

w/c 12th April 2021

Produced by Health Evidence Matters

Public Health England

Covid vaccination and blood clotting

Article explains benefits and risks of the AZ Covid vaccine in different age groups, indicating that blood clots are rare - around 4 in million people; slightly more in younger people. They tend to occur within 4-14 days.

[Details](#)

JCVI statement on use of the AstraZeneca COVID-19 vaccine: 7 April 2021

JCVI has advised that it is preferable for adults aged <30 years without underlying health conditions that put them at higher risk of severe COVID-19 disease, to be offered an alternative COVID-19 vaccine, if available.

[Details](#)

[MHRA statement](#)

[DHSC press release](#)

[EMA review](#)

COVID-19 vaccination: blood clotting information for healthcare professionals

Information for healthcare professionals on blood clotting following COVID-19 vaccination.

[Details](#)

COVID-19 vaccines have prevented 10,400 deaths in older adults

PHE analysis suggests the UK COVID-19 vaccination programme has so far prevented thousands of deaths in those aged 60 and above.

[Details](#)

How to use the ASSIST-Lite screening tool to identify alcohol and drug use and tobacco smoking

The Alcohol, Smoking and Substance Involvement Screening Tool - Lite (ASSIST-Lite) identifies risky use of, and appropriate interventions for: alcohol, tobacco, cannabis, stimulants, sedatives, opioids and other psychoactive substances.

[Details](#)

National flu and COVID-19 surveillance report: 8 April 2021 (week 14)

Department of Health and Social Care

5 million people in the UK receive second dose of COVID-19 vaccine

More than 5 million people in the UK have received their second dose of a coronavirus (COVID-19) vaccine.

[Details](#)

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Findings from the 10th report of REACT-1

The latest data from over 140,000 volunteers tested with PCR tests in England between 11 to 30 March shows infections have fallen by around 60% from 0.49% in February to 0.20% in March. The study estimates an R number of 1 in England.

[Details](#)

New campaign urges public to get tested twice a week

From Friday 9 April, everyone in England will be eligible for free rapid COVID-19 tests, twice a week.

[Details](#)

Order coronavirus (COVID-19) rapid lateral flow tests

Use this service to order free packs of rapid lateral flow tests to be sent to your home in England. A pack of tests contains 7 tests. You can order one pack per household each day.

[Details](#)

NHS COVID-19 app: early adopter phase reports

The NHS COVID-19 app was trialled in the London Borough of Newham, the Isle of Wight (IoW) and among NHS Volunteer Responders.

[Details](#)

Coronavirus cases by local authority: epidemiological data, 8 April 2021

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

[Details](#)

Government Office for Science

Latest R number and growth rate

No UK estimates for R and growth rate have been agreed by SAGE this week for the UK

Last updated on 9th April 2021.

Latest R number range for England

0.8 to 1.0

Latest growth rate range for England

-4% to 0%

per day

[Details](#)

SAGE: SPI-M-O: Summary of further modelling of easing restrictions—Roadmap Step 2

SAGE/SPI-M modelling by Imperial and Warwick of what might happen when all restrictions are removed even with high levels of vaccination. Both suggest that the current roadmap would result in a third wave of some degree over the summer. Warwick scenario is more pessimistic with around 250 deaths per day in August.

[Scientific Advisory Group for Emergencies. Imperial College London: evaluating England's roadmap out of lockdown](#)

[Scientific Advisory Group for Emergencies. University of Warwick: road map scenarios and sensitivity](#)

[Scientific Advisory Group for Emergencies. LSHTM: interim roadmap assessment: prior to Step 2](#)

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[Scientific Advisory Group for Emergencies. SPI-M-O: Summary of further modelling of easing restrictions—Roadmap Step 2](#)
[BMJ report: Covid-19: Hospital admissions and deaths could rise this summer, modellers warn](#)

NHS England

New dedicated mental health services for new expectant and bereaved mums

New, expectant or bereaved mothers will receive help and support for mental health problems through 26 new hubs created to bring together maternity services, reproductive health and psychological therapy under one roof as part of the NHS Long Term Plan.

