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Learning from the pandemic & Covid recovery

@LindaBauld

Resilient Scotland Conference

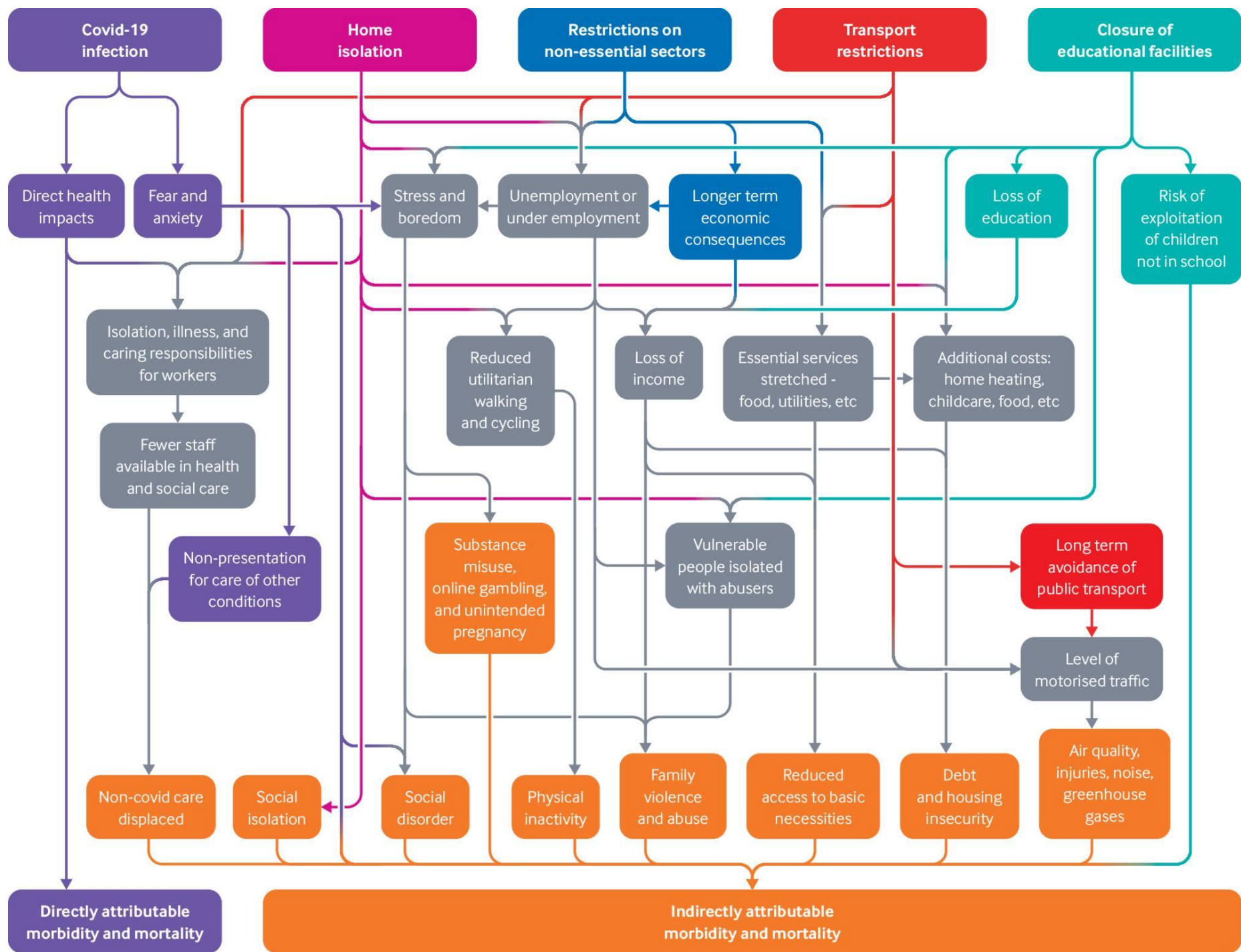
1st February 2023

Outline

- Syndemic & Covid-19
- Covid-19 Learning and Evaluation Group
- Resilience and adaptation among the research commur
- Future pandemic preparedness



Syndemic and Covid-19



Source: Douglas et al,
<https://www.bmj.com/content/369/bmj.m1557>

What happened in practice?

