COVID-19 recovery

August 2020

**Title**: National Institute for Health Protection

Department of Health and Social Care | 18th August 2020

A new organisation whose primary focus is public health protection and infectious disease capability is being established by the government

The National Institute for Health Protection (NIHP) will start work immediately, with a single command structure to advance the country’s response to the COVID-19 pandemic. It will bring together Public Health England (PHE) and NHS Test and Trace, as well as the analytical capability of the Joint Biosecurity Centre (JBC) under a single leadership team. This is the first step towards becoming a single organisation, focused on tackling COVID-19 and protecting the nation’s health.

In order to minimise disruption to the vital work dealing with the pandemic, the organisation will be formalised and operating from spring 2021.

Full detail: [Government creates new National Institute for Health Protection](https://www.gov.uk/government/news/government-creates-new-national-institute-for-health-protection)

**Title:** COVID-19 immunity study

Public Health England | 19th August 2020

A nationwide effort led by PHE to find out whether people who had COVID-19 can get infected again has now recruited 10,000 health workers from across the NHS.

PHE’s ‘SIREN’ (SARS-CoV-2 Immunity & REinfection EvaluatioN) study is exploring whether specific COVID-19 antibodies provide immunity. Scientists do not yet know if people who have been infected in the past are protected from becoming sick again, or how long any protection lasts.

Full detail: [10,000 people now signed up to COVID-19 immunity study](https://www.gov.uk/government/news/10-000-people-now-signed-up-to-covid-19-immunity-study)

**Title:** Building Back Health And Prosperity

Health Devolution Commission | 13th August 2020

This cross-party commission believes there is now a fundamental choice to be made between greater centralisation of NHS and social care services or a comprehensive health devolution approach which incorporates national entitlements and targets but embeds the delivery of an integrated NHS, social care and public health service within broader, powerful, democratically led local partnerships.

The report states that the pandemic has shown we cannot go back to the way things were and suggests that comprehensive health devolution is the only viable solution to the challenges the country now faces.

Full detail: [Building back health and prosperity](https://healthdevolution.org.uk/wp-content/uploads/2020/08/DEVO-Report-of-the-Health-Devolution-Commission-Final.pdf)

**TITLE**: £5 MILLION FOR SOCIAL PRESCRIBING TO TACKLE THE IMPACT OF COVID-19

Department of Health and Social Care | 16th August 2020

The National Academy for Social Prescribing (NASP) has been awarded £5 million in funding to support people to stay connected and maintain their health and wellbeing following the COVID-19 pandemic.

Working with partners, including the Arts Council England, Natural England, Money and Pensions Service, NHS Charities Together, Sport England and NHS England, the academy will support a range of local community activities.

The funding will connect people to initiatives in their local communities to improve their mental health and wellbeing in response to the impact of COVID-19, including improved green spaces, singing and physical activities as well as access to tailored debt advice.

Full story: [£5 million for social prescribing to tackle the impact of COVID-19](https://www.gov.uk/government/news/5-million-for-social-prescribing-to-tackle-the-impact-of-covid-19?utm_source=693ac30d-cede-4739-b468-7d96860695f6&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate)

**Title:** How might COVID-19 affect the number of GPs available to see patients in England?

The Health Foundation | 6th August 2020

This paper estimates that over 700,000 patients served by GPs at high risk of COVID-19 could be left without access to face-to-face GP appointments, if those at high risk take the difficult decision to limit direct patient contact. It argues that CCGs must ensure that they are aware of gaps in face-to-face provision of core general practice services, and must work with practices and primary care networks to find solutions.

Full document: [How might COVID-19 affect the number of GPs available to see patients in England?](https://www.health.org.uk/sites/default/files/2020-08/How%20might%20COVID-19%20affect%20the%20number%20of%20GPs%20available%20to%20see%20patients%20in%20England.pdf)

**Title:** Research study into long-term health impacts of COVID-19 launched in the UK

Department of Health & Social Care | 7th August 2020

One of the world’s largest comprehensive research studies into the long-term health impacts of coronavirus on hospitalised patients has been launched in the UK.

