

w/c 8th March 2021

Produced by Health Evidence Matters

Public Health England

Early effectiveness of COVID-19 vaccination with BNT162b2 mRNA vaccine and ChAdOx1 adenovirus vector vaccine on symptomatic disease, hospitalisations and mortality in older adults in the UK: a test negative case control study

Vaccination with single dose of Pfizer/BioNTech (BNT162b2) or AstraZeneca Oxford (ChAdOx1) COVID-19 vaccination was linked to significant reduction in symptomatic SARS-CoV2 positive cases in older adults, with even greater protection against severe disease

With BNT162b2, vaccine effectiveness reached 61% (95%CI 51-69%) from 28-34 days after vaccination then plateaued. With the ChAdOx1 vaccine, vaccine effects were seen from 14-20 days after vaccination reaching an effectiveness of 60% (95%CI 41-73%) from 28-34 days and further increasing to 73% (95%CI 27-90%) from day 35 onwards. Cases who had been vaccinated with one dose of BNT162b2 had an additional 43% (95%CI 33-52%) lower risk of emergency hospitalisation and an additional 51% (95%CI 37-62%) lower risk of death. Cases who had been vaccinated with one dose of ChAdOx1 had an additional 37% (95% CI 3-59%) lower risk of emergency hospitalisation. Combined with the effect against symptomatic disease, this indicates that a single dose of either vaccine is ~80% effective at preventing hospitalisation and a single dose of BNT162b2 is 85% effective at preventing death.

[Press-release](#)

[Preprint](#)

Adult weight management: short conversations with patients

Practical advice and tools to support health and care professionals make brief interventions in weight management for adults.

This document offers tips on the short conversations health and care professionals should be having with overweight and obese patients about weight loss. It provides:

- practical advice on how to discuss weight loss
- tools to support making brief interventions

Initially published 21 June 2017, it has recently been updated to include: [Supportive and effective conversations about weight management referrals](#) – The University of Oxford has created video guidelines offering people with obesity a free-of-charge referral to weight management services.

[Details](#)

New Covid-19 Variant Under Investigation (VUI) designated in the UK

Sixteen cases of a new Covid-19 variant have been identified in the UK. It contains the E484K mutation, which is also found in 2 existing VUIs present in the UK, but does not feature the N501Y mutation, present in all variants of concern.

[Details](#)

Hepatitis C national register

The register helps inform the natural history of hepatitis C (HCV) infection in the UK with patient data.

[Details](#)

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Schools and colleges to reopen (*from tomorrow*) as part of Step One of the roadmap

Step One of the roadmap begins tomorrow with pupils returning to face-to-face education.

[Details](#)

Smoking prevalence in adults: current smokers aged over 18 years by wellbeing group and region

Detailed ad-hoc analysis of smoking prevalence, calculated from the Annual Population Survey and Opinions and Lifestyle Survey.

[Details](#)

Public Health Matters: Uncovering the origins of COVID-19

Last month, a team from the World Health Organization (WHO) returned home from a trip to Wuhan to uncover the origins of the COVID-19 pandemic. Professor John Watson was part of the team and in this blog he gives his account of what the trip was like and what they uncovered.

[Details](#)

Public Health Matters: Patterns and trends in excess weight among adults in England

This blog sets out a range of resources from Public Health England that present the latest data on the patterns and trends in the prevalence of overweight and obesity in the adult population.

[Details](#)

Public Health Matters: COVID-19: The view from the North West

The evidence across the country shows that the lockdown has been successful in reducing rates of infection. In the North West, however, there are still some areas with rates coming down slower than others. In this blog we outline what needs to be done to further drive down rates.

