COVID-19 recovery

15th October 2021

**Title:** The IFS Green Budget

Institute for Fiscal Studies |12th October 2021

This report, produced in association with Citi and funded by the Nuffield Foundation, looks at the ongoing impacts of the Covid-19 pandemic, as the Chancellor aims to secure a lasting recovery and deliver on the government’s other objectives and priorities. Chapter six considers the pressures on the NHS, chapter seven looks at what’s happened and what’s next for councils.

Full report: [The IFS Green Budget](https://ifs.org.uk/uploads/IFS-Green-Budget-2021-.pdf)

**Title:** Physical, cognitive, and mental health impacts of COVID-19 after hospitalisation (PHOSP-COVID): a UK multicentre, prospective cohort study

The Lancet Respiratory Medicine | 7th October 2021

The impact of COVID-19 on physical and mental health and employment after hospitalisation with acute disease is not well understood. The aim of this study was to determine the effects of COVID-19-related hospitalisation on health and employment, to identify factors associated with recovery, and to describe recovery phenotypes.

The authors identified factors related to not recovering after hospital admission with COVID-19 at 6 months after discharge (eg, female sex, middle age, two or more comorbidities, and more acute severe illness), and four different recovery phenotypes. The severity of physical and mental health impairments were closely related, whereas cognitive health impairments were independent.

In clinical care, a proactive approach is needed across the acute severity spectrum, with interdisciplinary working, wide access to COVID-19 holistic clinical services, and the potential to stratify care.

Full paper: [Physical, cognitive, and mental health impacts of COVID-19 after hospitalisation (PHOSP-COVID): a UK multicentre, prospective cohort study](https://www.thelancet.com/action/showPdf?pii=S2213-2600%2821%2900383-0)

**Title:** Coronavirus: Lessons Learned To Date

Health and Social Care Committee | 12th October 2021

This report of a joint inquiry with the Science and Technology Committee examines six key areas in the initial UK response to the Covid-19 pandemic: the country's preparedness for a pandemic; the use of non-pharmaceutical interventions such as border controls, social distancing and lockdowns to control the pandemic; the use of test, trace and isolate strategies; the impact of the pandemic on social care; the impact of the pandemic on specific communities; and the procurement and roll-out of Covid-19 vaccines. The inquiry concluded that some initiatives were examples of global best practice but others represented mistakes. Both must be reflected on to ensure that lessons are applied to better inform future responses to emergencies.

Full report: [Coronavirus: Lessons learned to date](https://committees.parliament.uk/publications/7496/documents/78687/default/)

Press release: [Coronavirus: lessons learned to date report published](https://committees.parliament.uk/committee/81/health-and-social-care-committee/news/157991/coronavirus-lessons-learned-to-date-report-published/)

See also: [Covid: UK's early response worst public health failure ever, MPs say | BBC News](https://www.bbc.co.uk/news/health-58876089)

**Title:** Addressing the National Syndemic: Place-based problems and solutions to UK health inequality

Public Policy Projects | 4th October 2021

This report, published with the Institute of Health Equity, finds that health inequalities have been exacerbated by the Covid-19 pandemic. It highlights that it is the collective responsibility for private, public, voluntary, community and social enterprise sectors to work together to create more equitable and healthy societies. Free registration is required to read this report.

Full report: [Addressing the National Syndemic: Place-based problems and solutions to UK health inequality](https://publicpolicyprojects.com/publications/addressing-the-national-syndemic-place-based-problems-and-solutions-to-uk-health-inequality/)

Press release: [Health inequalities are widening after Covid hammered the UK’s poorest, report warns](https://publicpolicyprojects.com/press-releases/inews-health-inequalities-are-widening-after-covid-hammered-the-uks-poorest-report-warns/)

**Title:** NHS encourages pregnant women to get COVID-19 vaccine

NHS England | 11th October 2021

The NHS is encouraging pregnant women to get the COVID-19 vaccine as new data shows that nearly 20 per cent of the most critically ill COVID patients are pregnant women who have not been vaccinated. Since July, one in five COVID patients receiving treatment through a special lung-bypass machine were expectant mums who have not had their first jab.

England’s top midwife is today reassuring women that the vaccine is safe and effective during pregnancy and is recommended by clinicians and charities.

Out of all women between the ages of 16 and 49 on ECMO in intensive care, pregnant women make up almost a third (32 percent) –  up from just 6 per cent at the start of the pandemic, March 2020.

Full detail: [NHS encourages pregnant women to get COVID-19 vaccine](https://www.england.nhs.uk/2021/10/nhs-encourages-pregnant-women-to-get-covid-19-vaccine/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29)

See also: [COVID-19 vaccination: women of childbearing age, currently pregnant or breastfeeding](https://www.gov.uk/government/publications/covid-19-vaccination-women-of-childbearing-age-currently-pregnant-planning-a-pregnancy-or-breastfeeding) | UK Health Security Agency

**Title:** Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic

The Lancet | 5th October 2021

Before 2020, mental disorders were leading causes of the global health-related burden, with depressive and anxiety disorders being leading contributors to this burden. The emergence of the COVID-19 pandemic has created an environment where many determinants of poor mental health are exacerbated. The need for up-to-date information on the mental health impacts of COVID-19 in a way that informs health system responses is imperative. This study aims to quantify the impact of the COVID-19 pandemic on the prevalence and burden of major depressive disorder and anxiety disorders globally in 2020.

