COVID-19: impact on mental health

 9th April 2021

**Title:** 6-month neurological and psychiatric outcomes in 236 379 survivors of COVID-19: a retrospective cohort study using electronic health records

The Lancet Psychiatry | 6th April 2021

Neurological and psychiatric sequelae of COVID-19 have been reported, but more data are needed to adequately assess the effects of COVID-19 on brain health. This study aimed to provide robust estimates of incidence rates and relative risks of neurological and psychiatric diagnoses in patients in the 6 months following a COVID-19 diagnosis.

This study provides evidence for substantial neurological and psychiatric morbidity in the 6 months after COVID-19 infection. Risks were greatest in, but not limited to, patients who had severe COVID-19. This information could help in service planning and identification of research priorities. Complementary study designs, including prospective cohorts, are needed to corroborate and explain these findings.

Full document: [6-month neurological and psychiatric outcomes in 236 379 survivors of COVID-19: a retrospective cohort study using electronic health records](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2821%2900084-5)

See also:

* [Covid-19 raises risk of depression and dementia, study suggests](https://www.bbc.co.uk/news/health-56650125) | BBC News
* [One in three has neurological or psychiatric condition diagnosed after covid infection, study finds](https://www.bmj.com/content/373/bmj.n908) | BMJ

**Title:** The role of trauma-informed care during the Covid-19 pandemic

The Kings Fund | 6th April 2021

The initial impacts of the Covid-19 pandemic – serious illness, death of loved ones, isolation – have been a source of psychosocial stress for many. But for people already living with experiences of trauma, the isolation and uncertainty of the pandemic increased the risk of further psychological harm.

At the same time, many services that in more normal times offer people support have been less available. Schools, voluntary organisations, and also many health and care services have frequently been closed, postponed or have moved to remote provision, changing the nature of how people engage with services.

These issues present key challenges for providers working in a rapidly changing context – how to support people who have experienced trauma, as well as supporting their workforces to deliver this support and responding to the trauma they may have experienced or witnessed.

This article explores how the Covid-19 pandemic has demonstrated the need for, and the potential of, trauma-informed approaches.

Full detail: [The role of trauma-informed care during the Covid-19 pandemic](https://www.kingsfund.org.uk/blog/2021/04/role-trauma-informed-care-covid-19)

**Title:** Impact of the COVID-19 pandemic on remote mental healthcare and prescribing in psychiatry: an electronic health record study

BMJ Open | 30th March 2021

The COVID-19 pandemic has disrupted mental healthcare delivery, with many services shifting from in-person to remote patient contact. This study investigated the impact of the pandemic on the use of remote consultation and on the prescribing of psychiatric medications.

The authors found that the COVID-19 pandemic has been associated with a marked increase in remote consultation, particularly among younger patients. However, there was no evidence that this has led to changes in psychiatric prescribing. Nevertheless, further work is needed to ensure that older patients are able to access mental healthcare remotely.

Full paper: [Impact of the COVID-19 pandemic on remote mental healthcare and prescribing in psychiatry: an electronic health record study](https://bmjopen.bmj.com/content/bmjopen/11/3/e046365.full.pdf)

**Title:** Country in the grip of a mental health crisis with children worst affected, new analysis finds

Royal College of Psychiatrists | 8th April 2021

Children and young people are bearing the brunt of the mental health crisis caused by the pandemic, new analysis by the Royal College of Psychiatrists has found.

A year on from the first lockdown and after warnings from the mental health sector about the impact of the pandemic on the country’s mental health, NHS Digital data shows that while the crisis is affecting people of all ages, it is under-18s who are suffering most.

The Royal College of Psychiatrists’ analysis found that:

* Nearly 400,000 children and 2.2m adults seek help for mental health problems during the pandemic
* 80,226 more children and young people were referred to CYP mental health services between April and December last year, up by 28% on 2019, to 372,438.
* 600,628 more treatment sessions were given to children and young people, up by a fifth on 2019 to 3.58 million.
* 18,269 children and young people needed urgent or emergency crisis care - including assessments to see if someone needs to be sectioned because they or others are at harm - an increase of 18% on 2019, to 18,269.

The Royal College of Psychiatrists is calling for the additional £500 million in the Government’s mental health recovery plan to urgently reach the frontline so that people can get the support they need. This funding is on top of the existing planned investment in mental health services set out in the NHS Long Term Plan.

Press release: [Country in the grip of a mental health crisis with children worst affected, new analysis finds](https://www.rcpsych.ac.uk/news-and-features/latest-news/detail/2021/04/08/country-in-the-grip-of-a-mental-health-crisis-with-children-worst-affected-new-analysis-finds)

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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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