COVID-19 recovery

6th November 2020

**Title**: Harms of public health interventions against covid-19 must not be ignored

BMJ | 2020; 371: m4074

The SARS-CoV-2 pandemic has posed an unprecedented challenge for governments. Questions regarding the most effective interventions to reduce the spread of the virus—for example, more testing, requirements to wear face masks, and stricter and longer lockdowns—become widely discussed in the popular and scientific press, informed largely by models that aimed to predict the health benefits of proposed interventions. Central to all these studies is recognition that inaction, or delayed action, will put millions of people unnecessarily at risk of serious illness or death.

However, interventions to limit the spread of the coronavirus also carry negative health effects, which have yet to be considered systematically. Despite increasing evidence on the unintended, adverse effects of public health interventions such as social distancing and lockdown measures, there are few signs that policy decisions are being informed by a serious assessment and weighing of their harms on health.

The harmful consequences of public health choices should be explicitly considered and transparently reported to limit their damage, says this BMJ analysis.

Full detail: [Harms of public health interventions against covid-19 must not be ignored](https://www.bmj.com/content/371/bmj.m4074)

**TITLE:** ASSOCIATION BETWEEN LIVING WITH CHILDREN AND OUTCOMES FROM COVID-19: AN OPENSAFELY COHORT STUDY OF 12 MILLION ADULTS IN ENGLAND

medRxiv | 2nd November 2020

Close contact with children may provide cross-reactive immunity to SARs-CoV-2 due to more frequent prior coryzal infections from seasonal coronaviruses. Alternatively, close contact with children may increase risk of SARs-CoV-2 infection. This study investigated whether risk of infection with SARs-CoV-2 and severe outcomes differed between adults living with and without children.

Working on behalf of NHS England, the authors conducted a population-based cohort study using primary care data and pseudonymously-linked hospital and intensive care admissions, and death records, from patients registered in general practices representing 40% of England.

The study found that for adults living with children there is no evidence of an increased risk of severe COVID-19 outcomes. These findings have implications for determining the benefit-harm balance of children attending school in the COVID-19 pandemic.

*This article is a preprint and has not been certified by peer review. It reports new medical research that has yet to be evaluated and so should not be used to guide clinical practice.*

Full article: [Association between living with children and outcomes from COVID-19: an OpenSAFELY cohort study of 12 million adults in England](https://www.medrxiv.org/content/10.1101/2020.11.01.20222315v1.full.pdf)

See also: [Coronavirus: Living with children 'no increased risk'](https://www.bbc.co.uk/news/health-54794904) | BBC News

**Title:** The concept of “fatigue” in tackling covid-19

BMJ | 2020; 371: m4171 | 2nd November 2020

The concept of fatigue is currently being used in the media to encapsulate a weariness at following COVID-19 guidance and rules. Now the authors of The concept of “fatigue” in tackling covid-19, published in the BMJ, put forward their view that instead of explaining lack of adherence in this way, it might be more fruitful to address people’s capability, opportunity and motivation.

To this end the authors examine the evidence on this in the UK and question whether the concept of fatigue accurately captures what is happening.

Full detail: [The concept of “fatigue” in tackling covid-19](https://www.bmj.com/content/bmj/371/bmj.m4171.full.pdf)

**Title**: Guidance on shielding and protecting people who are clinically extremely vulnerable from covid-19.

Department of Health & Social Care | 4th November 2020

People in England who are clinically extremely vulnerable will receive a letter this week urging them to stay at home as much as possible, including not going to work if they cannot work at home, and only to leave the house to exercise outdoors or to attend health appointments.

The new guidance from the government says that people at highest risk of becoming severely ill from covid-19 should not go to shops or pharmacies because of the increase in cases across the country. Children who were originally asked to shield, however, do not need to do so this time because the evidence has shown there is a low risk of children becoming unwell from covid-19, it says.

Full guidance: [Guidance on shielding and protecting people who are clinically extremely vulnerable from covid-19](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19)

See also: [Clinically extremely vulnerable adults should not leave home for work, says new advice](https://www.bmj.com/content/371/bmj.m4292) | BMJ

**Title**: GPs are told to be ready to deliver vaccine from next month

BMJ | 2020; 371: m4291 | 4th November 2020

The NHS is preparing to deliver a covid-19 vaccine from as early as next month, the chief executive of NHS England has said. Simon Stevens said that the NHS had reached an agreement with general practice leaders to mobilise now and be ready to start delivering a vaccine to patients in December. While it was most likely that a vaccine would be available in early 2021, he said, NHS England was writing to general practices this week to ensure that they are ready.

He explained that the NHS’s current system for delivering flu vaccinations through GPs and pharmacists would be mobilised to deliver the new vaccine, with initial priority given to older people, health workers, and care home staff. Details of a new directed enhanced service, which will fund GPs and primary care networks to deliver Covid vaccines, are expected to be announced shortly.

