COVID-19 recovery

June 26th 2020

**TITLE:** PLANS TO EASE GUIDANCE FOR OVER 2 MILLION SHIELDING

Source: Department of Health and Social Care | 22nd June 2020

Millions of people shielding from coronavirus (COVID-19) will be advised they can spend more time outside their homes from Monday 6 July.

* Advisory guidance to be eased for 2.2 million clinically extremely vulnerable people across England, as virus infection rates continue to fall
* From Monday 6 July, those shielding from coronavirus can gather in groups of up to 6 people outdoors and form a ‘support bubble’ with another household
* Government shielding support package will remain in place until the end of July when people will no longer be advised to shield

Full detail at [Department of Health & Social Care](https://www.gov.uk/government/news/plans-to-ease-guidance-for-over-2-million-shielding)

**Title**: MEETING PEOPLE FROM OUTSIDE YOUR HOUSEHOLD FROM 4 JULY

Source: Department of Health and Social Care | 23rd June 2020

Guidance explaining how you can see people that you do not live with while protecting yourself and others from coronavirus (COVID-19) from 4 July 2020.

Full detail: [Meeting people from outside your household from 4 July](https://www.gov.uk/guidance/meeting-people-from-outside-your-household-from-4-july?utm_source=c821d5fe-0712-4c30-95b0-471a85071286&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate)

**Title**: Life after lockdown: tackling loneliness among those left behind

Source: British Red Cross | June 2020

The British Red Cross has published its report, Life after lockdown: tackling loneliness among those left behind. The report draws on findings from a collection of national-level polling, interviews and evaluations from British Red Cross services during Covid-19.

The report highlights that although social distancing and lockdown measures will continue to be eased, loneliness will remain. And for those most left behind, it may continue to grow.

To truly meet the challenge ahead, policy makers and civil society must now consider recovery and refocus our efforts on supporting those most affected by this crisis.

Full report: [Life after lockdown: tackling loneliness among those left behind](https://www.redcross.org.uk/-/media/documents/about-us/research-publications/health-social-care-and-support/life-after-lockdown-tackling-loneliness-among-those-left-behind-report.pdf)

See also: [Report recommendations: an overview](https://www.redcross.org.uk/-/media/documents/about-us/research-publications/health-social-care-and-support/life-after-lockdown-detailed-policy-recommendations.pdf)

**Title**: Public health on the frontline: responding to COVID-19

Source: Local Government Association | updated 22nd June

In a series of interviews, directors of public health from across the country talk about the local response to COVID-19.

Full detail: [Public health on the frontline: responding to COVID-19](https://www.local.gov.uk/our-support/coronavirus-information-councils/covid-19-service-information/covid-19-public-health-0)

**Title:** The impact of social isolation and loneliness on the mental health of children and adolescents in the context of COVID-19

Source: Journal of the American Academy of Child & Adolescent Psychiatry (pre-print) | June 2020

Disease containment of COVID-19 has necessitated widespread social isolation. This review aimed to establish what is known about how loneliness and disease containment measures impact on the mental health in children and adolescents.

The authors conclude that children and adolescents are probably more likely to experience high rates of depression and probably anxiety during and after enforced isolation ends. This may increase as enforced isolation continues. Clinical services should offer preventative support and early intervention where possible and be prepared for an increase in mental health problems.

Full article: [Rapid Systematic Review: The impact of social isolation and loneliness on the mental health of children and adolescents in the context of COVID-19](https://jaacap.org/article/S0890-8567%2820%2930337-3/pdf)

**TITLE:**  GPS PREDICT ‘HUGE SURGE’ IN PATIENTS WITH POST TRAUMATIC STRESS DISORDER DUE TO COVID-19

Source: RCGP | 21st June 2020

GPs are adapting the techniques they use to diagnose and care for veterans with Post Traumatic Stress Disorder in readiness for a ‘huge surge’ in patients with the condition as a result of COVID-19.

Previous pandemics including SARS and Swine flu (H1N1) have resulted in an increase in stress symptoms, incidence of PTSD, depression and adjustment disorders within communities.

During the current lockdown, GPs are already anecdotally reporting a rise in the number of patients with anxiety, depression and trauma symptoms, particularly in those who have pre-existing physical and mental health conditions – and they predict that this will escalate rapidly as lockdown restrictions are lifted and patients try to deal with their experiences.