This pandemic has created an increased urgency to strengthen mental health systems in most countries. Mitigation strategies could incorporate ways to promote mental wellbeing and target determinants of poor mental health and interventions to treat those with a mental disorder. Taking no action to address the burden of major depressive disorder and anxiety disorders should not be an option.

Full paper: [Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic](https://www.thelancet.com/action/showPdf?pii=S0140-6736%2821%2902143-7)

**Title:** Mental Health and COVID-19

Oxford Academic Journals

What is the impact of the COVID-19 pandemic on mental health? Effects observed include anger, anxiety and insomnia, depression, loneliness and post-traumatic stress. Our collection explores the psychological impact of the COVID-19 pandemic and related restrictions in the general population; as well as specific groups such as older adults, parents, students, healthcare workers, and patients with pre-existing conditions.

By assessing the impact of the COVID-19 on mental health, these featured resources from a range of Oxford University Press books and journals aim to support pandemic response and recovery.

The collection also includes general resources on global mental health challenges and post-traumatic stress disorder (PTSD) with a view to informing mental health policies beyond the current emergency.

Full detail: [Mental Health and COVID-19](https://academic.oup.com/journals/pages/mental-health-and-covid-19?utm_content=mainstory%2Bimage&utm_source=adestra&utm_medium=email&utm_term=Journals&utm_campaign=oupac-campaign%3A%201391733973218981547)

**Title:** Well-being worsened in the year ending March 2021

Office for National Statistics | 15th October 2021

Average ratings across all indicators of well-being deteriorated in the year ending March 2021.

Life satisfaction declined in all countries and regions of the UK compared with the previous period, with the largest decreases being in Northern Ireland and Yorkshire and the Humber.

Self-reported anxiety increased in all countries and regions of the UK apart from Northern Ireland and the North East, with the largest increases being in the West Midlands and the North West.

Average ratings of happiness declined everywhere except the North East and the East Midlands, while the feeling that the things done in life are worthwhile declined everywhere except from the North East.

The recent decline in well-being is the greatest seen since such measurements began in the year ending March 2012.

Full detail: [Coronavirus (COVID-19) latest insights](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/articles/coronaviruscovid19/latestinsights)

**Title:** Short-term and Long-term Rates of Postacute Sequelae of SARS-CoV-2 Infection

JAMA Network | 13th October 2021

This review looked at the question: What are the short-term and long-term postacute sequelae of COVID-19 (PASC) infection?

In this systematic review of 57 studies comprising more than 250 000 survivors of COVID-19, more than half of COVID-19 survivors experienced PASC 6 months after recovery. The most common PASC involved functional mobility impairments, pulmonary abnormalities, and mental health disorders. These long-term PASC effects occur on a scale that could overwhelm existing health care capacity, particularly in low- and middle-income countries.

Full detail: [Short-term and long-term rates of postacute sequelae of SARS-CoV-2 infection: A Systematic Review](https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2784918)

**Title:** COVID-19 contain framework: a guide for local decision-makers

UK Health Security Agency | updated 7th October 2021

This is a guide for local decision-makers in England. It sets out how national, regional and local partners should continue to work with each other, the public, businesses, and other partners in their communities to prevent, manage and contain outbreaks of coronavirus (COVID-19). The framework applies to the autumn and winter period, and will be reviewed and updated as necessary in spring 2022.

Full detail: [COVID-19 contain framework: a guide for local decision-makers](https://www.gov.uk/government/publications/containing-and-managing-local-coronavirus-covid-19-outbreaks/covid-19-contain-framework-a-guide-for-local-decision-makers)

**Title:** Plan set out to improve access for NHS patients and support GPs

NHS England | 14th October 2021

The NHS, working closely with the Department of Health and Social Care, has published a blueprint for improving access to GP appointments for patients alongside supporting GPs and their teams.

Surgeries will be provided with additional funding to boost their capacity to increase the proportion of appointments delivered face to face, as part of a major drive to support general practice and level up performance, including additional efforts to tackle abuse against staff.

The measures, including a £250 million winter access fund from NHS England, will enable GP practices to improve availability so that patients who need care can get it, often on the same day if needed. The investment will fund locums and support from other health professionals such as physiotherapists and podiatrists, with a focus on increasing capacity to boost urgent same-day care. This is in addition to £270 million invested over the previous 11 months to expand capacity and support GPs.

