COVID-19 recovery

July 17th 2020

**Title:** Coronavirus: Impact on young people with mental health needs

Young Minds | 10th July 2020

This second survey with young people by YoungMinds investigating the mental health impact of the Covid-19 coronavirus pandemic shows that many are under increasing pressure and struggling to get the right support. The report reflects the results of a survey with 2,036 young people aged 13-25 with a history of mental health problems, carried out between 6th June and 5th July. It follows on from a similar survey carried out in March, at the start of the lockdown period.  
The results reveal that:

* **80% of respondents agreed that the coronavirus pandemic had made their mental health worse**. 41% said it had made their mental health “much worse”, up from 32% in the previous survey in March. This was often related to increased feelings of anxiety, isolation, a loss of coping mechanisms or a loss of motivation.
* **87% of respondents agreed that they had felt lonely or isolated during the lockdown period**, even though 71% had been able to stay in touch with friends.
* Among more than 1,000 respondents who were accessing mental health support in the three months leading up the crisis (including from the NHS, school and university counsellors, private providers, charities and helplines), **31% said they were no longer able to access support but still needed it.** This is an increase from 26% in the previous survey. Many of those respondents had been offered remote support, but were unable to accept it because of concerns about privacy at home or a lack of access to technology.
* Of those who had not been accessing support immediately before the crisis, **40% said that they had not looked for support but were struggling with their mental health**.  Reasons for not looking for support included not wanting to ‘burden’ services during this time, anxiety about video or phone calls, not having privacy at home, or feeling shame at needing help.
* **11% of respondents said that their mental health had improved during the crisis**, an increase from 6% in the previous survey. This was often because they felt it was beneficial to be away from the pressures of their normal life (e.g. bullying or academic pressure at school)

Full report: [Coronavirus: Impact on young people with mental health needs Survey 2: Summer 2020](https://youngminds.org.uk/media/3904/coronavirus-report-summer-2020-final.pdf)

Young Minds press release: [Mental health ‘much worse’ for many young people with mental health needs – new report](https://youngminds.org.uk/about-us/media-centre/press-releases/mental-health-much-worse-for-many-young-people-with-mental-health-needs-new-report/)

**Title:** Building a country that works for all children post Covid-19

Association of Directors of Children’s Services | 14th July 2020

The purpose of this short discussion paper is to put children, young people and their lived experiences of Covid-19 front and centre in national recovery planning; to articulate what is needed to restore the public support services they rely on; and, to capture the positives and gains made during a very complex national, and indeed, global emergency.

It is clear that the pandemic, ensuing lockdown and enduring social distancing measures have simultaneously exposed and heightened the impact of stark disparities between disadvantaged children and their more affluent peers, from ill-health and poor-quality housing to children’s access to technology and therefore opportunities to learn at home.

Full report: [Building a country that works for all children post Covid-19](https://adcs.org.uk/assets/documentation/ADCS_Building_a_country_that_works_for_all_children_post_Covid-19.pdf)

**Title**: Rebuilding the NHS: Improving medical pathways for acute care

Royal College of Emergency Medicine (RCEM) | 13th July 2020

The RCEM, together with the Royal College of General Practitioners, Royal College of Physicians and the Society for Acute Medicine, have made recommendations for the immediate transformation of the urgent and emergency care pathway. As the Covid-19 pandemic continues, the public must be confident that they will receive urgent and emergency care in a safe environment The statement set out some principles and makes ten recommendations.

Full document: [Improving medical pathways for acute care](https://www.rcgp.org.uk/-/media/Files/News/2020/improving-medical-pathways-acute-care-rcgp-130720.ashx?la=en)

**Title:** Levelling Up Yorkshire and Humber: health as the new wealth post-COVID

NHS Confederation | 13th July 2020

This report, produced together with Yorkshire & Humber Academic Health Science Network and Yorkshire Universities, provides a plan to tackle ever-increasing socio-economic inequalities and boost health outcomes in Yorkshire and the Humber by encouraging and supporting more cross-sector working. Health and the economy are bound tightly together and interventions designed to improve health, inclusive growth and wellbeing in Yorkshire and the Humber are in the interests of all local, regional and national partners, businesses and communities and should be a shared priority and endeavour.