Full detail: [GPs predict ‘huge surge’ in patients with Post Traumatic Stress Disorder due to COVID-19](https://www.rcgp.org.uk/about-us/news/2020/june/gps-predict-huge-surge-in-patients-with-post-traumatic-stress-disorder-due-to-covid-19.aspx)

**TITLE**: CHILDREN IN LOCKDOWN: THE CONSEQUENCES OF THE CORONAVIRUS CRISIS FOR CHILDREN LIVING IN POVERTY

Source: The Childhood Trust | June 2020

This report warns that children are developing serious mental health conditions, including post-traumatic stress, because of the coronavirus pandemic and that disadvantage is leaving children extremely vulnerable during the crisis.

Full report: [Children in lockdown: the consequences of the coronavirus crisis for children living in poverty](https://view.publitas.com/the-childhood-trust/children-in-lockdown-the-childhood-trust-report-june-2020/page/1)

**Title:** Guiding Principles for Effective Management of COVID-19 at a Local Level

Source: ADPH/FPH/LGA/PHE/Society of Local Authority Chief Executives/UK Environmental Health Officers Group | June 2020

This document is intended to outline principles for the design of COVID-19 Local Outbreak Plans led by the Director of Public Health at Upper Tier Local Authority level, working with all key professions and sectors, with outline responsibilities defined for each.

The COVID-19 Local Outbreak Plans are intended to: build on existing plans to manage outbreaks in specific settings; ensure the challenges of COVID-19 are understood; consider the impact on local communities; and ensure the wider system capacity supports Directors of Public Health.

Local authorities and partners will utilise local governance and partnership arrangements to ensure Local Outbreak Plans are developed and delivered to meet local needs.

Full document: [Public health leadership, multi-agency capability: guiding principles for outbreak management arrangements](https://www.adph.org.uk/wp-content/uploads/2020/06/Guiding-Principles-for-Making-Outbreak-Management-Work-Final.pdf)

**Title:** First volunteer receives Imperial COVID-19 vaccine

Source: Imperial College London | 23rd June 2020

The first healthy volunteer has now received a candidate coronavirus vaccine developed by Imperial researchers. The clinical team, who delivered a small dose of the vaccine to the participant at a West London facility, are closely monitoring the participant and report they are in good health, with no safety concerns.

Imperial College London’s vaccine candidate is being developed and trialled thanks to more than £41 million in funding from the UK government and a further £5 million in philanthropic donations.

The trials are the first test of a new self-amplifying RNA (saRNA) technology, which has the potential to revolutionise vaccine development and enable scientists to respond more quickly to emerging diseases.

The vaccine has undergone rigorous pre-clinical safety tests and in animal studies it has been shown to be safe and produced encouraging signs of an effective immune response.

Full detail: [First volunteer receives Imperial COVID-19 vaccine](https://www.imperial.ac.uk/news/198533/first-volunteer-receives-imperial-covid-19-vaccine/)

See also: [Parliamentarians hear of ‘high chance’ of coronavirus vaccine](https://www.imperial.ac.uk/news/198557/parliamentarians-hear-high-chance-coronavirus-vaccine/) | Imperial College

**TITLE:** ASSESSING LONG-TERM REHABILITATION NEEDS IN COVID-19 SURVIVORS USING A TELEPHONE SCREENING TOOL (C19-YRS TOOL)

Source: Advances in clinical neuroscience & rehabilitation | 9th June 2020

The COVID-19 pandemic has caused more than 5 million infections and 300,000 deaths worldwide. Many survivors of the illness are likely to have long-term symptoms and disability that will pose a significant burden to the healthcare systems and economies all over the world.

Given the scale of the burden and lockdown measures in most countries, there is a need for a pragmatic tele-assessment tool to screen for needs and target rehabilitation interventions in time.

A comprehensive multi-system telephone screening tool called COVID-19 Yorkshire Rehabilitation Screening (C19-YRS) tool has been developed by multi-disciplinary-rehabilitation teams from Leeds, Airedale and Hull NHS Trusts to assess and capture symptoms and guide rehabilitation interventions for these individuals. The tool has been shown to cover all the components of the WHO ICF Framework.

Full detail: [Assessing long-term rehabilitation needs in COVID-19 survivors using a telephone screening tool (C19-YRS tool)](https://www.acnr.co.uk/2020/06/c19-yrs/)

**Title**: COVID-19: THE ROAD TO RECOVERY

Source: Chartered Society of Physiotherapists | 24th June 2020

The Chartered Society of Physiotherapists has launched a short film to guide Covid-19 patients on the road to recovery.

One of the messages in [Covid-19: The Road to Recovery](https://www.csp.org.uk/content/covid-19-road-recovery) is that getting adequate rest is vital for people recovering from Covid-19, but too much rest can slow recovery down, weaken muscles and make injuries more likely.

The film offers practical, easy-to-follow advice for people recovering from Covid-19 - to enable them to regain their energy, increase their fitness and rebuild their normal routines.

