COVID-19 recovery

March 2021

**Title:** Recover, Reward, Renew: A post-pandemic plan for the healthcare workforce

IPPR | 30th March 2021

As many as one in four healthcare workers – equivalent to 330,000 staff - say they are more likely to leave the NHS due to a year of unprecedented pressure, according to new polling by IPPR/YouGov. The figure - which includes the equivalent of 100,000 nurses and 8,000 midwives – adds pressure to a workforce that was experiencing a crisis of unfilled vacancies even before the pandemic.

A new IPPR report ‘*Recover, Reward, Renew’*argues that this is a direct result of pandemic pressures, on top of a decade of austerity.

A bold workforce policy for healthcare staff is urgently needed, according to today’s report. It says the government should focus this ‘new deal’ on three key areas:

* **Recover -**Many have not taken leave during the pandemic or have lost access to flexible working. IPPR recommends a shift to flexible working by default; guaranteed rollover of all accumulated annual leave for the next five years; and a new NHS-wide compensation scheme that provides either additional time off in lieu or a pay bonus to staff who are refused annual leave on the dates requested.
* **Reward -**Not only is a substantial pay award fair after the pressures of Covid-19, but it would also support retention, the wider economic recovery and worker’s mental health. IPPR argues for a 5 per cent average pay award, tilted in favour of the lower paid, and a government-subsidised living wage guarantee for social care workers.
* **Renew -**Progression is important to retention and IPPR argues skills developed during the pandemic should be formally recognised through a national certification scheme. IPPR also argues that the NHS must change its recruitment, training and progression processes to stamp out institutional racism.

Full report: [Recover, Reward, Renew: A post-pandemic plan for the healthcare workforce](https://www.ippr.org/files/2021-03/recover-reward-renew-march-21.pdf)

Press release: [Commit to new deal for healthcare workers or risk ‘deadly exodus’, IPPR warns government](https://www.ippr.org/news-and-media/press-releases/commit-to-new-deal-for-healthcare-workers-or-risk-deadly-exodus-ippr-warns-government)

**Title:** The lives we want to lead: where next for the debate about care and support reform?

Local Government Association | 28th March 2021

The issues facing social care, particularly the funding pressures, have been highlighted and exacerbated over the past year during the Covid-19 pandemic. The question of the lessons that need to be learned from the pandemic were central to a roundtable convened by the LGA and this briefing summarises the themes arising from this discussion.

Full detail: [The lives we want to lead: where next for the debate about care and support reform?](https://www.local.gov.uk/lives-we-want-lead-where-next-debate-about-care-and-support-reform)

**Title:** COVID-19 mental health and wellbeing recovery action plan

Department of Health and Social Care | 27th March 2021

The COVID-19 mental health and wellbeing recovery action plan sets out an ambitious, cross-government, whole-person approach to promoting positive mental health and supporting people living with mental illness to recover and live well.

While this plan sets out what government will do in the coming year, it is also a call to action for the whole of society, for local communities, families and for individuals, who can take simple steps to look after their own wellbeing and the wellbeing of those around them – and can reach out for support, including from mental health services when necessary.

Full detail: [COVID-19 mental health and wellbeing recovery action plan. Our plan to prevent, mitigate and respond to the mental health impacts of the pandemic during 2021 to 2022](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/973936/covid-19-mental-health-and-wellbeing-recovery-action-plan.pdf)

**Title:** Transforming the public health system

Department of Health and Social Care | 29th March 2021

The coronavirus pandemic has shone a light on our public health system. Just as we’ve learnt a lot about the virus, we’ve also learnt a lot about what works and what needs to change in public health.

Our experience has shown we need a relentless focus on our health security, while also preventing ill health to improve the general health of the population. To make our public health system fit for the future, we need to be simultaneously effective at both.

This policy document sets out reforms to the public health system in England to transform our national health protection capabilities, put health promotion at the heart of government, and more deeply embed prevention and health improvement expertise across local and national government and the NHS.

Full detail: [Transforming the public health system: reforming the public health system for the challenges of our times](https://www.gov.uk/government/publications/transforming-the-public-health-system/transforming-the-public-health-system-reforming-the-public-health-system-for-the-challenges-of-our-times)

**Title:** The data divide: Public attitudes to tackling social and health inequalities in the COVID-19 pandemic and beyond

Ada Lovelace Institute | 25th March 2021

As part of a partnership with the Health Foundation exploring how the accelerated adoption of data-driven technologies and systems during the pandemic may have affected inequalities, the Ada Lovelace Institute commissioned Survation to conduct a telephone-based, nationally representative survey of 2,023 UK British adults, to explore public attitudes towards a range of technologies deployed during the COVID-19 pandemic for health outcomes, including mental and physical-health apps, symptom-tracking apps, digital contact-tracing apps and vaccine passports.