[Details](#)

National flu and COVID-19 surveillance report: 4 March 2021 (week 9)

Department of Health and Social Care

Government announces £100 million for new specialised support to help those living with obesity to lose weight

Over £70 million will be invested into weight management services - made available through the NHS and councils - enabling up to 700,000 adults to have access to support that can help them to lose weight, from access to digital apps, weight management groups or individual coaches, to specialist clinical support. The remaining £30 million will fund initiatives to help people maintain a healthy weight, including access to the free NHS 12 week weight loss plan app and continuing the successful Better Health marketing campaign to motivate people to make healthier choices.

[Details](#)

£79 million to boost mental health support for children and young people

The funding will go towards increasing number of mental health support teams in schools and colleges, and expanding access to community mental health services and eating disorder services.

[Details](#)

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Government launches call for evidence to improve health and wellbeing of women in England

Women are being encouraged to share their experiences of the health and care system via a call for evidence aimed at improving healthcare for women.

[Details](#)

Free rapid tests for all businesses for regular workplace testing

All businesses in England are now able to sign up to the government's free COVID-19 workplace testing programme.

[Details](#)

Coronavirus cases by local authority, epidemiological data, 4 March 2021

Weekly watchlist giving epidemiological coronavirus (COVID-19) data for each lower-tier local authority (LTLA) in England.

[Details](#)

HM Government

Race disparity unit: second quarterly report on progress to address covid-19 health inequalities

The second quarterly report from the government's Race Disparity Unit found that when comparing first and early second wave data, death rates from covid-19 have dropped by over 60% for both black African men and black African women, but risen by 124% and 97% for men and women from Pakistani backgrounds, respectively.

[Details](#)

Government Office for Science

Latest R number and growth rate

Last updated on 5th March 2021.

Latest R number range for the UK

0.7 to 0.9

Latest growth rate range for the UK

-5% to -3%

[Details](#)

NHS England

COVID-19 vaccination deployment next steps and plans for weeks of 8 and 15 March

This letter to Integrated Care Systems and Sustainability and Transformation Partnerships sets out the key priorities and actions for immediate review.

[Details](#)

Vaccination plans for PCN COVID vaccination sites

Letter from Dr Nikita Kanani and Ed Waller to Primary Care Network (PCN) COVID vaccination sites, which describes forthcoming vaccine supply for first doses, providing advanced notification of a substantial increase in the volume of vaccine available and the need to use it quickly to prevent wastage.

[Details](#)

Improving social care staff vaccination rates in care homes for older people

This letter asks care providers to work with local partners to ensure social care staff vaccination rates increase further. [Details](#)

Research and analysis from academic journals – non-coronavirus-related

The Lancet Public Health: Social isolation and risk of heart disease and stroke: analysis of two large UK prospective studies

Social isolation seems to have little direct effect on the risk of developing a first coronary heart disease or stroke. By contrast, social isolation substantially increases the risk that the first such event is fatal before reaching hospital, particularly among people who live alone, perhaps because of the absence of immediate help in responding to an acute heart attack or stroke.

[Full text](#)

[Comment](#)

Cochrane Database of Systematic Reviews: Interventions for improving outcomes in patients with multimorbidity in primary care and community settings

This review (17 RCTs) found there are remaining uncertainties about such interventions in general, with mixed findings overall, but the results suggest an improvement in health outcomes if they can be targeted at risk factors such as depression in people with co-morbidity.

[Full text](#)

JECH: Influence of childhood socioeconomic position and ability on mid-life cognitive function: evidence from three British birth cohorts

Analysis found that the association between early life SEP and mid-life cognitive function was fully mediated by childhood cognitive ability, educational attainment and occupational status. Furthermore, the association between early cognitive ability and mid-life cognitive function has decreased in younger generations. Therefore, cognitive function in adulthood may be influenced by modifiable factors and societal change.

[Full text](#)

Circulation: Fruit and Vegetable Intake and Mortality: Results From 2 Prospective Cohort Studies of US Men and Women and a Meta-Analysis of 26 Cohort Studies

Review of 2 studies (total n= 108,735) found intake of ≈5 servings per day of fruit and vegetables was associated with the lowest mortality (HR vs 2 portions per day = 0.87, 95%CI 0.85-0.9), and above that level, higher intake was not associated with additional risk reduction.

