the USA: a cross-sectional study](https://www.thelancet.com/action/showPdf?pii=S2589-7500%2820%2930293-4) | The Lancet Digital Health | 19th January 2021

**Title**: Quarantine and testing strategies in contact tracing for SARS-CoV-2: a modelling study

The Lancet Public Health | 20th January 2021

In most countries, contacts of confirmed COVID-19 cases are asked to quarantine for 14 days after exposure to limit asymptomatic onward transmission. While theoretically effective, this policy places a substantial social and economic burden on both the individual and wider society, which might result in low adherence and reduced policy effectiveness. The authors of this study aimed to assess the merit of testing contacts to avert onward transmission and to replace or reduce the length of quarantine for uninfected contacts.

The study finds that testing might allow for a substantial reduction in the length of, or replacement of, quarantine with a small excess in transmission risk. Decreasing test and trace delays and increasing adherence will further increase the effectiveness of these strategies. Further research is required to empirically evaluate the potential costs (increased transmission risk, false reassurance) and benefits (reduction in the burden of quarantine, increased adherence) of such strategies before adoption as policy.

Full article: [Quarantine and testing strategies in contact tracing for SARS-CoV-2: a modelling study](https://www.thelancet.com/action/showPdf?pii=S2468-2667%2820%2930308-X)

**Title**: What we know about covid-19 reinfection so far

BMJ | 2021; 372: n99 | 19th January 2021

With most coronaviruses, recovery confers a degree of immunity to reinfection. But a small number of patients have caught covid-19 for a second time. This BMJ Feature looks at what we know and how worried we should be, asking the following questions:

* How often does reinfection occur?
* Is disease from reinfection more severe?
* Reinfection or reactivation?
* What do the new variants mean for reinfection?

Full detail: [What we know about covid-19 reinfection so far](https://www.bmj.com/content/372/bmj.n99)

**Title:** Protecting the environment from plastic PPE

BMJ | 2021; 372 :n109 | 19th January 2021

Although measures to control covid-19 have been associated with some positive environmental effects, including decreases in global emissions of carbon dioxide, the pandemic has exacerbated plastic pollution through high use of personal protective equipment (PPE). Single use items include surgical masks, gloves, and non-reusable gowns.

In England alone, 2.3 billion items of single use PPE were distributed to health and social care services between February and July 2020, the same amount distributed throughout the whole of 2019. Globally, 129 billion face masks and 65 billion gloves are estimated to have been used every month during the covid-19 pandemic. If usual patterns of disposal continue, around 75% of plastic PPE waste related to covid-19 will end up in landfills or ocean environments.Evidence of improper disposal of PPE is emerging, with plastic masks and gloves found on beaches, ocean beds, and urban environments globally.

This editorial discusses how the covid-19 pandemic has greatly exacerbated the global environmental threat of plastic pollution, and states that although management of the public health crisis is the priority, governments and healthcare systems must simultaneously implement strategies to mitigate the environmental consequences of the pandemic.

Full editorial: [Protecting the environment from plastic PPE](https://www.bmj.com/content/372/bmj.n109)

**Title:** Working for babies: Lockdown lessons from local systems

First 1001 Days Movement | 19th January 2021

This report summarises the impacts on babies of COVID-19 and the Spring 2020 national lockdown. The report also explores how local systems responded to the challenges presented by COVID-19. It seeks to understand the factors which have shaped the response by services which support babies and their families. Most importantly, the report seeks to ensure that lessons are learned for the future of service provision for this age group.

The report presents a varied picture across the UK, with evidence that:

* “hidden harms” of the Spring lockdown on 0-2s were broad and significant, and experienced unevenly depending on family circumstances and background.
* historically inadequate or insecure funding, and a rising tide of need, has inhibited the ability of some services and areas to respond to the coronavirus crisis.
* there were often ‘baby blind-spots’ where babies’ needs were overlooked in policy, planning and funding.

The report also draws on a survey of 235 senior leaders of pregnancy and 0-2 services across the UK. The survey findings showed that:

* Almost all (98%) of the survey respondents said babies their organisation works with had been impacted by parental anxiety, stress or depression which was affecting bonding and responsive care.
* 78% of respondents were clear that the government in their nation had not done enough for the under 2s, creating this ‘baby blind-spot’.
* The majority (80%) said that some babies they work with had experienced increased exposure to domestic conflict, child abuse or neglect, with 29% saying many babies they work with had been impacted.