Full report: [Levelling Up Yorkshire and Humber: health as the new wealth post-COVID](https://www.nhsconfed.org/-/media/Confederation/Files/Publications/Documents/LevellingUpYorkshireandtheHumberReport130720.pdf)

**TITLE**: REIMAGINING THE FUTURE OF HEALTH AND SOCIAL CARE. HOW TO LEARN THE LESSONS FROM THE COVID-19 CRISIS FOR A NEXT GENERATION HEALTH AND CARE SYSTEM

Royal Society for the encouragement of Arts, Manufactures and Commerce (RSA) | July 2020

The Covid-19 pandemic has acted as a real-time experiment of the capacity of the health and care system to meet population needs over the coming years. This report looks at what has been learnt about the UK’s health and social care system through the Covid-19 crisis, and how this might translate to profound change within the system.

Full report: [Reimagining the future of health and social care. How to learn the lessons from the Covid-19 crisis for a next generation health and care system](https://www.thersa.org/globalassets/reports/2020/rsa-reimagining-health-social-care.pdf)

**Title**: Physical distancing interventions and incidence of coronavirus disease 2019: natural experiment in 149 countries

BMJ | 2020; 370: m2743 | 15th July 2020

The objective of this study was to evaluate the association between physical distancing interventions and incidence of coronavirus disease 2019 (covid-19) globally.

The results showed that, on average, implementation of any physical distancing intervention was associated with an overall reduction in covid-19 incidence of 13%.

Full research paper: [Physical distancing interventions and incidence of coronavirus disease 2019: natural experiment in 149 countries](https://www.bmj.com/content/bmj/370/bmj.m2743.full.pdf)

See also linked editorial: [Lockdown-type measures look effective against covid-19](https://www.bmj.com/content/370/bmj.m2809)

**Title**: How cancer services are fighting to counter covid-19’s impact

BMJ | 2020; 370: m2747 | 15th July 2020

Behind the headlines of delayed referral, diagnosis, and treatment, clinical teams have been continually adapting care settings and treatment to try to mitigate the impact on patients. They are now preparing for a delayed surge in patients as this BMJ Feature reports.

Full detail: [How cancer services are fighting to counter covid-19’s impact](https://www.bmj.com/content/370/bmj.m2747)

**Title:** Rising to the triple challenge of covid-19, Brexit, and climate change

BMJ | 2020; 370: m2798 | 15th July 2020

This letter discusses the need to mitigate the longer term effects of the covid-19 pandemic in an equitable way.  Plans for the United Kingdom need to tackle the triple public health challenge it faces from covid-19, climate change, and Brexit.

Further detail: [Rising to the triple challenge of covid-19, Brexit, and climate change](https://www.bmj.com/content/370/bmj.m2798)

**Title**: Rates fell rapidly on Isle of Wight after test and trace launch, early data show

BMJ | 2020; 370: m2861 | 16th July 2020

The Isle of Wight moved from having one of the worst covid-19 reproduction rates in England to one of the best after the test, trace, and isolate programme and app were introduced there, a preliminary analysis has found.

A preprint paper from researchers at Oxford University found that the island saw a rapidly declining total incidence, per capita incidence, and reproduction number (R) levels among hospital and community tested cases after a pilot of the UK’s test and trace programme was launched on 5 May 2020.

Full detail: [Covid-19: Rates fell rapidly on Isle of Wight after test and trace launch, early data show](https://www.bmj.com/content/370/bmj.m2861)

**Title:** Detrimental effects of confinement and isolation on the cognitive and psychological health of people living with dementia during COVID-19: emerging evidence

International Long Term Care Policy Network | updated July 2020

This report contains a short review of the emerging evidence on the impact of COVID-19 on the cognitive and psychological health of people living with dementia and the reported mitigating measures. In an attempt to give a comprehensive and contextualised overview of the state of the topic, the empirical evidence summarised is combined with other sources of information, such as published letters to the editor and news.

Full document: [Detrimental effects of confinement and isolation on the cognitive and psychological health of people living with dementia during COVID-19: emerging evidence.](https://ltccovid.org/wp-content/uploads/2020/07/LTCcovid-1-July-Detrimental-effects-confinement-on-people-with-dementia.pdf)

**TITLE**: IS LOCKDOWN BAD FOR SOCIAL ANXIETY IN COVID-19 REGIONS? A NATIONAL STUDY IN THE SOR PERSPECTIVE

International Journal of Environmental Research & Public Health | 24th June 2020

Lockdown measures have been widely used to control and prevent virus transmission in pandemic regions. However, the psychological effects of lockdown measures have been neglected, and the related theoretical research lags behind the practice.

The present study aimed to better understand the mechanism of social anxiety in pandemic regions where the lockdown measures were imposed, based on the conceptual framework of the Stimulus-Organism-Response (SOR). For that, this research investigated how lockdown measures and psychological distance influenced social anxiety in the pandemic region.