[Details](#)

Thousands of healthcare support workers join the NHS

The NHS has boosted support for patients, their families and staff by recruiting 10,000 healthcare support workers (HCSWs) in the first three months of the year.

The new staff will support the workforce and assist nurses, midwives and other healthcare professionals to perform health checks, update patient records, help patients wash, dress and move around, and care for women and families in maternity services. They will also support people with mental health conditions, learning disabilities, and autism. Data shows of the 10,000 new staff, half are completely new to health and social care. They will be joined by a further 5,000 HCSWs who will start work following successful pre-employment checks.

[Details](#)

National Institute for Health and Care Excellence

Shared Learning: Hanham Secure Health: Managing COVID symptoms (including at the end of life) in a prison setting. Implementing NG163

This describes work undertaken to apply NICE guideline 163 to the secure healthcare setting, to ensure rapid and effective triaging of COVID-19 positive patients and to support appropriate stratification to implement effective management plans.

[Details](#)

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

BMJ Open: Sociodemographic differences in self-reported exposure to high fat, salt and sugar food and drink advertising: a cross-sectional analysis of 2019 UK panel data

Exposure to less healthy product advertising was prevalent, with adults in lower socioeconomic groups and younger adults more likely to report exposure

[Full text](#)

BMJ Open: Emerging responses implemented to prevent and respond to violence against women and children in WHO European member states during the COVID-19 pandemic: a scoping review of online media reports

The potential increase in VAWC during COVID-19-imposed restrictions and lockdowns resulted in adaptations and/or increases in prevention and response strategies in nearly all member states. The strength of existing public health systems influenced the requirement and choice of strategies and highlights the need for sustaining and improving violence prevention and response services.

[Full text](#)

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BMJ: E-health StandingTall balance exercise for fall prevention in older people: results of a two year randomised controlled trial

The StandingTall balance exercise programme did not significantly affect the primary outcomes of this study, which were rate of falls (number of falls per person year) and the proportion of people who had a fall over 12 months. However, the programme significantly reduced the rate of falls and the number of injurious falls over two years, with similar but not statistically significant effects at 12 months. E-health exercise programmes could provide promising scalable fall prevention strategies.

[Full text](#)

The Lancet Public Health: Homelessness, unstable housing, and risk of HIV and hepatitis C virus acquisition among people who inject drugs: a systematic review and meta-analysis

Review (55 studies) found recent homelessness or unstable housing linked to increased risk of acquiring HIV (crude relative risk 1.55; 95% CI 1.23–1.95; $p=0.0002$) and hepatitis C (1.65; 1.44–1.90; $p<0.0001$) in this population vs. those who were not homeless or were stably housed.

[Full text](#)

JECH: Sex-based differences in helmet performance in bicycle trauma

A retrospective cohort study found that bicycle helmets may offer less protection to females compared with males. The cause of this sex or gender-based difference is uncertain, but there may be intrinsic incompatibility between available helmets and female anatomy and/or sex disparity in helmet testing standards.

[Abstract](#)

BMJ news: What did the Commission on Race and Ethnic Disparities say on health?

A government commissioned review that found “no evidence of systemic or institutional racism” in the UK has been heavily criticised. This article examines what it said on health.

[Full text](#)

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

Imperial College:

The latest data from the REACT study shows a sharp fall since the last report, with infection levels falling by 60% from 0.49% to 0.20% (0.17%, 0.23%). It suggests that within the round the decline has levelled, and puts R at 1.0 for the period.

[Full text](#)

[Press release](#)

[BMJ article: Covid-19: Infections in England fell by 60% in past two months](#)

medRxiv: SARS-CoV-2 infectivity by viral load, S gene variants and demographic factors and the utility of lateral flow devices to prevent transmission

SARS-CoV-2 infectivity varies by case viral load, contact event type, and age. Those with high viral loads are the most infectious. B.1.1.7 increased transmission by ~50%. The best performing LFDs detect most infectious cases.

