COVID-19 recovery

September 4th 2020

**Title**: Letter from PHE and NHS Test and Trace to school and college leaders

Department of Health and Social Care | Public Health England | 3rd September 2020

As schools and colleges return for the autumn term and welcome back pupils and students, the Medical Director of Public Health England, Yvonne Doyle, and Chief Medical Adviser of NHS Test and Trace, Susan Hopkins, have written to school and college leaders with further advice regarding coronavirus testing and shielding.

[Letter from PHE and NHS Test and Trace to school and college leaders](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/914391/Letter_from_PHE_and_NHS_Test_and_Trace_to_school_and_college_leaders.pdf)

**Title:** The Manchester Briefing on COVID-19

Alliance MBS | Week beginning 24th August 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. The briefing brings together international lessons and examples which may prompt thinking on the recovery from COVID-19, as well as other information from a range of sources and a focus on one key topic.

The lessons are taken from websites (e.g. UN, WHO), documents (e.g. from researchers and governments), webinars (e.g. those facilitated by WEF, GCRN), and other things.

This week there are four briefings:

* Briefing A: Managing change for COVID-19 recovery
* Briefing B. Lessons you may find helpful from across the world
* Briefing C: Disability-inclusive recovery and renewal from
* Briefing D: Useful webinars

Full detail: [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-19b19-wb24thaugust2020final.pdf?gator_td=%2bT2NXkz2W%2b7pTUgZlk4vQxTO0GQq3%2fiv3wC5MLPUOsox95c1LyJOlDYmYTixf83E4EtILRQwJBMMsKPxUfRBSHmEBldzB2%2ffbmS9V21gJC%2bFG5%2fqKb0j%2fEqTO9CwRGd00CBS6qGdz%2fGREwoWT5N6iQ%3d%3d)

**Title**: Supporting people outside of their home

Department of Health and Social Care | 2nd September 2020

This guidance is for people who need support when outside their home and people who provide this support during coronavirus (COVID-19). It outlines how the coronavirus transmission risk can be minimised when support is provided so that people can visit shops, socialise or exercise safely.

Full guidance: [Supporting people outside of their home](https://www.gov.uk/government/publications/supporting-people-outside-of-their-home/supporting-people-outside-of-their-home)

**Title**: New Lighthouse Lab to boost NHS Test and Trace capacity

Department of Health & Social Care | 3rd September 2020

A new Lighthouse Lab near Loughborough will join Britain’s largest network of diagnostic testing facilities in history to increase coronavirus testing capacity.

The new lab will be brought into the lab network this month and will be able to process around 50,000 tests per day by the end of the year.

This comes as the weekly statistics from NHS Test and Trace show that the service continues to reach the majority of those testing positive and their contacts, in week 13 reaching 80% of contacts where contact information was available.

Demand for testing continues to rise, with those tested for the first time increasing by 63% since mid-June.

The new lab is part of plans to scale up testing capacity to 500,000 swab tests per day by the end October. There is currently capacity for 350,000 tests each day in the UK, across all 4 testing pillars including antibody tests and surveillance studies. The growth in demand means that existing capacity for pillar 2 swab tests is being fully utilised and in line with existing plans, the capacity is being quickly expanded.

Full detail: [New Lighthouse Lab to boost NHS Test and Trace capacity](https://www.gov.uk/government/news/new-lighthouse-lab-to-boost-nhs-test-and-trace-capacity?utm_source=2db89835-05d3-41c8-97bd-ec2b5675053e&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate)

**Title:** Covid-related anxiety and distress in the workplace

 The British Psychological Society | 3rd September 2020

As Covid-19 lockdown restrictions are eased, and in some cases temporarily re-introduced, people will experience many different emotional responses to what is happening.

Each employee will have their own specific concerns regarding their work or personal experience.

How individual employees and employers deal with these feelings can affect their transition into new ways of working, as well as their wellbeing and performance in the immediate and long term.

This document offers practical steps and ideas for creating healthy, sustainable working conditions.

