COVID-19 recovery

October 2nd 2020

**Title:** Childhood in the time of Covid

Children's Commissioner | 29th September 2020

While for some children there were certain aspects of the pandemic that brought benefits such as spending more time with their families, this report sets out how for many of the most vulnerable children the disruption of the last six months has been damaging and compounded existing inequalities.

It calls for a comprehensive recovery package for children and provides a roadmap for what should be done to help children to recover from their experiences of the last six months and the ongoing crisis.

Full report: [Childhood in the time of Covid](https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/09/cco-childhood-in-the-time-of-covid.pdf)

See also: [A comprehensive recovery package is needed to tackle rising tide of childhood vulnerability caused by the Covid crisis](https://www.childrenscommissioner.gov.uk/2020/09/29/a-comprehensive-recovery-package-is-needed-to-tackle-rising-tide-of-childhood-vulnerability-caused-by-the-covid-crisis/)

**TITLE:** CHILDHOOD DURING CORONAVIRUS: PROTECTING CHILDREN FROM THE EFFECTS OF POVERTY

Action for Children | September 2020

This report presents findings from an analysis of applications submitted to the Emergency Fund and a survey of our frontline staff. The report makes recommendations to the UK and devolved governments, on the steps needed to support families to recover from the financial effects of the pandemic, and to reduce child poverty rates.

While the Emergency Fund continues to operate, we felt that now was a key moment to reflect on the socio-economic consequences of the pandemic for children and families. In doing so, the report also considers the recovery measures needed to ensure that children are supported to thrive – both now, and in the months and years ahead.

Full report: [Childhood during coronavirus: protecting children from the effects of poverty](https://www.actionforchildren.org.uk/media/13197/ecc-policy-report.pdf)

See also: [Executive Summary](https://www.actionforchildren.org.uk/media/13196/ecc-executive-summary.pdf)

**Title**: Latest REACT findings show high number of coronavirus infections across England

Imperial College London | 1st October 2020

An interim report from the largest community COVID-19 testing programme has found a high infection prevalence and that cases have continued to rise.

Results from swab tests carried out by more than 80,000 people out of a total of 150,000, taken between 18th and 26th September, show that infections have increased substantially across all age groups and areas of the country.

The research, led by Imperial College London, estimated that over 1 in 200 people across England have the SARS-CoV-2 virus, or 0.55% of the population, compared to 0.13% in the previous round of testing.

The biggest rise in cases was found in those aged over 65, which saw seven times as many cases as previously. A similar increase was found in those aged between 55-64. Young people continued to have the highest rates of infection, with 1 in 100 estimated to have the virus.

The reproduction (R) number decreased from 1.7 to 1.1 but with a wide possible range for the recent value of 0.7 to 1.5. This suggests that the rate of new infections has decreased, but an R above 1 would mean cases will continue to rise if current trends continue.

Full report: Real-time Assessment of Community Transmission findings: [REACT 1 round 5 interim report](https://www.imperial.ac.uk/media/imperial-college/institute-of-global-health-innovation/REACT1_12345_Interim-%281%29.pdf)

See also:

* [Latest REACT findings show high number of coronavirus infections across England](https://www.imperial.ac.uk/news/205473/latest-react-findings-show-high-number/) | Imperial College London
* [Interim results from largest COVID-19 study published](https://www.gov.uk/government/news/interim-results-from-largest-covid-19-study-published?utm_source=930143f4-79e2-4ca5-8b00-fedeaa81838c&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate) | Department of Health & Social Care

**Title:** Obesity a predictor of outcomes of COVID‐19 hospitalized patients

Journal of Medical Virology | 25th September 2020

Very few studies have reported association between obesity and severity of COVID‐19. In this meta‐analysis, the authors assessed the association of obesity and outcomes in COVID‐19 hospitalized patients.

The study suggests a significant association between obesity and COVID‐19 severity and poor outcomes. The results findings may have important suggestions for the clinical management and future research of obesity and COVID‐19.

