

COVID-19 Evidence Bulletin

30th July 2021

Details of new guidance and evidence relating to the response to COVID-19. Please check SaTH, NHS and Government guidance in conjunction with these resources where necessary.

Complications

Characterisation of in-hospital complications associated with COVID-19 using the ISARIC WHO Clinical Characterisation Protocol UK: a prospective, multicentre cohort study [Drake TM. *The Lancet*]

[Complications and worse functional outcomes in patients admitted to hospital with COVID-19 are high, even in young, previously healthy individuals. Acute complications are associated with reduced ability to self-care at discharge, with neurological complications being associated with the worst functional outcomes. COVID-19 complications are likely to cause a substantial strain on health and social care in the coming years.]

Available [here](#)

Dermatology

A systematic review of dermatologic manifestations among adult patients with COVID-19 diagnosis

[Schwartzberg LN. *Skin Health and Disease*]

[Conclusions: Dermatologic manifestations of COVID-19 may be the first presenting sign of infection; so, dermatologists and doctors examining the skin should be aware of the virus's influence on the integumentary system in order to promptly diagnose and treat the infected patients.]

Available [here](#)

Diabetes

COVID-19 and Type 1 Diabetes: Addressing Concerns and Maintaining Control [DiMeglio LA. *Diabetes Care*]

[This overview article discusses the impact on chronic diseases such as type 1 diabetes as the signs and symptoms of COVID-19 were first characterised and the available evidence which has shown this population has been acutely affected by COVID-19 in multiple ways.]

Available [here](#)

Diabetes, Obesity, COVID-19, Insulin, and Other Antidiabetes Drugs [Dandona P. *Diabetes Care*]

[Obesity and diabetes are established major risk factors for Covid-19 infections and the morbidity and mortality in association with these conditions is increased. This review discusses the potential processes behind these associations and potential strategies to combat them.]

Available [here](#)

Drug Therapy

Dapagliflozin in patients with cardiometabolic risk factors hospitalised with COVID-19 (DARE-19): a randomised, double-blind, placebo-controlled, phase 3 trial [Kosiborod MN. *The Lancet Diabetes & Endocrinology*]

[COVID-19 can lead to multiorgan failure. Dapagliflozin, a SGLT2 inhibitor, has significant protective benefits for the heart and kidney. In patients with cardiometabolic risk factors who were hospitalised with COVID-19, treatment with dapagliflozin did not result in a statistically significant risk reduction in organ dysfunction or death, or improvement in clinical recovery, but was well tolerated.]

Available [here](#)

Ivermectin for preventing and treating COVID-19 [Cochrane Review]

[Based on the current very low- to low-certainty evidence, we are uncertain about the efficacy and safety of ivermectin used to treat or prevent COVID-19. The completed studies are small and few are considered high quality. Several studies are underway that may produce clearer answers in review updates. Overall, the reliable evidence available does not support the use ivermectin for treatment or prevention of COVID-19 outside of well-designed randomized trials.]

Available [here](#)

Anakinra in hospitalized non-intubated patients with coronavirus disease 2019: a Systematic review and meta-analysis [Barkas F. *Rheumatology*]

[Available evidence shows that treatment with anakinra reduces both the need for invasive mechanical ventilation and mortality risk of hospitalized non-intubated patients with COVID-19 without increasing the risk of adverse events. Confirmation of efficacy and safety requires randomized placebo-controlled trials.]

Available [here](#)

Health Inequalities

Unequal pandemic, fairer recovery: The COVID-19 impact inquiry report [The Health Foundation]

[By mid-March 2021 the pandemic had led to 119,000 excess deaths in the UK and in 2020 caused a 9.9% drop in GDP. Behind these overall figures lie the unequal burdens carried by different population groups and regions. Although the pandemic is still ongoing, this report explores these impacts and the range of different, intersecting factors influencing them. It provides an initial assessment of the effects of the pandemic using evidence available up to May 2021.]

Available [here](#)

Health Services Restoration and Renewal

'Super' clinics to help reduce waiting times [Barking, Havering and Redbridge University Hospitals NHS Trust]

[BHR are holding several 'super' clinics, to ensure patients get the care they need. Many of these clinics are being held during dedicated weeks or over the weekend and see different teams complete a large number of appointments and procedures over a short period of time.]

Available [here](#)

Learning Disabilities

Risks of covid-19 hospital admission and death for people with learning disability: population based cohort study using the OpenSAFELY platform Williamson EJ. *BMJ*

[People with learning disability have markedly increased risks of hospital admission and death from covid-19, over and above the risks observed for non-covid causes of death. Prompt access to covid-19 testing and healthcare is warranted for this vulnerable group, and prioritisation for covid-19 vaccination and other targeted preventive measures should be considered.]

