

The Newfoundland & Labrador Centre for Applied Health Research (NLCAHR) sends this COVID-19 e-bulletin to our health system stakeholders on a bi-weekly basis. This e-bulletin includes results from recent searches of health evidence and grey literature on the pandemic under specific 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](#).

REOPENING AFTER LOCKDOWN

Infection Control & Hospital Epidemiology: [Return to Work During COVID-19: Temperature Screening is No Panacea](#) (September 23, 2020).

This commentary argues that while temperature screening has little downside, it is not very effective at preventing transmission of COVID-19 and may divert valuable resources away from more effective measures. [LINK](#)

The Lancet: [Lessons learnt from easing COVID-19 restrictions: an analysis of countries and regions in Asia Pacific and Europe](#) (September 24, 2020).

“To facilitate cross-country learning, this Health Policy paper uses an adapted framework to examine the approaches taken by nine high-income countries and regions that have started to ease COVID-19 restrictions: five in the Asia Pacific region and four in Europe. This comparative analysis presents important lessons to be learnt from the experiences of these countries and regions.” [LINK](#)

TREATMENT

Canadian Agency for Drugs and Technologies in Health (CADTH): [What You Should Know About Drug Treatments for COVID-19](#) (September 25, 2020)

“CADTH created this handout, intended for the general public, explaining the risks of using unproven drug treatments for COVID-19. The handout also provides information on what to do if someone is experiencing COVID-19 symptoms, tips on how to assess the reliability of health information found on the internet, and a list of reliable websites that provide information on COVID-19.” [LINK](#)

CLINICAL MANAGEMENT

Reuters: [Nine in ten recovered COVID-19 patients experience side-effects - study](#) (September 29, 2020)
 “Nine in ten coronavirus patients reported experiencing side-effects such as fatigue, psychological after-effects and loss of smell and taste after they recovered from the disease, according to a preliminary study by South Korea.”
[LINK](#)

Journal of the American Medical Association (JAMA) Network: [As Their Numbers Grow, COVID-19 “Long Haulers” Stump Experts](#) (September 23, 2020)
 “Overall, approximately 10% of people who have had COVID-19 experience prolonged symptoms, a UK team estimated in a recently-published Practice Pointer on post-acute COVID-19 management. And yet, the authors wrote, primary care physicians have little evidence to guide their care.” [LINK](#)

Canadian Agency for Drugs and Technologies in Health (CADTH): [COVID-19: Rapid Point-of-Care Testing for SARS-CoV-2 Infection](#) (September 24, 2020)
 “This newsletter explores recent developments in testing for COVID-19. Testing for COVID-19 infection is important to stopping spread of the virus. There is also a need for tests that can quickly provide results. Evidence related to rapid point-of-care antigen testing — such as current practice, availability in Canada, cost, and safety — are summarized in this publication.” [LINK](#)

The British Medical Journal: [COVID-19 Risk of death more than doubled in people who also had flu, English data show](#) (September 23, 2020)
 “People infected with both flu and SARS-CoV-2 are more than twice as likely to die as someone with the new coronavirus alone, emerging evidence from England has shown. An analysis by Public Health England (PHE) of cases from January to April 2020 also found that people with the two viruses were more at risk of severe illness. Most cases of coinfection were in older people, and more than half of them died.” [LINK](#)

Journal of the American Medical Association (JAMA) Pediatrics: [Susceptibility to SARS-CoV-2 Infection Among Children and Adolescents Compared With Adults. A Systematic Review and Meta-analysis](#) (September 25, 2020)
 “In this systematic review and meta-analysis including 32 studies, children and adolescents younger than 20 years had 44% lower odds of secondary infection with SARS-CoV-2 compared with adults 20 years and older. Preliminary evidence suggests that children have a lower susceptibility to SARS-CoV-2 infection compared with adults, but the role that children and adolescents play in transmission of this virus remains unclear.” [LINK](#)

INFECTION CONTROL

The Atlantic: [This Overlooked Variable Is the Key to the Pandemic. It’s not R.](#) (September 30, 2020).
 This article argues that variable k , the measure of *dispersion* of the coronavirus - the fact that it tends to *spread in clusters* - may be a key to understanding the wide variation in infection rates and deaths recorded globally. [LINK](#)

Princeton University: [Largest COVID-19 contact tracing study to date finds children key to spread, evidence of super-spreaders](#) (September 30, 2020).
 This media release summarizes the findings of a largescale study across two states in India: “the first large study to capture the extraordinary extent to which SARS-CoV-2 hinges on “super-spreading,” in which a small percentage of the infected population passes the virus on to more people. The researchers found that 71% of infected individuals did not infect any of their contacts, while a mere 8% of infected individuals accounted for 60% of new infections. The researchers also found that children and young adults — who made up one-third of COVID cases — were especially key to transmitting the virus in the studied populations.” [LINK](#)

- **Science: Epidemiology and Transmission Dynamics of COVID-19 in two Indian States** (September 30, 2020)
[Link to the original research paper cited in Princeton University article above](#)

Emerging Infectious Diseases: [Flight-Associated Transmission of Severe Acute Respiratory Syndrome Coronavirus 2 Corroborated by Whole-Genome Sequencing](#) (November 12, 2020 - Early release).