This report summarises the findings of the survey.

Full report: [Data Divide: Public attitudes to tackling social and health inequalities in the COVID-19 pandemic and beyond](https://www.adalovelaceinstitute.org/wp-content/uploads/2021/03/The-data-divide_25March_final-1.pdf)

**Title:** A connected recovery. Findings of the APPG on Loneliness Inquiry

All-Party Parliamentary Group (APPG) on Loneliness | 24th March 2021

This inquiry report makes the case for a ‘connected recovery’ from the Covid-19 pandemic.

Key inquiry findings:

* There are too many barriers preventing people from connecting – such as a lack of safe, welcoming and accessible green spaces, parks and gardens, public toilets, playing areas, local bus services, and ramps for people with disabilities.
* Too many people face barriers to digital connection as a result of lack of access to mobile technology and the internet, as well as a lack of digital skills and confidence.
* Poorly designed or unsuitable housing and neighbourhoods can make it hard for people to meet each other, maintain social connections and develop a sense of belonging.
* Some communities and groups were highlighted as facing particular disadvantage in relation to transport and mobility.

The APPG sets out a roadmap, calling on the government to adopt 15 recommendations, designed to:

* Tackle loneliness through national leadership
* Translate national policy into local action
* Invest in the community and social infrastructure needed to connect, particularly in areas with higher levels of deprivation.
* Loneliness proof all new transport and housing developments, and close the digital divide by increasing digital skills and confidence.

Full report: [A connected recovery. Findings of the APPG on Loneliness Inquiry](https://www.redcross.org.uk/-/media/documents/about-us/what-we-do/a-connected-recovery-findings-of-the-appg-on-loneliness-inquiry.pdf)

**Title:** The COVID decade: understanding the long-term societal impacts of COVID-19

The British Academy | 23rd March 2021

Society will continue to feel the impacts of COVID-19 for a decade or more without an urgent public policy overhaul, warns the British Academy in an independent research report on the anniversary of Britain’s first lockdown.

In its new multi-disciplinary evidence review, *The COVID decade: understanding the long-term societal impacts of COVID-19*, the Academy forecasts that significant intervention will be needed to avoid an acceleration towards poorer health, social and economic outcomes and a more extreme pattern of inequality.

The extensive evidence report is accompanied by a wide-ranging and thorough policy analysis, *Shaping the COVID decade*, which argues that these societal impacts have exposed several gaps in public policy making that the government now has the opportunity to address.

Evidence review: [The COVID decade: Understanding the long-term societal impacts of COVID-19](https://www.thebritishacademy.ac.uk/documents/3238/COVID-decade-understanding-long-term-societal-impacts-COVID-19.pdf)

Policy analysis: [Shaping the COVID decade: Addressing the long-term societal impacts of COVID-19](https://www.thebritishacademy.ac.uk/documents/3239/Shaping-COVID-decade-addressing-long-term-societal-impacts-COVID-19.pdf)

See also: [Social costs of the pandemic will be felt for a decade, says the British Academy](https://www.thebritishacademy.ac.uk/news/social-costs-of-the-pandemic-will-be-felt-for-a-decade-says-the-british-academy/)

**Title:** GP access during COVID-19

Healthwatch | 22nd March 2021

This report looks at how the Covid-19 pandemic has changed the way people access their GP and how this affected people's experience of care. Whilst remote consultations have made getting care quicker, more efficient and easier to fit around their lives for many people, many people are struggling to access care from their GP practice, leaving them feeling frustrated and confused. Certain groups also risk being left behind, such as older people, disabled people, people affected by homelessness and on low incomes, and those whose first language isn’t English.  
Full report: [GP access during COVID-19](https://www.healthwatch.co.uk/sites/healthwatch.co.uk/files/20210215%20GP%20access%20during%20COVID19%20report%20final.pdf)

See also: [GP access review must be part of NHS COVID-19 recovery](https://www.healthwatch.co.uk/news/2021-03-22/gp-access-review-must-be-part-nhs-covid-19-recovery)

**Title:** The 12-month stretch. Where the Government has delivered – and where it has failed – during the Covid-19 crisis

Resolution Foundation | 18th March 2021

This briefing note explores the past 12 months of the pandemic through the health crisis, the economic crisis, and their impact on households’ ability to cope financially. It considers the big picture of what policy makers have done, how well they have done it, and where it’s left people, both in terms of health and economic outcomes.