Full article: [Obesity a predictor of outcomes of COVID-19 hospitalized patients- A Systematic Review and Meta-Analysis](https://onlinelibrary.wiley.com/doi/epdf/10.1002/jmv.26555)

**Title:** Covid-19 community rehabilitation: physiotherapy service delivery

Chartered Society of Physiotherapy | September 24th 2020

These standards cover community rehabilitation and physiotherapy care for adults of 18 years and over with Covid-19.

The standards apply to anyone with rehabilitation needs who has or has had Covid-19. The standards are relevant to people at all stages of their Covid-19 recovery, their families and carers. This is whether their care is managed in community settings throughout or if they were admitted to hospital at any stage.

These standards do not cover delivery of community rehabilitation for adults who have not had Covid-19 but will be applicable more widely to community rehabilitation service delivery both during and beyond the Covid-19 pandemic.

There are 7 quality standards:

1. Needs assessment, rehabilitation planning and review
2. Personalised rehabilitation
3. Self-management
4. Communication and information
5. Coordinated rehabilitation and care pathways
6. Evaluation, audit and research
7. Personal Protective Equipment and infection control

Full detail: [Covid-19 community rehabilitation: physiotherapy service delivery](https://www.csp.org.uk/system/files/publication_files/001745_Community%20rehabilitation-%20physiotherapy%20service%20delivery%20_A4_V4.pdf)

**Title:** Dementia wellbeing in the COVID-19 pandemic

25th September 2020 | NHS England

This resource is primarily for clinicians working with people with dementia, but can also be used by carers and people with dementia.

This document takes the wellbeing pathway and sets out the adjustments and amendments needed to respond to the COVID-19 pandemic. It highlights key priorities and actions for each step in the pathway.

Full document: [Dementia wellbeing in the COVID-19 pandemic](https://www.england.nhs.uk/wp-content/uploads/2020/09/C0747-dementia-wellbeing-in-the-covid-pandemic.pdf)

**Title:** Delivering core NHS and care services during the pandemic and beyond

House of Commons Health and Social Care Committee | 1st October 2020

This report aims to catalogue the impact and unprecedented challenge caused by Covid-19 to the provision of essential services. It calls for urgent action to assess and tackle a backlog of appointments and an unknown patient demand for all health services, specifically across cancer treatments, mental health services, dentistry services, GP services and elective surgery. It also looks at the case made for routine testing of all NHS staff.

Full report: [Delivering core NHS and care services during the pandemic and beyond](https://committees.parliament.uk/publications/2793/documents/27468/default/)

Related:

* [MPs say compelling case for weekly testing of NHS staff to stop NHS becoming a Covid-only service in second wave](https://committees.parliament.uk/committee/81/health-and-social-care-committee/news/119677/mps-say-compelling-case-for-weekly-testing-of-nhs-staff-to-stop-nhs-becoming-a-covidonly-service-in-second-wave/)
* [Vital that government supports NHS and social care to keep normal services running as winter approaches](https://www.health.org.uk/news-and-comment/news/vital-that-government-supports-nhs-and-social-care-to-keep-services-running)  | The Health Foundation
* [Vital lessons need to be learnt: The King’s Fund response to the Health and Social Care Committee report on core NHS services during the Covid-19 pandemic](https://www.kingsfund.org.uk/press/press-releases/health-social-care-committee-report-NHS-services-covid-19) | The King's Fund

**TITLE:** NHS RESET: A NEW DIRECTION FOR HEALTH AND CARE

NHS Confederation | 29th September 2020

Bringing together NHS Confederation members and partners, the NHS Reset campaign has convened the health and care system to reflect on the learning from the last six months of the Covid-19 pandemic and what it means for the future.

This report identifies five factors it believes will help to fundamentally reset the way health and care is planned, commissioned and delivered: honesty and realism: extra funding; a lighter, leaner culture; integrating health and care; and tackling health inequalities.