Using animation, the film highlights the importance of a ‘little and often’ approach to exercise and physical activity, and shows how a gradual increase in daily activity can aid recovery, in a safe, effective way.

Full detail: [Covid-19: the Road to Recovery](https://www.csp.org.uk/public-patient/covid-19-road-recovery)

**Title:** Observational study of UK mobile health apps for COVID-19

Source: The Lancet Digital Health | 24th June 2020

The COVID-19 pandemic has caused global disruption to society and their health-care systems.

In the setting of COVID-19, organisations in the UK such as National Health Service (NHS) Digital, NHSX, and NHS Business Services Authority have emphasised the need for mobile technology in managing the situation. This technology focus has led to an increase in the mobile phone apps developed for COVID-19.

This observational study evaluates the features of mobile phone apps released in response to the COVID-19 pandemic.

Full article: [Observational study of UK mobile health apps for COVID-19](https://www.thelancet.com/action/showPdf?pii=S2589-7500%2820%2930144-8)

**Title**: Coronavirus (COVID-19): Keeping children safe from abuse and harm

Source: Home Office | Public Health England |Department for Digital, Culture, Media & Sport | 25th June 2020

Advice for parents and carers about the main risks children may be particularly vulnerable to at this time and information about available help and support.

Full guidance: [Advice to parents and carers on keeping children safe from abuse and harm](https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-abuse-and-harm/advice-to-parents-and-carers-on-keeping-children-safe-from-abuse-and-harm)

**Title**: How to ensure safe and effective resuscitation for patients with Covid-19

Source: Nursing Times | 22nd June 2020

Resuscitation of patients with Covid-19 presents a number of challenges to health professionals in hospitals and the community. This article discusses recent guidance and the controversy surrounding the use of PPE.

Full article: [How to ensure safe and effective resuscitation for patients with Covid-19](https://www.nursingtimes.net/infection-prevention-and-control/how-to-ensure-safe-and-effective-resuscitation-for-patients-with-covid-19-22-06-2020/)

**Title**: How is COVID-19 affecting children and young people in BAME communities?

Source: The Royal College of Paediatrics and Child Health | 24th June 2020

This piece looks at how Covid-19 is affecting children in BAME communities who are experiencing the pandemic differently from their peers—as a consequence of the disproportionate social, economic, and psychological impacts on their communities.

Full detail: [How is COVID-19 affecting children and young people in BAME communities?](https://www.rcpch.ac.uk/news-events/news/how-covid-19-affecting-children-young-people-bame-communities)

**Title:** Getting back on track: control of covid-19 outbreaks in the community

Source: BMJ | 2020; 369:m2484 | 25th June 2020

This analysis suggests there’s still time to change tack on the UK’s ad hoc system for covid-19 tracking, testing, and contact tracing

Key messages

* England’s established system of local communicable disease control has been eroded over several decades
* In response to covid-19 the government has created a parallel system which steers patients away from GPs and relies on commercial companies for testing and contact tracing
* Many suspected cases will have been missed because of mishandling of the notification system
* NHS 111 covid-19 call centres and the covid-19 clinical assessment service should be reintegrated immediately into primary care and practices resourced to resume care
* Contact tracing and testing should be led by local authorities and coordinated nationally
* England must rebuild and reintegrate its local communicable disease control system

Full detail: [Getting back on track: control of covid-19 outbreaks in the community](https://www.bmj.com/content/bmj/369/bmj.m2484.full.pdf)

**Title**: Timing is critical for antibody tests, finds Cochrane review

Source: BMJ | 2020; 369: m2584 | 25th June 2020

A Cochrane systematic review has found that, when it comes to antibody testing for covid-19, timing is everything.

The review of 54 studies found that antibody tests carried one week after a patient first developed symptoms detected only 30% of people who had covid-19. Accuracy increased in to 72% at two weeks and to 94% in the third week.

“If you use them at the wrong time they don’t work,” said Jon Deeks, professor of biostatistics at the University of Birmingham and the review’s lead author.

The duration of rises in antibodies is also currently unknown, and the researchers found very little data beyond 35 days after the start of symptoms. Another problem is that the data mainly came from hospital patients, so it is unclear whether the tests are able to detect the lower antibody concentrations likely seen with milder and asymptomatic covid-19.