It concludes that the past year has been marked by successes on income support and vaccines, but also failures on lockdown that have cost lives and deepened the economic crisis, and a legacy of inequality that needs to be addressed in the recovery.

Full detail: [The 12-month stretch Where the Government has delivered – and where it has failed – during the Covid-19 crisis](https://www.resolutionfoundation.org/app/uploads/2021/03/The-12-month-stretch.pdf)

See also: [The Covid effect ­– £186bn of income support, 25 million jabs, and around 25,000 avoidable deaths in the winter wave](https://www.resolutionfoundation.org/press-releases/the-covid-effect-186bn-of-income-support-25-million-jabs-and-around-25000-avoidable-deaths-in-the-winter-wave/)

**Title:** State of health and care: The NHS Long Term Plan after Covid-19

Institute for Public Policy Research | 16th March 2021

After a decade of austerity, The NHS Long Term Plan was meant to be a turning point for healthcare. However, those plans have been severely disrupted by the coronavirus pandemic. This analysis shows the scale of the damage done by the pandemic across several major health conditions.

It recommends a package of six ambitious changes to ‘build back better’. These policies are designed to do three things.

* First, they intend to ensure the pandemic does not cause lasting damage to healthcare services for future generations.
* Second, they look to bring in areas – like social care and public health – that are not covered in The NHS Long Term Plan, but which Covid-19 has harshly reminded us are integral to healthcare.
* Third, they look to capture the innovations that occurred during the pandemic.

Together, the recommendations form a £12 billion blueprint to ‘build back better’ health and care.

Full detail: [State of health and care: The NHS Long Term Plan after Covid-19](https://www.ippr.org/files/2021-03/state-of-health-and-care-mar21.pdf)

**Title:** Maternal mental health during a pandemic: A rapid evidence review of Covid-19’s impact

Maternal Mental Health Alliance | Centre for Mental Health | 16th March 2021

Maternal mental health during a pandemic is a rapid evidence review of the impact of Covid-19 on the mental health of women during pregnancy and after they’ve given birth, and the support that’s been available during the pandemic.

The report finds that women and their families have faced extra pressures on their mental health, including anxiety about giving birth during lockdown or about becoming unwell, fears about losing employment, and increasing levels of domestic violence. It finds that some groups of women face a higher than average risk of poor mental health, including women from racialised communities and women experiencing economic deprivation.

These findings call for the Government to review what is needed to fully support women’s mental health during the perinatal period and to commit to provide this both in the aftermath of the pandemic and in any future crisis situation.

Full publication: [Maternal mental health during a pandemic: A rapid evidence review of Covid-19’s impact](https://maternalmentalhealthalliance.org/wp-content/uploads/CentreforMH_MaternalMHPandemic_FullReport.pdf)

Executive summary: [Maternal mental health during a pandemic: A rapid evidence review of Covid-19’s impact](https://maternalmentalhealthalliance.org/wp-content/uploads/CentreforMH_MaternalMHPandemic_ExecutiveSummary.pdf)

**Title:** The Other Pandemic: The Impact Of Covid-19 On Britain’s Mental Health

Public First | 7th March 2021

The findings in this report lay bare the genuine, wide and profound mental health crisis in Britain today. 15 percent of the public have lost a close friend or relative to the virus. And 40 per cent say their mental health has been negatively affected in the last 12 months.

The key findings of the report show that:

* Young people have endured much worse mental health than older people. 50 per cent of 18–24-year-olds say their mental health has been negatively impacted by the pandemic – compared to just 25 per cent of those aged over 65 who say the same. 34 per cent of 18–24-year-olds rate their mental health as very or quite poor, up from 21 per cent who say they would have said the same before the pandemic.
* Women have carried a particularly heavy burden. 42 per cent of women say they have been more worried about their own mental health because of Covid, compared to 32 per cent of men. 49 per cent of women say they have been worried about their mental health in the last year, compared to 34 per cent of men. They are also more likely to say they have struggled generally, but also more likely to name specific ways they have struggled – for example, with concentration and sleep.
* Women were more likely to say they found homeschooling “stressful”, with 62 per cent of women reporting that, compared to 41 per cent of men. But 38 per cent of men are finding it easier to talk about poor mental health since the start of the pandemic, a potential sign that stigma around mental health is being broken down.
* Those with children have worried terribly about a “lost year” of childhood. 32 per cent of those with children under 18 say they have been worried about their children’s mental health in the last week. And well over half of all parents – 61 per cent – say that lockdown has had a negative impact on their children’s mental health
* The better off have coped much better financially. By 31 per cent to 23 per cent those in the richest AB social groups say their personal financial situation has got better rather than got worse as a result of Covid. In the poorest DE group, by 27 per cent to 15 per cent people say their financial situation has got worse compared to getting better.
* Furlough has not shielded people from extreme worry about their financial situation. The poll found that 45 per cent of those who have been furloughed at some point during the pandemic say they have worried about financial problems or worries in the last week, compared to 26 per cent of those who have not been furloughed.