The meta-analysis of 26 studies (n=1892885) yielded similar results, with higher intakes of most subgroups of fruits and vegetables associated with lower mortality, with the exception of starchy vegetables such as peas and corn. Intakes of fruit juices and potatoes were not associated with total and cause-specific mortality.

[Abstract](#)

BMJ Analysis: Vitamin D supplementation and testing in the UK: costly but ineffective?

Viewpoint highlights that vitamin D supplementation is a hot topic, however effectiveness for conditions other than the deficiency diseases and osteomalacia has been questioned and it is therefore important to ask whether the investment has been accompanied by improvements in outcomes

[Login needed](#)

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Research and analysis from academic journals and preprints – coronavirus-related
Imperial College: REACT1 study findings: Community infection trends in February (updated report 04/03)

Based on swabs from 163,000 people, the main findings from the 9th REACT study show national prevalence fell by two-thirds from 1.57% to 0.49%, or 49 per 10,000 people infected, compared to last report for 6-22 January; and a halving time of 31 days for prevalence and an R number of 0.86. The study also found that ethnic minorities, health and care home workers, people working in public transport and those employed in schools, universities, childcare and education all had a higher risk of testing positive.

[Preprint](#)

[Press release](#)

BMJ: SARS-CoV-2 lateral flow assays for possible use in national covid-19 seroprevalence surveys (React 2): diagnostic accuracy study

The sensitivity and specificity of seven new lateral flow immunoassays (LFIAs) that were analysed using sera varied from 69% to 100%, and from 98.6% to 100%, respectively (compared with the two reference standards). None of the LFIAs tested meet the criteria for individual use.

[Full text](#)

Nature Immunology: Robust SARS-CoV-2-specific T cell immunity is maintained at 6 months following primary infection

Analysis of the magnitude and phenotype of the SARS-CoV-2-specific T cell response in 100 donors shows evidence of cellular immunity persisting for 6 months post infection, and details relationship to quantitative antibody response over time

[Full text](#)

Isaac Newton Institute for Mathematical Sciences (preprint): SARS-CoV-2 infection in UK university students: lessons from September-December 2020 and modelling insights for future student return

Researchers from 9 UK universities modelled the effects of various interventions for controlling transmission. Data suggests that twice weekly testing may not be enough, given the more transmissible Kent variant of the virus currently circulating in the UK. Authors state that the emergence of more transmissible new variants results in impaired effectiveness of mass asymptomatic testing. While asymptomatic testing programs likely did help to prevent large outbreaks in university settings in autumn 2020, extremely frequent testing (every 3 days) would be needed to prevent a major outbreak under plausible parameters for the currently dominant variant in the UK.

[Full text](#)

SSRN (preprint): Increased Risk of Hospitalisation Associated with Infection with SARS-CoV-2 Lineage B.1.1.7 in Denmark

B.1.1.7 increases risk of hospitalisation in Denmark by ~60%, which fits with studies showing an increased risk of mortality in UK. About a quarter of coronaviruses in US are now B.1.1.7, with a doubling rate of ~10 days.

[Full text](#)

medRxiv (preprint): The emergence and ongoing convergent evolution of the N501Y lineages coincides with a major global shift in the SARS-CoV-2 selective landscape

Paper discusses the evolution of SARS-CoV-2 exploring issues such the implications of how the heavily mutated 501Y lineages all arise on different continents at almost the same time. Was this due to an intrinsic property of SARS-CoV-2 and its mutability changing, or was it a shift in the host selective environment extrinsic to the virus? Viruses in all three lineages may be climbing very similar adaptive peaks, and, therefore, that viruses in all three lineages are likely in the process of converging on a similar adaptive endpoint. Authors are concerned that evolutionary activity of variants to date indicates that this endpoint may result in a considerably bigger problem for us than any variants that we currently know. There is a reasonable chance this virus is just getting started.