Around 10,000 patients are expected to take part in the ground-breaking new study, which has been awarded £8.4 million by the government, through UK Research and Innovation (UKRI) and the National Institute for Health Research (NIHR). The results will support development of new measures to treat NHS patients with coronavirus.

Full story: [Research study into long-term health impacts of COVID-19 launched in the UK](https://www.gov.uk/government/news/research-study-into-long-term-health-impacts-of-covid-19-launched-in-the-uk)

**Title**: Implementing phase 3 of the NHS response to the COVID-19 pandemic

NHS England | 7th August 2020

Further to the [letter of 31 July 2020](https://www.england.nhs.uk/coronavirus/publication/third-phase-response/) about the third phase of the NHS response to COVID-19, NHS England have published in this single document a range of supplementary materials to support implementation.

This document includes:

1. Urgent actions to address inequalities in NHS provision and outcomes
2. Mental health planning
3. Restoration of adult and older people’s community health services
4. Using patient-initiated follow-ups as part of the NHS COVID-19 recovery
5. Finance: 2020/21 phase 3 planning submission guidance
6. COVID-19 data collections: changes to weekend collections

Full document: [Implementing phase 3 of the NHS response to the COVID-19 pandemic](https://www.england.nhs.uk/publication/implementing-phase-3-of-the-nhs-response-to-the-covid-19-pandemic/)

**TITLE:** RECOVERY FROM SEVERE COVID-19. LEVERAGING THE LESSONS OF SURVIVAL FROM SEPSIS

JAMA (viewpoint) | 5th August 2020

Many COVID-19 survivors are likely to experience long-lasting morbidity. This viewpoint looks at the following questions:

* What Is Expected About Recovery From COVID-19?
* Will Recovery From COVID-19 Be Unique?
* What Are Best Practices to Promote Recovery?
* How Can Health Care Systems Facilitate Best Practices for Recovery?

Full detail: [Recovery from severe Covid-19. Leveraging the lessons of survival from sepsis.](https://jamanetwork.com/journals/jama/article-abstract/2769290)

**Title**: THE CALM BEFORE THE STORM? HOW PRIMARY CARE NETWORKS AND MENTAL HEALTH PROVIDERS CAN PREPARE FOR RISING DEMAND FOR MENTAL HEALTH SERVICES

NHS Confederation 4th August 2020

In June 2020, the NHS Confederation’s Mental Health Network and PCN Network convened senior leaders to discuss how both sectors can work together to prepare for the expected increase in demand for mental health support following the COVID-19 outbreak.

This briefing sets out where opportunities may lie and possible approaches mental health providers and primary care networks (PCNs) may wish to take over the coming months to improve partnership working.

Key points:

* The impact of the pandemic on the nation’s mental health has seen an increase in demand for both common mental disorders and more serious mental illnesses. Improving integration between primary and secondary mental health services at this time is vital.
* PCN and mental health leaders share the view that the health and care system can best meet the demand by taking steps in four key areas: building up relationships at all levels between mental health providers and PCNs; making best use of existing and new PCN workforce; improving links between NHS and third sector organisations; and sharing the innovative and effective approaches that local areas are already implementing.
* The new Community Mental Health Framework expects formal links to be made between PCNs and mental health providers. Where strong and trusting links have been formed, referral routes can be flexible, and step-down and preventative support are improved.
* Local areas are using innovative approaches to overcoming workforce challenges, but there is more to do to spread good practice and embed dedicated mental health support throughout primary care.
* Many areas have reported challenges in supporting the mental health of children and young people in primary care and we expect this group to be particularly affected by the impact COVID-19. A bespoke approach for children and young people will be needed.