- In a follow up paper using health impact assessments (HIA) from Scotland and Wales, most of the health effects anticipated in the model in the last slide occurred in the predicted direction, using monitoring data up to December 2021
- There were significant adverse effects when Covid-19 protective measures were applied including: loss of income & employment; on mental health and well-being through social isolation, stress and anxiety; family stress and increased violence against women and domestic abuse; disruption to health and other services; educational disruption; & a reluctance to use public transport
- These disproportionately affected population groups who were already disadvantaged
- The impacts on health-related behaviours were more mixed, for example some people increased physical activity or alcohol intake, and some reduced it
- The main positive effect identified in the Scottish HIA was the potential for an increased sense of community, which has been demonstrated. The Welsh HIA identified further positive effects reflecting mitigation measures early in the pandemic, such as provision of accommodation for homeless people and the increased use of digital technology.

Views from young people in Scotland who took part in the 'Lockdown Lowdown' study

It's been difficult with friends, not being able to see them or go around their house. But we have kept in touch online through zoom and stuff

I had to do zoom calls in my bedroom but I share with my sister still, so it was hard to get privacy. I've two little sisters, they come into my room randomly at any point, so there were times I had to sit in the bathroom because there was nowhere else in my house that would be free.

I've had to put my plans on hold to meet new people and this year everything has stopped. I did have friends before, but they're in other countries so it's difficult to see them

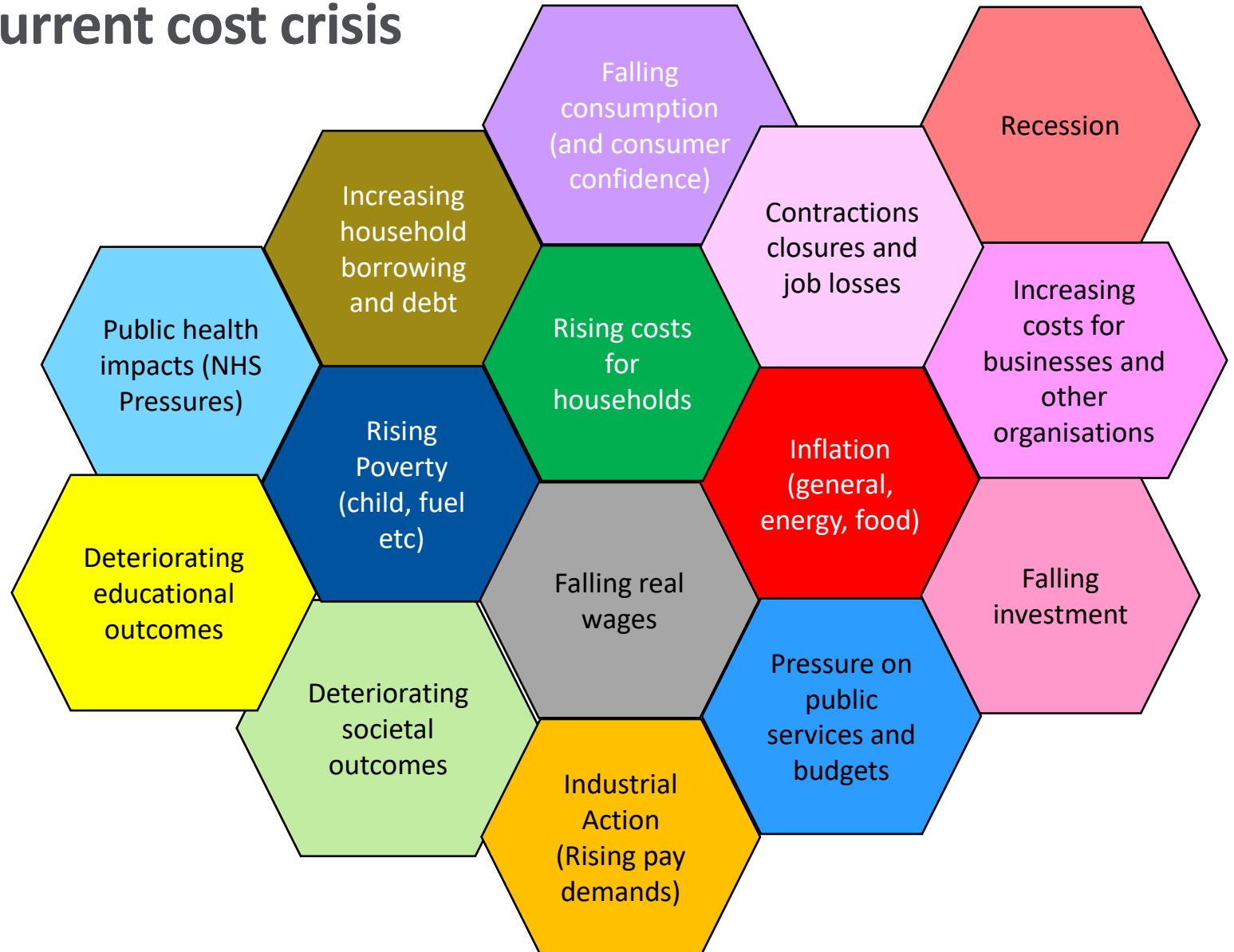
Everyone is spending way too much time on their phones... A lot of friendships have ended... someone is different in real life from online

