

Key COVID-19 resources

These resources are regularly updated

<u>Government Guidance</u> Find updated guidance about coronavirus (COVID-19) for health professionals and other organisations.

<u>NICE Guidance</u> Advice and guidance from the National Institute for Health and Care Excellence.

Other COVID-19 resources

<u>Coronavirus: how to stay safe and help prevent the spread</u> Updated guidance on how to stay safe and help prevent the spread of coronavirus.

<u>COVID-19 impact inquiry report</u> A new report produced by the Health Foundation's Unequal pandemic, fairer recovery finds:

- Poor health and existing inequalities left parts of the UK vulnerable to the virus.
- Those younger than 65 in the poorest 10% of areas in England were almost four times more likely to die from COVID-19 than those in wealthiest.
- Government restrictions have had wide-ranging consequences: from unmet health needs and mental health problems to education gaps. The report calls on the Government to address the root causes of poor health and invest in people and their communities.

NHS Confederation's #NotTooMuchToMask campaign The NHS Confederation, alongside other organisations, is calling on the public to pledge to keep themselves and others safe this summer!

What geographic inequalities in COVID-19 mortality rates and health can tell us about levelling up The government's levelling up agenda (and any associated targets or metrics) must address the underlying health and economic challenges that have contributed to some areas experiencing more COVID-19 deaths than others.

Prioritise your mental health and wellbeing as restrictions ease On 19 July, the government eased restrictions to freedom and social contact, with all legal limits lifted. Large groups of people will be able to meet indoors and outdoors, and social distancing will no longer be required by law. Therefore, it is likely that we will all experience much more in person social contact over the summer, and while for lots of people this will be exciting, for some this might be difficult after months of social restrictions.

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Guidance

<u>Safeguarding Children and Young People – Every Nurse's Responsibility</u> This RCN guidance is for all nursing staff who are in contact with children and young people. It highlights signs of abuse and includes how to raise concerns about safeguarding/child protection issues.



Cochrane Review

Interventions for fear of childbirth Many women experience fear of childbirth (FOC). While fears about childbirth may be normal during pregnancy, some women experience high to severe FOC. At the extreme end of the fear spectrum is tocophobia, which is considered a specific condition that may cause distress, affect well-being during pregnancy and impede the transition to parenthood. Various interventions have been trialled, which support women to reduce and manage high to severe FOC.

Briefings

<u>Health and Care Bill 2021-22</u> The Health and Care Bill [Bill 140 of 2021-22] was introduced in the House of Commons on 6 July 2021. This paper explains the Bill's provisions and includes comment and reaction.

Gaps in knowledge around LGBTQ+ people and alcohol This briefing from the Institute of Alcohol Studies notes that LGBTQ+ people are twice as likely to have alcohol dependence as the general population, and have a higher prevalence of mental illnesses that can co-occur with alcohol use. The briefing recommends that more research is done to represent the LGBTQ+ community, especially women and trans people, to prevent alcohol harm and make services feel safer and more inclusive.

Study

Young people's mental health and screen time: Are we asking the right questions? When we speak to children and young people, we find that their experiences online are nuanced and often vary greatly depending on their age, gender, race, sexuality and whether they have a disability. Over the last year, researchers have worked to identify priorities for future research on screen use and young people's mental health. These priorities have been informed by young people aged 11 to 25, parents, carers and teachers and are outlined in Prioritization Study.

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Reports

<u>Health Protection Report volume 15 (2021)</u> A national public health bulletin for England and Wales from Public Health England—updated in July.

Annual update on the safe management and use of controlled drugs. The data in this year's CQC report relates to the calendar year 2020. However, given the ongoing impact of the COVID-19 pandemic it also includes relevant information for the first half of 2021.



News

Norovirus outbreaks increasing in England Public Health England is reminding the public of simple actions that they can take to reduce the spread of norovirus.

<u>Alcoholic liver deaths increased by 21% during year of the pandemic</u> Increased alcohol consumption during the pandemic, particularly amongst heavy drinkers, is likely driving an unprecedented acceleration in alcoholic liver disease deaths.

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