

The Newfoundland & Labrador Centre for Applied Health Research (NLCAHR) will be sending this COVID-19 e-bulletin to our health system stakeholders once a week. This e-bulletin includes the results from recent searches of published health evidence and grey literature on the pandemic under six subject headings, highlighting those findings considered to be of particular relevance to you.

We hope you will find this information to be helpful. We welcome your [feedback and suggestions](#).

You can find NLCAHR e-bulletins and COVID-19 [Quick Response Reports](#) [online here](#).

TREATING COVID-19

National Institutes of Health Guidelines: [COVID-19 Treatment Guidelines Remdesivir](#) (Published May 12, 2020)

These guidelines were developed to inform clinicians about how to care for patients with COVID-19. Because clinical information about the optimal management of COVID-19 is evolving quickly, these guidelines will be updated frequently as published data and other authoritative information become available. [LINK](#)

Infectious Diseases Society of America (IDSA): [Guidelines on the Treatment and Management of Patients with COVID-19](#) (Published April 11, 2020)

IDSA has developed evidence-based rapid guidelines intended to support patients, clinicians, and other healthcare professionals in their decisions about treatment and management of patients with COVID-19. [LINK](#)

Canadian Cardiovascular Society & Canadian Heart Failure Society: [Guidance from the CCS COVID-19 Rapid Response Team](#) (Published March 20, 2020)

The Canadian Cardiovascular Society and the Canadian Heart Failure Society offer guidance on COVID-19 and concerns regarding the use of cardiovascular medications, including ACEi/ARB/ARNi, low-dose ASA and non-steroidal anti-inflammatory drugs (NSAIDs). [LINK](#)

CLINICAL MANAGEMENT

Cochrane Collaboration Special Collection: [Coronavirus \(COVID-19\): remote care through telehealth](#) (Published May 6, 2020)

This Special Collection includes Cochrane Reviews that address using telehealth to support clinical management of various conditions, including asthma, diabetes, cardiovascular disease, dementia, reproductive health, and skin cancer. It includes reviews of telehealth that is used to provide caregiver and parent support as well as being used to empower patients to self-manage their long-term conditions. [LINK](#)

Eurosurveillance: [Coronavirus disease \(COVID-19\): a scoping review](#) (Published April 16, 2020)

This scoping review identifies research gaps related to COVID-19 and proposes recommendations for future research. [LINK](#)

MedRxiv: [Coronavirus Disease \(COVID-19\) Pandemic: An Overview of Systematic Reviews](#) (Published April 22, 2020)

A systematic overview that summarizes published systematic reviews on the coronavirus disease (COVID-19). [LINK](#)

Acta Diabetologica: [Influenza and obesity— its odd relationship and the lessons for COVID-19 pandemic](#) (Published April 5, 2020)

The authors consider evidence concerning the impact of obesity prevalence in the diffusion and perpetuation of influenza; in particular, they note that prolonged viral shedding may suggest that quarantine for obese patients may need to be longer than for normal weight individuals with COVID-19. [LINK](#)

Nature: [Coronavirus blood-clot mystery intensifies](#) (Published May 8, 2020)

Anyone with a severe illness is at risk of developing clots, but hospitalized patients with COVID-19 seem to be more susceptible. [LINK](#)

INFECTION CONTROL

Alberta Health Services Shelter Guidance: [Preventing, Controlling and Managing COVID-19](#) (Published April 24, 2020)

Best Practice Guidelines from Alberta Health Services on managing and controlling outbreaks of COVID-19 in emergency shelters and temporary housing. [LINK](#)

Nature: [Applying principles of behaviour change to reduce SARS-CoV-2 transmission](#) (Published May 6, 2020)

This paper reviews available evidence regarding effective interventions to increase compliance with behavioral changes that could help reduce spread of the coronavirus. [LINK](#)

Imperial College: [COVID-19 Response Team: Report 9: Impact of non-pharmaceutical interventions \(NPIs\) to reduce COVID-19 mortality and healthcare demand](#) (Published March 16, 2020)

Using a microsimulation model of the UK and the USA, this report assess the effectiveness of non-pharmaceutical interventions (NPIs) at reducing population contact rates, and thus transmission of COVID-19. [LINK](#)

Public Health England: [Guidance for stepdown of infection control precautions and discharging COVID-19 patients](#) (Updated regularly. Last update April 23, 2020)

Public Health England's guidance document on infection prevention and control precautions for patients recovering/recovered from COVID-19 and still in hospital or being discharged to their home. [LINK](#)