It's difficult to get internet signal when every member of your family is using the internet

Lack of access to technology set back a lot of people .. it's been really difficult for a lot of people, missing big chunks of their education because of it

For college, with a lot of our work we have to write down and then take a photo of it and send it in. It's doubling our workload in a way. We'd be one week in, one week out, so we take our work and hand it in the following week

Back to the syndemic – current cost crisis



Covid-19 Learning and Evaluation Group

Part of the work informing the implementation of the Covid Recovery Strategy



Learning Lessons from the Pandemic for Covid Recovery

- The aim of the [Covid-19 Learning and Evaluation Oversight Group](#) is to bring together evidence to inform Scotland's recovery from COVID-19.

Seven studies have been commissioned, with all either recently reporting or about to:

- Understanding the impact of Covid-19 on income: labour market changes and policy solutions (Fraser of Allander)
- Innovation and creativity in the third sector in response to Covid-19 (review – GCU and Uni Glasgow)
- A review of interventions, innovation and the impact of C-19 in the Scottish prison system
- Youthwork's role in responding to and recovery from Covid-19 (Youthlink Scotland)
- Evaluation of int'l pandemic recovery strategies and identification of good practice relevant to Scotland (Uni Edinburgh)
- Addressing the needs of Scotland's migrant and minority ethnic populations under Covid-19 (Uni Glasgow)
- Covid-19 and the centrality of care: creating a resilient and equitable society (GCU)

YouthLink Scotland – adapting youth work during pandemic closures

- Youth work outdoors
- Detached youth work
- Outdoor learning
- Summer programmes
- Digital youth work



“nimble and adaptable”
“whatever they could, whenever they
could”

