COVID-19 recovery

July 3rd 2020

**Title:** Recovery Position: What Next For The NHS?

NHS Providers | 30th June 2020

This report, based on the first full survey of NHS trust leaders since Covid-19 started, sets out the scale of increased demand and the dramatic loss of capacity many trusts are now facing as the NHS juggles treating Covid-19 patients with restarting the full range of services. The report shows that, while trusts are restoring services as fast as they can, some trusts – particularly acute hospitals – believe this restoration will take more than six months.

Full report: [Recovery Position: What next for The NHS?](https://nhsproviders.org/media/689775/recovery-position-what-next-for-the-nhs.pdf)

**Title:** E-Guide For Financing Health Promoting Services

European Portal for Action on Health Inequalities | June 2020

Covid-19, as well as other diseases, require serious investments in prevention and health promotion. This e-guide illustrates a spectrum of approaches to mobilise resources to finance the delivery of such health-promoting services that benefit health and wellbeing for all.

Full detail: [E-Guide for Financing Health Promoting Services](http://health-inequalities.eu/financing-e-guide/)

**Title:** Coronavirus And The Economic Value Of Human Life Or ... Is The Lockdown Worth It?

Institute of Economic Affairs | 25th June 2020

This briefing examines the ongoing argument about easing or ending the lockdown restrictions and considers numerous factors that will affect government decisions. It emphasises the importance of putting a monetary value on life as a tool to make cost-benefit analyses about the effectiveness of lockdown and makes clear that while people may feel squeamish about looking at human life in financial terms, such calculations are necessary to make the most of limited resources in the fairest and most effective way.

Full detail: [Coronavirus and the economic value of human life or ... Is the lockdown worth it?](https://iea.org.uk/themencode-pdf-viewer-sc/?file=/wp-content/uploads/2020/06/Is-the-lockdown-worth-it.pdf)

**TITLE**: “BUSINESS AS USUAL IS NOT AN OPTION”: PRIME MINISTER URGED TO CREATE NEW MENTAL HEALTH RENEWAL PLAN FOR ENGLAND

Centre for Mental Health | 1st July 2020

The devastating impact of the Covid-19 pandemic demands an urgent renewal plan for the nation’s mental health to avoid crisis, according to an unprecedented coalition of over 50 voluntary and social sector organisations which has written to the Prime Minister to call for a cross-government approach to put the nation’s mental health at the heart of its Covid-19 recovery plan.

Samaritans, Mental Health UK, Mind, Rethink Mental Illness, Mental Health Foundation, Centre for Mental Health, Young Minds and the Association of Mental Health Providers are among the charities joined by voices from across the voluntary sector who warn that the system will fail to cope with an increase in demand without a comprehensive and fundamentally new approach to mental health, which both prevents and responds to the damage inflicted on the nation’s mental health by Covid-19. The coalition is asking the Prime Minister to convene a cross-governmental group to work with the sector and provide the financial and political backing to develop policy and unlock crucial funding across England.

Further detail: [“Business as usual is not an option”: Prime Minister urged to create new Mental Health Renewal Plan for England](https://www.centreformentalhealth.org.uk/news/business-usual-not-option-prime-minister-urged-create-new-mental-health-renewal-plan-england)

Full publication: [A New Social Contract for a mentally healthier society](https://www.centreformentalhealth.org.uk/sites/default/files/a_new_social_contract_for_a_mentally_healthier_society_final.pdf)

**TITLE**: WHEN COVID-19 AFFECTS MUSCLE: EFFECTS OF QUARANTINE IN OLDER ADULTS

Source: European Journal of Translational Myology | June 2020

In this review the authors outline available evidence to suggest a negative impact of quarantine and social distancing countermeasures on the physical health and skeletal muscle mass of older adults. Specifically, it is noted that a combination of intense resistance training and managing nutrition may be important for preventing loss of muscle for older adults.

Full article: [When COVID-19 affects muscle: effects of quarantine in older adults](https://pagepressjournals.org/index.php/bam/article/view/9069/8823)

**Title:** Opening the Workplace After COVID‑19: What Lessons Can be Learned from Return‑to‑Work Research?

Journal of Occupational Rehabilitation | 19th June 2020

Some businesses and workplaces are beginning to reopen, albeit under extraordinary rules pertaining to physical distancing, personal protective equipment, and physical guards. The efficacy of such measures in the workplace are unknown, and we have much to learn about how workers adapt and function under these circumstances.

