



## **Key COVID-19 Resources**

These resources are regularly updated

[Government Guidance](#) Find updated guidance about coronavirus (COVID-19) for health professionals and other organisations.

[NICE Guidance](#) Advice and guidance from the National Institute for Health and Care Excellence.

## **Other COVID-19 Resources**

[COVID-19: admission and care of people in care homes](#) Update includes links to hospital discharge service guidance.

[Wider impacts of COVID-19 on health monitoring tool](#) National monitoring tool that brings together metrics to assess the wider impacts of coronavirus (COVID-19) on health.

[Greater support needed to help female staff deal with impact of COVID-19](#) The NHS risks losing the people who make up the largest proportion of its workforce to stress and exhaustion as a result of the COVID-19 crisis if its female staff are not fully supported in their roles, the results of a new survey show.

[A new relationship between the NHS, people and communities: learning from COVID-19](#) This report considers how the NHS can cultivate a new relationship with people, patients and communities following the pandemic.

[Advice on the psychological impact of Covid-19 for people living with HIV](#) This new guidance says that, while many people living with a virus such as HIV will have developed the psychological resilience to cope with changes to their lifestyles and relationships, others are likely to have complex needs.

[People with eating disorders saw their symptoms worsen during the pandemic](#) Disruptions to daily life as a result of lockdown and social distancing appear to have had a detrimental impact on people's wellbeing, with almost 87% of participants reporting that their symptoms had worsened as a result of the pandemic.

[Face Mask Exemption and Lip Read badges](#) A range of badges are available for all those with hearing loss and/or those who need to lip read. The badges can be purchased from Hearing Link. These may help you feel more comfortable in areas where face coverings are required.

## **Cochrane Review**

[Personally tailored activities for improving psychosocial outcomes for people with dementia in community settings](#) Offering personally tailored activities to people with dementia living in the community may be one approach for reducing challenging behaviour and may also slightly improve the quality of life of people with dementia. Given the low certainty of the evidence, these results should be interpreted with caution.



## **Studies**

[Adopted children can experience lasting mental health problems](#) Adopted children in the UK can face enduring mental health and behavioural problems; new research found no improvement in children's mental health four years after they were adopted.

[Screening for lymphoedema after breast cancer surgery could identify women likely to benefit from compression sleeves](#) Some women having breast cancer surgery would benefit from screening to pick up lymphoedema (swelling of the arm that can become long-term). This can develop as a complication of surgery if lymph nodes are removed.

[The weekly break from dialysis is harmful to patients with kidney failure](#) The way that dialysis is normally scheduled in hospitals leaves a gap that may be harmful to the health of kidney patients. If, in addition, patients miss a scheduled session, the risks of hospital admission or death increase dramatically.

[Vitamin C could help older adults retain muscle mass – new research](#) This article reports on a study which found that people who consumed the highest amount of vitamin C in their diet had the greatest muscle mass. The biggest difference was seen in women: those women in the highest category of vitamin C consumption had muscle mass 3% greater than those in the lowest category.

[What are the elements of a whole system approach to community-centred public health?](#) A qualitative study with public health leaders in England's local authority areas. The aim of the study was to identify key elements of whole system approaches to building healthy communities and putting communities at the heart of public health with a focus on public health practice to reduce health inequalities.

## **Report**

[Obesity stigma fuelling severe impact on adult social care](#) A new report by the Local Government Association (LGA) says weight-related stigmas need tackling to help prevent rising levels of obesity from having a significant impact on demand and cost pressures in adult social care.

## **Leaflets**

[Bowel cancer screening: information leaflets](#) These updated publications explain bowel cancer screening and support the NHS Bowel Cancer Screening Programme.

## **Quality Standards**

[Community pharmacies: promoting health and wellbeing](#) This quality standard covers how community pharmacies can support the health and wellbeing of the local population. It describes high-quality care in priority areas for improvement.

[Faltering growth](#) This quality standard covers recognising and managing faltering growth in babies (aged up to 1 year) and preschool children (aged over 1 year).