Full report: [NHS Reset: a new direction for health and care](https://www.nhsconfed.org/-/media/Confederation/Files/Publications/Documents/NHS-Reset-a-new-direction-for-health-and-care.pdf) See also: [Major new report calls for a ‘re-imagining’ of the NHS if the service is to emerge on a stronger footing from Covid-19](https://www.nhsconfed.org/news/2020/09/major-new-report-calls-for-a-reimagining-of-the-nhs)

**Title**: Worst hit: dementia during coronavirus

Alzheimer’s Society | 29th September 2020

Since the coronavirus (Covid-19) lockdown on 23 March, this investigation found family and friends have spent an extra 92 million hours caring for loved ones with dementia, due to the double impact of lockdown making dementia symptoms worse, and the chronically underfunded social care system leaving them nowhere else to turn.

It states that government must fix social care now, learning lessons to avoid further winter tragedy, as dementia carers struggle with depression, insomnia and exhaustion.

Full report: [Worst hit: dementia during coronavirus](https://www.alzheimers.org.uk/sites/default/files/2020-09/Worst-hit-Dementia-during-coronavirus-report.pdf)

See also: [‘Exhausted’ family and friends spent 92 million extra hours caring for loved ones with dementia since lockdown](https://www.alzheimers.org.uk/news/2020-09-29/exhausted-family-and-friends-spent-92-million-extra-hours-caring-loved-ones)

**Title:** NHS TESTING AND TRACING: 12 Tests of Winter

NHS Providers | 28th September 2020

In seven short months, testing and tracing for coronavirus has become as important a public service as treating heart attacks, catching criminals and fighting fires. So, our new national test and trace service has to work.

It would be easy to pretend that this is just a task for NHS Test and Trace. But, as in lockdown, we all have a role to play. Getting a test if we’ve got symptoms. Providing contacts quickly if the test proves positive. Self isolating if we’ve been in contact with someone who has tested positive. Doing all this quickly, given that we can pass the virus on to our friends and family without knowing, particularly in the 48 hours before symptoms begin.

But we can’t do any of this without NHS Test and Trace doing its job. Making it easy to book and take a test. Providing the right number of tests in the right places, close to where we live and work. Processing the tests rapidly and accurately so the right result comes back the next day. Mobilising effectively to deal with local outbreaks.

This long read explores what NHS Test and Trace needs to prepare for winter and manage a potential second spike of infections.

Full detail: [NHS Testing and Tracing: 12 Tests of Winter](https://nhsproviders.org/nhs-testing-and-tracing-12-tests-of-winter)

**Title:** Priority groups for coronavirus (COVID-19) vaccination

Joint Committee on Vaccination and Immunisation | 25th September 2020

Interim advice from the Joint Committee on Vaccination and Immunisation (JCVI) on the groups that should be prioritised for vaccination, if and when a vaccine is available.

Full report: [JCVI: updated interim advice on priority groups for COVID-19 vaccination](https://www.gov.uk/government/publications/priority-groups-for-coronavirus-covid-19-vaccination-advice-from-the-jcvi-25-september-2020/jcvi-updated-interim-advice-on-priority-groups-for-covid-19-vaccination)

**Title**: Vaccine roll out could take a year and will require difficult prioritisation decisions

BMJ | 2020; 371: m3846 | 1st October 2020

Even after a covid-19 vaccine is found to be effective, it could still take a year to reach the general public, according to experts.

And the roll out of any vaccine will be accompanied by difficult decisions about who should be prioritised to receive it, warned the team from the Royal Society DELVE Initiative in a report outlining the key considerations for developing, evaluating, manufacturing, and distributing a vaccine against SAR-CoV-2.

“Even when the vaccine is available, it does not mean within a month everybody will be vaccinated. We’re talking about six to nine months to a year after a vaccine is approved,” said Nilay Shah, head of chemical engineering at Imperial College London, speaking at a Science Media Centre briefing on 1 October.