[Opening the Workplace After COVID‑19: What Lessons Can be Learned from Return‑to‑Work Research?](https://link.springer.com/content/pdf/10.1007/s10926-020-09908-9.pdf)

**Title:** A Population Mental Health Perspective on the Impact of COVID-19

Psychological Trauma: Theory, Research, Practice, and Policy | 18th June 2020

The global pandemic of coronavirus disease 2019 (COVID-19) has resulted in massive societal, economic, and environmental impacts that have both short- and long-term mental health influences. This commentary serves to tie existing literature on mental health and COVID-19 to the clinical experiences of a psychologist working in the Canadian hospital sector.

Full document: [A Population Mental Health Perspective on the Impact of COVID-19](https://doi.apa.org/fulltext/2020-43037-001.pdf)

**Title**: LONELINESS, ISOLATION, AND SOCIAL SUPPORT FACTORS IN POST-COVID-19 MENTAL HEALTH

Psychological Trauma: Theory, Research, Practice, and Policy | 18th June 2020

Social support plays a key role in well-being, yet one of the major preventative efforts for reducing the spread of COVID-19 involves social distancing. During times of crisis, social support is emphasized as a coping mechanism. This requires many people to change their typical ways of connectedness and assumes that people have existing healthy relationships or access to technology. The purpose of this article was to explore the potential impact of COVID-19 on loneliness and well-being.

Full document: [Loneliness, Isolation, and Social Support Factors in Post-COVID-19 Mental Health](https://doi.apa.org/fulltext/2020-43457-001.pdf)

**Title:** Health behaviour changes during COVID-19 and the potential consequences: A mini-review

Journal of Health Psychology | 18th June 2020

The COVID-19 pandemic has brought about profound changes to social behaviour. While calls to identify mental health effects that may stem from these changes should be heeded, there is also a need to examine potential changes with respect to health behaviours. Media reports have signalled dramatic shifts in sleep, substance use, physical activity and diet, which may have subsequent downstream mental health consequences. This article briefly discusses the interplay between health behaviours and mental health, and the possible changes in these areas resulting from anti-pandemic measures.

Full document: [Health behaviour changes during COVID-19 and the potential consequences: A mini-review](https://journals.sagepub.com/doi/pdf/10.1177/1359105320937053)

**TITLE:** RE-THINKING LOCAL

Local Government Association | 30th June 2020

The COVID-19 pandemic has fundamentally changed the communities in which we live and work. The next six months have the potential to shape the direction of this country for years to come.

This discussion paper sets out how, with the right funding and powers, councils can grasp this once-in-a-lifetime opportunity to not just recover from the impacts of the Covid-19 pandemics but to go further and address the inequalities the virus has exposed, develop a green recovery, address skills gaps and rebuild the economy so that it benefits everyone.

Full document: [Re-thinking local](https://local.gov.uk/sites/default/files/documents/3.70%20Rethinking%20local_%23councilscan_landscape_FINAL.pdf)

**Title**: PSYCHOLOGICAL AND SOCIAL IMPACT OF COVID-19

Psychological Trauma: Theory, Research, Practice, and Policy | 15th June 2020

The high numbers of COVID-19 infections and deaths, economic difficulties, uncertainty about the future, as well as the approaches needed to contain the spread of the virus are all playing critical roles in the short and long-term social and psychological impact of the COVID-19 pandemic. Inequities based on race and socioeconomic status influence the rates of infection and deaths and steps that are needed to achieve recovery. This commentary focuses on similarities and differences after other disasters and efforts being initiated to provide support and recovery.

Full article: [Psychological and Social Impact of COVID-19](https://doi.apa.org/fulltext/2020-41655-001.pdf)

**Title**: REHABILITATION NEEDS OF PEOPLE AFFECTED BY THE IMPACT OF COVID-19: GUIDANCE

Welsh Government | updated 1st July 2020

This guidance focuses on the rehabilitation needs of people who have been directly and indirectly affected by Covid-19, while recognising that rehabilitation is also a core component of the majority of essential and specialist services as set out in the Essentials Services Framework.

Full guidance: [Rehabilitation needs of people affected by the impact of COVID-19](https://gov.wales/sites/default/files/publications/2020-06/rehabilitation-needs-of-people-affected-by-the-impact-of-covid-19_1.pdf)

**Title**: Mass expansion of rehab beds for covid planned

HSJ | 29th June 2020

The NHS in the North West has been asked to prepare plans for up to 900 community-based beds for patients recovering from coronavirus and respiratory illnesses.