[Full text](#)

medRxiv: SARS-CoV-2 infection risk among unvaccinated is negatively associated with community-level vaccination rates

Research suggests SARS-CoV-2 infection risk among unvaccinated is negatively associated with community-level vaccination rates. The results of a preprint study (not yet peer reviewed) suggest the rates of vaccination in 223 communities in Israel were highly correlated with a later decline in infections among under 16s that were unvaccinated, suggesting it provides cross-protection in the community.

[Full text](#)

medRxiv: Evidence for increased breakthrough rates of SARS-CoV-2 variants of concern in BNT162b2 mRNA vaccinated individuals

Despite low levels of B.1351 overall in Israel, there is evidence that those infected with covid after two doses of the vaccine are disproportionately infected with B.1351 (odds ratio 8:1). This may mean that transmission blocking is lower for this variant of concern

[Full text](#)

Clinical Infectious Diseases (preprint): Efficient maternofetal transplacental transfer of anti- SARS-CoV-2 spike antibodies after antenatal SARS-CoV-2 BNT162b2 mRNA vaccination

Study of 20 women from Israel, who had received at least one dose of the Pfizer-BioNTech vaccine while pregnant. Antibodies were detected in all newborns, suggesting that vaccination during pregnancy may protect both the mother and infant.

[Full text](#)

Clinical Infectious Diseases (preprint): SARS-CoV-2 outbreak in a long-term care facility after vaccination with BNT162b2

Study involving a nursing home outbreak. Individual vaccinating residents was likely infected. 73 of 76 residents received at least one dose of the Pfizer-BNT vaccine, but this was not enough to prevent deaths in 5 people who tested positive on day 20. Provides further evidence that the second vaccine dose is important, particularly for older people who may have a less effective immune response to the vaccine than younger people.

[Full text](#)

Clinical Infectious Diseases (preprint): Humoral and cellular immunogenicity of the BNT162b2 mRNA Covid-19 Vaccine in nursing home residents

Study of the Pfizer-BNT vaccine in 100 nursing home residents (64 with past COVID-19) and 15 healthcare workers. Four weeks after first dose, a good antibody response was detected in 97% with past COVID-19, 93% of healthcare workers, but only 61% of residents who had never been infected. A similar pattern was found with regard to cellular immunity. A good response was found in 97% of residents with past COVID-19, and in 87% of healthcare workers, but only 48% of residents who had never been infected.

[Full text](#)

CDC EID Journal: Epidemiologic Evidence for Airborne Transmission of SARS-CoV-2 during Church Singing, Australia, 2020

A report of Covid-19 transmission during church services in Australia shows that an infected choir member appears to have transmitted to up to 12 church goers, some seated more than 15 metres from the choir loft. With no masks and without close physical contact, this suggests airborne transmission.

[Full text](#)

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The Lancet: Efficacy of ChAdOx1 nCoV-19 (AZD1222) vaccine against SARS-CoV-2 variant of concern 202012/01 (B.1.1.7): an exploratory analysis of a randomised controlled trial

ChAdOx1 nCoV-19 has been found to both prevent symptomatic B.1.1.7 disease and reduce the opportunity for viral transmission. ChAdOx1 nCoV-19 showed reduced neutralisation activity against the B.1.1.7 variant compared with a non-B.1.1.7 variant in vitro, but the vaccine showed efficacy against the B.1.1.7 variant of SARS-CoV-2.

[Full text](#)

[Comment: Pandemic moves and countermoves: vaccines and viral variants](#)

The Lancet: SARS-CoV-2 infection rates of antibody-positive compared with antibody-negative health-care workers in England: a large, multicentre, prospective cohort study (SIREN)

In a follow-up of 25000 HCW, a previous history of SARS-CoV-2 infection was associated with an 84% lower risk of infection, with median protective effect observed 7 months following primary infection. This time period is the minimum probable effect because seroconversions were not included. This study shows that previous infection with SARS-CoV-2 induces effective immunity to future infections in most individuals.