[Full text](#)

medRxiv (preprint): Upper respiratory tract COVID RNA loads in symptomatic and asymptomatic children and adults

Spanish study of 1,184 consecutive subjects (256 children and 928 adults) testing positive for SARS-COV-2 RNA in nasopharyngeal exudates (NP) suggests child and adult viral loads are comparable. The authors suggest that children may be drivers of COVID transmission as much as adults

[Full text](#)

medRxiv (preprint): Prevalence of vitamin D is not associated with the COVID-19 epidemic in Europe. A judicial update of the existing evidence.

The prevalence of vitamin D deficiency among European countries ranged from 6.0 (Finland) to 75.5% (Turkey), with several countries facing more than 50% of vitamin D deficiency among their population. Prevalence of vitamin D deficiency was not significantly associated with either number of infections, recoveries or mortality rate of COVID-19 among European countries.

[Full text](#)

Science: Estimated transmissibility and impact of SARS-CoV-2 lineage B.1.1.7 in England

Using a variety of statistical and dynamic modelling approaches, this variant is estimated to have a 43–90% (range of 95% credible intervals 38–130%) higher reproduction number than pre-existing variants. Without stringent control measures, including limited closure of educational institutions and a greatly accelerated vaccine roll-out, COVID-19 hospitalisations and deaths across England in 2021 will exceed those in 2020. Concerningly, VOC 202012/01 has spread globally and exhibits a similar transmission increase (59–74%) in Denmark, Switzerland, and the United States.

[Full text](#)

The Lancet: Single dose administration and the influence of the timing of the booster dose on immunogenicity and efficacy of ChAdOx1 nCoV-19 (AZD1222) vaccine: a pooled analysis of four randomised trials.

The results of this primary analysis of two doses of ChAdOx1 nCoV-19 were consistent with those seen in the interim analysis of the trials and confirm that the vaccine is efficacious, with results varying by dose interval in exploratory analyses. A 3-month dose interval might have advantages over a programme with a short dose interval for roll-out of a pandemic vaccine to protect the largest number of individuals in the population as early as possible when supplies are scarce, while also improving protection after receiving a second dose.

[Full text](#)

[Comment](#)

JECH: Incidence of psychological illness after coronavirus outbreak: a meta-analysis study

Meta-analysis results suggest that there are shared and distinct psychological responses following SARS, MERS and COVID-19, and show pessimistic estimates of a wide range of potentially upcoming psychological problems.

[Full text](#)

BMJ: A living WHO guideline on drugs to prevent covid-19

The first version of this living guideline focuses on evidence for hydroxychloroquine (HQ). Subsequent updates will cover other drugs being investigated for prevention of covid-19. The panel made a strong recommendation against use of HQ for individuals who do not have covid-19.

The linked systematic review and network meta-analysis (6 trials, n=6059) found that hydroxychloroquine had a small or no effect on mortality and admission to hospital (high certainty evidence). There was a small or no effect on laboratory confirmed SARS-CoV-2 infection (moderate certainty evidence) but probably increased adverse events leading to discontinuation (moderate certainty evidence).

[Full text](#)

JAMA: SARS-CoV-2 Vaccines

This article reviews vaccine design and development in the context of emergence of multiple SARS-CoV-2 variants with reduced susceptibility to disease- and vaccine-induced immunity which threatens progress.

[Full text](#)

JAMA: The Potential Future of the COVID-19 Pandemic: Will SARS-CoV-2 Become a Recurrent Seasonal Infection?

Viewpoint notes despite much uncertainty about new variants, vaccine efficacy against them and behaviour, prospect of persistent and seasonal COVID-19 is real; if immunity from infection for same variant or vaccine-derived immunity wanes, the prospect would increase further.