Full report: [The calm before the storm? How primary care networks and mental health providers can prepare for rising demand for mental health services](https://www.nhsconfed.org/-/media/Confederation/Files/Publications/Documents/The-calm-before-the-storm_FNL.pdf)

**Title**: Life on Hold: children's well-being and Covid-19

The Children’s Society | July 2020

The Coronavirus pandemic, together with the associated social distancing and lockdown measures, have had a substantial impact on health and public freedom. This report looks in depth at the impact of Coronavirus and the associated lockdown on young lives.

Nearly 1 in 5 children aged 10-17 in the UK – the equivalent of 1.1m – have reported being unhappy with their lives as a whole during the coronavirus lockdown according to a survey by The Children’s Society.

The charity’s annual survey of children’s well-being was completed by just over 2,000 young people and their parents between April and June.

It found 18 per cent of children were dissatisfied with their lives overall. That is a marked increase in a figure which has ranged from 10 per cent to 13 per cent over the last five years.

The Children’s Society says the coronavirus crisis and lockdown is likely to explain the worrying surge. Its report, Life On Hold, also found that half of parents (50%) expected coronavirus to harm their children’s happiness over the coming year.

Full report: [Life on Hold: children's well-being and Covid-19](https://www.childrenssociety.org.uk/sites/default/files/life-on-hold-childrens-well-being-and-covid-19.pdf)

**Title:** Framework for supporting people through Recovery and Rehabilitation during and after the COVID-19 Pandemic

Scottish Government |13th August 2020

This paper provides a strategic framework with overarching principles and high-level recommendations, which inform and shape the provision of rehabilitation and recovery services across Scotland for the coronavirus (COVID-19) period and post coronavirus (COVID-19).

The Framework specifically focuses on the priorities and objectives for coronavirus (COVID-19) rehabilitation and is underpinned by principles to support planning to meet this increasing demand. It aims to build on good practice and capacity within the existing system and to explore innovative models, adopting a multi-disciplinary and multi-agency approach.

Full detail: [Framework for supporting people through Recovery and Rehabilitation during and after the COVID-19 Pandemic](https://www.gov.scot/binaries/content/documents/govscot/publications/advice-and-guidance/2020/08/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic2/documents/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic/govscot%3Adocument/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic.pdf?forceDownload=true)

**Title**: Aftercare needs of inpatients recovering from COVID-19

NHS England | 3rd August 2020  
  
This guidance supports primary care and community health services to meet the immediate and longer-term care needs of patients discharged following an acute episode of COVID-19, by describing the typical expected health care needs of these patients, post-discharge.

More than 95,000 COVID-19-positive patients have been looked after in hospitals across England, and most have been able to recover and leave hospital. However, it is clear that for many of those who have survived, the virus and the treatment required to combat it will have a lasting impact on their health.

Full guidance: [Aftercare needs of inpatients recovering from COVID-19](https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/06/C0705-aftercare-needs-of-inpatients-recovering-from-covid-19-aug-2020.pdf)

**Title**: The experience of people approaching later life in lockdown

Centre for Ageing Better | July 2020

A new report by Ipsos MORI and the Centre for Ageing Better shines a light on the impact lockdown has had on those aged 50-70, revealing dramatic changes to people’s lives and their plans for the future.

Some have seen their health decline, with one in five saying their physical health has worsened since lockdown. Over half have had a medical or dental appointment cancelled. 32% have been drinking more, and 36% have been smoking more.

At the same time, the lockdown has prompted worries about people’s finances, with almost half of people in their 50s and 60s saying they expect their finances to worsen in the year ahead. Nearly seven in ten (68%) of those who are currently workless do not feel confident that that they will be employed in the future.

For some, however, this period has been a positive one, prompting reflections about family, work and community. 30% have been volunteering informally, such as running errands for neighbours. The majority of those who have taken up volunteering expect to carry on doing so in the future. Many have enjoyed spending more time with loved ones, and as a result are re-thinking their priorities: nearly half of those in work would consider changing their working pattern in future, and a quarter would consider a career change.

