COVID-19 recovery

July 24th 2020

**TITLE**: PUBLIC MENTAL HEALTH AND WELLBEING AND COVID-19

Local Government Association (LGA) and the Association of Directors of Public Health

The Local Government Association (LGA) and the Association of Directors of Public Health (ADPH) have jointly produced this briefing for Directors of Public Health about the public mental health and wellbeing issues arising from the COVID-19 outbreak.

While many people have acted in solidarity in response to COVID-19, and there will be some positive benefits from this community spirit and response, the epidemic will likely have many psychological impacts on the population which may have a detrimental effect on the short, medium and long-term mental health of some residents. In turn, this may reduce people’s resilience and their ability to cope. Longer-term impacts around trauma, grief and distress may exacerbate the burden of mental ill-health in the community long after recovery.

Full briefing: [Public mental health and wellbeing and COVID-19](https://www.local.gov.uk/sites/default/files/documents/Public%20mental%20health%20and%20wellbeing%20and%20COVID-19-1.pdf)

**TITLE**: MENTAL HEALTH BEFORE AND DURING THE COVID-19 PANDEMIC: A LONGITUDINAL PROBABILITY SAMPLE SURVEY OF THE UK POPULATION

The Lancet Psychiatry | 21st July 2020  
The potential impact of the COVID-19 pandemic on population mental health is of increasing global concern. This paper examines changes in adult mental health in the UK population before and during the lockdown.

The study found that by late April, 2020, mental health in the UK had deteriorated compared with pre-COVID-19 trends. Policies emphasising the needs of women, young people, and those with preschool aged children are likely to play an important part in preventing future mental illness.

Full paper: [Mental health before and during the COVID-19 pandemic: a longitudinal probability sample survey of the UK population](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2820%2930308-4)

**Title:** NICE cautions against using graded exercise therapy for patients recovering from covid-19

BMJ | 2020; 370: m2912 | 21st July 2020

Graded exercise therapy may not be appropriate for treating post-viral fatigue in patients recovering from covid-19, the National Institute for Health and Care Excellence (NICE) has advised doctors.

In a statement NICE said that it was aware of concerns related to the impact of graded exercise therapy (GET) for managing post-viral fatigue in patients recovering from covid-19. It noted that its current advice on managing chronic fatigue may not be appropriate for this group of patients and acknowledged that it could also be out of date for other groups.

Further detail: [NICE cautions against using graded exercise therapy for patients recovering from covid-19](https://www.bmj.com/content/370/bmj.m2912)

See also: [National Institute for Health and Care Excellence. Statement about graded exercise therapy in the context of COVID-19](https://www.nice.org.uk/guidance/gid-ng10091/documents/interim-findings-2)

**Title:** Back to normal? Building community resilience after COVID-19

The Lancet Diabetes & Endocrinology | August 2020

Although the COVID-19 pandemic is far from over, many countries are resuming economic and social activities, with the aim of returning to some semblance of normality. But what should the new normal be? This correspondence believes that the post-pandemic recovery phase offers opportunities for devising social and public health policies that channel resources to marginalised communities and support community resilience.

Full detail: [Back to normal? Building community resilience after COVID-19](https://www.thelancet.com/journals/landia/article/PIIS2213-8587(20)30237-0/fulltext#coronavirus-linkback-header)

**Title:** COVID-19: IMPACTS ON HEALTH - REPORTS AND TOOLS

Public Health England | 16th July 2020

This page collates reports and tools produced by Public Health England (PHE) to support the surveillance of coronavirus (COVID-19).

It includes:

* dashboard showing statistics on cases of COVID-19 and deaths associated with it in the UK
* excess mortality in England weekly reports, broken down by age, sex, region, ethnic group, level of deprivation, cause and place of death
* national COVID-19 surveillance reports, including weekly summary of findings monitored through various surveillance systems
* outbreaks in care homes, a weekly number and percentage of care homes reporting a suspected or confirmed outbreak of COVID-19 to PHE by local authorities, regions and PHE centres
* wider impacts of COVID-19 on health monitoring tool, which collates metrics across a range of wider impacts to provide stakeholders with a single point of access.