With thanks to Dr Amy Calder for permission to use her slides

Digital YouthWork – Tweeddale Youth Action



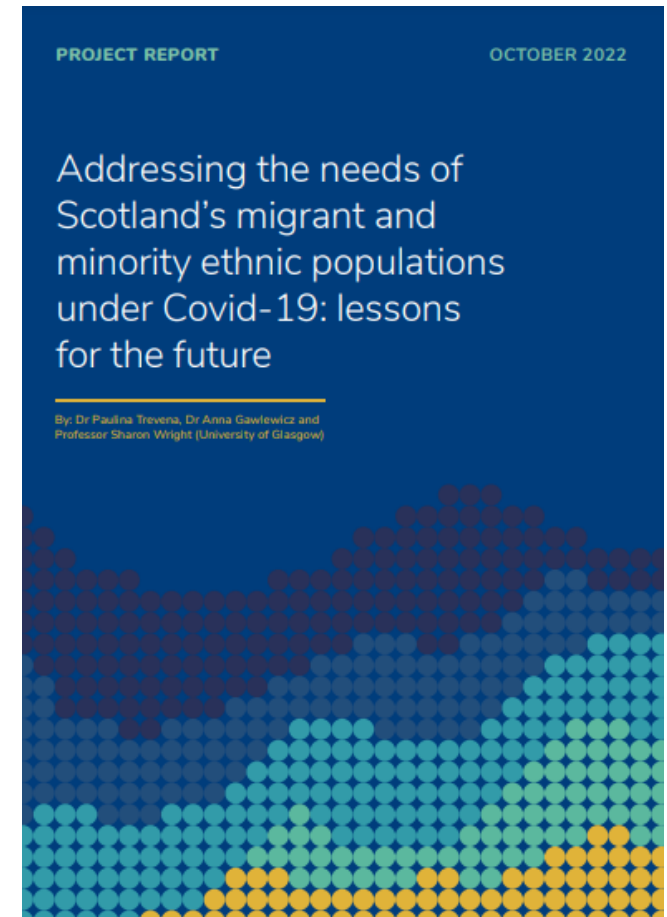
- **Foodpunks** is a social enterprise at Tweeddale Youth Action
- It started teaching young people how to cook and became a catering business
- During stay at home measures during the pandemic they moved their model online on a Friday afternoon
- Before the online session, young people were sent weighed and bagged ingredients and with recipe and any equipment they needed
- This initiative not only helped YP learn cooking skills but also involved fun activities that connected them with other YP
- The food parcels also helped address food poverty. One participant said:

“During lockdown the youth club helped me stay positive with baking and quizzes. I really enjoyed it all. The youth club has been uplifting at a bad time”



Addressing the needs of Scotland's migrant and ethnic minority populations

- A Study conducted by the Dr Paulina Trevena and colleagues from the University of Glasgow, also funded by the Covid 19 Learning and Evaluation Group
- Recently published online <https://migrantessentialworkers.com/wp-content/uploads/2022/11/SC-Migrant-C19-Innovations.pdf>
- Among other findings, the study examined how the third sector in particular had used digital technology including digital media to reach migrant and ethnic minority populations and deliver services
- They argued that the pandemic sparked innovation and resulted in service delivery changes that should be maintained
- Concerted efforts were made to increase levels of digital inclusion and IT skills development among groups who had poor access in the past



Ethnic Minority National Resilience Network (EMNRN)

- Established by BEMIS, an umbrella body supporting voluntary sector organisations who work with ethnic minority communities, established EMNRN as a platform for exchanging information and advice between support organisations, the Scottish Government and other public bodies.
- BEMIS also supported member organisations in moving services online, and co-ordinated distribution of Scottish Government funds for digital inclusion and inclusive vaccination campaigns. As one interviewee in the report explained:

My only real source of support was BEMIS, they were doing fantastic work and they had Scottish Government ministers and all sorts of people come in to speak with us and there was lots of resources, workshops for stuff. There was a lot of suspicion about the vaccine roll-out and the families [we were supporting] had lots of questions (...). Thankfully, I was already connected with BEMIS so I felt supported because of that, but if I didn't have BEMIS I would have been just thinking okay, I'm not sure what to do now. (Clare Daly, HIMRA)

- The report made recommendations to maintain these developments for the longer term
- Just one example of how the voluntary sector played a key role in the pandemic response and building resilience in communities