[Full text](#)

BMJ: Preliminary data suggest 100% vaccine efficacy with Pfizer-BioNTech COVID-19 vaccine in children aged 12 to 15

Preliminary phase III data in 2260 children suggest that the Pfizer-BioNTech COVID-19 vaccine has 100% efficacy in 12 to 15-year olds (18 COVID-19 cases in placebo group vs 0 cases in vaccinated group) with adverse effects consistent with those in subjects aged 16 to 25 years.

[Full text](#)

The Lancet Respiratory Medicine: Association between pre-existing respiratory disease and its treatment, and severe COVID-19: a population cohort study

This English study (total n=8,256,161; 14,479 admitted to hospital with Covid-19) found people with various respiratory diseases had an increased risk of Covid-19-related hospital admission; those with severe asthma had an increased risk of admission to ICU (HR 1.30; 1.08–1.58).

The authors note that unlike previous studies of people hospitalised with COVID-19, which suggested large increases in risk, this cohort provides evidence that the risk of severe COVID-19 in people with common airways diseases is only modestly raised over the risk in people without such diseases.

[Full text](#)

NEJM: Antibody Persistence through 6 Months after the Second Dose of mRNA-1273 Vaccine for Covid-19

A Phase I study found antibody activity remained high in all age groups of 33 healthy adult participants at day 209, ie 180 days after second dose of Moderna vaccine. Ongoing data will determine effect of booster dose to extend duration and breadth of activity against variants.

[Full text](#)

NEJM: Thrombotic Thrombocytopenia after ChAdOx1 nCov-19 Vaccination

Assessment of the clinical and laboratory features of 11 patients in Germany and Austria in whom thrombosis or thrombocytopenia had developed after vaccination with ChAdOx1 nCov-19. Vaccination can result in the rare development of immune thrombotic thrombocytopenia mediated by platelet-

activating antibodies against PF4, which clinically mimics autoimmune heparin-induced thrombocytopenia.

[Full text](#)

The Lancet Psychiatry: 6-month neurological and psychiatric outcomes in 236 379 survivors of COVID-19: a retrospective cohort study using electronic health records

Study explored neurological and psychiatric manifestations across 236,379 people with 6 months follow up after COVID-19 in the US. 1 in 3 people received a neurological or psychiatric diagnosis at 6 months. This was 32% among those not hospitalised, 39% for patients hospitalised and 46-42% for those admitted to ITU. The most common of these were mood and anxiety disorders. The study found significantly increased risk for stroke (both thrombotic and haemorrhagic), dementia, parkinsonism, and mood, anxiety and psychotic disorders, even among non-hospitalised patients. Risk appeared to increase among those hospitalised and admitted to ITU.

[Full text](#)

The Lancet Public Health: Monitoring the proportion of the population infected by SARS-CoV-2 using age-stratified hospitalisation and serological data: a modelling study

This French modelling study used the joint analysis of age-stratified seroprevalence, hospitalisation, and case data, with deconvolution methods to reconstruct the proportion of adults who have been infected by SARS-CoV-2 and the proportion of infections being detected. It helped to characterise the burden of SARS-CoV-2 infection, epidemic dynamics, and the performance of surveillance in different regions.

[Full text](#)

JAMA: Symptoms and Functional Impairment Assessed 8 Months After Mild COVID-19 Among Health Care Workers

Study (n=1395) found considerable portion of low-risk individuals with mild COVID-19 reported diversity of long-term symptoms which disrupted work, social, and home life. Most common moderate/severe symptoms lasting ≥ 2 months in sero-positive group were anosmia, fatigue, ageusia and dyspnoea

[Full text](#)

BMJ Open: Epidemiological trends in COVID-19 pandemic: prospective critical appraisal of observations from six countries in Europe and the USA

Prospective epidemiological study used data from six countries collected between 10 March and 4 September 2020. A linear association was observed between the fatality rates and the numbers of ICU and hospital admissions except during the peak of the COVID-19 pandemic when the model underestimated the fatalities indicating that a substantial number of deaths occurred outside of the hospitals. Fatality rates decreased in all countries from May until September regardless of the trends in prevalence, differences in healthcare systems or strategic variations in handling the pandemic, warranting a search for a biological explanation.