Full document: [Covid-related anxiety and distress in the workplace](https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Covid-related%20anxiety%20and%20stress%20in%20the%20workplace.pdf)

**Title**: Rehabilitation of patients post-COVID-19 infection: a literature review

Journal of International Medical Research | 25th August 2020

Rehabilitation is important for patients with coronavirus disease 2019 (COVID-19) infection. Given the lack of guidelines in English on the rehabilitation of these patients, we conducted a review of the most recent reports.

We performed this literature review using the principal research databases and included randomized trials, recommendations, quasi-randomized or prospective controlled clinical trials, reports, guidelines, field updates, and letters to the editor. We identified 107 studies in the database search, among which 85 were excluded after screening the full text or abstract. In total, 22 studies were finally included.

The complexity of the clinical setting and the speed of spread of the severe acute respiratory syndrome coronavirus 2, which leads to rapid occupation of beds in the intensive care unit, make it necessary to discharge patients with COVID-19 who have mild symptoms as soon as possible.

For these reasons, it is necessary to formulate rehabilitation programs for these patients, to help them restore physical and respiratory function and to reduce anxiety and depression, particularly patients with comorbidities and those who live alone or in rural settings, to restore a good quality of life.

Full paper: [Rehabilitation of patients post-COVID-19 infection: a literature review](https://journals.sagepub.com/doi/pdf/10.1177/0300060520948382)

**Title**: Scaling the Need, Benefits, and Risks Associated with COVID-19 Acute and Postacute Care Rehabilitation: A Review

Rehabilitation Research Practice | 26th August 2020

The main aim of this study is to review and summarize the evidence regarding the supportive role of physical rehabilitation techniques in managing COVID-19-associated pneumonia. In this review, we also emphasize the use of rehabilitation techniques in the management of pneumonia in COVID-19-infected patients.

Based on the evidence presented, we conclude that certain physical rehabilitation techniques and modalities could be of great support in the management of COVID-19-associated pneumonia.

The safety of staff and patients when applying rehabilitation intervention requires attention. The combination of physical rehabilitation and medical treatment would result in improved treatment outcomes, faster recovery, and shorter hospital stay. Many rehabilitation techniques are safe and feasible and can be easily incorporated into the management protocol of COVID-19 victims. Decisions of early rehabilitation induction should be based on the patient’s medical condition and tolerability.

Full paper: [Scaling the need, benefits, and risks associated with covid-19 acute and postacute care rehabilitation: a review](http://downloads.hindawi.com/journals/rerp/2020/3642143.pdf)

**Title**: The COVID-19 rehabilitation pandemic

Age and Ageing | September 2020

The coronavirus disease 2019 (COVID-19) pandemic and the response to the pandemic are combining to produce a tidal wave of need for rehabilitation. Rehabilitation will be needed for survivors of COVID-19, many of whom are older, with underlying health problems.

In addition, rehabilitation will be needed for those who have become deconditioned as a result of movement restrictions, social isolation, and inability to access healthcare for pre-existing or new non-COVID-19 illnesses. Delivering rehabilitation in the same way as before the pandemic will not be practical, nor will this approach meet the likely scale of need for rehabilitation.

This commentary reviews the likely rehabilitation needs of older people both with and without COVID-19 and discusses how strategies to deliver effective rehabilitation at scale can be designed and implemented in a world living with COVID-19.