Resilience and adaptation among the health research community

DataLoch COVID-19 Collaborative

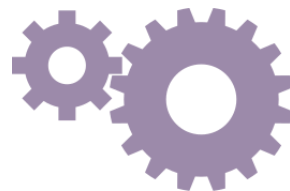
Objective

Real-time access to comprehensive linked data for all those tested for COVID-19

Aim

Mitigate impact of COVID-19 and provide data informed care

- **Data:** comprehensive, accurate and current repository for all patients tested for COVID-19 in our region with clinically adjudicated diagnoses, complications and outcomes
- **Biobank:** linked data with viral swab and stored serum and plasma surplus to clinical requirements in all patients
- **Community:** foster links between clinicians, academics and data scientists
- **Outcomes:** rapid evaluation of new diagnostic tests and pathways to improve care and patient outcomes

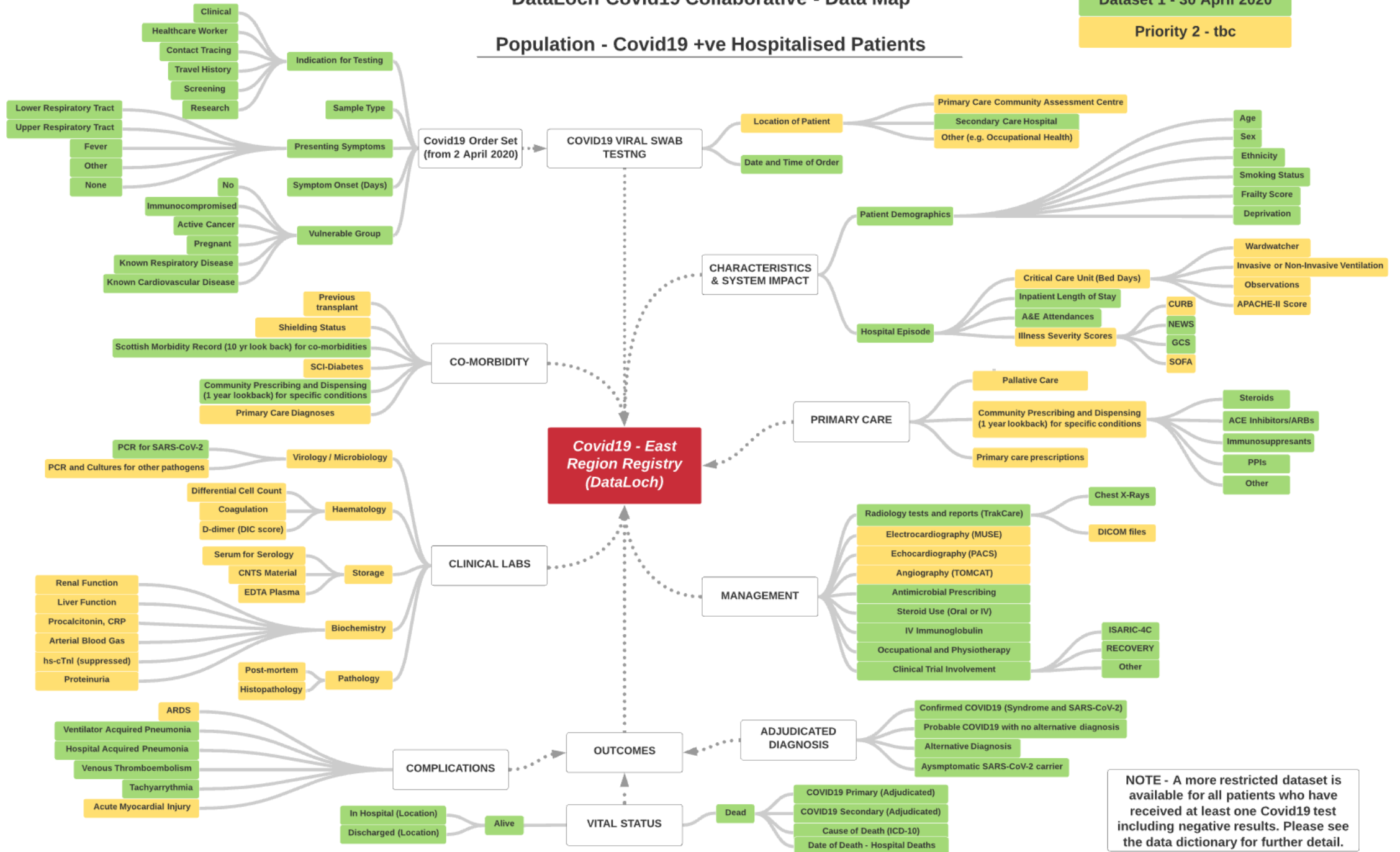


Enabling data-driven patient care and policy

DataLoch Covid19 Collaborative - Data Map

Dataset 1 - 30 April 2020
Priority 2 - tbc

Population - Covid19 +ve Hospitalised Patients



NOTE - A more restricted dataset is available for all patients who have received at least one Covid19 test including negative results. Please see the data dictionary for further detail.

- One of seven Health Data Research Hubs
- Part of a £37.5M investment funded by UKRI's Industrial Challenge Strategy Fund
- A UK-wide collaboration with patients and publics, universities, third sector, government organisations and industry