[Full text](#)

BMJ Open: Travel-related control measures to contain the COVID-19 pandemic: an evidence map

Study identified a heterogeneous and complex evidence base on travel-related control measures, insufficient to assess the effectiveness of different measures.

[Full text](#)

JECH: Impact of lockdown on key workers: findings from the COVID-19 survey in four UK national longitudinal studies

Being a key worker during the first UK COVID-19 lockdown was a double-edged sword, with both benefits and downsides. The UK government had the basic duty to protect its key workers from SARS-CoV-2 infection, but it may have failed to do so, and there is an urgent need to rectify this in light of the ongoing third wave.

[Full text](#)

JAMA: Approaches for Optimal Use of Different COVID-19 Vaccines: Issues of Viral Variants and Vaccine Efficacy

Viewpoint notes further evolution and spread of viral variants resistant to vaccine-induced neutralizing antibodies adversely affect vaccine program; there is need to consider possible strategies to minimise potential effects of this problem and maximise benefit of available vaccines

[Full text](#)

BMJ Feature: Covid-19: a disaster five years in the making

The covid-19 pandemic is not a one-off extraordinary event but the culmination of a five year unravelling of progress in global health

[Full text](#)

BMJ Feature: How the JCVI sets who gets a covid-19 vaccine and when

The Joint Committee on Vaccination and Immunisation has played a crucial role in advising prioritisation and scheduling in the UK. It recently broke ranks with regulators in advising offering younger adults an alternative to the Oxford AstraZeneca vaccine

[Full text](#)

BMJ Editorial: Covid-19 vaccine passports: access, equity, and ethics

Editorial considers the considerable practical and ethical challenges to the implementation of vaccine passports.

[Full text](#)

BMJ Editorial: Covid-19 vaccines save lives

Distribution should not be driven by national political priorities

[Full text](#)

BMJ Opinion: Christina Pagel: A very real danger that covid-19 will become entrenched as a disease of poverty

We must act now to prevent a further widening in wellbeing between poor and rich.

[Full text](#)

BMJ Opinion: Contrasting figures on adherence to self-isolation show that support is even more important than ever

Why support for self-isolation is more crucial now than ever, and why the lack of it undermines the whole testing system.

[Full text](#)

BMJ Opinion: How to lose friends and alienate people? On the problems of vaccine passports

Article discusses the pros and cons of vaccine passports.

[Full text](#)

BMJ Opinion: What is behind the low covid-19 vaccine take-up in some ethnic minorities?

The lower covid-19 vaccine take-up in some ethnic minorities follows a historical trend, but this should not be normalised or even exist today.

[Full text](#)

Office for National Statistics

More than a third of adults met up with someone outside their household, childcare or support bubble

6 April 2021

More than one in three (36%) adults in Great Britain had met someone not in their household, childcare or support bubble in the seven days to 28 March 2021.

Around 1 in 25 (4%) adults reported meeting up indoors with a further 5% meeting up both indoors and outdoors.

Just over a quarter (26%) of adults said they had met someone outdoors who was not in their household, support or childcare bubble during this period.

[Details](#)

Fewest number of COVID-19 deaths since mid-October 2020

8 April 2021

There were 719 deaths involving the coronavirus (COVID-19) in England and Wales in the week ending 26 March 2021 – the fewest since the week ending 16 October 2020.

The number of deaths from all causes also decreased in the most recent week, remaining below the five-year average for the third consecutive week.

In total, there were 10,045 deaths in England and Wales in the week ending 26 March 2021, of which 7.2% involved COVID-19.