[Full text](#)

JAMA: COVID-19 in 2021—Continuing Uncertainty

This Viewpoint summarizes the current best evidence about COVID-19 vaccines, immunity, and whether SARS-CoV-2 will become an endemic or seasonal virus.

[Full text](#)

British Journal of General Practice: The role of antibody tests for COVID-19 in primary care

This article aims to summarise the current state of knowledge and the diagnostic accuracy of COVID-19 antibody testing in primary care.

[Abstract](#)

BMJ news analysis: Covid-19: Where are we on vaccines and variants?

Answers to FAQs on vaccine development and the impact that emergence of variants has on vaccines

[Full text](#)

Office for National Statistics

Schools report “some” or “major” challenges in implementing most measures to curb coronavirus spread

1 March 2021

The findings from the second round of the COVID-19 Schools Infection Survey (SIS) for England have been published. Most schools report encountering either “some” or “major” challenges in implementing measures to control the spread of coronavirus during the Autumn term 2020.

Almost all primary schools surveyed reported implementing all 10 infection control measures recommended by the Department for Education, while most secondary schools (91%) reported implementing at least 12 of 15 recommended measures. The least commonly implemented measure was maintaining distance between pupils within bubbles.

While all schools had a “bubble” system in place during the Autumn term, bubbles in primary schools were most commonly the same size as usual class sizes, while most secondary schools had bubbles consisting of an entire year group.

Measures to maintain distancing within bubbles, such as staff keeping two metres from students, were more likely to present “major” challenges for schools, particularly in primary schools.

Staff staying home if they or another member of their household had COVID-19 symptoms also presented major challenges in more than a quarter of schools.

Hygiene measures, such as staff regularly washing hands, were more commonly regarded as easy to implement, as was banning large gatherings such as assemblies, although primary schools were more likely to say these measures were “easy to implement” than secondary schools.

[Details](#)

Around one in four people in England would have tested positive for antibodies

2 March 2021

An estimated 23.3% of the population in England would have tested positive for antibodies to SARS-CoV-2, the virus that causes COVID-19, in the 28 days up to 11 February 2021.

This suggests around 10.5 million people aged 16 years and over in England would have tested positive for antibodies on a blood sample, suggesting they had either had the infection in the past, had received a vaccination, or both.

The highest percentages of people testing positive for antibodies were those aged 80 years and over in England, in the 28 days up to 11 February 2021.

[Details](#)

Fewest number of COVID-19 deaths in six weeks

2 March 2021

There were 4,079 deaths involving the coronavirus (COVID-19) in England and Wales in the week ending 19 February 2021 – 1,612 fewer than the previous week.

Deaths from all causes also decreased in the most recent week but remained above average for this time of year. The proportion of total deaths involving COVID-19 also fell. In total, there were 13,809 deaths in England and Wales in the week ending 19 February, of which 29.5% involved COVID-19.

[Details](#)

The coronavirus (COVID-19) accounted for 14% of sickness absence since April 2020

3 March 2021

The sickness absence rate in the UK (the proportion of total hours lost as a result of sickness or injury to

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total hours worked) has fallen to 1.8% in 2020, the lowest level since 1995, when current records began. The coronavirus (COVID-19) accounted for 14.0% of all occurrences of sickness absence since April 2020. The main reason for being absent from work remained minor illness, such as coughs and colds. Our analysis shows the coronavirus pandemic has affected sickness absence data in a number of ways. While the virus may have led to additional sickness absence, measures such as furloughing, social distancing, shielding and increased homeworking appear to have helped reduce other causes of absence, allowing the general downward trend to continue.