Key COVID-19 activity:

Part of the International COVID-19 Data Research Alliance and Workbench

Provide a co-ordinated international platform to enable researchers to access global data to derive rapid insights about COVID-19 and speed up the development of treatments.

Managing access to de-identified data from the C-19 app

Enable the ethical and safe use of the app data by researchers.

BREATHE analysis reporting directly to UK Governments and NHS.

Facilitating initial linkage to Welsh NHS records for further insights, with plans to replicate Scotland.



Digitally Enabled Trials

COVIDENCE UK: Identify who is most at risk of contracting COVID-19.

ELVIS COVID-19: Could a simple salt water solution help reduce symptoms and progression of COVID-19?

EAVE II: Using patient data to track the progress of the pandemic in near real time across Scotland.





My Tailored Talks is an innovation developed in partnership with Pogo Studio, NHS Lothian and Chest, Heart and Stroke Scotland

Essentials

Patient self assessment and symptom tracking with Yorkshire Rehabilitation Scale

Deep reporting and analytics by area, demographic and symptoms

Integration into the Scottish healthcare system through the health data exchange, making it fully scalable through the country

Additional extras

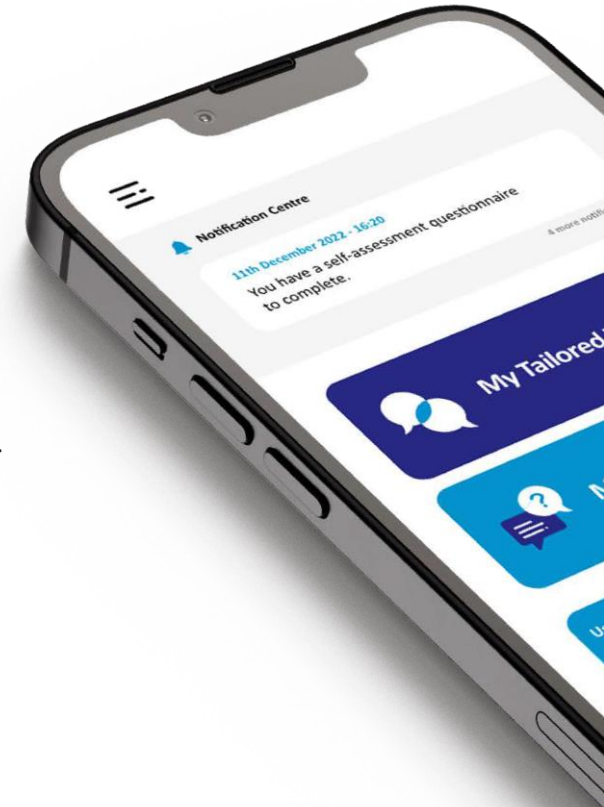
Bespoke information sent automatically to patient based on their self assessment responses

