COVID-19 recovery

May 22nd 2020

**Title**: COVID-19: Supporting your recovery

This resource from has been developed by a group of multi-disciplinary health professionals at Lancashire Teaching Hospitals. The purpose of the website is to support patients with their initial recovery once discharged from hospital following treatment for COVID-19.

Full detail: <https://covidpatientsupport.lthtr.nhs.uk/#/>

**Title**: Safeguarding cancer care in a post-COVID-19 world

The Lancet Oncology | Published online May, 2020

As the world comes to grips with the coronavirus disease 2019 (COVID-19) pandemic, reports are emerging on how cancer care is being deprioritised, delayed, and discontinued. This editorial writes that these decisions made under the duress of the pandemic will have grave consequences for cancer mortality for years to come.

Full editorial: [Safeguarding cancer care in a post-COVID-19 world](https://www.thelancet.com/journals/lanonc/article/PIIS1470-2045(20)30243-6/fulltext)

**Title**: Recovery and Rehabilitation for Patients Following the Pandemic

Faculty of Intensive Care Medicine Position Statement and Provisional Guidance | 13 May 2020

The pandemic will be responsible for a large unmet need in the recovery phase of the illness, which will require the setting up of more and larger follow up services to augment the small number of centres of excellence already in existence. The Faculty with its National Project partners has therefore produced a Position Statement and Provisional Guidance to guide this phase of development.

Full document: [Recovery and Rehabilitation for Patients Following the Pandemic](https://www.ficm.ac.uk/sites/default/files/ficm_rehab_provisional_guidance.pdf)

**Title**: Rehabilitation needs and post-ICU recovery for severe Covid19 patients

The Strategy Unit | May 13th 2020

Data suggests that rehabilitation at all stages- in hospital and in the community is critical during the Covid-19 pandemic. It will keep the flow of patients moving, enable the continuum of care and will improve the health outcomes of patients with Covid-19. This rapid summary has been created to collate new and emerging evidence on rehabilitation needs and post-ICU recovery for severe Covid-19 patients.

Full document at [The Strategy Unit](https://www.strategyunitwm.nhs.uk/sites/default/files/2020-05/20200513%20Evidence%20rapid%20scan%202%20-%20Rehab.pdf)

**Title**: Rehabilitation in the wake of Covid-19 – A phoenix from the ashes

British Society of Rehabilitation Medicine (BSRM) | May 9th 2020

As NHS services re-boot in the wake of the pandemic, there is an important opportunity to work collaboratively to rebuild services on a better, more co-operative model – a phoenix from the ashes. This document sets out the BSRM’s recommendations for rehabilitation services for adults aged 16 years and over in the wake of the Covid-19 pandemic - in particular, the role of specialist rehabilitation to support patients with more complex rehabilitation needs.

Full document: [Rehabilitation in the wake of Covid-19](https://www.bsrm.org.uk/downloads/covid-19bsrmissue2-9-5-2020-forweb11-5-20.pdf)

**Title**: Rehabilitation and Coronavirus

Chartered Society of Physiotherapy (CSP) | May 2020

It is clear that a sustained programme of rehabilitation will be key to many people regaining full health following coronavirus. This is particularly the case for those who required intensive care.

Here, the CSP set out the required policy framework and some questions and issues physios working in rehabilitation will face, and provide links to useful related resources.

Full detail: [Rehabilitation and Coronavirus](https://www.csp.org.uk/news/coronavirus/clinical-guidance/rehabilitation-coronavirus)

**Title**: Cycle of 50 day lockdowns and 30 day relaxations could be effective, study finds

Source: BMJ 2020; 369:m2037 | published May 20th 2020

An alternating cycle of 50 days of lockdown followed by 30 days of easing could be an effective strategy for reducing deaths and intensive care admissions from covid-19, an international modelling study has shown.

But this would need to be accompanied by efficient testing, case isolation, contact tracing, and shielding of vulnerable people, said researchers from the Global Dynamic Interventions Strategies for Covid-19 Collaborative Group.

The study, published in the *European Journal of Epidemiology*, assessed the likely impact of alternating between stricter measures such as lockdown and intervals of more relaxed social distancing, amid concerns that lockdowns may be unsustainable over long periods, given their economic and social impact.