Full report: [The Other Pandemic: The Impact Of Covid-19 On Britain’s Mental Health](http://www.publicfirst.co.uk/wp-content/uploads/2021/03/The-Other-Pandemic.pdf)

**Title:** Living Safely with Covid: Moving toward a Strategy for Sustainable Exit from the Pandemic

Association of Directors of Public Health (ADPH) | February 2021

This guidance aims to support Directors of Public Health, local authorities and wider partners in considering the approaches that are most appropriate as the country moves out of lockdown. It focuses specifically on the inequalities that have been observed during the pandemic and the actions that should be taken to address them. It also explores early thinking on recovery and how this might be maximised to address the wider health and economic impacts of Covid-19 in an equitable and fair way.

Full guidance: [Living Safely with Covid Moving toward a Strategy for Sustainable Exit from the Pandemic](https://www.adph.org.uk/wp-content/uploads/2021/02/Living-Safely-with-Covid-ADPH-Guidance.pdf)

**Title:** Post-covid syndrome in individuals admitted to hospital with covid-19: retrospective cohort study

BMJ | 2021; 372: n693 | 31st March 2021

This study looked to quantify rates of organ specific dysfunction in individuals with covid-19 after discharge from hospital compared with a matched control group from the general population.

The authors found that individuals discharged from hospital after covid-19 had increased rates of multiorgan dysfunction compared with the expected risk in the general population. The increase in risk was not confined to the elderly and was not uniform across ethnicities.

The diagnosis, treatment, and prevention of post-covid syndrome requires integrated rather than organ or disease specific approaches, and urgent research is needed to establish the risk factors.

Full article: [Post-covid syndrome in individuals admitted to hospital with covid-19: retrospective cohort study](https://www.bmj.com/content/bmj/372/bmj.n693.full.pdf)

Related editorial: [Fresh evidence of the scale and scope of long covid](https://www.bmj.com/content/373/bmj.n853)

**Title:** Middle aged women face greater risk of debilitating long term symptoms

BMJ | 2021; 372: n829 | 25th March 2021

Middle aged women have a higher risk of experiencing a range of debilitating ongoing symptoms, such as fatigue, breathlessness, muscle pain, anxiety, depression, and “brain fog” after hospital treatment for covid-19, suggest the findings of two unpublished studies available as preprints.

Seven in 10 patients admitted to hospital with covid-19 reported “long covid” symptoms an average of five months after discharge in the larger PHOSP-COVID study, and symptoms were more prevalent in women aged 40-60.  Only 29% of the 1077 patients studied felt fully recovered when followed up, on average five months after discharge. Over a quarter had clinically significant symptoms of anxiety and depression, 12% had symptoms of post-traumatic stress disorder, 17% had at least mild cognitive impairment, 46% had lower physical performance than age and sex matched controls, and 20% had a new disability.

Before hospital admission 68% of patients had worked full time, but 18% of these had not returned to work and 19% had had to change their way of working because of long-lasting effects.

A smaller second study, from the International Severe Acute Respiratory and emerging Infections Consortium (ISARIC), found that women under 50 were five times less likely to report feeling recovered, twice as likely to report worse fatigue, seven times more likely to become more breathless, and more likely to have greater disability than men of the same age who had been admitted to hospital with covid-19.

Further detail: [Middle aged women face greater risk of debilitating long term symptoms](https://www.bmj.com/content/372/bmj.n829)

Research papers:

[Physical, cognitive and mental health impacts of COVID-19 following hospitalisation: a multi-centre prospective cohort study](https://www.medrxiv.org/content/10.1101/2021.03.22.21254057v2.full.pdf)

[Long covid in adults discharged from UK hospitals after covid-19: a prospective, multicentre cohort study using the ISARIC WHO Clinical Characterisation Protocol](https://www.medrxiv.org/content/10.1101/2021.03.18.21253888v3.full.pdf)

**Title:** COVID-19 in 2021—Continuing Uncertainty

JAMA | 4th March 2021

This Viewpoint summarizes the current best evidence about COVID-19 vaccines, immunity, and whether SARS-CoV-2 will become an endemic or seasonal virus.