Full detail: [GPs are told to be ready to deliver vaccine from next month](https://www.bmj.com/content/371/bmj.m4291)

**Title:** Experts debate merits of lockdowns versus “focused protection”

BMJ | 2020; 371: m4263 | 3rd November 2020

Three experts with widely differing viewpoints regarding appropriate public health measures to control the spread of covid-19 weighed in on lockdowns during a debate sponsored by Johns Hopkins University.

The experts represented viewpoints ranging from advocacy for “focused protection” as described in the Great Barrington Declaration to recommendations for population-wide mandates as described in the John Snow Memorandum.

Full detail: [Experts debate merits of lockdowns versus “focused protection”](https://www.bmj.com/content/371/bmj.m4263)

**TITLE:** NEW GUIDANCE TO SUPPORT SAFE CARE HOME VISITS DURING LOCKDOWN

Department of Health and Social Care | 4th November 2020

Care homes will be encouraged and supported to provide safe visiting opportunities as new national restrictions come into effect.

The guidance will enable care home providers, families and local professionals to work together to find the right balance between the benefits of visiting on wellbeing and quality of life, and the risk of transmission of COVID-19 to social care staff and vulnerable residents.

It will set out clear principles for how visits are conducted – with arrangements to be adapted from home to home, based on the needs of their residents and taking into consideration factors such as layout and facilities - and reiterates the importance of ensuring social distancing and proper PPE use is observed.

Full guidance: [Visiting arrangements in care homes for the period of national restrictions](https://www.gov.uk/government/publications/visiting-care-homes-during-coronavirus)

Press release: [New guidance to support safe care home visits during lockdown](https://www.gov.uk/government/news/new-guidance-to-support-safe-care-home-visits-during-lockdown?utm_source=235e072d-286f-4d4f-b9b1-4ec29dcf35b4&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate)

**Title:** Paramedics in pandemics: protecting the mental wellness of those behind enemy lines

The British Journal of Psychiatry | 23rd October 2020

Besides a global health crisis, the COVID-19 pandemic has potential to have a severe and long-lasting psychological impact on frontline healthcare workers such as paramedics. It is imperative to shed light on these mental health issues and employ interventions to protect the mental wellness of this vulnerable group of healthcare workers.

Full document: [Paramedics in pandemics: protecting the mental wellness of those behind enemy lines](https://www.cambridge.org/core/services/aop-cambridge-core/content/view/C0B1C08CF27CF1AD95EAC18B43D35E21/S0007125020001932a.pdf/paramedics_in_pandemics_protecting_the_mental_wellness_of_those_behind_enemy_lines.pdf)

**Title**: POST COVID SYNDROME

Royal College of General Practitioners | [updated 5th November 2020]

Information and resources for GPs supporting patients through recovery from COVID-19.

Full detail:  [Post Covid Syndrome](https://elearning.rcgp.org.uk/mod/page/view.php?id=11512)

**Title**: Management of the long term effects of COVID-19. The RCGP response and top tips for caring for our patients

Royal College of General Practitioners | 30th October 2020

This document provides top tips on caring for patients, whilst awaiting the new NICE/SIGN/RCGP guidance. It will be updated once the national guideline has been produced by NICE/SIGN and the RCGP in December 2020.

Full document: [Management of the long term effects of COVID-19. The RCGP response and top tips for caring for our patients](https://elearning.rcgp.org.uk/pluginfile.php/149508/mod_page/content/71/V2GA%20for%20publication%20updated%20Management%20of%20the%20long%20term%20effects%20of%20COVID-19_formatted_29.10.20.pdf)

**Title:** The Health Foundation COVID-19 Survey - second poll

Ipsos MORI | The Health Foundation | October 2020

This report presents the findings of a survey commissioned by the Health Foundation and conducted by Ipsos MORI between 17 and 29 July 2020.

The results highlight a significant change in the public’s perceptions towards the Government’s handling of COVID-19 and the measures it has taken to tackle the outbreak so far. The public are more critical of the Government’s handling of the Coronavirus outbreak. A majority (56%) now believe that the Government has not handled it well, significantly more than in May (39%).

Full report: [The Health Foundation COVID-19 Survey - second poll. A report of survey findings](https://www.health.org.uk/sites/default/files/upload/publications/2020/20201004-THF-Ipsos-MORI-polling-report-COVID-19-V4_0.pdf)

See also: [Public perceptions of health and social care in light of COVID-19](https://www.health.org.uk/publications/reports/public-perceptions-of-health-and-social-care-in-light-of-covid-19-july-2020) | The Health Foundation

**Title**: Using research to prepare for a post-pandemic world

The Health Foundation | 29th October 2020

This year has been dominated by COVID-19 and its impact on all aspects of our daily lives. This article looks at how the role of research – often only of interest to academics and funders – has been thrust into the limelight, as people begin to understand the magnitude of the pandemic and our need to mobilise research and innovation to respond to the challenges it poses.