[Details](#)

Around half of people testing positive for the coronavirus reported no symptoms in March 2021

8 April 2021

In March 2021, an estimated 53% of people with the coronavirus (COVID-19), identified by a strong positive test, reported no symptoms. Confidence intervals in March are wider than in previous months because of incomplete data, so the true figure of people reporting no symptoms is somewhere between 47% and 58% of those with a strong positive test.

An estimated 47% reported having symptoms, but the confidence intervals were also wide, meaning the true figure is somewhere between 42% and 53%. These figures are taken from people in the community – those not in hospitals, care homes or other institutional settings. Fatigue, headache and cough were the most commonly reported symptoms between 1 December 2020 and 22 March 2021. Nausea, abdominal pain and diarrhoea were less commonly reported symptoms.

The strength of a test is determined by how quickly the virus is detected, measured by a [cycle threshold \(Ct\) value](#). The lower the Ct value, the higher the viral load and the stronger the positive test. The analysis includes positive tests with a Ct value of less than 30 as strong.

[Details](#)

The percentage of people aged 50 to 69 years in England testing positive has increased

9 April 2021

The percentage of people aged 50 to 69 years in England testing positive for the coronavirus (COVID-19) has increased to 0.24% in the week ending 3 April 2021, up from 0.16% in the previous bulletin.

There were also early signs of an increase in those in school year 12 (usually 16 and 17 years old) to age 24 years, while trends are uncertain in all other age groups.

[Details](#)

A high proportion of disabled people continue to worry about the impacts of the coronavirus pandemic

9 April 2021

More disabled people aged 16 years and over in Great Britain are worrying about the coronavirus (COVID-19) pandemic, compared with non-disabled people.

In the latest data (3 to 28 February 2021) around 8 in 10 disabled people (78%) said they were worried about the effect that the coronavirus (COVID-19) was having on their life, compared with around 7 in 10 non-disabled people (69%).

A higher proportion of disabled people (27%) said they were "very worried" compared with non-disabled people (16%).

This difference between disabled and non-disabled people is similar to when we have examined this at other stages in the pandemic, although the proportion of disabled people (83%) reporting worry has decreased compared with in September 2020.

[Details](#)

Mapping loneliness during the coronavirus pandemic

After a year of lockdowns, social distancing, and restrictions on travel and gatherings, some groups of people have reported high rates of loneliness and poorer well-being in recent months.

Between October 2020 to February 2021, results from the Opinions and Lifestyle Survey (OPN) show 7.2% of the adult population (about 3.7 million adults) felt lonely "often" or "always".

Mapping trends across the country shows the types of places where a higher proportion of people felt lonely, and differences in personal well-being. We found areas with a higher concentration of younger people (aged 16-24) and areas with higher rates of unemployment tended to have higher rates of loneliness during the study period.

[Details](#)

Local Government Association

Manchester: how a vaccine tracker and outreach work is helping follow-up with those who decline the vaccine first time round

Manchester developed a tracking system to identify the number of people who have declined vaccines to enable GP practices to recall eligible individuals.

[Details](#)

Wiltshire council: promoting vaccination among traveller and houseboat communities

Wiltshire Council targeting groups at risk of low uptake, including homeless, traveller and houseboat communities.

[Details](#)

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Oldham council: ‘we are the safety net – capturing those left behind in vaccine rollout’

Oldham council is working closely with communities leaders and key partners to address vaccine hesitancy amongst its ethnic minority population.

[Details](#)

Gloucestershire county council: how the fire service lent a helping hand to the vaccination programme

Gloucestershire Fire and Rescue Service (GFRS) which is part of Gloucestershire County Council, set up two fire stations as vaccination centres with crews responsible for setting up the clinics each morning, helping to vaccinate nearly 2,500 people a day.