Full report: [The experience of people approaching later life in lockdown: The impact of COVID-19 on 50-70-year olds in England](https://www.ageing-better.org.uk/sites/default/files/2020-07/experience-of-people-approaching-later-life-lockdown.pdf)

**Title**: Coronavirus and the economic impacts on the UK

Office for National Statistics | 27th August 2020

New experimental data on the UK economy detailing the impact on businesses from the coronavirus (COVID-19). Data is from the Business Impact of Coronavirus Survey; a 2-weekly survey designed to estimate the impact over the previous 2 weeks and the expectations for the following 2 weeks.

Full detail: [Coronavirus and the economic impacts on the UK](https://www.gov.uk/government/statistics/coronavirus-and-the-economic-impacts-on-the-uk-27-august-2020)

**Title**: Vulnerable children and young people survey

Department for Education | 26th August 2020

The Department for Education (DfE) has established a survey of local authorities in England to help understand the impact of the coronavirus (COVID-19) outbreak on children’s social care. The information in this publication can help users to work with relevant agencies to plan their services.

Full detail: [Vulnerable children and young people survey](https://www.gov.uk/government/publications/vulnerable-children-and-young-people-survey)

**Title**: How to manage post-viral fatigue after COVID-19

Royal College of Therapists | August 2020

The Royal College of Therapists has produced practical advice for people who have recovered from COVID-19 at home.

Fatigue is a normal part of the body’s response to fighting a viral infection such as COVID-19. Fatigue is likely to continue for some time after the infection has cleared. It can make you sleep more, feel unsteady on your feet, make standing for long periods difficult, as well as affecting your ability to concentrate and your memory.

Full detail: [How to manage post-viral fatigue after COVID-19**. P**ractical advice for people who have recovered at home](https://www.rcot.co.uk/file/6696/download?token=XiA9qFCs)

**TITLE**: HOW HAS COVID-19 AND ASSOCIATED LOCKDOWN MEASURES AFFECTED LONELINESS IN THE UK?

What Works Centre for Wellbeing | 26th August 2020

This briefing highlights findings from the Covid Social Study, as part of ongoing data analysis work with University College London. This study has surveyed over 70,000 people since March 2020, asking different questions about their experiences and wellbeing over the past few months, including asking people about loneliness.

The study found that:

* People who felt most lonely prior to Covid in the UK now have even higher levels of loneliness. This increase began as physical distancing and lockdown measures were introduced in the UK, in March 2020.
* Adults most at risk of being lonely, and increasingly so over this period, have one or more of the following characteristics: they are young, living alone, on low incomes, out of work and, or with a mental health condition.
* The impact on wellbeing from people at risk of loneliness is likely to be compounded by other economic and social impacts experienced by the same people, such as those experiencing job losses and health anxieties.

Full detail: [How has Covid-19 and associated lockdown measures affected loneliness in the UK?](https://whatworkswellbeing.org/wp-content/uploads/2020/08/COVID-LONELINESS-2020.pdf)

**Title**: Babies In Lockdown: Listening to parents to build back better

Best Beginnings | August 2020

This report from Best Beginnings, together with Home-Start UK and the Parent-Infant Foundation, reveals the disproportionate impact of Covid-19 and subsequent measures on those pregnant, giving birth or at home with a baby or toddler. For generations, no other group of parents has had to navigate pregnancy, birth and beyond under such extraordinary circumstances.

Full report: [Babies In Lockdown: Listening to parents to build back better](https://babiesinlockdown.files.wordpress.com/2020/08/babies-in-lockdown-main-report-final-version-1.pdf)

**Title**: Reopening schools during the COVID-19 pandemic: governments must balance the uncertainty and risks of reopening schools against the clear harms associated with prolonged closure

Archives of Disease in Childhood | 3rd August 2020

Evidence to support the effectiveness of global school closures in controlling COVID-19 is sparse. There is continued uncertainty about the degree to which school children are susceptible to and transmit COVID-19. Balancing the potential benefits with harms involves explicit trade-offs for governments. Both reopening schools and keeping them closed carry risks that actively require mitigation.

