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A BIOPSYCHOSOCIAL FRAMEWORK FOR RECOVERY FROM COVID-19 NENC

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CENTRE FOR RESEARCH
IN HEALTH & SOCIETY

OVERVIEW

- Methods
- Findings
- Framework

METHODS

- Open call via social media for narratives in any format – including open ended survey form (twitter, facebook, linkedin)
- 453 respondents to this direct call – bias, white, female, 45-70, detached houses with gardens
- Data sharing with partners Edukit (12,000 participants) and Healthwatch (750 participants)
- Ethical clearance following government guidance and university ethics panel
- Abductive analysis, deductively searching for bio, psycho and social codes and inductively adding to them.

FINDINGS - BIOLOGICAL

- Difficulties of shielding
- Worsening health conditions (diabetes, blood pressure, IBS, skin conditions)
- Unable to access medicine or appointments
- Cancelled procedures and operations

FINDINGS - PSYCHOLOGICAL

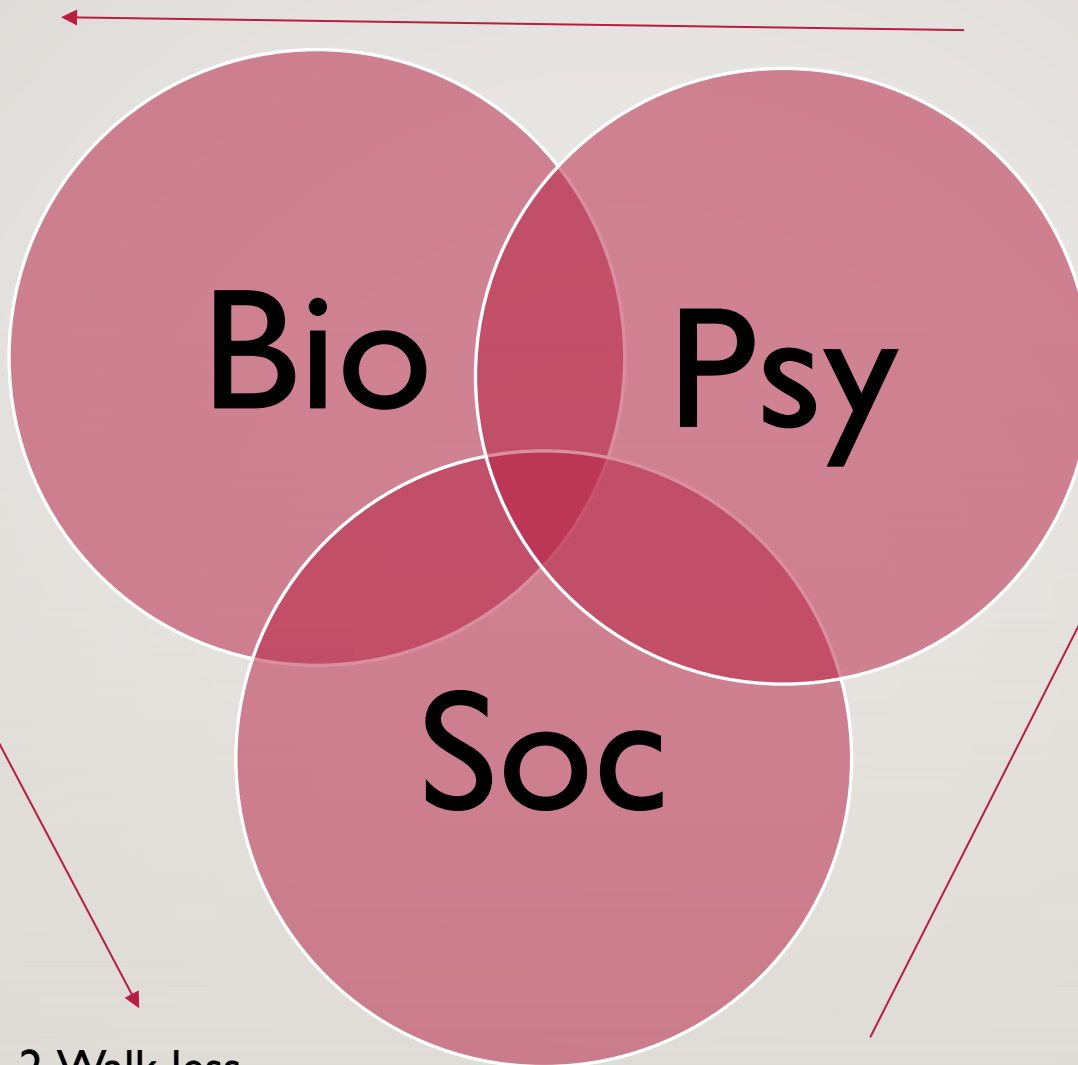
- Worsening psychological wellbeing and illness
- Stress, anxiety, depression, panic attacks, OCD behaviours
- Overriding sense of 'worry'
- Multifaceted, long term 'low level'
- A number of positive strategies identified as self-help

