COVID-19 recovery

22nd October 2021

**Title:** A public health approach to estimating the need for long COVID services

Journal of Public Health | 14th October 2021

The term ‘long COVID’ describes ongoing symptoms and conditions experienced by people infected with SARS-CoV-2. This paper illustrates how a public health approach was used to influence and inform the development of post-COVID services across two Integrated Care Systems (ICSs).

A literature review was conducted between October and December 2020 to identify prevalence estimates for long COVID. The prevalence estimates were applied to locally available data on the susceptible population to estimate the number of people with long COVID. They were also used to develop a dashboard to predict fluctuations in the number of people experiencing persistent symptoms over time.

A substantial number of people in each ICS may have experienced persistent symptoms or complications as a result of COVID-19. In Lancashire and South Cumbria, it is estimated that 33 000 people may have experienced post-COVID-19 syndrome since the beginning of the pandemic, which will include respiratory or cardiovascular complications.

The findings have been valuable in informing early service developments, engaging with managers and clinicians, and supporting applications for funding at a local level. Continued attention to emergent evidence on this topic will be vital in refining estimates and supporting service planning in the longer term.

Further detail: [A public health approach to estimating the need for long COVID services](https://academic.oup.com/jpubhealth/advance-article-abstract/doi/10.1093/pubmed/fdab365/6396796)

**Title:** Addressing the post-acute sequelae of SARS-CoV-2 infection: a multidisciplinary model of care

The Lancet Respiratory Medicine | 19th October 2021

As of July 31, 2021, SARS-CoV-2 had infected almost 200 million people worldwide. The growing burden of survivorship is substantial in terms of the complexity of long-term health effects and the number of people affected. Persistent symptoms have been reported in patients with both mild and severe acute COVID-19, including those admitted to the intensive care unit (ICU).

Early reports on the post-acute sequelae of SARS-CoV-2 infection (PASC) indicate that fatigue, dyspnoea, cough, headache, loss of taste or smell, and cognitive or mental health impairments are among the most common symptoms. These complex, multifactorial impairments across the domains of physical, cognitive, and mental health require a coordinated, multidisciplinary approach to management.

Decades of research on the multifaceted needs of and models of care for patients with post-intensive care syndrome provide a framework for the development of PASC clinics to address the immediate needs of both hospitalised and non-hospitalised survivors of COVID-19. Such clinics could also provide a platform for rigorous research into the natural history of PASC and the potential benefits of therapeutic interventions.

Full paper: [Addressing the post-acute sequelae of SARS-CoV-2 infection: a multidisciplinary model of care](https://www.thelancet.com/action/showPdf?pii=S2213-2600%2821%2900385-4)

**Title:** Coronavirus (COVID-19) Infection Survey Technical Article: Impact of vaccination on testing positive in the UK: October 2021

Office for National Statistics | 18th October 2021

The reduction in risk of testing positive for COVID-19 associated with vaccination overall and by different vaccine types using data from the Coronavirus (COVID-19) Infection Survey. Two time periods were analysed; when the Alpha variant was dominant in the UK (1 December 2020 to 16 May 2021), and when the Delta variant was dominant (17 May to 14 August 2021).

Main points:

* Vaccination significantly reduced the risk of people testing positive during both the Alpha-dominant period and the Delta-dominant period.
* Vaccine effectiveness was reduced in the Delta-dominant period compared with the Alpha-dominant period, particularly in preventing infections with symptoms.
* Two doses of either Pfizer-BioNTech or Oxford-AstraZeneca vaccines provided a similar level of protection to prior natural infection when the Delta variant was dominant.
* Two doses of either vaccine provided significantly greater protection than one dose across all analyses.

Full detail: [Coronavirus (COVID-19) Infection Survey Technical Article: Impact of vaccination on testing positive in the UK: October 2021](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/articles/coronaviruscovid19infectionsurveytechnicalarticleimpactofvaccinationontestingpositiveintheuk/october2021)

**Title:** Enact ‘Plan B plus’ to avoid ‘stumbling into winter crisis’

NHS Confederation | 19th October 2021

Health leaders are calling on the government to introduce measures, such as mandatory face coverings in crowded and enclosed spaces, without delay to keep people well and avoid the NHS from becoming overwhelmed this winter.

