

Introduction to Research (BMHP5005) assessment 2: Viva Voce

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Introduction

- This literature review study synthesized primary research on the impact of Covid-19 on the mental health of adults in care homes in England.
- Primary research has focused on the primary health ramifications of Covid-19 while ignoring the secondary effects such as mental health issues.
- Rationale:
 - Adults in care homes are the most vulnerable to the effects of Covid-19 and suffered the worst effects through increased morbidities, mortalities and mental health problems yet they receive little media attention and research focus (Frazer et al., 2021, 2). This coupled with little UK-based empirical research on the topic, formed the basis of conducting the systematic literature review with an aim of informing policy interventions necessary to curb the deteriorating mental health among adults in care homes.

Research Aim and Objectives

Aim of the Study

- Aim: The aim of this systematic literature review is to collate relevant primary research on the impact of Covid-19 on the mental health of adults in care homes in England in order to inform policy interventions necessary to curb the deteriorating mental health among adults in care homes.

Objectives of the Study

- To determine the effect of the Covid-19 on the mental wellbeing of adults in care homes in England.
- To review was to analyze the extant empirical studies with an aim of informing the development of mental health interventions and efforts necessary in supporting adults in care homes get rid of mental health problems in times of Covid-19 pandemic.

Research Methodology

- Systematic literature review based on Davison's (2011) protocol.
- Inclusion criteria:
 - 1) Studies that examined the prevalence 2) effects of Covid-19 pandemic on the mental health. 3) Qualitative studies examining experiences and 4) triggers tied to Covid-19 of mental health issues among adults in care homes in UK.
- Exclusion criteria:
 - 1) unrelated empirical studies that did not meet the relevance test, 2) studies, which did not meet the credibility test, 3) case reports and 4) and studies with insufficient data.
- Search strategy:
 - google scholar, MEDLINE, and ERIC databases were searched for relevant sources.
- Quality evaluation:
 - Different scales were used as a basis of quality evaluation such as the title, problem statement, objectives, population, data collection methods and findings. 15 papers met the commendable methodological quality.

Literature Review

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Morciano et al. (2021)	To determine the mortality and mental health issues in excess in care homes during the Covid-19 pandemic in UK.	Data mining from Care Quality Commission. Fixed-effect Poisson regressions on pre-pandemic data was used to compute the excess mortalities	The odds for covid-19 related mortalities were higher in homes giving nursing care to older people with dementia.
Rajan & Mckee (2020)	To determine the impacts of Covid-19 on England care homes with a specific focus on assessing the challenges, Infection control mitigation, funding and workforce support.	Anonymous online survey. 42 care home managers and 35 directors participated in the study.	Isolation affected the moods negatively of approximately 80% of adults in care homes. Lack of social interaction and PPE instigation of barriers to robust social relationships augmented the deterioration of moods, frustrations and mental health.
Eddy (2021)	To investigate how NHS staff perceive the social implications of the COVID-19 pandemic.	Online surveys. 464 workers from a UK mental health trust fund were invited to complete an anonymous online survey.	Limited access to professionals and community services impacted negatively the mental health of adults in care homes.
Mansfield et al. (2021)	To investigate how the COVID-19 pandemic has influenced physical and mental health and access to health services in UK.	Data mining- Electronic health records from an online database sampling 11 years or older individuals	COVID-19 containment measures led to a considerable decline in access to primary care providers for diabetes, depression.
Sheehan et al. (2021)	To explore how the COVID-19 pandemic affects the delivery of mental care services to people with intellectual disabilities.	A sample of 648 individuals participated in a UK-based online survey from April 22 to May 12 2020.	The frustrated service dissemination due to Covid-19 influenced negatively the mental health of adults in care homes.
Burton et al. (2020)	To examine how the COVID-19 pandemic has evolved since its outbreak and how it has affected people living in care homes in UK.	The sample comprised people living in 189 residential care homes within the Lothian health region of UK.	Care homes with large population were more likely to record higher COVID-19 outbreaks, related deaths and mental health problems.