In this viewpoint, the authors review the benefits and risks of school closures during the COVID-19 pandemic and outline key principles for reopening schools.

Full paper: [Reopening schools during the COVID-19 pandemic: governments must balance the uncertainty and risks of reopening schools against the clear harms associated with prolonged closure](https://adc.bmj.com/content/archdischild/early/2020/08/02/archdischild-2020-319963.full.pdf)

**Title**: Supporting young people into training, learning, and work during Covid-19

The British Psychological Society | 20th August 2020

This document is aimed at professionals who support young people at key points of transition into work, training and further learning.

It will be of special interest to teachers, educational psychologists, social workers, careers advisors, mentors, third sector workers as well as graduate recruiters.

Drawing on a robust psychological evidence-base the document offers advice about steps to take in the context of Covid-19, recognising some of the challenges faced by young people and suggesting approaches to support a way forward.

Full detail: [Supporting young people into training, learning, and work during Covid-19](https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Supporting%20young%20people%20into%20training%2C%20learning%2C%20and%20work%20during%20Covid-19.pdf)

**Title**: Why Rehabilitation must have priority during and after the COVID-19-pandemic: A position statement of the Global Rehabilitation Alliance

Journal of Rehabilitation Medicine | 2020 Jul 30; Vol. 52(7)

COVID-19 has become a pandemic with strong influence on health systems. In many cases it leads to a disruption of rehabilitation service provision. On the other hand, rehabilitation must be an integral part of COVID-19 management.

Rehabilitation for COVID-19 should start from acute and early post-acute care and needs to be continued in the post-acute and long-term rehabilitation phase. Of course, it should follow specific safety protocol. Additionally, rehabilitation must be kept available for all other people who are in need.

From the perspective of health system, the Global Rehabilitation Alliance urges decision makers to ensure that rehabilitation services will be available for all patients with COVID-19 in the acute, post-acute and long-term phase. Additionally, it must be ensured that all other persons with rehabilitation need have access to rehabilitation services.

Rehabilitation services must be equipped with personal protection equipment and follow strict hygiene measures. In particular, rehabilitation must be accessible for vulnerable populations. For that reason, rehabilitation must be kept a health priority during the COVID-19 pandemic and given adequate financial resources.

Last but not least, scientific studies should be performed to clarify the impact of the pandemic on rehabilitation services as well as on the needs for rehabilitation of COVID-19 patients.

Full paper: [Why Rehabilitation must have priority during and after the COVID-19-pandemic: A position statement of the Global Rehabilitation Alliance](https://www.medicaljournals.se/jrm/content_files/download.php?doi=10.2340/16501977-2713)

**Title**: Considerations for Return to Exercise Following Mild-to-Moderate COVID-19 in the Recreational Athlete

HSS Journal | 10th August 2020

The COVID-19 pandemic has resulted in significant morbidity and mortality around the world. The spectrum of COVID-19 is broad, from clinical disease requiring intensive medical care to less severe symptoms that are treated with supportive care.

The majority of COVID-19 cases fall into the mild-to-moderate category, with symptoms lasting less than 6 weeks. Nevertheless, the morbidity from COVID-19 is significant and can affect multiple body systems, most frequently the cardiac, pulmonary, hematologic, musculoskeletal, and gastrointestinal systems. For patients who wish to return to exercise after mild-to-moderate COVID-19, the wide range of disease expression presents a challenge for clinicians seeking to offer counsel.

This literature review on return to activity following mild to moderate COVID-19 in the recreational athlete includes evidence-based considerations and recommendations for clinicians in guiding the safest return to activity.

