COVID-19 recovery

May 1st 2020

**Reports**

**Title:** The wider impacts of the coronavirus pandemic on the NHS

Source: Institute for Fiscal Studies | | Briefing note | 9th April 2020

This paper discusses the likely implications for healthcare delivery in the short and medium term of the responses to the coronavirus pandemic, focusing primarily on the implications for non-coronavirus patients. It first sets out the amount of planned and unplanned hospital care that we might expect to take place in the absence of the pandemic and describes how this activity varies across age, socio-economic status and place.

The authors then discuss how the amount and quality of care could be affected. To do this, they draw primarily on past data on NHS activity in England to understand who is most likely to be affected by these changes and evidence from previous research on the impacts of sudden changes in the demand for, and supply of, healthcare. The analysis, though speculative due to lack of real-time data, suggests that disruptions to non-coronavirus care are likely to have most impact on older and less affluent individuals.

Download the full report:  [The wider impacts of the coronavirus pandemic on the NHS](https://www.ifs.org.uk/uploads/BN280-The-wider-impacts-of-the-COVID-19-pandemic-on-the-NHS-1.pdf)

Press release: [Economic downturn and wider NHS disruption likely to hit health hard – especially health of most vulnerable](https://www.ifs.org.uk/publications/14800)

**Title:** Recessions and health: the long-term health consequences of responses to the coronavirus

Source: Institute for Fiscal Studies | | Briefing note | 9th April 2020

The current lockdown and social distancing measures brought about by the coronavirus crisis, coupled with the direct effects of the virus on workers and firms, are having a huge impact on economies in the UK and around the world. Existing literature on the health impacts of business-cycle fluctuations and recessions shows that the resulting economic downturn will have significant consequences on people’s health outcomes in the short and longer term. A debate has started on whether the adverse health effects of a recession may be greater than the increased morbidity and mortality within the pandemic itself. This briefing note discusses some of the mechanisms through which shocks to macroeconomic conditions may affect health.

Download the full report: [Recessions and health: The long-term health consequences of responses to the coronavirus](https://www.ifs.org.uk/uploads/BN281-Recessions-and-health-The-long-term-health-consequences-of-responses-to-COVID-19-FINAL.pdf)

**Title:** Recovering after COVID19 - a practical guide for clinicians and commissioners

Source: Primary Care Respiratory Society UK | April 24th 2020

Steve Holmes, GP in Somerset and PCRS Education Lead and Rob Stone, Consultant Respiratory Physician, Musgrove Park Hospital, Somerset provide a practical guide for clinicians and commissioners in supporting patients to recover after COVID-19

This short article is aimed at helping primarily clinicians, commissioners and those involved in service delivery to consider the increased impact that will be faced by the National Health Service as we win the battle against COVID-19.

Key Points:

 • In the immediate post-recovery phase, infection control measures continue to be important

• There are significant physical, psychological and social sequelae from a major crisis like COVID-19 that will impact on the health service for a prolonged period of time

• It is important to review the physical aspects in those patients that attend but do not forget psychosocial consequences

• Recovery in survivors can be prolonged

Full document: [Recovering after COVID19 - a practical guide for clinicians and commissioners](https://www.pcrs-uk.org/sites/pcrs-uk.org/files/RecoveryPostCovid19_FINAL_0.pdf)

**TITLE**: THE PSYCHOLOGICAL NEEDS OF HEALTHCARE STAFF AS A RESULT OF THE CORONAVIRUS PANDEMIC

Source: British Psychological Society | April 2020

This is a guide for leaders and managers of healthcare services who will need to consider the wellbeing needs of all healthcare staff (clinical and non-clinical) as a result of the Coronavirus outbreak. It offers practical recommendations for how to respond at individual, management and organisational level involving the appropriate utilisation of expertise within their practitioner psychologist and mental health professionals and anticipates the psychological reactions over time (including the recovery phase), and what people may need to recovery psychologically from this.

Full document: [The psychological needs of healthcare staff as a result of the Coronavirus pandemic](https://www.bps.org.uk/sites/www.bps.org.uk/files/News/News%20-%20Files/Psychological%20needs%20of%20healthcare%20staff.pdf)

**Title:** International lessons for local and national government recovery

Source: The Manchester Briefing on COVID-19 | Week beginning 27th April 2020

The Manchester Briefing on COVID-19 is aimed at those who plan and implement recovery from COVID-19, including government emergency planners and resilience officers.

Each week the briefing brings together international lessons and examples which may prompt thinking on the recovery from COVID-19, as well as other information from a range of sources.

Full briefing[: International lessons for local and national government recovery](https://www.communigator.co.uk/login/Instances/uomhumscommslz/Documents/themanchesterbriefingoncovid-19b4-wb27thapril2020final.pdf?gator_td=Hk8qr8OmgHzFN9ZJJsoe77igOl7MAStmV6N%2fF1fveNsyq8uvobbJQB51XY2xm75iJg1I2NoRmfTUvSvgjbWm8lPaVbkTBtqWHFBczTb3XGu2bjoW%2fkxKibNXip5JxFU6ymRwHAJk6Ba3xdNq4Fjd5Q%3d%3d)

**Title:** PUBLIC MENTAL HEALTH AND WELLBEING AND COVID-19

Source: Local Government Association (LGA)

The LGA and the Association of Directors of Public Health (ADPH) have jointly produced this briefing for Directors of Public about the public mental health and wellbeing issues arising from the Covid-19 outbreak. Effective responses to the public mental health and wellbeing impact of Covid-19 will be essential to sustain the measures necessary to contain the virus and aid recovery.