Full paper: [Is Lockdown Bad for Social Anxiety in COVID-19 Regions? A National Study in The SOR Perspective](https://www.mdpi.com/1660-4601/17/12/4561/htm)

**Title**: 12 Lessons learned from the management of the coronavirus pandemic

Health Policy | Vol. 124 (2020) p577–580

The Coronavirus SARS-CoV-2 has spread rapidly since the first cases hit Wuhan, China at the end of 2019, and has now landed in almost every part of the world. By mid-February 2020, China, South Korea, Singapore, Taiwan, and – to some extent – Japan began to contain and control the spread ofthe virus, while conversely, cases increased rapidly in Europe and the United States.

In response to the pandemic, many countries have had to introduce drastic legally mandated lockdowns to enforce physical separation, which are ravaging economies worldwide. Although it will be many months or even years before the final verdict can be reached, we believe that it is already possible to identify 12 key lessons that we can learn from to reduce the tremendous economic and social costs of this pandemic and which can inform responses to future crises. These include lessons around the importance of transparency, solidarity, coordination, decisiveness, clarity, accountability and more.

Full paper: [12 Lessons learned from the management of the coronavirus pandemic](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7227502/pdf/main.pdf)

**TITLE:** EXPERT CONSENSUS ON PROTOCOL OF REHABILITATION FOR COVID-19 PATIENTS USING FRAMEWORK AND APPROACHES OF WHO INTERNATIONAL FAMILY CLASSIFICATIONS

Aging Medicine | June 2020

Coronavirus disease 2019 (COVID-19) has widely spread all over the world and the numbers of patients and deaths are increasing. According to the epidemiology, virology, and clinical practice, there are varying degrees of changes in patients, involving the human body structure and function and the activity and participation.

Based on the World Health Organization (WHO) International Classification of Functioning, Disability and Health (ICF) and its biopsychosocial model of functioning, this paper uses the WHO Family of International Classifications (WHO-FICs) framework to form an expert consensus on the COVID-19 rehabilitation program, focusing on the diagnosis and evaluation of disease and functioning, intervention and service delivery of rehabilitation, and to establish a standard rehabilitation framework, terminology system, and evaluation and intervention systems based the WHO-FICs.

Full paper: [Expert consensus on protocol of rehabilitation for COVID-19 patients using framework and approaches of WHO International Family Classifications](https://onlinelibrary.wiley.com/doi/pdf/10.1002/agm2.12120)

**Title**: SAFEGUARDING CHILDREN AND FAMILIES DURING THE COVID-19 CRISIS

Social Care Institute for Excellence | updated July 2020

This quick guide is for practitioners working to safeguard children and families during the COVID-19 outbreak, including social workers and those working in social care settings.

Full detail: [Safeguarding children and families during the COVID-19 crisis](https://www.scie.org.uk/care-providers/coronavirus-covid-19/safeguarding/children?utm_campaign=11670486_SCIELine%2013%20July&utm_medium=email&utm_source=SOCIAL%20CARE%20INSTITUTE%20FOR%20EXCELLENCE%20&utm_sfid=003G000001LrKpvIAF&utm_role=Information%20specialist%2F%20Librarian&dm_i=4O5,6Y506,C57OER,RYB5S,1)

**Title:** How the COVID-19 pandemic is focusing attention on loneliness and social isolation

Public Health Research & Practice | 30th June 2020

The effects of the coronavirus disease 2019 (COVID-19) pandemic upon human health, economic activity and social engagement have been swift and far reaching. Emerging evidence shows that the pandemic has had dramatic mental health impacts, bringing about increased anxiety and greater social isolation due to the physical distancing policies introduced to control the disease. In this context, it is possible to more deeply appreciate the health consequences of loneliness and social isolation, which researchers have argued are enduring experiences for many people and under-recognised contributors to public health.

This paper examines the social and psychological consequences of the COVID-19 pandemic, with a focus on what this has revealed about the need to better understand and respond to social isolation and loneliness as public health priorities.

Full detail: [How the COVID-19 pandemic is focusing attention on loneliness and social isolation](https://www.phrp.com.au/issues/june-2020-volume-30-issue-2/how-the-covid-19-pandemic-is-focusing-attention-on-loneliness-and-social-isolation/)

**TITLE:** ABUSE, SELF-HARM AND SUICIDAL IDEATION IN THE UK DURING THE COVID-19 PANDEMIC

The British Journal of Psychiatry | July 13th 2020

This study explored patterns of abuse, self-harm and thoughts of suicide/self-harm in the UK during the first month of the COVID-19 pandemic using data from the COVID-19 Social Study, a non-probability sample weighted to population proportions.