Full document: [Our plan for improving access for patients and supporting general practice](https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2021/10/BW999-our-plan-for-improving-access-and-supporting-general-practice-oct-21.pdf)

Further detail: [Plan set out to improve access for NHS patients and support GPs](https://www.england.nhs.uk/2021/10/plan-set-out-to-improve-access-for-nhs-patients-and-support-gps/)

* [GPs told to see more patients in person as A&E waits worsen](https://www.bbc.co.uk/news/health-58904557?at_medium=RSS&at_campaign=KARANGA) | BBC News
* [England’s GPs to get £250m boost if they see more patients face-to-face](https://www.theguardian.com/society/2021/oct/14/englands-gps-to-get-250m-boost-if-they-see-more-patients-face-to-face) | The Guardian
* [GPs are stretched beyond endurance: the Government needs to publicly support and resource the profession](https://www.rcgp.org.uk/about-us/news/2021/october/gps-are-stretched-beyond-endurance.aspx) | Royal College of General Practitioners
* [The King's Fund responds to the Department of Health and Social Care announcement to improve access to general practice](https://www.kingsfund.org.uk/press/press-releases/kings-fund-responds-department-health-and-social-care-announcement-general-practice-access)

**Title:** Ensuring an equitable recovery for the NHS

BMJ | 2021; 375: n2456 | 11th October 2021

The effect of the pandemic on non-covid related healthcare is only now starting to be felt by patients and healthcare systems. At least 4.5 million people are estimated to be waiting for elective care in the UK, and the backlog may rise to 13 million and take over a decade to clear.

Today, as the NHS attempts to recover and restore business as usual, emergency care continues to see many patients with covid-19 despite a successful vaccination programme; the NHS workforce is fatigued or absent because of isolation measures, making operational planning a challenge; and other patients wait to be seen and treated. This BMJ editorial explores what our options are to recover fairly, and suggests that health leaders must seize this historic opportunity to level up.

Full editorial: [Ensuring an equitable recovery for the NHS](https://www.bmj.com/content/375/bmj.n2456)

**Title:** The backlog of care across the provider sector – a submission to the National Audit Office inquiry on NHS backlogs and waiting times

NHS Providers | 14th October 2021

This survey of NHS trust leaders has revealed widespread worries that rapidly growing waiting lists will worsen existing health inequalities. Findings also reflect concerns about the time it will take to recover the care backlog, despite impressive progress by trusts and frontline staff in restoring services. Almost a third of leaders (32 per cent) said it will take three to five years.

Trusts and frontline staff are working incredibly hard to bear down on the backlog of care but this survey highlights the growing scale and complexity of demand.

Full detail: [The backlog of care across the provider sector – a submission to the National Audit Office inquiry on NHS backlogs and waiting times](https://nhsproviders.org/media/692270/nhs-providers-submission-to-the-nao-inquiry-on-the-backlog-of-care.pdf)

Press release: [Trust leaders' concerns over unequal impact of the pandemic](https://nhsproviders.org/news-blogs/news/trust-leaders-concerns-over-unequal-impact-of-the-pandemic)

**Title:** Tackling health inequalities

NHS Providers | 14th October 2021

In recent years, tackling health inequalities – both in terms of equitable access to health services and avoidable differences in people's health outcomes – has become a central organising principle for the NHS. COVID-19 has made clear just how much ground we have to make up in addressing this issue, with those who were most disadvantaged in society hit the hardest by the pandemic and the measures taken to control it.

This NHS Providers briefing highlights the leading role trusts can play in creating lasting change in how inequalities in care are understood and dealt with across the NHS.

Full briefing: [Tackling health inequalities must be a fundamental priority for the NHS](https://nhsproviders.org/media/692271/health-inequalities-briefing.pdf)

**Title:** Lateral flow tests more accurate than first thought, study finds

Clinical Epidemiology | BBC News 14th October 2021

Lateral flow tests (LFTs) are very good at detecting people most likely to spread Covid-19 and positive results should be trusted, say University College London researchers. When LFTs were introduced, they were criticised for being less accurate than PCR tests, which are analysed in a lab. But the study found rapid tests were "a very useful public health tool" for stopping the spread of the virus.

When the researchers used a new formula for calculating the rapid test's accuracy, they found LFTs were more than 80% effective at detecting any level of Covid-19 infection and likely to be more than 90% effective at detecting who is most infectious when they use the test. This is much higher than previously thought, they say.

The UCL peer-reviewed study concludes that criticism of LFTs for low sensitivity "have reached the wrong conclusions", "confused policy-making" and "damaged public trust in LFTs".

Full paper: [Recalibrating SARS-CoV-2 antigen rapid lateral flow test relative sensitivity from validation studies to absolute sensitivity for indicating individuals shedding transmissible virus](https://www.dovepress.com/getfile.php?fileID=74931)

BBC News: [Lateral flow tests more accurate than first thought, study finds](https://www.bbc.co.uk/news/health-58899612?at_medium=RSS&at_campaign=KARANGA)

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.

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