Further detail: [Cycle of 50 day lockdowns and 30 day relaxations could be effective, study finds](https://www.bmj.com/content/369/bmj.m2037)

Link to the quoted research: [Dynamic interventions to control COVID-19 pandemic: a multivariate prediction modelling study comparing 16 worldwide countries](https://link.springer.com/content/pdf/10.1007/s10654-020-00649-w.pdf) | European Journal of Epidemiology

**Title**: Respiratory rehabilitation in elderly patients with COVID-19: A randomized controlled study.

Source: Complementary Therapies in Clinical Practice | Volume 39 | May 2020

The objective of this study was to investigate the effects of 6-week respiratory rehabilitation training on respiratory function, QoL, mobility and psychological function in elderly patients with COVID-19.

The authors concluded that a six-week respiratory rehabilitation can improve respiratory function, QoL and anxiety of elderly patients with COVID-19, but it has little significant improvement on depression in the elderly.

Full article: [Respiratory rehabilitation in elderly patients with COVID-19](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7118596/pdf/main.pdf)

**Title**: Emerging from COVID-19: Managing the Transition

Source: Peter Lloyd and Michael Blakemore | via National Institute for Health Research | 9th May

This paper is in three sections:

* Responding to COVID-19
* Easing Lockdown
* Co-designing a flexible approach to tackle the extremes and release creativity

Full document: [Emerging from COVID-19: Managing the Transition](https://arc-nwc.nihr.ac.uk/wp-content/uploads/2020/05/Emerging-from-COVID-19-Managing-the-Transition.pdf)

**Title**: Allied health professionals’ role in rehabilitation during and after COVID-19

Source: NHS England | NHS Improvement | published 15th May 2020

This statement outlines our four nations’ collective strategic priorities and approach to AHP rehabilitation leadership during and after COVID-19.

Full document: [Allied health professionals’ role in rehabilitation during and after COVID-19](https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/05/C0450-AHP-Four-Nations-Statement-on-Rehabilitation.pdf)

**TITLE:**  COVID-19 AND THE NATION’S MENTAL HEALTH: FORECASTING NEEDS AND RISKS IN THE UK

Source: Centre for Mental Health | 15th May 2020

This briefing looks at specific groups of people whose mental health will be put at risk as a result of the virus and the lockdown. These include people who have been bereaved at this time, those who have received intensive hospital treatment for the virus, and staff working in health and care services. Many people who have been through these experiences will experience serious grief and trauma symptoms over a long period of time.

The briefing also notes that some groups of people face an especially high risk to their mental health. They include people facing violence and abuse, people with long-term health conditions, and people from Black, Asian and minority ethnic communities. People with existing mental health difficulties also face significant risks that their health will worsen at this time.

Full report: [Covid-19 and the nation’s mental health](https://www.centreformentalhealth.org.uk/sites/default/files/2020-05/CentreforMentalHealth_COVID_MH_Forecasting_May20.pdf)

**Title**: Impact of coronavirus outbreak on psychological health

Source: Journal of Global Health | June 2020 Vol 10 (1)

The Journal of Global Health has published a paper that argues it is imperative to evaluate and develop strategies to address psychological health and psychiatric aberrations caused by direct or indirect exposure to the situation. These strategies are specific to target the communities or entire populations as well as the individuals with psychiatric symptoms resulting from the actions taken by the government against coronavirus epidemic, viral infection, and fear of infection.

Full paper: [Impact of coronavirus outbreak on psychological health](http://jogh.org/documents/issue202001/jogh-10-010331.pdf)

**Title:** Mitigating the psychological effects of social isolation during the covid-19 pandemic

Source: BMJ | 2020; 369: m1904 | published May 21st 2020

This article offers an approach to identifying and managing adults impacted by the psychological effects of social isolation during the covid-19 pandemic, and to mitigate the adverse effects of physical distancing.

Full paper: [Mitigating the psychological effects of social isolation during the covid-19 pandemic](https://www.bmj.com/content/bmj/369/bmj.m1904.full.pdf)

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