Available [here](#)

Long COVID

Persistent symptoms in adult patients one year after COVID-19: a prospective cohort study [Seeßle J. *Clinical Infectious Diseases*]

[Neurocognitive long COVID symptoms can persist at least for one year after COVID-19 symptom onset, and reduce life quality significantly. Several neurocognitive symptoms were associated with ANA titre elevations. This may indicate autoimmunity as cofactor in aetiology of long COVID.]

Available [here](#)

Long-term symptoms after SARS-CoV-2 infection in school children: population-based cohort with 6-months follow-up [Radtke, T. *medRxiv*]

[Seropositive children, all with a history of pauci-symptomatic SARS-CoV-2 infection, did not report long COVID more frequently than seronegative children. This study suggests a very low prevalence of long COVID in a randomly selected population-based cohort of children followed over 6 months after serological testing.]

Available [here](#). Note: This is a preprint, and has not been peer-reviewed.

Post-acute and long-COVID-19 symptoms in patients with mild diseases: a systematic review [van Kessel, S. *Family Practice*] [There is already some evidence that symptoms of mild COVID-19 persist after 3 weeks in a third of patients. However, there is a lack of data about symptoms persisting after 3 months (long-COVID). More research is needed to help GPs in managing long-COVID.]

Available [here](#)

Ophthalmology

Easement of COVID-19 Restrictions - Delivering Safe Eye Care [College of Optometrists]

[The Association of British Dispensing Opticians and The College of Optometrists advise the profession in all nations that you should continue to follow the College's Amber guidance, your national eye care standard operating procedures and the GOC supporting statements for the amber phase.]

Available [here](#)

Paediatrics

Neurological manifestations of SARS-CoV-2 infection in hospitalised children and adolescents in the UK: a prospective national cohort study [Ray STJ. *The Lancet Child & Adolescent Health*]

[This study identified key differences between those with a primary neurological disorder versus those with PIMS-TS. Compared with patients with a primary neurological disorder, more patients with PIMS-TS needed intensive care, but outcomes were similar overall. Further studies should investigate underlying mechanisms for neurological involvement in COVID-19 and the longer-term outcomes.]

Available [here](#)

Physiotherapy

CSP COVID-19 Rehabilitation Standards: Covid-19 community rehabilitation: physiotherapy service delivery [Chartered Society of Physiotherapy]

[The standards apply to anyone with rehabilitation needs who has acute Covid-19 or Long Covid, and their families and carers. Version 2 of these standards has been updated to take into account updated guidance and emerging evidence including people's lived experiences.]

Available [here](#)

Rheumatology

Immediate effect of the COVID-19 pandemic on patient health, health-care use, and behaviours: results from an international survey of people with rheumatic diseases.

Hausmann JS. *The Lancet Rheumatology*

[The impact and consequences of the COVID-19 pandemic on people with rheumatic disease are unclear. People with rheumatic disease maintained therapy and followed public health advice to mitigate the risks of COVID-19. Substantial employment status changes occurred, with potential implications for health-care access, medication affordability, mental health, and rheumatic disease activity.]

Available [here](#)

Self-isolation

Frontline health and care staff can work rather than self-isolate [Department of Health and Social Care]

[Frontline NHS and social care staff can attend work rather than self-isolate with testing mitigations in exceptional circumstances under updated guidance.]

Available [here](#). See also local [SaTH Guidance on the SaTH Intranet](#).

Speech and Language Therapy

Advice to RCSLT members on reducing the transmission of COVID-19 [Royal College of Speech and Language Therapists]

[The RCSLT is reinforcing its advice for members, in line with page 5 of its current guidance on PPE dated January 2021, urging all members to request access to FFP3 or equivalent respiratory protective equipment when caring for a patient with confirmed or suspected COVID 19.]

Available [here](#)

Symptoms

Anosmia, ageusia, and other COVID-19-like symptoms in association with a positive SARS-CoV-2 test, across six national digital surveillance platforms: an observational study [Sudre CH. *The Lancet Digital Health*]

[The strong association of anosmia–ageusia with self-reported positive SARS-CoV-2 test was consistently observed, supporting its validity as a reliable COVID-19 signal. Anosmia, fever, and respiratory symptoms consistently had the strongest effect estimates and were the most appropriate empirical signals for symptom-based public health surveillance in areas with insufficient testing or benchmarking capacity.]

Available [here](#)

Vaccination

Increasing vaccine uptake [The Strategy Unit]

[Examples of initiatives to increase local vaccine uptake. The examples focused on four target groups: place of residence, ethnicity, faith communities and health status.]

Available [here](#)

KnowledgeShare Evidence Alerts

KnowledgeShare contains many updates on COVID-19 that can be accessed from the KnowledgeShare website without a password. If you'd like to receive these by email (along with updates on any other topics of interest) please complete the [form](#).

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