The NHS is seeing worrying increases in coronavirus cases in its hospitals and the community at a time when it is preparing for a busy winter period, its staff are close to burnout, and it is being expected to recover many of its services that were disrupted by the pandemic. The NHS Confederation is warning that the extent of this recovery could be at risk without preemptive action over winter from the government and the public.

Full detail: [Enact ‘Plan B plus’ to avoid ‘stumbling into winter crisis’](https://www.nhsconfed.org/news/enact-plan-b-plus-avoid-stumbling-winter-crisis)

See also: [Covid: Bring back rules amid rising cases, urge NHS chief*s*](https://www.bbc.co.uk/news/uk-58976577?at_medium=RSS&at_campaign=KARANGA) | BBC News

**Title:** NHS delivers over three million COVID boosters in first month

NHS England | 15th October 2021

More than three million top up COVID-19 jabs have been delivered in just four weeks, as the NHS vaccination rollout continues to protect those most at risk from coronavirus. A total of 3.1 million top ups have been administered with two in five people aged 50 and over who are eligible already coming forward for their extra jab. More than a third of health and care workers who are eligible have also had their booster vaccine.

Full detail: [NHS delivers over three million COVID boosters in first month](https://www.england.nhs.uk/2021/10/nhs-delivers-over-three-million-covid-boosters-in-first-month/)

**Title:** COVID-19 vaccination deployment next steps for 12 to 15-year-old vaccination

NHS England | 19th October 2021

This letter asks integrated care system and sustainability and transformation partnership leaders to take immediate action to stand up an out of school offer, maximising capacity for 12 to 15s over the October half term and beyond, as quickly as possible.

Further detail: [COVID-19 vaccination deployment next steps for 12 to 15-year-old vaccination](https://www.england.nhs.uk/coronavirus/publication/covid-19-vaccination-deployment-next-steps-for-12-to-15-year-old-vaccination/)

**Title:** advertising campaign to encourage public to get flu and COVID-19 vaccines

Department of Health and Social Care | 22nd October 2021

A nationwide advertising campaign has been launched as part of the government’s call to the public to get their COVID-19 booster and flu jabs, to protect themselves and their loved ones this winter. The multimedia campaign will run on outdoor billboards, broadcast and community radio and TV to support the national vaccine drive.

Vaccine confidence is high with data from the Office for National Statistics showing nearly all (94%) of those aged 50 to 69 say they would be likely to get their COVID-19 booster if offered, with the figure rising to 98% for those over 70. Similarly, over three quarters (77%) of those 50 to 69 would be likely to get the flu vaccine and nearly all (94%) of those over 70.

Further detail: [Advertising campaign to encourage public to get flu and COVID-19 vaccines](https://www.gov.uk/government/news/advertising-blitz-to-urge-public-to-get-flu-and-covid-19-vaccines)

See also:

[NHS invites two million more people for booster jabs](https://www.england.nhs.uk/2021/10/nhs-invites-two-million-more-people-for-booster-jabs/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29) | NHS England

[NHS opens online COVID-19 vaccination bookings for 12-15 year olds](https://www.england.nhs.uk/2021/10/nhs-opens-online-covid-19-vaccination-bookings-for-12-15-year-olds/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29) | NHS England

**Title:** Valneva’s vaccine produces stronger immune response than AstraZeneca’s, company reports

BMJ | 2021; 375: n2551 | 18th October 2021

Valneva’s covid-19 vaccine produces significantly higher concentrations of neutralising antibodies than the Oxford-AstraZeneca vaccine does, preliminary trial results show. The phase III trial included just over 4000 adult volunteers across 26 sites in the UK, of whom 1040 under 30s and 1977 over 30s received Valneva’s vaccine and 995 over 30s were given AstraZeneca’s.

