COVID-19 recovery

June 19th 2020

**Reports**

**Title:** Covid-19: understanding inequalities in mental health during the pandemic

Source: Centre for Mental Health | 18th June 2020

The Covid-19 pandemic has brought health inequalities into sharp focus. The unequal impacts of the virus are also extending inequalities in mental health.

This briefing paper, produced by Centre for Mental Health and supported by 13 other national mental health charities, explores the mental health inequalities that are associated with the pandemic in the UK. It finds that the virus and the lockdown are putting greater pressure on groups and communities whose mental health was already poorer and more precarious.

Full paper: [Covid-19: understanding inequalities in mental health during the pandemic](https://www.centreformentalhealth.org.uk/sites/default/files/2020-06/CentreforMentalHealth_CovidInequalities_0.pdf)

**Title:** Back to school: using psychological perspectives to support re-engagement and recovery

Source: The British Psychological Society | 28th May 2020

As governments, local authorities and school leaders look to re-open schools as part of the recovery from Covid-19, it is important to recognise the multiple roles that schools play in the life of a child, family and community.

This guidance complements the UK and national government advice on the return to school for pupils by offering a psychological perspective on the process of re-engaging children and young people with school.

This briefing considers the challenges at government, community, school, family and child levels and offers recommendations for action to prepare and support the return to school.

Full detail: [Back to school: using psychological perspectives to support re-engagement and recovery, The British Psychological Society](https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Back%20to%20school%20-%20using%20psychological%20perspectives%20to%20support%20re-engagement%20and%20recovery.pdf)

**Title:** Getting used to life under lockdown? Coronavirus in the UK

Source: Kings College, London | 29th May 2020

A study of the UK public by King’s College London in partnership with Ipsos MORI finds that the public claim to be sticking to the “stay at home” advice to an extraordinary degree, even after the government relaxed the rules, reflecting their real caution at lifting restrictions and continued focus on the health impacts over effects on the economy and education. The study is based on 2,254 interviews with UK residents aged 16-75, and was carried out online between 20 and 22 May 2020.

Full detail: [Getting used to life under lockdown? Coronavirus in the UK](https://www.kcl.ac.uk/policy-institute/assets/getting-used-to-life-under-lockdown.pdf)

**TITLE**: SUPPORTING YOUNG PEOPLE AND PARENTS: THE IMPACT OF COVID-19 ON ADOLESCENTS, PARENTING AND NEGLECT

Source: The Children's Society | June 2020

This briefing explores the challenges that adolescents and their parents face during the Covid-19 pandemic. It offers advice for professionals on how to reduce the likelihood of neglect occuring or to mitigate its effects and includes recommendations for national and local decision makers around prevention and responses to adolescent neglect.

Full briefing: [Supporting young people and parents: the impact of Covid-19 on adolescents, parenting and neglect](https://www.childrenssociety.org.uk/sites/default/files/adolescence_parental-neglect_during_covid-briefing.pdf)

**Title:** Drinking alone: COVID-19, lockdown, and alcohol-related harm

Source: The Lancet Gastroenterology & Hepatology | July 2020

While isolation at home and social distancing undoubtedly have an immediate and important role in controlling the COVID-19 pandemic, the effects of long-term isolation on the health of the general population are unclear. Specifically, the ways in which the stress, boredom, and isolation of physical distancing might affect drinking patterns in at-risk individuals is unknown.

Full editorial: [Drinking alone: COVID-19, lockdown, and alcohol-related harm](https://www.thelancet.com/action/showPdf?pii=S2468-1253%2820%2930159-X)

**Title:** Prioritising children's rights in the COVID-19 response

Source: The Lancet Child & Adolescent Health | July 2020

Although substantial progress has been made in many aspects of child health in the past two decades, the COVID-19 pandemic and its wide-ranging effects are threatening some of these hard-won gains. Public health measures such as lockdown, school closures, and restrictions in population movement—while necessary to halt virus transmission—are causing prolonged disruption to societal functioning and exacerbating inequalities worldwide.

This editorial calls for children and their right to health, education, and protection to be prioritised in the pandemic response and recovery planning.

Full editorial: [Prioritising children's rights in the COVID-19 response](https://www.thelancet.com/action/showPdf?pii=S2352-4642%2820%2930172-3)

**Title**: COVID-19: understanding the impact on BAME communities

Source: Public Health England | published 16th June 2020

This report is a descriptive summary of stakeholder insights into the factors that may be influencing the impact of COVID-19 on BAME communities and strategies for addressing inequalities.

The report summarises requests for action, which have been used to inform a number of recommendations. It also includes a rapid literature review.

Full report: [Beyond the data: Understanding the impact of COVID-19 on BAME groups](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/892376/COVID_stakeholder_engagement_synthesis_beyond_the_data.pdf)

**TITLE:** HELPING THE NHS RECOVER FROM COVID-19

Source: Royal College of Surgeons of England | Royal College of Emergency Medicine | 16th June 2020

The Presidents of the Royal College of Surgeons of England and the Royal College of Emergency Medicine have issued a joint memorandum to MPs calling for urgent action to help the NHS recover from Covid. The Royal Colleges argue that the NHS “cannot continue to function as a ‘COVID-only’ service”, and press for planning now to deal with a ‘hidden waiting list’ of patients who have not yet been referred, and to avoid further suspension of life-saving treatments if there is a second wave of COVID-19.