Full detail: [Using research to prepare for a post-pandemic world](https://www.health.org.uk/news-and-comment/blogs/using-research-to-prepare-for-a-post-pandemic-world)

**TITLE:** MATERNAL PSYCHOLOGICAL DISTRESS & MENTAL HEALTH SERVICE USE DURING THE COVID-19 PANDEMIC

Journal of Affective Disorders | Volume 276, 1 November 2020, p765-774

Mental health problems are increasingly recognized as a significant and concerning secondary effect of the COVID-19 pandemic. Research on previous epidemics/pandemics suggest that families, particularly mothers, may be at increased risk, but this population has yet to be examined. The current study:

(1) described prevalence rates of maternal depressive and anxiety symptoms from an online convenience sample during the COVID-19 pandemic

(2) identified risk and protective factors for elevated symptoms, and

(3) described current mental health service use and barriers.

The study concludes that maternal depression and anxiety appear to be elevated in the context of COVID-19 compared to previously reported population norms.

Full article: [Maternal psychological distress & mental health service use during the COVID-19 pandemic](https://reader.elsevier.com/reader/sd/pii/S016503272032526X?token=4F2B1A750F4F9A73D61D643A8AD05D5881883FBEFFEF79A91C50E94E8C95DA6DD3EC078D4740E8528548106EEED761ED)

**Title:** Drinking to cope with the pandemic: The unique associations of COVID-19-related perceived threat and psychological distress to drinking behaviors in American men and women

Addictive Behaviors | Volume 110, November 2020

The 2019 Coronavirus pandemic has brought about significant and unprecedented changes to the modern world, including stay-at-home orders, high rates of unemployment, and more than a hundred thousand deaths across the United States.

Derived from the self-medication hypothesis, this research explored how perceived threat and psychological distress related to the COVID-19 pandemic are associated with drinking behavior among an American sample of adults. The authors also evaluated whether links between COVID-19-related perceived threat and psychological distress with drinking behavior are different for men and women.

The study found that COVID-19 psychological distress was consistently related to alcohol use indices.

Further detail: [Drinking to cope with the pandemic: The unique associations of COVID-19-related perceived threat and psychological distress to drinking behaviors in American men and women](https://www.sciencedirect.com/science/article/abs/pii/S0306460320306626)

**Title:** Growing up in the shadow of COVID-19

The Lancet Child & Adolescent Health | 5th November 2020

This editorial suggests that 8 months into the pandemic, the UK Government's inadequate consideration of young people in the COVID-19 response is causing lasting harm to a whole generation. Although children and adolescents are generally less clinically vulnerable to COVID-19 than are adults, this editorial looks at how the wider effects of COVID-19 policies have disproportionately and negatively affected the young.

Full editorial: [Growing up in the shadow of COVID-19](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642%2820%2930349-7/fulltext#coronavirus-linkback-header)

Related: [An intergenerational audit for the UK](https://www.resolutionfoundation.org/app/uploads/2020/10/Intergenerational-audit-2020.pdf) | Resolution Foundation | October 2020

**TITLE:** COVID-19 AND DISRUPTIONS TO THE HEALTH AND SOCIAL CARE OF OLDER PEOPLE IN ENGLAND

Institute for Fiscal Studies | 6th November 2020

This briefing looks at the changes to the delivery of routine health care in England due to the Covid-19 pandemic. To prioritise access to hospital beds, staff and ventilators for Covid-19 patients, and to minimise the risk of infection for other patients, much routine health care was postponed or replaced with online or phone consultations. In addition, many would-be patients declined to seek care in the first place.

This briefing aims to quantify these disruptions to care among older people in England in the early stages of the pandemic, and to examine who was most affected.

Full document: [COVID-19 and disruptions to the health and social care of older people in England](https://ifs.org.uk/uploads/BN309-COVID-19-and-disruptions-to-the-health-and-social-care-of-older-people-in-England-1.pdf)

See also: [IFS briefing note](https://www.ifs.org.uk/publications/15160)

**Title**: How has Covid-19 and the associated lockdown measures affected mental health and wellbeing in the UK?

What Works Centre for Wellbeing | 5th November 2020

This briefing provides insights into how mental health conditions have changed and what the risk factors are that need to be recognised when supporting people’s mental health.

Full briefing: [How has Covid-19 and the associated lockdown measures affected mental health and wellbeing in the UK?](https://whatworkswellbeing.org/wp-content/uploads/2020/11/Covid-Mental-health-briefing-Nov-2020.pdf)

See also: [Mental health and Covid-19](https://whatworkswellbeing.org/blog/mental-health-and-covid-19/) | What Works Wellbeing blog post

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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