Literature Review Cont'd

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Daly et al. (2020)	To explore how the incidence of mental health illnesses changed longitudinally before and after the COVID-19 outbreak.	Longitudinal research design. Representative sample comprising 14,393 participants.	Significant increase in mental health problems in all sociodemographic groups starting from the onset of the COVID-19 outbreak.
Hollinghurst et al. (2021)	To analyze and compare the mortality rates of older adults in UK care homes before the Covid-19 lockdown	Longitudinal study was carried out where survival curves and hazard ratios were used.	Exacerbation of mortalities and mental health issues among the adults in care homes during the Covid-19 pandemic.
Giebel et al. (2021)	To explore the impact of social care transformation because of Covid-19 pandemic on people living with dementia.	Telephone interviews were administered to unpaid carers. Convenience sampling was used.	The most affected group by the removal of social support services are people living with dementia and carers.
Nyashanu et al. (2022)	The study aimed at exploring the triggers of mental health issues for frontline healthcare workers in care homes.	Exploratory qualitative study where semi-structured interviews were administered.	The fear of being infected and infecting others, unreliable testing, staff shortage and insufficient guidance promulgated mental health problems
Willner et al. (2020)	To investigate the effect of the Covid-19 on the carers' mental health in UK.	Online questionnaires were administered to carers of adults in care homes.	Carers of adults with disability demonstrated higher levels of anxiety, and depression as compared with carers of adults without disability.
Dutey-Magni et al. (2021)	To examine Covid-19 pandemic in the UK care homes and related mortality.	Cohort study involving the utilization of electronic health records.	Increase in the mental health problems in care homes due to fear of infections and frustrated social care service delivery. Increase in mortalities
Comas-Herrera et al. (2020)	To examine the challenges presented by the Covid-19 pandemic in social care services.	An exploratory qualitative study was conducted with the use of data mining.	Adults under social care suffers from proliferated risks of mental health problems and declining physical health aggravated with the onset of Covid-19 pandemic.
Hanna et al. (2021)	To explore the impact of Covid-19 health protocols on the mental health of volunteer carers.	Qualitative study approach. Semi-structured interviews were administered on the subjects.	Covid-19 containment measures impacts mental health and the transformation of mental wellbeing.

Results

- Three themes emerged from the systematic literature review: The impact of Covid-19 on the mental health of adults in care homes, Prevalence to mental health issues of adults in care homes and triggers of mental health issues.
- Covid-19 pandemic impacted negatively by exacerbating the already worse mental health situations of adults in care homes in England. The meta-analysis also revealed a rise in the mental health problems and mortalities in care homes promulgated by Covid-19 pandemic.
- A review of the articles points out the prevalence and vulnerability of adults in care homes to mental health issues tied to the Covid-19 ramifications.
- Covid-19 containment measures, stigmatized adults, limited access to PPT, and worry about spreading the disease promulgated the development of mental health conditions.

Discussion

- Covid-19 influences negatively the mental health of adults in care homes in England. The mental health issues suffices as secondary effect from the meta-analysis with primary effects sufficing as morbidities, physical health deterioration and mortalities.
- Adults in care homes to were more vulnerable to the susceptibilities of mental health issues occasioned by the Covid-19 pandemic.
- The Covid-19 pandemic posed different challenges, which summed up as mental health problems triggers: Covid-19 containment measures, stigmatized adults, limited access to PPT, and worry about spreading the disease. The government should use the triggers as a means of developing intervention strategies such as de-stigmatization and staffing care homes in order to mitigate mental health issues.

Conclusion

- Covid-19 negatively affected the mental health of adults in care homes in England.
- The adults in care homes sufficed as one of the most vulnerable groups to the effects of Covid-19 pandemic registering an increase in the mortalities and mental health problems.
- The covid-19 triggers of mental health issues among adults in care homes were identified as follows: Covid-19 containment measures, Lack of social interaction, PPE instigation of barriers to robust social relationships, stigmatization of Covid-19 infections, limited access to PPT, the fear associated with the infections, unreliable testing, and staff shortage.
- The UK government should work together with social care homes to provide funding and PPE facilitations, hire volunteers to bridge staff shortages, and invest in de-stigmatization efforts in care homes (Rajan & Mckee, 2020; Comas-Herrera et al., 2020; Volkow, 2020).

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