Links to Chest Heart and Stroke Scotland's advice line for further care

Adaptable to other healthcare pathways

It is a mobile and web application that allows for patients to self- assess their long COVID symptoms

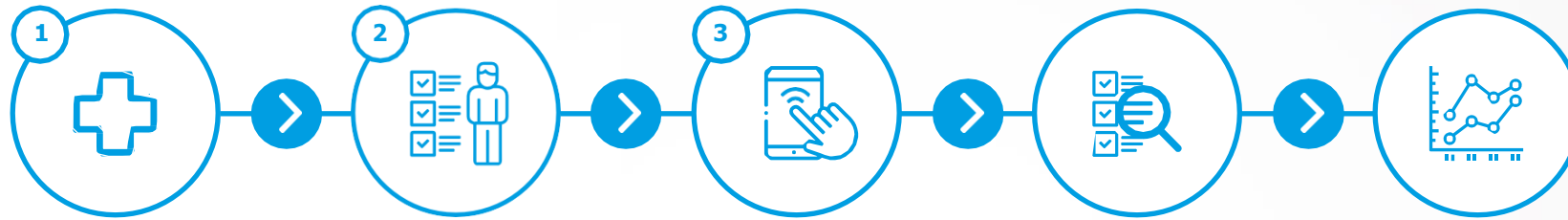
Developed from work Prof Tim Walsh (Usher Institute and Director of Research & Innovation at NHS Lothian) has conducted for patients coming out of ICU after being treated for Covid-19





MyTailoredTalks

Long COVID self management app



Onboarding

The patient is onboarded to the app by their GP/healthcare professional

Self Assesment

The patient fills out a self-assessment questionnaire on their Long COVID symptoms

Tailored information

The patient is then automatically and instantly sent Tailored Talks, based on their responses. They can also request third-sector support from CHSS

Third Sector Support

CHSS can access all relevant information regarding the GP referral, including pertinent medical information, questionnaire responses & sent tailored talks

Link back to GP

3 months later the patient is requested to complete a second questionnaire. Both questionnaires plus any discharge information from CHSS are then sent back into the patients EHR

Future pandemic preparedness

Preparing for future health threats: Standing Committee on Pandemics

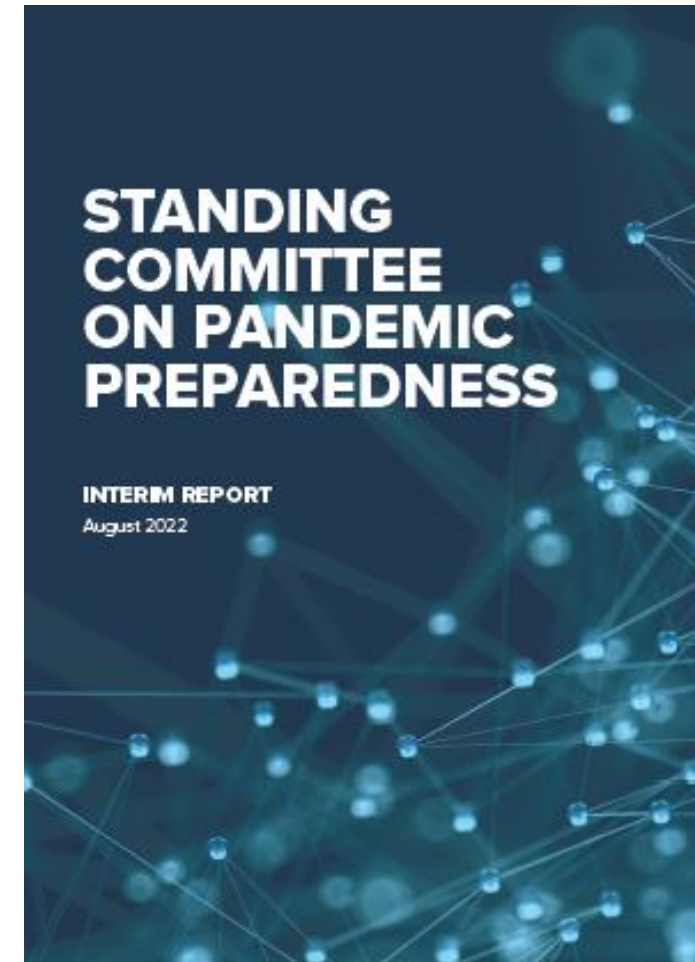
- Many countries around the world are recognising that pandemic preparedness needs to be strengthened
- Countries that experienced SARS and MERS, as well as Ebola in Africa, were better prepared for SARS-CoV-2 than the UK
- The Scottish Government has established a Standing Committee on Pandemics and is working with colleagues at UK level
- Other countries are also actively conducting programmes of work