This Australian study investigates and report on the risk of COVID-19 transmission during domestic flight within the country, using whole-genome sequencing. [LINK](#)

European Centre for Disease Prevention and Control: [Guidelines for the implementation of non-pharmaceutical interventions against COVID-19. Technical Report](#) (September 24, 2020).

This guidance document: details the available non-pharmaceutical interventions for preventing COVID-19 transmission in various epidemiological scenarios; assesses the evidence for effectiveness of the interventions; and address potential issues with implementation. [LINK](#)

Public Health Ontario: [Wearing Masks in Public and COVID-19 – What We Know So Far](#) (Updated - September 14, 2020).

This evidence synthesis provides an updated discussion of the effect of mask wearing in preventing the transmission of COVID-19. [LINK](#)

Journal of the American Medical Association (JAMA): [Susceptibility to SARS-CoV-2 Infection among Children and Adolescents Compared with Adults a Systematic Review and Meta-analysis](#) (September 25, 2020).

This systematic review evaluates and discusses the evidence from 32 studies on the susceptibility to and transmission of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) among children and adolescents compared with adults. [LINK](#)

COVID-19 & HEALTHCARE WORKERS

Infection Control & Hospital Epidemiology: [Assessing COVID-19 Transmission to Healthcare Personnel: the Global ACT-HCP Case-Control Study](#) (September 09, 2020).

This international study evaluates the risk of COVID-19 transmission for healthcare workers from exposure to the virus within and outside the healthcare environment, and the protective effects of different forms of Personal Protective Equipment (PPE). [LINK](#)

Infection Control & Hospital Epidemiology: [Aerosolised COVID-19 Transmission Risk: Surgical or N95 Masks?](#) (September 15, 2020).

This retrospective observational study reports the clinical outcomes of healthcare workers wearing different forms of PPE while exposed to confirmed COVID-19 patients during aerosolised-generating-procedures. [LINK](#)

SENIORS AND OTHER VULNERABLE GROUPS

Geriatrics: [Acute Care of Older Patients with COVID-19: Clinical Characteristics and Outcomes](#) (September 27, 2020)

This study describes clinical characteristics and outcomes of older patients hospitalized with COVID-19. [LINK](#)

BioMed Central Systematic Reviews: [Preventing the transmission of COVID-19 and other coronaviruses in older adults aged 60 years and above living in long-term care: a rapid review](#)

(September 25, 2020)

This review examines the current guidelines for infection prevention and control of coronavirus disease-19 (COVID-19) or other coronaviruses in adults 60 years or older living in long-term care facilities. [LINK](#)

European Eating Disorders Review: [Coronavirus disease 2019 \(COVID-19\) and obesity. Impact of obesity and its main comorbidities in the evolution of the disease](#)

(September 25, 2020)

This review summarizes the clinical information available regarding the association of COVID-19, obesity, and associated metabolic diseases and also evaluates possible long-term cardio-metabolic complications. [LINK](#)

Journal of Medical Virology: [Obesity a predictor of outcomes of COVID-19 hospitalized patients- A Systematic Review and Meta-Analysis](#)

(September 25, 2020)

This meta-analysis assessed the association of obesity and outcomes in COVID-19 hospitalized patients. [LINK](#)

Nutrition Reviews: [The implications of vitamin D deficiency on COVID-19 for at-risk populations](#)

(September 25, 2020)

This narrative review discusses the current knowledge about the risk of COVID-19 development for populations at risk for vitamin D deficiency, including individuals living with overweight and obesity, those of older age, and racial or ethnic minorities. [LINK](#)

MENTAL HEALTH & WELLNESS

Journal of Nursing Management: [Fear of Covid-19, psychological distress, work satisfaction and turnover intention among frontline nurses](#)

(September 27, 2020)

This study examined the relative influence of fear of COVID-19 on nurses' psychological distress, work satisfaction and intent to leave their organization and the profession. [LINK](#)

Obesity: [Body Mass Index, Weight Discrimination, and the Trajectory of Distress and Well-Being across the Coronavirus Pandemic](#)

(September 24, 2020)

This study examines the trajectory of psychological distress and well-being across the coronavirus pandemic by body mass index (BMI) category and weight discrimination. Prior to the pandemic, BMI and weight discrimination were a vulnerability for greater distress and lower well-being. Weight discrimination, but not BMI, were found in this study to increase risk for incident depression and declines in well-being during the coronavirus pandemic. [LINK](#)

The Canadian Journal of Psychiatry: [The Association between the Perceived Adequacy of Workplace Infection Control Procedures and Personal Protective Equipment with Mental Health Symptoms: A Cross-Sectional Survey of Canadian Healthcare Workers during the COVID-19 Pandemic](#)

(September 21, 2020)

This study examines the relationship between perceived adequacy of personal protective equipment and workplace-based infection control procedures and mental health symptoms among a sample of health-care workers in Canada within the context of the current COVID-19 pandemic. [LINK](#)

Perspectives in Psychiatric Care: [The impact of COVID-19 pandemic on people with severe mental illness](#)

(September 19, 2020)

This review addresses the impact of the COVID-19 pandemic on people with severe mental illness. [LINK](#)

Brain, Behavior, & Immunity – Health: [The psychological impact of COVID-19 and other viral epidemics on frontline healthcare workers and ways to address it: A rapid systematic review](#) (September 17, 2020)

This review explores the main findings from the literature examining the psychological impact on health care workers in times of severe epidemics and identifies strategies to address this. [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 late September and early October of 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:

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