COVID-19 recovery

June 12th 2020

**Title**: The COVID-19 pandemic and its impact on mental health

Source: Progress in Neurology and Psychiatry | May 2020

Similarities exist between our past experience of viral diseases and COVID-19 concerning the mental health issues of sufferers of an epidemic, frontline health workers and the social and psychological impact on society. There is significant evidence that a novel illness such as COVID-19 can cause widespread fear, panic, anxiety and xenophobia. Dr Chakraborty explores the latest literature and what it means for mental health.

Full document: [The COVID-19 pandemic and its impact on mental health](https://www.progressnp.com/wp-content/uploads/sites/28/2020/05/Rev-Covid.pdf)

**Title**: Getting the NHS back on track: Planning for the next phase of Covid-19

Source: NHS Confederation | 10th June 2020

This report outlines the key challenges that local organisations will face over the coming months. It also suggests some changes in policy and practice that will be required as the NHS prepares to restart a wide range of services either paused or stopped when the pandemic struck. The key challenges identified are: funding; capacity; rehabilitation; health inequalities; regulation and inspections; system working; and managing public expectations.

Full report: [Getting the NHS back on track: Planning for the next phase of Covid-19](https://www.nhsconfed.org/-/media/Confederation/Files/Publications/Documents/REPORT_NHS-Reset_Getting-NHS-back-on-track_FNL.pdf)

**Title**: Addressing the public mental health challenge of COVID-19

Source: The Lancet Psychiatry | 9th June 2020

The COVID-19 pandemic presents a triple global public mental health challenge: (1) to prevent an associated increase in mental disorders and a reduction in mental wellbeing across populations; (2) to protect people with a mental disorder from COVID-19, and the associated consequences, given their increased vulnerability; and (3) to provide appropriate public mental health interventions to health professionals and carers.

This challenge is compounded by the inadequate population coverage of evidence-based public mental health interventions before COVID-19, even in high-income countries. However, a key opportunity exists to mitigate this challenge through early action to increase coverage of public mental health interventions.

Full paper: [Addressing the public mental health challenge of COVID-19](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2820%2930240-6)

**Title:** Social network-based distancing strategies to flatten the COVID-19 curve in a post-lockdown world

Source: Nature Human Behaviour | published 4th June 2020

As the pressure increases throughout a pandemic to ease stringent lockdown measures, to relieve social, psychological and economic burdens, this paper aims to provide insights about three strategies: seeking similarity; strengthening interactions within communities; and repeated interaction with the same people to create bubbles.

Full paper: [Social network-based distancing strategies to flatten the COVID-19 curve in a post-lockdown world](https://www.nature.com/articles/s41562-020-0898-6.pdf)

**Title**: The mental health effects of the first two months of lockdown and social distancing in the UK

Source: Institute for Fiscal Studies Working Paper W20/16 | 10th June 2020

This working paper found that mental health in the UK worsened substantially as a result of the Covid-19 pandemic – by 8.1% on average and by much more for young adults and for women which are groups that already had lower levels of mental health before Covid-19. Hence inequalities in mental health have been increased by the pandemic.

Even larger average effects are observed for measures of mental health that capture the number problems reported or the fraction of the population reporting any frequent or severe problems, which more than doubled for some groups such as young women.

Full document: [The mental health effects of the first two months of lockdown and social distancing during the Covid-19 pandemic in the UK](https://www.ifs.org.uk/uploads/The-mental-health-effects-of-the-first-two-months-of-lockdown-and-social-distancing-during-the-Covid-19-pandemic-in-the-UK.pdf)

**Title**: Health and Wellbeing Boards reset tool: to support HWB chairs move into the next stage of COVID-19

Source: Local Government Association | 4th June 2020

The LGA has developed this simple tool to support Health and Wellbeing Board (HWB) chairs/chairmen move into the next stage of COVID-19.

Full detail: [Health and Wellbeing Boards reset tool](https://www.local.gov.uk/sites/default/files/documents/HWB%20reset%20tool%20WEB.pdf)

**Title**: Using socioeconomics to counter health disparities arising from the covid-19 pandemic

Source: BMJ | 2020; 369:m2149 | 8th June 2020

This analysis argues that principles and methods drawn from decades of work showing that lower socioeconomic status is associated with poorer health should guide efforts to monitor and mitigate the impact of the covid-19 pandemic.