Full detail: [Vaccine roll out could take a year and will require difficult prioritisation decisions](https://www.bmj.com/content/371/bmj.m3846)

**Title**: delivering the flu immunisation programme during the COVID-19 pandemic

Health Matters | Public Health England | 29th September 2020

This edition of Health Matters focuses on the national flu immunisation programme and the delivery of the 2020 to 2021 programme. This will be the largest national flu immunisation programme to date offering 30 million people a vaccine. This edition also covers co-infection of flu and COVID-19 and provides calls to action for the wider health economy and local authorities as we prepare for the first winter with co-circulation of flu and COVID-19.

Full detail: [Delivering the flu immunisation programme during the COVID-19 pandemic](https://www.gov.uk/government/publications/health-matters-flu-immunisation-programme-and-covid-19/health-matters-delivering-the-flu-immunisation-programme-during-the-covid-19-pandemic)

**Title:** mental health campaign to support children and young people

Public Health England has launched a new NHS approved campaign directly targeting young people aged 13-18 and parents/carers of children and young people from 5-18, with additional engagement provided via school resources.

The campaign aims to equip parents/carers and young people to take action to protect and improve children and young people’s mental wellbeing, build mental resilience to navigate the COVID-19, and provide support for those children at greater risk of worsening mental health.

Marketing and communications materials are available on the [Campaign Resource Centre](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEtYmV0dGVyLWhlYWx0aC0tLWV2ZXJ5LW1pbmQtbWF0dGVycy9yZXNvdXJjZXMifQ.k9WPWS1x7aIrqYHtaH9hMzcCkjMoIjuTjoYlGoeY4Q4/s/948766338/br/86141535307-l) to help support and promote the campaign, including:

* [Social media resources](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEvcmVzb3VyY2VzLzUzNDMifQ.XOGAKWH0_vlm0kxfgJqE6EdDZAd3uWeozXrK-zWC2Y0/s/948766338/br/86141535307-l)
* [Communications toolkit](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEvcmVzb3VyY2VzLzUzNDQifQ.T7P9LVUarSnI-iqnNldMsQugcjJOFlQdBKdQjMU2xtI/s/948766338/br/86141535307-l)
* [A3 and A4 posters](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEvcmVzb3VyY2VzLzUzNTEifQ.HSIbSZ9u1Zfnz9VczlyywxZG4OwDg91W53W1oimEV-M/s/948766338/br/86141535307-l)
* [PR Film](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEvcmVzb3VyY2VzLzUzNTAifQ.D60xh7MOO1pvPFnwDxNTJeKotfuN_IwAOl74xTJdJR0/s/948766338/br/86141535307-l)
* [​](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEvcmVzb3VyY2VzLzUzNTAifQ.rD8ZejeuVYsSeJRV_S_e6_W4t5DxO2Kj-OFdw77LoRs/s/948766338/br/86141535307-l)[Radio advert](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEvcmVzb3VyY2VzLzUzNDgifQ.JNPqSEM6-5kES3yD4zeG0w_CmwXSeBFV4xa1Ccygnv0/s/948766338/br/86141535307-l)

Full detail: [Better Health - Every Mind Matters](https://campaignresources.phe.gov.uk/resources/campaigns/111-better-health---every-mind-matters/resources)

**Title:**  Personal protective equipment (PPE) strategy: stabilise and build resilience

Department of Health & Social Care | 28th September 2020

This strategy sets out how the UK government is moving beyond the emergency COVID-19 response to stabilise and build resilience. It details how government is preparing for a second wave of COVID-19 or concurrent pandemic alongside usual seasonal pressures.

The report explains the government are confident to have secured enough supply for this winter period and have the processes and logistics in place to distribute PPE to where it is needed.

Full detail: [Personal protective equipment (PPE) strategy: stabilise and build resilience](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/921787/PPE_strategy_v4.5_FINAL.pdf)

See also: [NHS Providers briefing: Personal Protective Equipment Strategy](https://nhsproviders.org/media/690196/next-day-briefing-ppe-strategy.pdf)

**TITLE:** PARLIAMENTARY BRIEFING: PROVISIONS FOR THOSE WITH LEARNING DIFFICULTIES AND AUTISM DURING THE COVID-19 PANDEMIC

NHS Providers | 1st October 2020

Trusts providing mental health and learning disability services have played a key role throughout the pandemic by transforming care, both to maintain services and respond to the significant challenges presented by COVID-19 pressures.