[Details](#)

Royal College of Psychiatrists

Country in the grip of a mental health crisis with children worst affected

Analysis of NHS Digital data by the Royal College of Psychiatrists shows that 80,226 more children and young people were referred to CYP mental health services between April and December last year, up by 28% on 2019. More than 18,000 children and young people needed urgent or emergency crisis care during this time, an increase of 18% on 2019.

The Royal College of Psychiatrists is calling for the additional £500m promised for mental health to urgently reach the frontline to tackle the crisis.

[Details](#)

The King’s Fund

Shaping the future of digital technology in health and social care

This report, commissioned by the Health Foundation, provides a summary of evidence for how emerging technologies such as artificial intelligence, smartphones, wearable devices and the internet of things are being used within care settings around the world.

[Details](#)

The road to renewal: five priorities for health and care

How can the health and care system build on learning from the Covid-19 pandemic to bring about positive change? This article sets out the five priorities that should help guide the approach to renewal across the system.

[Details](#)

International Longevity Centre UK (ILC-UK)

Delivering prevention in an ageing world: using technology effectively

As part of the ILC-UK’s ‘Delivering prevention in an ageing world’ programme, this consultation paper identifies the key areas where technology can play a crucial role in helping push forward the prevention agenda. The paper also collates examples of good practice, including learnings from the ongoing Covid-19 pandemic. Feedback can be given through the survey within the paper before 30 June 2021.

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Society of Occupational Medicine

Covid-19 return to work in the roadmap out of lockdown

These guidelines, published in collaboration with the University of Glasgow, are aimed at workers, employers and health practitioners to increase understanding of the risks of returning to work and the appropriate work-related control measures that could be implemented. Presenting a simple, stepwise approach, the document outlines the multiple factors needed to be considered in the Covid-19 return to work assessment.

[Details](#)

Zahid Mubarek Trust

A record of our own: lockdown experiences of ethnic minority prisoners

This report reveals the impact of the first six months of Covid-19 restrictions on ethnic minority prisoners and their families. These restrictions have effectively reduced the spread of Covid-19 and saved lives, but they have also profoundly affected prisoners' mental health.

[Details](#)

The Nuffield Trust

NHS staff pay and the cost of living, 2010 to 2020

After a year like no other, the proposal to offer a 1% pay rise to most NHS staff has made recent headlines. This chart of the week looks at how real-terms pay for NHS staff groups has changed over the past decade. Despite improvements in the last two years, real wages are consistently below the levels seen in 2010, and also lag behind those seen in the private sector.

[Details](#)

Social care and Covid: international evidence and experiences

Covid-19 has had a big impact on social care in England, but what can we learn from the social care experiences of other countries during the pandemic to help build a stronger system for the future? With the London School of Economics, the Nuffield Trust is looking at the international evidence around how different countries faced the virus and how they are beginning to recover.

[Details](#)

Social Care Institute for Excellence (SCIE)

Updated: Strengthening Families, Protecting Children

Strengthening Families, Protecting Children (SFPC) is a five-year programme set up by the Department for Education to support local authorities improve their work with families. This article sets out more about the different initiatives and innovations in children's services taking place across England.

[Details](#)

House of Commons Women and Equalities Committee

Changing the perfect picture: an inquiry into body image

The Government's Obesity Strategy has been branded as 'dangerous' for people with negative body image by MPs. The Women and Equalities Committee has warned the strategy could actually trigger

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eating disorders in the people it is designed to help. It also said the National Child Measurement Programme is 'likely to cause harm'.

This report calls for an independent review of the strategy and for the use of the Body Mass Index (BMI) to be scrapped immediately. Instead it wants a 'Health at Every Size' approach to be adopted to prioritise health lifestyle choices over correcting weight.

[Details](#)

Unseen

Sexual and criminal slavery up during Covid

Data from Unseen's Helpline reveal that reports of criminal exploitation have increased by 42% in the past year, with reports of sexual exploitation up 25% on the previous year.

The 2020 assessment shows a quarter of potential victims of sexual exploitation were children, while minors accounted for a fifth of potential victims of criminal exploitation.

[Details](#)