Full document: [Using socioeconomics to counter health disparities arising from the covid-19 pandemic](https://www.bmj.com/content/bmj/369/bmj.m2149.full.pdf)

**Title**: Tackling UK’s mortality problem: covid-19 and other causes

Source: BMJ [editorial] | 2020; 369:m2295 | published 11th June 2020

The number of deaths from covid-19 in the UK is among the highest reported internationally, second only to the US. This covid-19 related mortality surge comes on the heels of the historical legacy of stalling improvements in life expectancy in UK. The development of evidence based policies and interventions for tackling both covid-19 and other causes of death is imperative if the UK’s mortality problem is to improve. This requires a clear understanding of what’s driving mortality.

Full editorial: [Tackling UK’s mortality problem: covid-19 and other causes](https://www.bmj.com/content/bmj/369/bmj.m2295.full.pdf)

**Title:** OBESITY AND COVID-19: THE ROLE OF THE FOOD INDUSTRY

Source: BMJ [editorial] | 2020; 369:m2237 | published 11th June 2020

Increasing evidence indicates that obesity is an independent risk factor for severe illness and death from covid-19. This editorial argues that the viral pandemic makes tackling the obesity pandemic even more urgent.

Full editorial: [Obesity and covid-19: the role of the food industry](https://www.bmj.com/content/bmj/369/bmj.m2237.full.pdf)

**Title:** The impact of school reopening on the spread of COVID-19 in England

Source: MedRxiv preprint | 5th June 2020

Note: *This article is a preprint and has not been certified by peer review. It reports new medical research that has yet to be evaluated and so should not be used to guide clinical practice.*

This study concludes that any reopening of schools will result in increased mixing and infection amongst children and the wider population, although the opening of schools alone is unlikely to push the value of R above one.

However, impacts of other recent relaxations of lockdown measures are yet to be quantified, suggesting some regions may be closer to the critical threshold that would lead to a growth in cases.

Given the uncertainties, in part due to limited data on COVID19 in children, school reopening should be carefully monitored. Ultimately, the decision about reopening classrooms is a difficult trade-off between increased epidemiological consequences and the emotional, educational and developmental needs of children.

Full paper: [The impact of school reopening on the spread of COVID-19 in England.](https://www.medrxiv.org/content/10.1101/2020.06.04.20121434v1.full.pdf)

**Title**: After-care needs of inpatients recovering from COVID-19

Source: NHS England | 5th June 2020

This guidance supports primary care and community health services to meet the immediate and longer-term care needs of patients discharged following an acute episode of COVID-19, by describing the typical expected health care needs of these patients, post-discharge.

Full detail: [After-care needs of inpatients recovering from COVID-19](https://www.england.nhs.uk/coronavirus/publication/after-care-needs-of-inpatients-recovering-from-covid-19/)

**Title**: Meeting the Transitional Care Needs of Older Adults with COVID-19

Source: Journal of Aging & Social Policy | 31st May 2020

Increased understanding of the unique challenges facing older adults hospitalized with COVID-19 who transition to home is required. In the meantime, components of the evidence-based Transitional Care Model provide a framework for undertaking more immediate holistic responses to meeting the needs of this population.

Full paper: [Meeting the Transitional Care Needs of Older Adults with COVID-19](https://www.tandfonline.com/doi/pdf/10.1080/08959420.2020.1773189?needAccess=true)

**Title:** Psychological Outcomes Associated with Stay-at-Home Orders and the Perceived Impact of COVID-19 on Daily Life

Source: Psychiatry Research | Volume 289, July 2020

The COVID-19 pandemic has resulted in the widespread implementation of extraordinary physical distancing interventions (e.g., stay-at-home orders) to slow the spread of the virus. Although vital, these interventions may be socially and economically disruptive, contributing to adverse psychological outcomes.

This study examined relations of both stay-at-home orders and the perceived impact of COVID-19 on daily life to psychological outcomes (depression, health anxiety, financial worry, social support, and loneliness) in a nationwide U.S. community adult sample.

Participants completed questionnaires assessing psychological outcomes, stay-at-home order status, and COVID-19’s impact on their daily life.

Being under a stay-at-home order was associated with greater health anxiety, financial worry, and loneliness. Moreover, the perceived impact of COVID-19 on daily life was positively associated with health anxiety, financial worry, and social support, but negatively associated with loneliness.

Findings highlight the importance of social connection to mitigate negative psychological consequences of the COVID-19 pandemic.

Full article: [Psychological Outcomes Associated with Stay-at-Home Orders and the Perceived Impact of COVID-19 on Daily Life](https://reader.elsevier.com/reader/sd/pii/S0165178120310854?token=DE69D4339763128992A292B1A6B476961CF882ECA4CBD2EFE4D7651D8742A337C6E6843352F89FBEEE48E069A759355D)

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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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