[Details](#)

Vaccinated over 80s meeting more with others

4 March 2021

- More than 40% of over 80s who have had a coronavirus (COVID-19) vaccine dose have met indoors with people who are not in their household, support bubble or providing care.
- Of over 80s who had only received the first dose of the vaccine, 42% said they had met someone other than a personal care support worker, a member of their household, or support bubble, indoors.
- Of over 80s who had had both doses of vaccine, that figure was nearly half of those surveyed (48%).
- Including meeting up indoors with children, support bubble members or those providing care, 67% of over 80s had met with someone they do not live with, indoors, after at least one vaccine dose.

[Details](#)

Rising optimism about life returning to normal

5 March 2021

Around a third of adults in Great Britain (32%) feel it will take six months or less for life to return to normal, compared with 22% last week.

The proportion of adults who felt it will take more than a year for life to return to normal has decreased to one in five (20%) of adults, compared with 27% last week.

[Details](#)

The number of people testing positive has continued to fall in every UK nation

5 March 2021

- The estimated percentage of people in the community – those in private homes and excluding hospitals, care homes or other institutional settings – testing positive for the coronavirus continued to decrease in every nation.
- An estimated 1 in 220 people test positive for the coronavirus (COVID-19) within the community population in England during the week ending 27 February 2021, equating to 248,100 people, or 0.45% of the community population.
- For the same period, in Wales, that figure was estimated at 10,600 people, or 1 in 285, and in Scotland it was 15,600 people or 1 in 335.
- In Northern Ireland, an estimated 5,700 people, or 1 in 325 people, tested positive for COVID-19 in the week ending 26 February 2021.

[Details](#)

UK Infections and Antibody Survey passes key milestone as 3 millionth swab test collected

Set up in days to meet an urgent need for better information on how COVID-19 was affecting the community population, the UK CoVID-19 Infection Survey has become an indispensable source of data on the pandemic.

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With more than three million swab tests conducted in over two hundred thousand households, the National Statistician thanks and pays tribute to everyone involved in this blog.

[Details](#)

World Obesity Federation (WOF)

COVID-19 and Obesity: The 2021 Atlas

This report suggests that deaths from coronavirus are ten times higher in countries where more than half the population is overweight— with the UK ranked among the worst countries. The report analysed mortality data from Johns Hopkins University and the WHO Global Health Observatory data on obesity. Of the 2.5 million covid-19 deaths reported by the end of February 2021, 2.2 million were in countries where over half the population is classified as overweight—defined as a body mass index above 25. Taking data from over 160 countries, the report found linear correlations between a country's covid-19 mortality and the proportion of adults that are overweight. There is not a single example of a country with less than 40% of the population overweight that has high death rates (over 10 per 100 000), the report said. Similarly, no country with a death rate over 100 per 100 000 had less than 50% of their population overweight. Vietnam, for example, had the lowest death rate from covid-19 in the world (0.04 per 100 000) and the second lowest levels of population overweight at 18.3%. The UK has the third highest death rate globally (184 deaths per 100 000) and the fourth highest prevalence of overweight at 63.7%. The United States has the next highest death rate at 152.49 deaths per 100 000 and has 67.9% of the population overweight.

[Details](#)

Royal Society for Public Health

Covid-19 Community Spirit Won't Continue Without Government Action

Community spirit increased during the first lockdown for Covid-19, but so did social anxiety, distrust around following government guidance, and fears about the future of local areas has also taken hold a new report by the RSPH has found. It found that people in the lowest skilled occupations and the unemployed - as well as those with disabilities, physical or mental health conditions - were least likely to benefit from this rise in community spirit.

To help local areas increase their community spirit beyond the pandemic, RSPH has published a toolkit, produced together with Locality, with various resources to help measure and improve the quality of relationships, levels of cohesion, sense of belonging, and collective action in neighbourhoods across the country.