Full report: [Working for babies: Lockdown lessons from local systems](https://parentinfantfoundation.org.uk/wp-content/uploads/2021/01/210115-F1001D-Working-for-Babies-Report-FINAL-v1.0-compressed.pdf)

**TITLE:** GUIDANCE FOR HEALTHCARE PROFESSIONALS ON RETURN TO WORK FOR PEOPLE WITH LONG-COVID

Faculty of Occupational Medicine | 11th January 2021

This guidance is aimed at all healthcare professionals to assist them in facilitating the return to work of people who are unable to work due to long-COVID. The guidance has been developed alongside the NICE/RCGP/SIGN COVID-19 rapid guideline: [managing the long-term effects of COVID-19](https://www.nice.org.uk/guidance/ng188), published on 18th December 2020.

The FOM guidance focusses on functional impairment which may lead to obstacles to RTW. Importantly, where unable to find evidence for the guidance in the peer-reviewed literature, advice is based on general occupational health principles.

The peer-reviewed published literature on long-COVID is rapidly increasing; this guidance is a living document and will be reviewed on 31st March 2021.

Full document: [Guidance for healthcare professionals on return to work for people with long-COVID](https://www.fom.ac.uk/wp-content/uploads/longCOVID_guidance_03.pdf)

**Title:** Digital public services: what’s next?

Reform | January 2021

The challenges that arose with service delivery during COVID-19 – from lockdown and remote working to increased demand – further cemented the benefits of having the right digital infrastructure in place.

Government Departments which had been more successful in digital transformation were able to scale up services with ease to meet demand. Those areas of the public sector which had not, initially found it difficult deliver a digital first service especially in a lockdown.

The issues described above have been known about for some time, however COVID-19 has laid them bare and provided new impetus for change. This research provides three ideas for the government going forward to help the public sector on its transformation journey:

* First,  a cross-government digital skills strategy with a clear focus on retaining digital leaders, potentially reviewing pay-scales for those with the highest level of technical skills to compete with the private sector.
* Second, given that there is already comprehensive guidance for moving away from legacy IT provided to the public sector, the barriers to its adoption need to be identified and overcome, supported by a cross-government legacy IT fund.
* Third, government should review the limits on resource spending on technology which hampers  public sectors ability to buy newer pay-per-use technology such as the Cloud.

Full report: [Digital public services: what’s next?](https://reform.uk/sites/default/files/2021-01/210114%20-%20Digital%20public%20services%20final%20%28final%29.pdf%20%281%29_0.pdf)

**Title**: Coronavirus: Long Covid

House of Commons Library | 15th January 2021

This briefing provides an overview of long Covid, the impacts of this condition and the development of clinical guidance and services for those affected. It also provides links to further reading and Parliamentary material.

Full document: [Coronavirus: Long Covid](https://researchbriefings.files.parliament.uk/documents/CBP-9112/CBP-9112.pdf)

**Title**: Epidemiology of post-COVID syndrome following hospitalisation with coronavirus: a retrospective cohort study

medRxiv | 15th January 2021

*This article is a preprint and has not been peer-reviewed. It reports new medical research that has yet to be evaluated and so should not be used to guide clinical practice.*

The epidemiology of post-COVID syndrome (PCS) is currently undefined. This study quantified rates of organ-specific impairment following recovery from COVID-19 hospitalisation compared with those in a matched control group, and how the rate ratio (RR) varies by age, sex, and ethnicity.

The study included 47,780 individuals (mean age 65 years, 55% male) in NHS hospitals in England with COVID-19 who were discharged alive by 31 August 2020, matched to controls on demographic and clinical characteristics.

The authors conclude that individuals discharged from hospital following COVID-19 face elevated rates of multi-organ dysfunction compared with background levels, and the increase in risk is neither confined to the elderly nor uniform across ethnicities. The diagnosis, treatment and prevention of PCS require integrated rather than organ- or disease-specific approaches. Urgent research is required to establish risk factors for PCS.