Full paper: [The COVID-19 rehabilitation pandemic](https://watermark.silverchair.com/afaa118.pdf?token=AQECAHi208BE49Ooan9kkhW_Ercy7Dm3ZL_9Cf3qfKAc485ysgAAAqgwggKkBgkqhkiG9w0BBwagggKVMIICkQIBADCCAooGCSqGSIb3DQEHATAeBglghkgBZQMEAS4wEQQMP5PpOdzs2i9KcSVUAgEQgIICWxSNJlWxwSXRiBi0KOntrzDN68ZRKVtchz1pAjjQxhVm_v7U-IW14qFTHeAbE-MUuAwnl-eOMxL_P_5RE6iCikcR1NpKq_GoRpIKi6CHiYPmM3FwCWS3KeatOba0Xq9D9x5pClTbqr0Sw_JuEVfuKBXoJuLEJL2W1nnGzIxKsncotDEiZkAqkRK1ewiE8ZHQNXKvlC_pQOz_-v7Z8ugBPggtRxVaxtSsx11253_pnA5MBpMP1AlnnOyOwHHV-__X6xHH6p-o-v9h2-4xqWmsNtJJoTEMuF6_JQkhiurg36yD_aqLZVsFMgUbQZ0lag9z_Yy-QUYZjAtU4Tz1ovZwudNL-3lPdC5YZIEw-Whz6hmvL86bjP3g4epVWzHbOzDaYTpMN963Fi29atdrVk4plRYIRSMo9g84gqGMQcmBZMol0p52muVdfNfH7AGUpD3jodHtbG3qRz0dO2pXpDWCIw_PgBn5gSF-DyqvKHl4hwQKq367Q3AyPrVyI8aRIv1uB3NiB1aR5eKBm4mdRM_BqOIfQD4mJLYHZwoGcOgKD9NgEmDnrFbtlC6WcwT2w-eyu92-fC7vDGPxiN6UH_RzVlD8-UenhzDGwlCQfYJL5vq_TgmYaISez1Le18MkQFiYKZbjonn8izmVE--3J3SwEguf_y-1KbkbCLnRgaEn-qca3xv3-ybOLsRnCTTGxOa63Z3lm2sUsMjVLW1rGvMMvwBMzx_YlV12NAvrPoNN3HcdQW-GS185ld2kSpoRsKYeMWW3-2nPC4rH4NOe7smDLi8-KS38IMV5t5Zppg)

**TITLE**: Mental health and COVID-19

National Institute for Health Research | 2nd September 2020

The impact of COVID-19 pandemic and the constraints it has imposed on people is an issue of interest and concern to patients, service users, carers and health and social care professionals alike. In pandemic conditions it is likely that people’s existing mental health problems may get worse. Mental health may also decline because of social isolation, loss of employment, stress and health anxiety caused by the pandemic and the steps taken to control it.

This Collection brings together NIHR research on several aspects of mental health that are particularly relevant to the COVID-19 situation.

Full detail: [Mental health and COVID-19](https://evidence.nihr.ac.uk/collection/mental-health-and-covid-19/)

**Title:** Returning to school after the coronavirus lockdown

Mental Health Foundation | 25th August 2020

The coronavirus pandemic and subsequent lockdown is an unprecedented situation in modern times. It is hard to gauge the full impact that the situation is having on children and young people’s mental health and wellbeing.

Pupils’ experiences of the lockdown period will have been very varied. For some, it will mostly have been a safe and enjoyable time. For others, it will have been challenging or traumatic. Schools and teachers are used to supporting their pupils through challenges that they face in life – the current situation will amplify those situations many times over.

This short guide aims to:

* Outline the scale of the challenge that schools and pupils are facing.
* Provide practical advice, activities and support.

Full detail: [Returning to school after the coronavirus lockdown](https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown)

**Title:** Generation COVID-19. Building the case to protect young people’s future health

The Health Foundation | 30th August 2020

New analysis from the Health Foundation looks at emerging evidence on the pandemic’s impact on young people across the UK – one of the most affected groups.

The analysis found:

* one in four young people were not able to access the mental health support they sought during lockdown
* 60% of young people aged 16-29 felt concerned about lockdown's impact on their friendships, compared to just 34% of 30 to 59-year-olds

But the challenges experienced by young people haven't fallen evenly. The analysis shows:

• those from the lowest income households were the most likely to no longer be working or remain not working

• young people from ethnic minority backgrounds are more than twice as likely to have not been working since lockdown than their peers.

The Health Foundation suggests a national cross-government health inequalities strategy is needed to level up health outcomes and improve the nation's health. It is vital that young people – irrespective of their background – are placed at the heart of these plans.

Full detail: [Generation COVID-19. Building the case to protect young people’s future health](https://www.health.org.uk/sites/default/files/2020-08/Generation%20COVID-19.pdf)

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

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