In a press release Valneva reported that the trial met its primary endpoints, with the vaccine showing superiority over the AstraZeneca vaccine in terms of neutralising antibody concentrations and was non-inferior in terms of seroconversion rates (above 95% in both groups), two weeks after the second dose in the over 30s.

The Valneva vaccine, which is the only adjuvanted, inactivated, whole virus vaccine being tested in Europe, will be manufactured in Scotland and Sweden. It is currently undergoing the UK Medicines and Healthcare Products Regulatory Agency’s rolling submission process, and a decision is expected by the end of 2021.

Full detail: [Valneva’s vaccine produces stronger immune response than AstraZeneca’s, company reports](https://www.bmj.com/content/375/bmj.n2551)

See also: [Valneva reports positive phase 3 results for inactivated, adjuvanted COVID-19 vaccine candidate VLA2001](https://valneva.com/press-release/valneva-reports-positive-phase-3-results-for-inactivated-adjuvanted-covid-19-vaccine-candidate-vla2001/)

**Title:** UK government secures groundbreaking COVID-19 antivirals

Department of Health and Social Care | 20th October 2021

Thousands of vulnerable patients could be taking ground-breaking COVID-19 antivirals this winter after the government announced deals to secure 2 new treatments.

The deals made by the Antivirals Taskforce are a significant step in its ambition to secure at least two new effective treatments by the end of the year for those who have either tested positive for COVID-19 or have been exposed to someone with the virus.

Should the treatments be approved by the UK’s renowned medicines regulator – the Medicines and Healthcare products Regulatory Agency (MHRA) – thousands of NHS patients will be able to access the treatments to prevent the infection from spreading and speed up recovery time.

The two new antivirals are expected to be given to those most at risk from the virus, helping reduce the severity of symptoms and ease pressure on the NHS over winter.

Full detail: [UK government secures groundbreaking COVID-19 antivirals](https://www.gov.uk/government/news/uk-government-secures-groundbreaking-covid-19-antivirals)

**Title:** Covid and beyond: confronting the unequal access to type 1 diabetes healthcare

Juvenile Diabetes Research Foundation (JDRF) | 19th October 2021

JDRF surveyed more than 1000 people living with type 1 diabetes, or caring for a child living with it, to reveal their experiences through the upheavals of the Covid pandemic. The findings of the report reveal the impact of the withdrawal and repurposing of many NHS diabetes services on people with type 1.

The report finds almost one in two UK adults with type 1 diabetes (47%) believe the Covid pandemic – and the disruption to NHS diabetes services it triggered – is likely to have a long-term impact on their life with the condition. The survey found that half of adults with type 1 said they felt unsupported at times during the Covid crisis, with 63% of adults reporting they were unable to access their normal level of healthcare support.

The report sets out the following series of recommendations, anchored in the needs of people living with type 1:

* Increased access to type 1 technology
* A choice of virtual, telephone and face to face appointments to provide people with type 1 diabetes different ways to communicate with their healthcare professionals
* Improved communication from the NHS, which needs to be more proactive when care is disrupted
* People with type 1 diabetes to be at the heart of service design and delivery

Full report: [Covid and beyond: confronting the unequal access to type 1 diabetes healthcare](https://jdrf.org.uk/wp-content/uploads/2021/10/JDRF-CovidAndBeyondReport-2021.pdf)

Press release: [Report reveals Covid pandemic’s impact on people with type 1 diabetes](https://jdrf.org.uk/news/report-reveals-covid-pandemics-impact-on-people-with-type-1-diabetes/)

**Title:** Assessing the impact of COVID-19 on clinically extremely vulnerable people

The Health Foundation | October 2021

Over 2 million people were identified in March and April 2020 as being clinically extremely vulnerable (CEV) to COVID-19 and were asked to shield. As scientific understanding improved, the number of people identified as CEV increased and by February 2021 over 4 million people had been identified.