Full document: [Epidemiology of post-COVID syndrome following hospitalisation with coronavirus: a retrospective cohort study](https://www.medrxiv.org/content/10.1101/2021.01.15.21249885v1.full.pdf)

**Title:** Health on the High Street: Embedding healthy living into urban regeneration after the pandemic

Social Market Foundation |January 19th 2021

Town centres where shops and offices fall vacant should be used to establish new “health hubs” combining GP surgeries, health and social care services and gyms, a think-tank says in a new report.

The Social Market Foundation says that the closure of high street stores and changes to office occupation should prompt a rethink about better ways to deliver public services including healthcare in town centres. Planning policy should encourage the building of “lifetime” housing in urban centres, where residents can live comfortably into old age, the SMF said. Councils could also be given powers to raise dedicated taxes to fund parks and green spaces.

The SMF, a cross-party Westminster think-tank, made the recommendations in a briefing paper on the future of the high street after the COVID-19 pandemic, which it says will significantly change life in urban centres.

Policy recommendations:

* A “Health in All Policies” approach should be adopted with respect to spatial planning, with a new Parliamentary Bill setting out principles for healthy homes and healthy urban design.
* The “town centre first” planning policy needs to be updated. Where appropriate sites are available, public bodies should locate health and other public services in town and city centres first.
* Government needs to provide a clearer framework for how Infrastructure Levy funding can and should be used to support health-enhancing infrastructure, such as through the provision of new green spaces.
* Local authorities should be granted new revenue-raising powers to support ongoing costs associated with parks and other health-enhancing infrastructure. This could include through the creation of US-style Park Districts, where additional property taxes can support park and trail maintenance.
* Within local authority planning teams, increased attention must be paid to the “curation” of town and city centres, ensuring that urban areas offer a cultural and service mix that maintains their relevance in an age of online shopping and remote working. In practice, this means ensuring planning teams have sufficient capacity and access to talent, both in-house and through private sector partnerships.

Full report: [Health on the High Street: Embedding healthy living into urban regeneration after the pandemic](https://www.smf.co.uk/wp-content/uploads/2021/01/Health-on-the-high-street-January-21.pdf)

News release: [Create new ‘Health Hubs’ for high streets after the pandemic](https://www.smf.co.uk/create-new-health-hubs-for-high-streets-after-the-pandemic/)

**TITLE:** THE MANCHESTER BRIEFING ON COVID-19

Alliance MBS | 22nd January 2021  
  
The Manchester Briefing on COVID-19 is aimed at those who plan and implement recovery from COVID-19, including government emergency planners and resilience officers. The briefing brings together international lessons and examples which may prompt thinking on the recovery from COVID-19.

This week four briefings are provided:

* Briefing A: Psychological support to healthcare workers during COVID-19: Considerations for healthcare providers
* Briefing B. Lessons you may find helpful from across the world
* Briefing C: The risk of fake vaccines
* Briefing D: Useful webinars

Full detail: [The Manchester Briefing on COVID-19: 22nd January 2021](https://www.communigator.co.uk/login/Instances/uomhumscommslz/Documents/themanchesterbriefingoncovid-19b28-22ndjanuary.pdf?gator_td=EIfBRMv%2fxzQoz5yMUUmvSZm06LWbQeWZ8vYA64SdudzaC%2fMiHl6vO9FTr25Xlii6hSFyQvKiazUNRT4ye7oSuPR45RJcESkwbU%2bUg4vBS1kPAM8PhqAf5KjbDB25TbKSPa2QXTZK9mgdTvSusdoW9g%3d%3d)

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[TRFT Library & Knowledge Service](https://www.trftlibraryknowledge.com/) aim to bring together the latest guidelines, research and news on Covid-19 through our [Covid-19 portal](https://www.trftlibraryknowledge.com/coronavirus.html). For daily updates on Covid-19 visit our '[Latest Health](https://trfthealthweeklydigest.wordpress.com/)' newsfeed, or use the hashtag [#covid19rftlks](https://twitter.com/hashtag/covid19rftlks?src=hashtag_click) to see our latest tweets on Covid-19 research, guidelines and news.

We also produce a range of subject-specific news feeds to ensure our clinical and professional teams stay up to date with developments in their work areas. Please visit our [website](http://www.trftlibraryknowledge.com/) for more information

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