[Details](#)

RSPH responds to Chancellor's Budget

RSPH has responded to the Chancellor's Budget set out Wednesday March 3rd 2021. *"This 'recovery budget' seems to be weighted more in favour of economic recovery, and we question where the recovery for health will come from."*

[Details](#)

NHS Providers

A window of opportunity for public health

This briefing explores the risks and opportunities that arise from the dissolution of Public Health England (PHE) and the creation of the National Institute for Health Protection (NIHP) – a new national

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body responsible for protecting the nation's health from external threats, incorporating NHS Test and Trace, the Joint Biosecurity Centre and PHE's infectious disease unit. It also explores questions that might be addressed in the coming months, including about the future of PHE's other vital roles surrounding the broader determinants of health, the need to put health inequalities at the heart of any reform to public health, and recovery from Covid-19.

[Details](#)

The Health Foundation

What next for the UK's COVID-19 vaccination programme?

Key points

- The UK's coronavirus (COVID-19) vaccination programme has made an impressive start, with around 30% of the population given their first dose by the end of February. But while the programme is broadly a success so far, challenges and questions remain.
- The effect of the vaccine on ICU capacity and cases initially will be slow. Deaths and hospitalisations are expected to fall fastest (as these are concentrated among older people who are likely to have been vaccinated). Critical care capacity and cases are expected to fall most slowly (because most of these are among those younger than 50 who will not be vaccinated for some time).
- There are emerging inequalities in access to and uptake of the vaccine. These differences are exacerbating existing inequalities – fewer people in socioeconomically deprived areas, and fewer people from minority ethnic groups have been vaccinated thus far – despite the pandemic disproportionately affecting these groups. At the beginning of February, only 70% of those in their 80s in the poorest areas had been vaccinated, compared with 90% in the richest. This is despite the fact that higher death rates in poorer areas mean vaccines would save more 'life years' if used here.
- There are logistical challenges in continuing to vaccinate the UK at this pace. If supply and capacity limit vaccination to an average of 2.5 million doses a week, the need to begin offering second doses will mean that from April, capacity will increasingly be taken up by second doses. The next round of first doses will ramp up from June, completing at the end of July (as the government has pledged). But only by September will everyone older than 16 have been offered a second vaccine. Even if additional supply is forthcoming – and the positive results from trials of new vaccines suggest it will be – the NHS will need to contend with a tired workforce, often borrowed from other parts of the health service.

[Details](#)

How transport offers a route to better health

This long read examines the challenges of shifting towards a transport system that better supports health. It sets out how transport affects health, the difficulties in moving towards greater use of public transport and the effects of Covid-19 on travel patterns.

[Details](#)

Drug Safety Research Unit

Pharmacovigilance Evidence Review: The effect of COVID-19 vaccines on breast screening

Breast screening appointments should be scheduled to take place before women receive a first dose of covid-19 vaccine or four to six weeks after the second dose when possible.

The advice has been given because of the potential for the swelling of lymph nodes in one armpit (the side of the injection) following vaccination, which could be detected during routine breast screening and cause unnecessary concern.

[Details](#)

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Care Quality Commission

COVID-19 INSIGHT – February 2021

This briefing looks at the evidence so far about how health and care services have been affected by the pandemic during the winter, and discusses what action the CQC is taking to provide constructive support.

[Details](#)

London Councils

Key asks for the recovery of the adult social care sector in London

Published ahead of the Budget, this report highlights the unprecedented pressures placed on services by Covid-19 and boroughs' role in co-ordinating support. It points to examples of successful pan-London collaboration but also emphasises the continuing need for a sustainable funding solution in the face of rising demand for care.

[Details](#)

Royal College of Nursing

RCN Independent Review of Guidelines for the Prevention and Control of COVID-19 in Health Care Settings in the UK

A new report for the RCN criticises the official guidelines for PPE as "fundamentally flawed" because they are based on out-of-date evidence.

It says that the risk of infection by aerosols is not given enough emphasis and that key research papers highlighting the possibility of airborne transmission have not been considered.

The focus, it says, is instead on protection against droplets that can reach people within 2m (6ft 6in) and/or contaminate surfaces.

[Details](#)