However, COVID-19 pandemic has brought into sharp focus the longstanding, structural inequities facing people with a learning disability and autistic people. There is clear evidence of a historical inequity in the development, commissioning and provision of care and support for these groups of individuals, leaving service users disadvantaged in terms of their health and wellbeing, life chances and expectancy, and in extreme cases open to abuse.

Full briefing: [Provisions for those with learning difficulties and autism during the COVID-19 pandemic](https://nhsproviders.org/media/690236/nhs-providers-briefing-ld-and-autism.pdf)

**Title**: A V shaped recovery for the NHS?

BMJ | 2020; 370: m3694

Few would disagree that a sharp (“V shaped,” if possible) recovery for the UK economy is desirable. But for the NHS the effect of Covid-19 has raised some new (and some old) questions about the care it provides.

This data briefing asks should an alternative post-Covid future for healthcare involve learning from the best as well as the worst of this experience, with lower levels of A&E activity, more remote consultations, greater use of digital technology, and a rethinking of clinical thresholds for treatment and admission?

Full detail: [A V shaped recovery for the NHS?](https://www.bmj.com/content/370/bmj.m3694)

**Title:** Almost one million women in UK miss vital breast screening due to COVID-19

Breast Cancer Now | September 2020

Close to a million women in the UK have missed potentially lifesaving NHS breast screening due to COVID-19, the leading UK breast cancer charity has warned. Breast Cancer Now estimates that around 986,000 women missed their mammograms due to breast screening programmes being paused in March 2020, in a bid to reduce the risk of COVID-19 spreading and to free up emergency resource for the NHS.

Although the charity says screening for breast cancer is now beginning again, it cautions that this varies across the UK, with availability of appointments being significantly reduced to enable social distancing, and the programme has recommenced at different paces across England.

 Breast Cancer Now:  [Almost one million women in UK miss vital breast screening due to COVID-19](https://breastcancernow.org/about-us/media/press-releases/almost-one-million-women-in-uk-miss-vital-breast-screening-due-covid-19)

See also: [Pause in breast cancer screening is opportunity to re-evaluate programme, says critic](https://www.bmj.com/content/371/bmj.m3810) | BMJ

**Title:** Covid 19: a fork in the road for general practice

BMJ | 2020; 370: m3709 | 28th September 2020

Covid-19 has produced the biggest change in the organisation of UK general practice for 200 years. As in many countries, face-to-face consultations have fallen to about 10% of their previous level and most contacts are now provided remotely using symptom checkers, electronic messaging, and phone or video consultations. Several of these changes may be permanent, with fewer face-to-face consultations in future. Opportunity and danger are two aspects of change: both now apply to general practice.

GPs currently have quieter waiting rooms, fewer locums, and reduced regulatory burdens such as from Care Quality Commission inspections. However, normal workload is returning, and while remote consulting makes access much easier for some patients, there is a real risk that general practice will suddenly become less personal. Worryingly, remote consultations may increase overall GP workload and exclude patients without internet access.

Full editorial: [Covid 19: a fork in the road for general practice](https://www.bmj.com/content/370/bmj.m3709)

**Title**: Long covid and self-help pacing groups—getting by with a little help from our friends

BMJ Opinion | 29th September 2020

In this BMJ opinion piece, Paul Garner and colleagues describe how a self-help pacing group has helped them manage their long Covid.

Full detail: [Long Covid and self-help pacing groups—getting by with a little help from our friends](https://blogs.bmj.com/bmj/2020/09/29/long-covid-and-self-help-pacing-groups-getting-by-with-a-little-help-from-our-friends/)

**Title**: Building a resilient NHS, for COVID-19 and beyond

The Lancet [editorial] | 3rd October 2020

This Lancet editorial examines the UK response to the COVID-19 pandemic, describing it as ill prepared, patchy, confused, and incompetent. From initial equivocations, to a series of policy U turns and conflicts with scientific advisers, to vague public health guidance, the editorial suggests the UK's COVID-19 performance has fallen disastrously short and undoubtedly cost lives, and has pushed the National Health Service (NHS) to the brink.