The memorandum also features early results from a survey of 1,692 surgeons, which indicates a quarter do not yet have access to “COVID-light” facilities for their patients. Results from a survey of 1,167 RCEM members indicates that seven out of ten do not think they have enough side rooms for patients in their Emergency Department.

Full memorandum: [Helping the NHS recover from COVID-19](https://www.rcseng.ac.uk/-/media/files/rcs/coronavirus/joint-memorandum-commons-hsc-committee.pdf)

**TITLE:** COVID-19 AND INEQUALITIES

Source: Institute for Fiscal Studies | 11th June 2020

This report aims to bring together what has emerged so far about the impacts of the Covid-19 crisis on inequalities across several key domains of life. It argues that the years leading up to the Covid-19 crisis, and in particular the hangover from the last economic crisis of the late 2000s, had already left households in a precarious position.

Full report: [COVID-19 and inequalities](https://www.ifs.org.uk/inequality/wp-content/uploads/2020/06/Covid-19-and-inequalities-IFS-1.pdf)

**Title**: Rehabilitation after COVID-19: an evidence-based approach

Source: Clinical Medicine | Vol 20, No 4 July 2020

After severe COVID-19 disease, many patients will experience a variety of problems with normal functioning and will require rehabilitation services to overcome these problems. The principles of and evidence on rehabilitation will allow an effective response. These include a simple screening process; use of a multi-disciplinary expert team; four evidence-based classes of intervention (exercise, practice, psychosocial support, and education particularly about self-management); and a range of tailored interventions for other problems.

The large number of COVID-19 patients needing rehabilitation coupled with the backlog remaining from the crisis will challenge existing services. The principles underpinning vital service reconfigurations needed are discussed.

Full document: [Rehabilitation after COVID-19: an evidence-based approach](file:///C:\Users\andrew.carrick\Downloads\clinmed.2020-0353.full.pdf)

**Title**: COVID-19 testing: a national strategy

Source: The Royal College of Pathologists | June 2020

This document sets out a vision for a future strategy with which clinical, scientific and policy stakeholders, including patient advocacy groups, can align. It forms the basis for a roadmap to delivery. It applies equally to all settings in which care is delivered, across all the population and all age groups. Due to the emerging situation, the strategy for testing will be iterative.

There is a lack of data and questions remain about the virus and our immune response to it. This strategy will therefore evolve as evidence emerges.

Full document: [COVID-19 testing: a national strategy](https://www.rcpath.org/uploads/assets/2e8d8771-f85a-408a-b5c8e68969cd21d5/cbcb4f30-d8f8-40fe-ba8cdef3e6803ee4/RCPath-COVID-19-testing-a-national-strategy.pdf)

**TITLE:**  HOW MIGHT THE MENTAL WELLBEING OF OLDER PEOPLE LIVING IN THE COMMUNITY BE SUPPORTED WHEN SHIELDING AND SOCIAL DISTANCING HAS BEEN RECOMMENDED FOR AN EXTENDED PERIOD OF TIME?

Source: Public Health Wales Evidence Service | June 2020

Four systematic reviews were identified from a search of the literature conducted in June 2019. Most provided data from qualitative research and captured the perceptions of older people on quality of life, meaningful occupations and experience of technology.

Full document: [How might the mental wellbeing of older people living in the community be supported when shielding and social distancing has been recommended for an extended period of time?](http://www2.nphs.wales.nhs.uk:8080/PubHObservatoryProjDocs.nsf/85c50756737f79ac80256f2700534ea3/a2e2ebe4d87fd47c8025855f003a454c/$FILE/Mental%20wellbeing%20in%20older%20people%20rapid%20response%20FINAL.pdf)

**Title**: THE MANCHESTER BRIEFING ON COVID-19: INTERNATIONAL LESSONS FOR LOCAL AND NATIONAL GOVERNMENT RECOVERY AND RENEWAL

Source: Alliance MBS | Briefing for week beginning 15 June 2020

‘The Manchester Briefing on COVID-19’ is aimed at those who plan and implement recovery from COVID-19. Each week the briefing brings together international lessons and examples which may prompt thinking on recovery from COVID-19.

 This week, there are four briefings:

* Briefing A: Focus of the week - Ambition for Renewal
* Briefing B: Lessons from across the world
* Briefing C: Case Study: Emotional health & wellbeing
* Briefing D: Useful webinars

Full detail: [Briefing for week beginning 15 June 2020](https://www.communigator.co.uk/login/Instances/uomhumscommslz/Documents/themanchesterbriefingoncovid-19b11-wb15thjune2020.pdf?gator_td=l4ZS145%2b%2bJkIh6uwP6ezxeaz8w77us2yQL%2bLAeLnuKazndpJLbIrgpJ6DkAF4pFxf0S%2fAY8kewmFn1lCwnsIwwj9%2fE4LptVzHX1AZUEW%2fKibO9B1UNAJqQO7fTwrLyTqo5iXOxuDOGyWUbB2TjKmv2U3H2vftlMLU4X9sX4XgLvnVzBOkJGpuMaS0sqU3U9%2f)

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