Full briefing: [Public Mental Health and Wellbeing and Covid-19](https://www.local.gov.uk/sites/default/files/documents/Public%20mental%20health%20and%20wellbeing%20and%20COVID-19-1.pdf)

**research**

**TITLE:** MITIGATING THE WIDER HEALTH EFFECTS OF COVID-19 PANDEMIC RESPONSE

Source: Margaret Douglas et al. | BMJ 2020;369:m1557

Countries worldwide have implemented strict controls on movement in response to the covid-19 pandemic. The aim is to cut transmission by reducing close contact, but the measures have profound consequences. Several sectors are seeing steep reductions in business, and there has been panic buying in shops. Social, economic, and health consequences are inevitable.

The health benefits of social distancing measures are obvious, with a slower spread of infection reducing the risk that health services will be overwhelmed. But they may also prolong the pandemic and the restrictions adopted to mitigate it.1 Policy makers need to balance these considerations while paying attention to broader effects on health and health equity.

Full document: [Mitigating the wider health effects of covid-19 pandemic response](https://www.bmj.com/content/bmj/369/bmj.m1557.full.pdf)

**Title**: The psychological impact of quarantine and how to reduce it: rapid review of the evidence

Source: Brooks, S.K. et al. | The Lancet | February 26, 2020

The December, 2019 coronavirus disease outbreak has seen many countries ask people who have potentially come into contact with the infection to isolate themselves at home or in a dedicated quarantine facility. Decisions on how to apply quarantine should be based on the best available evidence. We did a Review of the psychological impact of quarantine using three electronic databases. Of 3166 papers found, 24 are included in this Review. Most reviewed studies reported negative psychological effects including post-traumatic stress symptoms, confusion, and anger. Stressors included longer quarantine duration, infection fears, frustration, boredom, inadequate supplies, inadequate information, financial loss, and stigma. Some researchers have suggested long-lasting effects. In situations where quarantine is deemed necessary, officials should quarantine individuals for no longer than required, provide clear rationale for quarantine and information about protocols, and ensure sufficient supplies are provided. Appeals to altruism by reminding the public about the benefits of quarantine to wider society can be favourable.

Full document: [The psychological impact of quarantine and how to reduce it: rapid review of the evidence](https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2930460-8)

See also: [Quarantine: infection prevention, but at what cost for mental health?](https://www.nationalelfservice.net/commissioning/population-health/quarantine-infection-prevention-but-at-what-cost-for-mental-health/) | The Metal Elf

**Title**: Mental health considerations for children quarantined because of COVID-19

Source: Jia Jia Liu et al. | The Lancet | March 27, 2020

Comment piece on the mental health considerations for children quarantined because of Covid-19.

Full text available at [The Lancet](https://www.thelancet.com/action/showPdf?pii=S2352-4642%2820%2930096-1)

**Other**

**Title**: COVID-19 and mitigating impact on health inequalities

Source: Royal College of Physicians | April 3rd 2020

To produce this webpage highlighting examples of how NHS providers have mitigated the impact of COVID-19 on health inequalities, RCP has worked with NHS Providers and Provider Public Health Network, a community of practice supported by Public Health England.

Full detail at [Royal College of Physicians](https://www.rcplondon.ac.uk/news/covid-19-and-mitigating-impact-health-inequalities?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=11455845_NEWSL_HWB_2020-04-13&dm_i=21A8,6TJDX,Q54VFN,RCEGX,1)

**Title**: Recovering from COVID-19: the key issues

Source: The University of Manchester, led by Alliance Manchester Business School

This document has been written to summarise and supplement existing guidance on recovery from disasters and pandemics in the unique context of COVID-19 and to incorporate wider learning and experience from the team who produced it. It outlines the key issues and details the approach to recovery we believe is needed.

Full document: [Recovering from COVID-19: the key issues](https://www.alliancembs.manchester.ac.uk/media/ambs/content-assets/documents/news/recovering-from-covid-19-the-key-issues.pdf)

**Title**: After the pandemic – the challenge that lies ahead

Source: Royal College of Physicians | Blog | April 29th 2020

RCP registrar Professor Donal O’Donoghue looks at how the NHS has adapted in recent weeks to meet its greatest challenge, and at what lies ahead as plans to reboot and reshape the NHS take shape.

Full detail at [Royal College of Physicians](https://www.rcplondon.ac.uk/news/after-pandemic-challenge-lies-ahead)

**Title**: How can society recover from COVID-19?

Source: Alliance Manchester Business School | Expert Commentary | April 16th 2020

Drawing on evidence from other crises civic leaders need to already start planning for society’s recovery from COVID-19, says Dr Joy Furnival, a Senior Lecturer in Healthcare Management at the Institute for Health Policy and Organisation at Alliance Manchester Business School.

Full detail: [How can society recover from COVID-19?](https://www.alliancembs.manchester.ac.uk/news/how-can-society-recover-from-covid-19/)

**Title**: Supporting our high-risk vulnerable people whilst living with COVID-19

Source: Alliance Manchester Business School | Expert Commentary | April 28th 2020

Around 1.5 million people are classed in the most high-risk category of vulnerable people and who have certain health conditions that would make then more susceptible to health-related complications from COVID-19. Who will support the shielded after lockdown is lifted? As we now consider what ‘living with COVID-19’ means for this shielded group, there are important questions for local authorities, volunteers and the voluntary sector to answer.

Full detail: [Supporting our high-risk vulnerable people whilst living with COVID-19](https://www.alliancembs.manchester.ac.uk/news/supporting-our-high-risk-vulnerable-people-whilst-living-with-covid/)

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