It may be an indication of a likely national plan to expand bed capacity across England ahead of a possible second peak of covid-19 demand in the winter. Crudely, if the 900 figure was repeated in other regions, it may amount to more than 6,000 additional beds England-wide.

Full detail: [Mass expansion of rehab beds for covid planned](https://www.hsj.co.uk/coronavirus/exclusive-mass-expansion-of-rehab-beds-for-covid-planned/7027934.article)

**Title**: Young carers and young adult carers: providing care during coronavirus

Department of Health and Social Care | 3rd July 2020

This guidance is for anyone under 25 who cares for a family member who cannot cope without their support. This may be because they have a lifelong condition, illness, disability, serious injury, a mental health condition or an addiction.

The information and advice provided here is designed to help young carers understand the changes they need to make and signposts the help available during the coronavirus (COVID-19) outbreak.

It builds on previously published [guidance for those who provide unpaid care to friends or family](https://www.gov.uk/government/collections/coronavirus-covid-19-social-care-guidance#unpaid-carers) and is also available as an [easy read version](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/897433/COVID-19_Young_Carers_Easy_Read_Guidance.pdf).

Full guidance:[Guidance for those under 25 who provide care for someone](https://www.gov.uk/government/publications/young-carers-and-young-adult-carers-providing-care-during-coronavirus/guidance-for-those-under-25-who-provide-care-for-someone)

**Title**: Around one million downloads of fitness app during lockdown as people stay fit

A fitness tool backed by the NHS has been adopted by hundreds of thousands of people seeking to get in shape during lockdown.

New figures show that downloads of Public Health England’s ‘Couch to 5k’ app skyrocketed over the last three months.  From March until the end of June, there were almost one million downloads – 858,000 compared to 448,000 during the same time last year – a 92% increase compared to 2019.

Couch to 5k is a running plan for beginners provided by Public Health England, helping those who are unfit or don’t regularly take exercise to take positive steps for their health and fitness.

Full detail at [NHS England](https://www.england.nhs.uk/2020/07/around-one-million-downloads-of-fitness-app-during-lockdown-as-people-stay-fit/)

**Title:** Caring for our carers: what can COVID-19 teach us about NHS staff wellbeing?

The Health Foundation | 26th June 2020

A focus on staff engagement and wellbeing forms part of the Health Foundation’s COVID-19 response. The Health Foundation are supporting work in three areas which the author of this blog believes are important to prioritise if the NHS is to effectively support staff wellbeing during the recovery from COVID-19 and beyond.

The three areas are:

1. Ensuring staff experience drives improvement
2. Increasing opportunities for reflective practice
3. Valuing supportive and compassionate leadership

Full detail: [Caring for our carers: what can COVID-19 teach us about NHS staff wellbeing?](https://www.health.org.uk/news-and-comment/blogs/caring-for-our-carers-what-can-covid-19-teach-us-about-nhs-staff-wellbeing)

**Title**: The mental health emergency. How has the coronavirus pandemic impacted our mental health?

Mind | 30th June 2020

A survey of more than 16,000 people during lockdown by the charity Mind has revealed the scale of the impact of the pandemic on people with mental health problems. Two out of three (65 per cent) adults over 25 and three-quarters (75 per cent) of young people aged 13-24 with an existing mental health problem reported worse mental health.

Full report: [The mental health emergency](https://www.mind.org.uk/media-a/5929/the-mental-health-emergency_a4_final.pdf)

**TITLE:**  CAN THE SUMMER TEMPERATURES REDUCE COVID-19 CASES?

Public Health | August 2020, pages 72-79

This pilot study proposes that cold environment may be an additional risk factor for COVID-19 cases.

•Majority countries having higher COVID-19 cases situated in higher latitude/cold region.

•Negative relationship exists between environment temperature and COVID-19 cases.

•The chance of COVID-19 cases in warmer countries is fewer than in colder countries.

•Cold environment may be an additional risk factor for SARS-CoV-2 infection.

Full article: [Can the summer temperatures reduce COVID-19 cases?](https://reader.elsevier.com/reader/sd/pii/S0033350620302304?token=9BA88916A52C9BE1A85B0AFCF6884D0C72DF95F4D7C8E0113633B40326CC7DA52859F78C08A853C225AE874CC4834F87)

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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.

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