Further detail: [Covid-19: Timing is critical for antibody tests, finds Cochrane review](https://www.bmj.com/content/bmj/369/bmj.m2584.full.pdf)

Full Cochrane review: [Antibody tests for identification of current and past infection with SARS-CiV-2](https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013652/full)

**Title**: What is the evidence to support the 2-metre social distancing rule to reduce COVID-19 transmission?

Source: Centre for Evidence-Based Medicine | 22nd June 2020

* The 2-metre social distancing rule assumes that the dominant routes of transmission of SARS-CoV-2 are via respiratory large droplets falling on others or surfaces.
* A one-size-fits-all 2-metre social distancing rule is not consistent with the underlying science of exhalations and indoor air. Such rules are based on an over-simplistic picture of viral transfer, which assume a clear dichotomy between large droplets and small airborne droplets emitted in isolation without accounting for the exhaled air. The reality involves a continuum of droplet sizes and an important role of the exhaled air that carries them.
* Smaller airborne droplets laden with SARS-CoV-2 may spread up to 8 metres concentrated in exhaled air from infected individuals, even without background ventilation or airflow. Whilst there is limited direct evidence that live SARS-CoV-2 is significantly spread via this route, there is no direct evidence that it is *not* spread this way.
* The risk of SARS-CoV-2 transmission falls as physical distance between people increases, so relaxing the 2-metre rule, particularly for indoor settings, might therefore risk an increase in infection rates. In some settings, even 2 metres may be too close.
* Safe transmission mitigation measures depend on multiple factors related to both the individual and the environment, including viral load, duration of exposure, number of individuals, indoor versus outdoor settings, level of ventilation and whether face coverings are worn.
* Social distancing should be adapted and used alongside other strategies to reduce transmission, such as air hygiene, involving in part maximizing and adapting ventilation  to specific indoor spaces, effective hand washing, regular surface cleaning, face coverings where appropriate and prompt isolation of affected individuals.

Full detail: [What is the evidence to support the 2-metre social distancing rule to reduce COVID-19 transmission?](https://www.cebm.net/covid-19/what-is-the-evidence-to-support-the-2-metre-social-distancing-rule-to-reduce-covid-19-transmission/)

See also: [Review of two metre social distancing guidance: Summary of review findings](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/894961/6.6731_CO_Review_of_two_metre_Social_Distancing_Guidance_FINAL_v3_WEB_240620.pdf) | Cabinet Office | 24th June 2020

**Title**: £105 million to keep rough sleepers safe and off the streets during coronavirus pandemic

Source: Ministry of Housing, Communities & Local Government | 24th June 2020

Interim housing for thousands of rough sleepers taken off the streets during the pandemic is to be provided, ministers have announced. The additional £105 million will be used to support rough sleepers and those at risk of homelessness into tenancies of their own, including through help with deposits for accommodation, and securing thousands of alternative rooms already available and ready for use, such as student accommodation.

The government-led drive has brought together councils, charities, the private hospitality sector and community groups with the joint aim of protecting some of the most vulnerable people in society from COVID-19, and helping them turn around their lives and get them off the streets for good.

Full detail: [£105 million to keep rough sleepers safe and off the streets during coronavirus pandemic](https://www.gov.uk/government/news/105-million-to-keep-rough-sleepers-safe-and-off-the-streets-during-coronavirus-pandemic)

**Title**: Coronavirus and the social impacts on young and older people in Great Britain: 3 April to 10 May 2020

Source: Office for National Statistics | 22nd June 2020

Indicators from the Opinions and Lifestyle Survey on the impact of the coronavirus (COVID-19) pandemic on young and older people in Great Britain. This release uses five waves of survey results covering the period from 3 April 2020 to 10 May 2020.

Full detail:

* [Coronavirus and the social impacts on older people in Great Britain](https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/ageing/articles/coronavirusandthesocialimpactsonolderpeopleingreatbritain/3aprilto10may2020)
* [Coronavirus and the social impacts on young people in Great Britain](https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/ageing/articles/coronavirusandthesocialimpactsonyoungpeopleingreatbritain/3aprilto10may2020)

**Title**: COVID-19 heralds a new era for chronic diseases in primary care

Source: The Lancet Respiratory Medicine | 25th June 2020

Lockdown has created new challenges for primary care practitioners who manage patients with chronic respiratory diseases (CRDs). However, this editorial highlights that there have also been opportunities for innovation, especially in terms of digital and remote working, and these solutions could be maintained and developed further to improve primary health-care services as we recover from the pandemic.

Full editorial: [COVID-19 heralds a new era for chronic diseases in primary care](https://www.thelancet.com/action/showPdf?pii=S2213-2600%2820%2930274-5)

**Title**: Coronavirus and the social impacts on Great Britain

Source: Office for National Statistics | 26th June 2020

Indicators from the Opinions and Lifestyle Survey covering the period 18 June to 21 June 2020 to understand the impact of the coronavirus (COVID-19) pandemic on people, households and communities in Great Britain.

Full detail: [Coronavirus and the social impacts on Great Britain](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandwellbeing/bulletins/coronavirusandthesocialimpactsongreatbritain/26june2020)

[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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