Source: <https://www.gov.scot/news/future-pandemic-expert-group-established/>



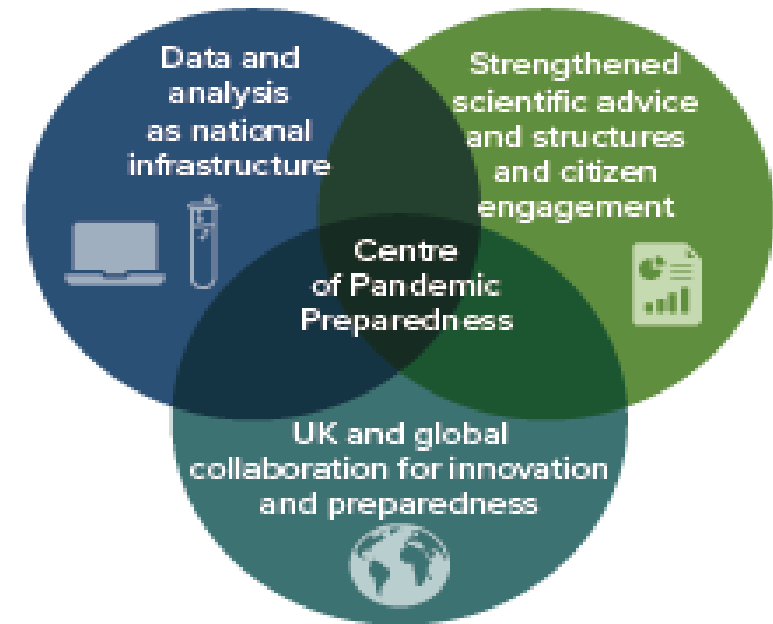
Standing Committee on Pandemics, Scotland

- Interim report published last year considered:
 - Surveillance and Zoonoses (including data and analytics)
 - Diagnostics, Vaccines and Therapeutics
 - Resilience and Health Systems
 - Behavioural Interventions and Community Engagement
 - Governance and International Engagement



SCOP Interim report recommendations

- Develop proposals for the creation of a Centre for Pandemic Preparedness in Scotland
- Build on Scotland's existing data and analytical strengths to support proposals that advance the development of these as core infrastructure for future pandemics
- Develop linkages to Scottish, UK and int'l scientific advisory structures, networks and agencies and strengthen information flows from these in order to inform preparedness and response in the face of future threats
- Support continued innovation in life sciences and public health research for the development of diagnostics, vaccines and therapeutics to provide the capability to respond to novel threats when required



Summary

- As you will have heard throughout the conference, out of a crisis often comes innovation and adaptation.
- This has certainly been the case in Scotland and indeed many other countries since 2020
- Retaining and building on this progress is important, but will require ongoing efforts and resources
- Maintaining digital solutions including in research will be key
- Future pandemic preparedness is a focus in Scotland and elsewhere – important that this is done well and is kept up to date as other events intervene and it becomes less of a priority
- The examples I've included focus largely on health and or public/third sectors – but we also have much to learn from the business community. Cross-sector working and collaborative leadership will continue to be key.

Thank You

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MARTY, WHATEVER HAPPENS



DON'T EVER GO TO 2020