In tackling the second wave of COVID-19, the editorial states it is not just the virus that needs to be overcome. It is also the government's recalcitrance to developing the long-term strategy needed to build a resilient NHS.

Full editorial: [Building a resilient NHS, for COVID-19 and beyond](https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2932035-3)

**Title:** Impact of COVID-19 on loneliness, mental health, and health service utilisation: a prospective cohort study of older adults with multimorbidity in primary care

British Journal of General Practice | 28th September 2020

The COVID-19 pandemic has impacted the psychological health and health service utilisation of older adults with multimorbidity, who are particularly vulnerable. The aim of this study was to describe changes in loneliness, mental health problems, and attendance to scheduled medical care before and after the onset of the COVID-19 pandemic.

The study found that the psychosocial health of older patients with multimorbidity markedly deteriorated and missed medical appointments substantially increased after the COVID-19 outbreak.

Full detail: [Impact of COVID-19 on loneliness, mental health, and health service utilisation: A prospective cohort study of older adults with multimorbidity in primary care](https://bjgp.org/content/bjgp/early/2020/09/28/bjgp20X713021.full.pdf)

**Title:** Social Isolation and Psychological Distress Among Older Adults Related to COVID-19

Journal of Applied Gerontology | 11th September 2020

The COVID-19 pandemic is associated with several short- and long-term negative impacts on the well-being of older adults. Physical distancing recommendations to reduce transmission of the SARS-CoV2-19 virus increase the risk of social isolation and loneliness, which are associated with negative outcomes including anxiety, depression, cognitive decline, and mortality. Taken together, social isolation and additional psychological impacts of the pandemic (e.g., worry, grief) underscore the importance of intervention efforts to older adults.

This narrative review draws upon a wide range of evidence to provide a comprehensive overview of appropriate remotely-delivered interventions for older adults that target loneliness and psychological symptoms. These include interventions delivered by a range of individuals (i.e., community members to mental health professionals), and interventions that vary by implementation (e.g., self-guided therapy, remotely-delivered interventions via telephone or video call).

Recommendations to overcome barriers to implementation and delivery are provided, with consideration given to the different living situations.

Full paper: [Social isolation and psychological distress among older adults related to Covid-19: A narrative review of remotely-delivered interventions and recommendations](https://journals.sagepub.com/doi/pdf/10.1177/0733464820958550)

**Title:** NHS Reset: The importance of protecting everyone's mental health during COVID-19

NHS Confederation | 30th September 2020

NHS Reset is an NHS Confederation campaign to help shape what the health and care system should look like in the aftermath of the pandemic.

This blog reinforces the point that the psychological impact of COVID-19 means it's more important than ever to pay attention to our mental health.

Full detail: [NHS Reset: The importance of protecting everyone's mental health during COVID-19](https://www.nhsconfed.org/blog/2020/09/the-importance-of-protecting-everyones-mental-health)

**Title:** Covid-19 and the nation's mental health: October 2020. Forecasting needs and risks in the Uk

Centre for Mental Health | 1st October 2020

The Covid-19 pandemic has created economic, health and social uncertainty and insecurity. While the impact on our mental health and need for mental health services is yet unknown, it is crucial that we prepare for an increase in demand to protect people’s wellbeing across the country.

The Centre for Mental Health has worked with NHS colleagues to build a model based on the best available evidence to forecast how many people may need mental health support as a result of the Covid-19 pandemic. The primary purpose of the model is to support local organisations to predict levels of need for mental health support among children and adults in their communities.

Full detail: [Forecast Modelling Toolkit](https://www.centreformentalhealth.org.uk/forecast-modelling-toolkit)

See also: [Covid-19 and the nation's mental health: October 2020. Forecasting needs and risks in the UK](https://www.centreformentalhealth.org.uk/publications/covid-19-and-nations-mental-health-october-2020)

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.

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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