Full detail: [COVID-19: impacts on health - reports and tools](https://www.gov.uk/government/collections/covid-19-impacts-on-health-reports-and-tools)

**TITLE:** SUPPORTING STAFF TO RETURN TO THE WORKPLACE

NHS Employers | 22nd July 2020

With the recent announcement to pause shielding for clinically vulnerable people from 1 August 2020, there will be greater numbers of staff returning to the workplace. This guidance outlines: the organisational considerations when planning for staff to return; tips for managers; signposts to useful resources; and good practice examples from NHS trusts.

Full detail: [Supporting staff to return to the workplace](https://www.nhsemployers.org/covid19/health-safety-and-wellbeing/supporting-staff-to-return-to-the-workplace)

**TITLE:**  THE MANCHESTER BRIEFING ON COVID-19 INTERNATIONAL LESSONS FOR LOCAL AND NATIONAL GOVERNMENT RECOVERY AND RENEWAL

MBS Alliance | Sixteenth briefing: Week beginning 20th July 2020

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. Each week the briefing brings together international lessons and examples which may prompt your thinking on the recovery from COVID-19, as well as other information from a range of sources and a focus on one key topic.

This week there are four briefings:

Briefing A: Developing resilient systems (Part 1)

Briefing B: Lessons from across the world

Briefing C: Supporting children with autism and their parents

Briefing D: Useful webinars

Full briefing: [The Manchester Briefing on COVID-19 International lessons for local and national government recovery and renewal](https://www.communigator.co.uk/login/Instances/uomhumscommslz/Documents/themanchesterbriefingoncovid-19b16-wb20thjuly2020-part1.pdf?gator_td=ZsLxKlKDWbonACHHDu7PiiZftRBrVDtdRPdD7H6izuuBan8UrcacrUoFsd%2b2Hq4Cs8cPwAFZx53Hvj5YuUpAVKowUHSkB3FS7%2flU5pGpfRCRpByzogGietnyh%2fo12HDFWc6KzN%2fBioi3k6RXPfhheA%3d%3d)

**Title:** Resuming health services during the Covid-19 pandemic: What can the NHS learn from other countries?

The Nuffield Trust | 24th July 2020

As the country deals with the easing of lockdown restrictions and a slow decline in Covid-19 cases, health services are attempting to return to some form of pre-pandemic normality – yet demand for services remains anything but predictable. This briefing looks at what approaches other countries around the world have taken to dealing with the pandemic. What might we learn from the approaches used internationally, and how long will it take us to fully recover?

Full briefing: [Resuming health services during the Covid-19 pandemic: What can the NHS learn from other countries?](https://www.nuffieldtrust.org.uk/files/2020-07/resuming-health-services-web.pdf)

See also:

* [Recovering from Covid-19: the international picture](https://www.nuffieldtrust.org.uk/news-item/recovering-from-covid-19-the-international-picture) | The Nuffield Trust [blog]
* [Covid-19: Starting position for NHS risks leaving UK trailing the pack in the race to recovery](https://www.nuffieldtrust.org.uk/news-item/covid-19-starting-position-for-nhs-risks-leaving-uk-trailing-the-pack-in-the-race-to-recovery) | press release

**Title:** Coronavirus and the social impacts on Great Britain: 24 July 2020

Office for National Statistics| 24th July 2020

Indicators from the Opinions and Lifestyle Survey covering the period 15 to 19 July 2020 to understand the impact of the coronavirus (COVID-19) pandemic on people, households and communities in Great Britain.

Full detail: [Coronavirus and the social impacts on Great Britain: 24 July 2020](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandwellbeing/bulletins/coronavirusandthesocialimpactsongreatbritain/24july2020)

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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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