Alberta Health Services Rapid Review: [What asymptomatic groups of individuals should be screened for COVID-19?](#) (Published May 1, 2020)

This systematic review from Alberta Health Services summarizes current evidence on populations of asymptomatic individuals (e.g., congregate living including LTC, vulnerable populations, healthcare workers, etc.) who should be considered priorities for screening for COVID-19 infection to reduce spread/transmission of COVID-19. [LINK](#)

Imperial College London COVID-19 Response Team: [Role of testing in COVID-19 control](#) (Published April 23, 2020)

Using a mathematical model, this report investigates the potential effectiveness of different testing strategies for COVID-19 control. [LINK](#)

Alberta Health Services: [COVID-19 and Stigma - A resource for understanding and preventing COVID-19 stigma in healthcare](#) (Published April 25, 2020)

An information resource from Alberta Health Services to counter COVID-19- related stigma. [LINK](#)

The Hastings Center: [Responding to Covid-19— How to navigate a public health emergency legally and ethically](#) (Published April 27, 2020)

This report provides an overview of the ethical and legal issues that have arisen when public health and government officials respond to COVID-19, particularly in terms of balancing public health and civil liberties and deciding how far governments should go vis-à-vis the exercise of powers during a pandemic. [LINK](#)

MIT Technology Review: [Nearly 40% of Icelanders are using a COVID App—and it hasn't helped much](#) (Published May 11, 2020)

The article discusses the limited success of an automated contact tracing app in Iceland, and how manual tracing still remains a strong and necessary tool in the control of COVID-19. [LINK](#)

COVID-19 & HEALTHCARE WORKERS

The Royal College of Physicians: [Ethical guidance published for frontline staff dealing with pandemic](#) (Published March 31, 2020)

This guidance reminds frontline staff that, while so much has changed during the pandemic, they still need to ensure that care is provided in a fair and equitable way. [LINK](#)

Sydney Health Ethics: [An ethics framework for making resource allocation decisions within clinical care: Responding to COVID-19](#) (Published April 2, 2020)

This report proposes an ethical framework for the allocation of scarce resources that will be consistent with four clinical aims: appropriate care relative to need, continuity and sustainability in health and public health systems, maintenance of trust in the health system, and research/ innovation to improve care. [LINK](#)

SENIORS & OTHER VULNERABLE POPULATIONS

Progress in Cardiovascular Diseases: [Physical exercise as therapy to fight against the mental and physical consequences of COVID-19 quarantine: special focus in older people](#) (Published March 24, 2020)

This special commentary discusses how physical exercise can enhance the health of older people; considerations include: exercise modality, frequency, volume, and intensity. [LINK](#)

MENTAL HEALTH & WELLNESS

Cambridge University Press BJ Psych Bulletin: [The mental health of doctors during the COVID-19 pandemic](#) (Published April 28, 2020)

This article highlights the increased mental health risks faced by doctors and other healthcare professionals during the COVID-19 pandemic. [LINK](#)

Cureus: [Focus on mental health during the coronavirus \(COVID-19\) pandemic: applying learnings from past outbreaks](#) (Published March 25, 2020)

This review evaluates outbreaks from the past to understand their adverse impact on mental health; to uncover how to implement adequate steps to tackle a pandemic; and to provide a background for physicians and healthcare workers to apply psychological first aid. [LINK](#)

This **COVID-19 e-bulletin** was prepared by researchers at the Newfoundland & Labrador Centre for Applied Health Research (Kazeem Adefemi, Waseem Abu Ashour, Wendy Lasisi, and Pablo Navarro) to summarize research evidence and grey literature produced by a variety of sources that were accessed online in May, 2020.

Given the rapidly changing nature of the coronavirus pandemic, some of the references included in this e-bulletin may quickly become out-of-date. We further caution readers that researchers at the Newfoundland & Labrador Centre for Applied Health Research are not experts on infectious diseases and are relaying work produced by others. This report has been produced quickly and it is not exhaustive, nor have the included studies been critically appraised.

QUESTIONS/ SUGGESTIONS?

CONTACT

The Newfoundland & Labrador Centre for Applied Health Research

95 Bonaventure Avenue, Suite 300

St. John's, NL A1B 2X5

nlcahr@mun.ca

www.nlcahr.mun.ca

Newfoundland & Labrador Centre for
**APPLIED
HEALTH
RESEARCH**
www.nlcahr.mun.ca