Full detail: [COVID-19 in 2021—Continuing Uncertainty](https://jamanetwork.com/journals/jama/fullarticle/2777391)

**Title:** The Potential Future of the COVID-19 Pandemic. Will SARS-CoV-2 Become a Recurrent Seasonal Infection?

JAMA | 3rd March 2021

This Viewpoint discusses the prospect that COVID-19 could become a recurrent seasonal disease like influenza and proposes strategies to mitigate the consequences for communities and health systems, including changes in surveillance, medical and public health response, and socioeconomic programs.

Full detail: [The Potential Future of the COVID-19 Pandemic. Will SARS-CoV-2 Become a Recurrent Seasonal Infection?](https://jamanetwork.com/journals/jama/fullarticle/2777343)

**Title:** Covid vaccine: Prioritise over 16s living with immunosuppressed adults, says JCVI

BMJ | 2021; 372: n852 | 29th March 2021

People aged 16 or over who live with immunosuppressed adults should be prioritised for covid-19 vaccination alongside priority group 6 (people aged 16 to 65 who have a clinical condition that puts them at higher risk), the UK government’s vaccine advisory committee has said.

This would include people living in households with an adult who has a weakened immune system, such as those with blood cancer or HIV, or people on immunosuppressive treatment, including chemotherapy, the Joint Committee on Vaccination and Immunisation said. These people are not only more likely to have poorer outcomes after SARS-CoV-2 infection but may not respond as well to the vaccine as others, recent evidence indicates, said the JCVI.

The committee said it had made the new recommendation after evidence emerged showing that the covid-19 vaccines may reduce transmission, meaning that vaccinating those around immunosuppressed individuals could help reduce their risk of infection.

Full detail: [Covid vaccine: Prioritise over 16s living with immunosuppressed adults, says JCVI](https://www.bmj.com/content/372/bmj.n852)

**Title:** The potential health and economic value of SARS-CoV-2 vaccination alongside physical distancing in the UK

The Lancet Infectious Diseases | 18th March 2021

In response to the COVID-19 pandemic, the UK first adopted physical distancing measures in March, 2020. Vaccines against SARS-CoV-2 became available in December, 2020. This paper explores the health and economic value of introducing SARS-CoV-2 immunisation alongside physical distancing in the UK to gain insights about possible future scenarios in a post-vaccination era.

The model findings highlight the substantial health and economic value of introducing SARS-CoV-2 vaccination. Smaller outbreaks could continue even with vaccines, but population-wide implementation of increased physical distancing might no longer be justifiable. The study provides early insights about possible future post-vaccination scenarios from an economic and epidemiological perspective.

Full article: [The potential health and economic value of SARS-CoV-2 vaccination alongside physical distancing in the UK: a transmission model-based future scenario analysis and economic evaluation](https://www.thelancet.com/action/showPdf?pii=S1473-3099%2821%2900079-7)

**Title:** Vaccination and non-pharmaceutical interventions for COVID-19: a mathematical modelling study

The Lancet Infectious Diseases | 18th March 2021

The dynamics of vaccination against SARS-CoV-2 are complicated by age-dependent factors, changing levels of infection, and the relaxation of non-pharmaceutical interventions (NPIs) as the perceived risk declines, necessitating the use of mathematical models.

The authors aimed to use epidemiological data from the UK together with estimates of vaccine efficacy to predict the possible long-term dynamics of SARS-CoV-2 under the planned vaccine rollout.

For all vaccination scenarios investigated, their predictions highlight the risks associated with early or rapid relaxation of NPIs. Although novel vaccines against SARS-CoV-2 offer a potential exit strategy for the pandemic, success is highly contingent on the precise vaccine properties and population uptake, both of which need to be carefully monitored.

Full article: [Vaccination and non-pharmaceutical interventions for COVID-19: a mathematical modelling study](https://www.thelancet.com/action/showPdf?pii=S1473-3099%2821%2900143-2)

**Title:** Adherence to the test, trace, and isolate system in the UK: results from 37 nationally representative surveys

BMJ | 2021; 372: n608 | 31st March 2021

The objective of this research was to investigate rates of adherence to the UK’s test, trace, and isolate system over the initial 11 months of the covid-19 pandemic.

The study concludes that **l**evels of adherence to test, trace, and isolate are low, although some improvement has occurred over time. Practical support and financial reimbursement are likely to improve adherence. Targeting messaging and policies to men, younger age groups, and key workers might also be necessary.

Full detail: [Adherence to the test, trace, and isolate system in the UK: results from 37 nationally representative surveys](https://www.bmj.com/content/bmj/372/bmj.n608.full.pdf)

Related editorial: [Test, trace, and isolate in the UK](https://www.bmj.com/content/372/bmj.n822)

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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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