The latest Networked Data Lab analysis shows:

* Despite rapid action to identify and support CEV people, the pandemic resulted in extremely high rates of infection, hospital admission and death in this group.
* The pandemic led to deteriorations in the mental health of CEV people, and additional support is now needed to prevent any long-term impacts on their health and wellbeing.
* CEV people were particularly affected by changes to NHS services, so there is a strong argument for now prioritising their care.
* There are limitations to the use of an algorithm-driven approach to identifying CEV people, which were exacerbated by poor availability of high-quality data. Further investment in data sharing and improving data quality is essential.

Based on the findings, the Health Foundation is calling for these patients to be prioritised by the NHS to ensure that that their conditions do not deteriorate further. Action is now needed at local and national level to address the unmet need for NHS care and worsening mental health for this group.

Full analysis: [Assessing the impact of COVID-19 on the clinically extremely vulnerable population](https://www.health.org.uk/publications/reports/assessing-the-impact-of-covid-19-on-the-clinically-extremely-vulnerable-population?utm_campaign=12739428_NDL%20briefing%3A%20COVID-19%20and%20clinically%20extremely%20vulnerable%20people%20%20October%202021%20%20WARM&utm_medium=email&utm_source=The%20Health%20Foundation&dm_i=4Y2,7L1T0,6ZKZT4,UVQ8U,1)

Press release: [Research reveals devastating and lasting impact of the pandemic on those asked to shield](https://www.health.org.uk/news-and-comment/news/research-reveals-devastating-and-lasting-impact-of-the-pandemic-on-those-asked-to-shield)

**Title:** What has been the impact of Covid-19 across the UK countries?

The Nuffield Trust | 15th October 2021

While every health service across the United Kingdom has faced unprecedented pressures over the past year and a half, UK-wide reporting has masked any differences in peaks and troughs across the four countries. This explainer looks at the pandemic across the UK so far – describing where some of those differences have been between each country as well as the shared challenges that each health service will face as winter approaches.

Full detail: [What has been the impact of Covid-19 across the UK countries?](https://www.nuffieldtrust.org.uk/news-item/what-has-been-the-impact-of-covid-19-across-the-uk-countries)

**Title:** Psychosis cases soar in England as pandemic hits mental health

The Guardian | 18th October 2021

Cases of psychosis have soared over the past two years in England as an increasing number of people experience hallucinations and delusional thinking amid the stresses of the Covid-19 pandemic.

There was a 75% increase in the number of people referred to mental health services for their first suspected episode of psychosis between April 2019 and April 2021, NHS data shows.

The rise continued throughout the summer, with 12,655 referred in July 2021, up 53% from 8,252 in July 2019. Much of the increase has been seen over the last year, after the first national lockdown, according to data analysed by the charity Rethink Mental Illness. More than 13,000 referrals were made in May 2021, a 70% rise on the May before when there were 7,813 referrals.

Full detail: [Psychosis cases soar in England as pandemic hits mental health](https://www.theguardian.com/society/2021/oct/18/psychosis-cases-soar-in-england-as-pandemic-hits-mental-health)

**Title**: British Social Attitudes after Brexit and COVID-19

National Centre for Social Research | 21st October 2021

This year’s British Social Attitudes report examines how two historic events – the arrival of the pandemic and the delivery of Brexit – are shaping public attitudes in Britain. The report finds that in the wake of the pandemic more people think that society is unequal, value flexibility at work, and question the role of law and conformity.

This year’s report is based on two online surveys – a special one in July 2020 and a regular BSA survey undertaken towards the end of the year.

Full report: [British Social Attitudes 38](https://www.bsa.natcen.ac.uk/latest-report/british-social-attitudes-38/introduction.aspx)

Press release: [BSA38: Key findings](https://bsa.natcen.ac.uk/media-centre/latest-press-releases/bsa38-key-findings-press-release.aspx)

**Title:** Trends in alcohol consumption during COVID-19 lockdowns: systematic review

European Journal of Public Health | 20th October 2021

The objective of the present systematic review was to summarise available evidence on trends of alcohol consumption temporally associated with COVID-19 lockdowns.

