

The daily evidence digest collates recently released reports and evidence – provision of these links does not imply endorsement nor recommendation.

Clinical course, thrombotic risk, evidence-based virtual care

Peer reviewed journals feature:

- A prospective cohort study on clinical course and outcomes of critically ill adults in New York [here](#)
- A case series and case control study on thrombotic risk in COVID-19 patients [here](#)
- A behavioural science approach to increasing adherence to social distancing and shielding vulnerable people [here](#)
- Commentary on the timing of the declaration of the public health emergency [here](#)
- A perspective on enhancing virtual healthcare encounters [here](#)
- Management of tracheostomy, based on a small sample of COVID-19 patients [here](#)
- Recommendations on a phased immuno-physiological approach to COVID-19 [here](#)
- Principles of mental health care during COVID-19 [here](#)

Letters on:

- Gene expression of angiotensin-converting enzyme 2 (the receptor for host entry) in nasal epithelial cells [here](#) and an editorial discussing implications for mitigating transmission [here](#)
- Survey responses on shortages of hydroxychloroquine for patients with rheumatic disease [here](#)
- The use of artificial intelligence to diagnose patients with COVID-19 [here](#)
- Gastrointestinal features of COVID-19 in children [here](#)
- Septic shock presentation in three adolescents [here](#),
- Behavioural responses to COVID-19 and application to climate change [here](#)

Pre-peer review papers feature:

- A stress test analysis on progressive and adaptive COVID-19 exit strategies and implications for managing intensive care [here](#)
- A case series demonstrating late improvement in COVID-19 survivors in London [here](#)
- A model simulating the spread of COVID-19 under different interventions [here](#)
- Assessment of dispersion of airborne particles of oral/nasal fluid by high flow nasal cannula therapy [here](#)
- Host transcriptional response to COVID-19 in comparison to other respiratory viruses [here](#)

Guidance:

- The World Health Organization published an overview of public health and social measures in the context of COVID-19 [here](#)

Other resources and news:

- The Centre for Evidence Based Medicine released a discussion document on learning lessons post COVID-19 [here](#) and the loss of taste and smell as symptoms of COVID-19 [here](#)
- A feature in Nature discusses the effectiveness of contact tracing apps for COVID-19 [here](#)

Twitter:**Mental Health and COVID-10**

- @MHCNSW (Mental Health Commission of NSW) and @Being is setting up a warm line to enable people who may be experiencing distress to connect quickly with peer workers [here](#)
 - @Being report on 'Many Voices, Many Needs' from people living with mental health issues at the onset of COVID-19 [here](#)
 - @Macquaire_Uni 'We've Got This Covered!' provides evidence-based information for families and schools to help prevent anxiety and discussion during COVID-19 [here](#) and @ReachOut_Aus has tips for supporting young people through COVID-19 [here](#)
 - COVID-19 and Mental Health Studies Register [here](#)
 - @BMJ_Leader blog which poses three questions to health leaders: what does kindness mean to me?, How can I be more kind to myself? How can I be more kind to others? [here](#)
- *It is currently #mentalhealthawarenessweek in the UK and Australia has Mental Health Week in October 2020.

Pandemic Kindness Movement

- @PKMAUS1 was created by clinicians across Australia, working together to support all health workers during the COVID-19 pandemic @nswaci [click here](#)

International perspectives

- @bmj_latest editorial on reassessing advance care planning in light of COVID-19 [here](#), news piece on implementing cycles of 50 day lockdowns and 30 day relaxations [here](#), a review on how COVID-19 has made 'news out of old news' [here](#) and a blog on COVID-19 and fatigue [here](#)
- @TheKingsFund blog on shaping the post COVID-19 world with the voluntary, community and social sector [here](#)
- Emerging traffic on hashtag #OpenSafely with an opinion piece from 20 health leaders in the USA [here](#)
- @Design4AHS posted a visual on COVID-19 metaphors and power [here](#), Figure 1

Figure 1: Using language during COVID-19

Covid-19 metaphors and power

Metaphor
 Comparing two things: saying one thing is the other

Avoid

- The war, the fight, the battle against Covid-19
- Crime: “lockdown”; “curfew”; social isolation “transgressors”
- Doctors and nurses as “superheroes”, “troops in battle”, “frontline”
- “Battening down”
- Needs command & control, top down leadership

Encourage

- A journey with challenges and a hopeful destination
- Positive human actions based on shared purpose: “Building”, “forging” “reconstruction”
- Many people working together, each playing their part - interdependence
- Creating resilient, connected communities

Sources:
 Ella Saltmarsh: <https://medium.com/@ellasaltmarsh/8-tips-for-framing-covid-19-f3c897c1ffa6>
 Public Interest Research Centre: <https://publicinterest.org.uk/part-4-metaphors/>
 The Workshop: https://mcusercontent.com/b0185015163b8400982fe50f3/files/5b54ba18-e698-4ee5-8c68-9d950d81b6db/The_Workshop_Covid19_Digital.01.pdf?mc_cid=620d8519d0&mc_eid=f7b8a6dd7c