FINDINGS - SOCIAL

- Isolation and loneliness
- Mostly loss of meaningful activity – sport and hobby
- Changes to eating and activity
- Changes to employment and work place activity
- Difficulties supporting relatives – children / parents
- Concern for other people's 'business'
- New use of online platforms as strategies to replace face to face interactions

1. Unable to
attend podiatry
appointment

4.
Increased
risk falls

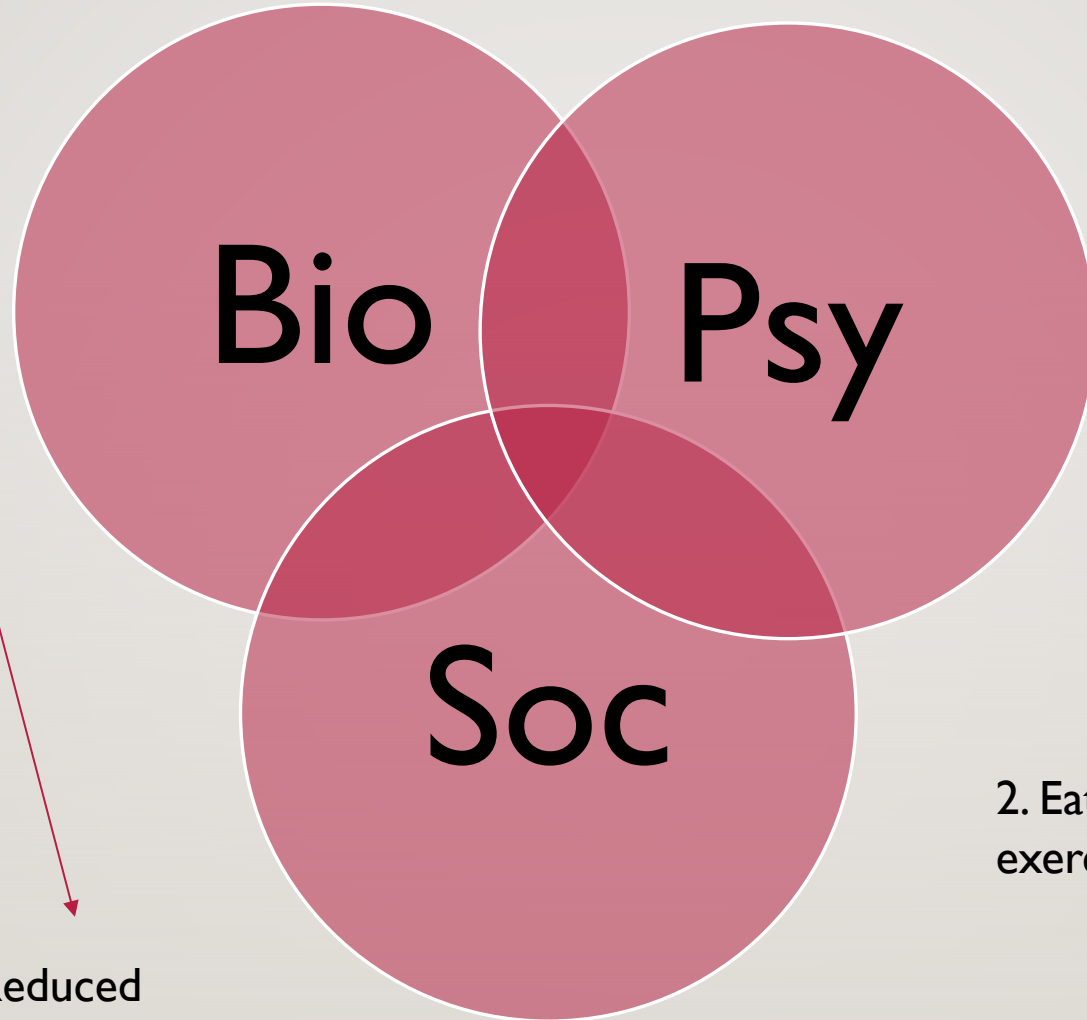


2. Walk less

3. Fearful of pain
when walking

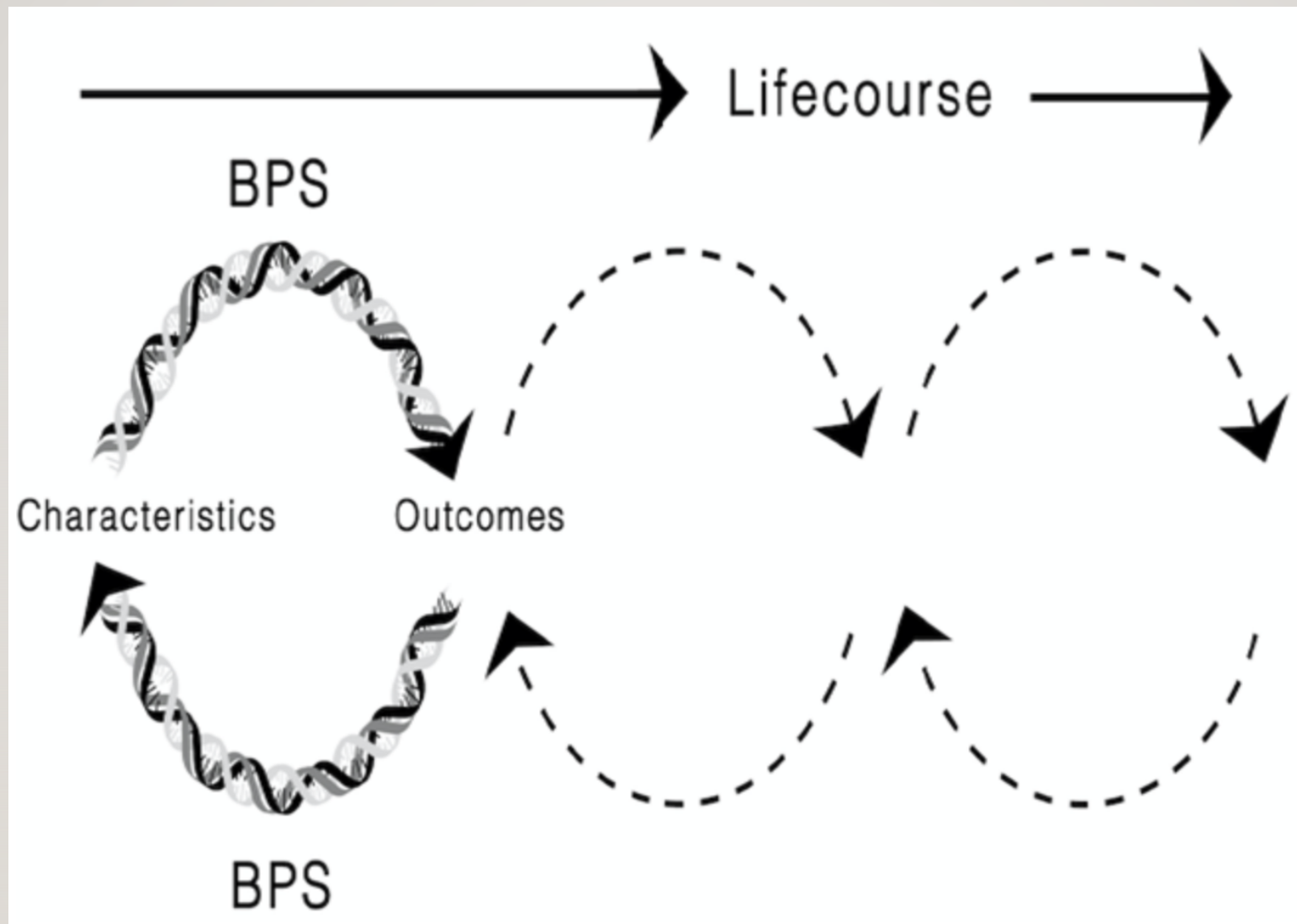
2. Weight increases

1. Feel anxious



2. Eating more,
exercising less

3. Reduced
socialising



RECOVERY FRAMEWORK

	Biological Support	Psychological Support	Social Support
Individual assets	Lifestyle choices e.g. diet, exercise	Lifestyle choices e.g. no social media	Lifestyle choices e.g. family FaceTime
Community assets	Check in's, networks, socially prescribed services e.g. prescription collection service	Check in's, networks, socially prescribed services e.g. community buddy system	Check in's, networks, socially prescribed services e.g. community sing / quiz night / walk
Assets of private and voluntary sector organisations	Network of services relevant to area e.g. weight control group	Network of mental health support services e.g. MIND	Network of social support services e.g. Age UK
State assets	NHS appointments, services, treatments	MH / CAMHS appointments, services, treatments	Social care appointments, services, treatments
State funding	At all previous levels		

WANT MORE...?

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