A total of 128 records were retrieved, and 24 studies met eligibility criteria. The majority of the studies found that alcohol consumption prevalence increased during lockdowns (e.g. +25.7% in UK). Also, increased frequencies were reported by 14.0% in Poland and 32.1% in China. Finally, one study from Australia observed no overall changes, while one from Cyprus reported decreased alcohol consumption frequency.

Understanding the impact of lockdowns on alcohol consumption is essential for countering possible increases in harmful use, and a consensus should be reached for performing standardised and comparable assessments.

Further detail: [Trends in alcohol consumption during COVID-19 lockdowns: systematic review](https://academic.oup.com/eurpub/article/31/Supplement_3/ckab165.133/6405879?searchresult=1)

**Title:** Interventions and lifestyle factors that prevent infection or minimise progression to severe disease

European Journal of Public Health | 20th October 2021

This evidence summary synthesised the evidence relating to pharmacological and non-pharmacological interventions in the community to prevent COVID-19/progression to severe disease. An additional aim was to identify potentially modifiable lifestyle factors associated with reduced risk of infection/progression to severe disease.

Across 46 cohort studies, the modifiable lifestyle risk factors identified were obesity, smoking, vitamin D status, physical activity, alcohol consumption and processed meat consumption. These studies reported mixed results in terms of the association between modifiable lifestyle risk factors and poor COVID-19 outcomes.

At the time of writing the study found no high quality evidence of benefit to support pharmacological interventions to prevent COVID-19. Although there were mixed results for the risk factors identified, maintenance of healthy weight, smoking cessation, engaging in physical activity and moderation of alcohol and processed meat consumption are likely to be beneficial to health and should continue to be encouraged.

Further detail: [COVID-19 - Interventions and lifestyle factors that prevent infection or minimise progression to severe disease](https://academic.oup.com/eurpub/article/31/Supplement_3/ckab164.739/6406062?searchresult=1)

**Title:** COVID-19 aftermath: Safe return to the office during the pandemic

European Journal of Public Health | 20th October 2021

This project explored strategies and control measures that could be adopted in different countries for preventing or limiting the transmission of the SARS-CoV-2 virus in indoor office workplaces, focusing on space and the well-being of workers.

Results were organised under four themes:

a) advice on surface interactions and virus viability

b) behavioural advice focusing on the return-to-work effects on the psychological state of workers along with control measures

c) suggestions on preparing buildings to return-to-work during the pandemic and study of indoor environment parameters and their effect on office workers

d) advice on thermal and ventilation conditions and virus transmission.

The public health effect of COVID-19 on workspace is more relevant than ever globally as people return to work. This review demonstrated the complexity of decision making and the series of conflicting priorities that arose, especially infection control vs employee mental health or increased business costs for modifications during economic recession.

Further detail: [COVID-19 aftermath: Safe return to the office during the pandemic](https://academic.oup.com/eurpub/article/31/Supplement_3/ckab165.052/6406130?searchresult=1)

**Title:** Public health recovery - building back healthier and more resilient societies

European Journal of Public Health | 20th October 2021

During the Covid-pandemic it became clear that some groups were suffering more from the regulations against the spread of the virus than from the virus itself. To ensure social support for the regulations and to avoid increasing social economic health differences, the Dutch Association of Municipal Health Services (GGD GHOR Nederland) started a program.

The aim was to build back better health on the level of society. individual Covid-patients received recovery care to gather strength - and so should public health build back a stronger and healthier society. The program consists of three parts: extensive monitoring of the impact of Covid-19, mitigating effects of the lockdown on lifestyle and mental/social wellbeing and seizing the political moment to strengthen prevention in public policy and in care. The authors present examples of actions taken and their results.

Further detail: [Public health recovery - building back healthier and more resilient societies](https://academic.oup.com/eurpub/article/31/Supplement_3/ckab165.073/6406164?searchresult=1)

We

[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

<https://www.trftlibraryknowledge.com/health-newsfeeds.html>