The reported frequency of abuse, self-harm and thoughts of suicide/self-harm was higher among women, Black, Asian and minority ethnic (BAME) groups and people experiencing socioeconomic disadvantage, unemployment, disability, chronic physical illnesses, mental disorders and COVID-19 diagnosis.

Psychiatric medications were the most common type of support being used, but fewer than half of those affected were accessing formal or informal support.

Full paper: [Abuse, self-harm and suicidal ideation in the UK during the COVID-19 pandemic](https://www.cambridge.org/core/services/aop-cambridge-core/content/view/692FD08F3AEFF45036535F5E9CEBAA00/S0007125020001300a.pdf/abuse_selfharm_and_suicidal_ideation_in_the_uk_during_the_covid19_pandemic.pdf)

**Title:** The Mental Health Impact of the COVID-19 Pandemic Across Different Cohorts

International Journal of Mental Health and Addiction | July 9th 2020

The World Health Organization (WHO) defines mental health as the state of wellbeing in which an individual realizes their capabilities to combat with normal life stressors and work competencies in contributing to the belonged community, which is underpinned by six psychological elements comprising (i) self-acceptance, (ii) meaning in life, (iii) autonomy, (iv) healthy relationships with others, (v) environmental mastery, and (vi) personal growth.

These mental health and emotional issues are now among the foremost public health concerns throughout the world because of the novel coronavirus 2019 (COVID-19) pandemic, due to fear of infection or fear of death from the virus. Consequently, many individuals are suffering from elevated anxiety, anger, confusion, and posttraumatic symptoms.

Studies have reported that the spatial distancing, self-isolation, quarantine, social and economic discord, and misinformation (particularly on social media) are among the major contributing factors towards unusual sadness, fear, frustration, feelings of helplessness, loneliness, and nervousness. In extreme cases, it may trigger suicidal thoughts and attempts and, in some cases, actually result in suicide

This paper briefly reviews the mental health problems faced across different cohorts and groups including (i) the general population; (ii) healthcare personnel; (iii) university and college students; (iv) schoolchildren; (v) hospitality, sport, and entertainment industry employees; and (vi) other vulnerable groups.

Full paper: [The Mental Health Impact of the COVID-19 Pandemic Across Different Cohorts](https://link.springer.com/content/pdf/10.1007/s11469-020-00367-0.pdf)

**Title:** The road to renewal: five priorities for health and care

The King’s Fund | 16th July 2020

Covid-19 is the biggest challenge the health and care system has faced in living memory. It is essential that lessons are learned from this experience – whether from the rapid progress achieved in digitising and transforming service delivery, the extraordinary contributions of millions of staff and volunteers, or from the shortcomings and inequalities brought sharply into focus.

There is now not only an imperative to restore service provision while remaining prepared for future waves of the virus, but to build on this learning to bring about positive change and renewal so that the health and care system can support the greatest possible improvements in health and wellbeing for everyone, well beyond this crisis.

This piece sets out five priorities to help guide the approach to renewal across health and care.

Full detail: [The road to renewal: five priorities for health and care](https://www.kingsfund.org.uk/publications/covid-19-road-renewal-health-and-care?utm_source=twitter&utm_term=thekingsfund&utm_medium=social)

**Title:** Wider impacts of COVID-19 on health monitoring tool

Public Health England | 16th July 2020

This monitoring tool collates metrics across a range of wider impacts to provide stakeholders with a single point of access. This will enable stakeholders to:

* monitor changes over time or against an agreed point in time
* make timely, informed decisions
* intervene early to mitigate against poor outcomes
* understand the wider context on population health

The tool will be updated weekly, this may include the addition of new metrics as they become available or data updates to metrics already included in the tool.

Full detail: [Wider impacts of COVID-19 on health monitoring tool](https://www.gov.uk/government/publications/wider-impacts-of-covid-19-on-health-monitoring-tool)

**Title**: COVID-19 AND THE NATION'S MENTAL HEALTH

Centre for Mental Health | 17th July 2020

Covid-19 is increasing levels of psychological distress around the world, and the mental health impacts are greatest among those most closely affected. This includes people living in areas where there are local outbreaks of the virus and people with long-term physical or mental health conditions.

This briefing warns that the combination of a possible rise in Covid-19 cases combined with seasonal flu, the absence of financial safety nets such as the furlough scheme, and a no-deal Brexit may affect the whole UK economy and have a major knock-on effect on mental health.

Full briefing: [Covid-19 and the nation's mental health: July 2020](https://www.centreformentalhealth.org.uk/sites/default/files/2020-07/CentreforMentalHealth_COVID_MH_Forecasting2_Jul20_0.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.

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