Full paper: [Considerations for return to exercise following mild-to-moderate Covid-19 in the recreational athlete](https://link.springer.com/content/pdf/10.1007/s11420-020-09777-1.pdf)

**Title:** Mental health during the COVID-19 pandemic: Effects of stay-at-home policies, social distancing behavior, and social resources

Psychiatry Research | Volume 293, November 2020

Social distancing is the most visible public health response to the COVID-19 pandemic, but its implications for mental health are unknown.

In a nationwide online sample of 435 U.S. adults, conducted in March 2020 as the pandemic accelerated and states implemented stay-at-home orders, we examined whether stay-at-home orders and individuals’ personal distancing behavior were associated with symptoms of depression, generalized anxiety disorder (GAD), intrusive thoughts, insomnia, and acute stress.

Stay-at-home order status and personal distancing were independently associated with higher symptoms, beyond protective effects of available social resources (social support and social network size).

A subsample of 118 participants who had completed symptom measures earlier in the outbreak (February 2020) showed increases in depression and GAD between February and March, and personal distancing behavior was associated with these increases.

Findings suggest that there are negative mental health correlates of social distancing, which should be addressed in research, policy, and clinical approaches to the COVID-19 pandemic.

Full document: [Mental health during the COVID-19 pandemic: Effects of stay-at-home policies, social distancing behavior, and social resources](https://reader.elsevier.com/reader/sd/pii/S0165178120315419?token=B7BEBE9CB4CB060486E507E3A901B0D9CB46C976AB903964CECC2BBB75E1DE98352F60C45ADCE4ADF13B884B58E1BFDA)

**Title**: COVID stress syndrome: Concept, structure, and correlates

Depression and Anxiety | August 2020

Background:Research shows that the COVID Stress Scales have a robust multifactorial structure, representing five correlated facets of COVID-19-related distress: (a) Fear of the dangerousness of COVID-19, which includes fear of coming into contact with fomites potentially contaminated with SARSCoV2, (b) worry about socioeconomic costs of COVID-19 (e.g., worry about personal finances and disruption in the supply chain), (c) xenophobic fears that foreigners are spreading SARSCoV2, (d) traumatic stress symptoms associated with direct or vicarious traumatic exposure to COVID-19 (nightmares, intrusive thoughts, or images related to COVID-19), and (e) COVID-19-related compulsive checking and reassurance seeking. These factors cohere to form a COVID stress syndrome, which we sought to further delineate in the present study.

Methods:A population-representative sample of 6,854 American and Canadian adults completed a self-report survey comprising questions about current mental health and COVID-19-related experiences, distress, and coping.

Results**:**Network analysis revealed that worry about the dangerousness of COVID-19 is the central feature of the syndrome. Latent class analysis indicated that the syndrome is quasi-dimensional, comprising five classes differing in syndrome severity. Sixteen percent of participants were in the most severe class and possibly needing mental health services. Syndrome severity was correlated with preexisting psychopathology and with excessive COVID-19-related avoidance, panic buying, and coping difficulties during self-isolation.

Conclusion:The findings provide new information about the structure and correlates of COVID stress syndrome. Further research is needed to determine whether the syndrome will abate once the pandemic has passed or whether, for some individuals, it becomes a chronic condition.

Full document: [COVID stress syndrome: Concept, structure, and correlates](https://onlinelibrary.wiley.com/doi/epdf/10.1002/da.23071)

**Title**: RECOGNISING AND RESPONDING TO THE MENTAL HEALTH NEEDS OF YOUNG PEOPLE IN THE ERA OF COVID-19

Child and Adolescent Mental Health | Vol. 25, No. 3, 2020, pp. 169–170

The COVID-19 pandemic has been repeatedly described as a ‘perfect storm’ for mental health, and this description is certainly fitting for the mental health of young people, but will this ‘perfect storm’ flood our services?

Full paper: [Debate: Recognising and responding to the mental health needs of young people in the era of COVID-19](https://acamh.onlinelibrary.wiley.com/doi/pdf/10.1111/camh.12414)

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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