



COVID-19 CLINICAL SOLUTIONS

What did you do?

We created clear, accessible guidance for the general public as we come out of lockdown. It acknowledges COVID-19 disparities and offers balanced advice that's sensitive to the different ways people actually live. It is particularly mindful of the impact of COVID-19 on BAME communities and discusses the complexities underlying this.

Who are you?

Dr Farhana Rahman – Locum GP and Writer at happywisewell.com, London
Ed Blunt – Graphic designer, London.

What was the problem?

Farhana felt there was a need for a nuanced and clear framework on how to 'stay alert' – especially relevant for the vulnerable communities hit hardest by COVID-19, as there is little to suggest this disparity will change once lockdown is lifted and localised outbreaks become our reality.

What was the solution?

Our comprehensive guide acknowledges coronavirus risk, demonstrates its uneven spread, and outlines a risk management system.

Avoiding infection:

A) Risk of harm from coronavirus: each person should consider their individual risk, the risk to those close to them and the risk to society. A ten-point checklist highlights the groups with worse outcomes from infection – they should take extra care with others, seek prompt medical attention if concerned about symptoms of COVID-19, and may require additional risk assessments to ensure their safety at work.

B) Risk of spreading/catching coronavirus: eight measures are outlined to minimise the risk at every interaction.

Curbing infection: Once someone develops symptoms of infection they should engage with the measures outlined to reduce onward spread of infection.

BAME communities: have the worst outcomes from COVID-19 infection. Beyond co-morbidities and deprivation, structural and health inequalities are discussed as well as the impact of racism.

Back to work: There is detailed advice on what to do if someone feels unsafe at work and how to protect high risk household members (often relevant for those BAME keyworkers who often live in multigenerational households).

COVID-19 Toolkit: A vast resource detailing preparation, infection, and health beyond COVID-19.

Impact so far:

It has received backing from eight medical and dental associations with forewords from Dr Bob Gill, GP and Professor Dame Donna Kinnair, Chief Executive & General Secretary of the Royal College of Nursing.

It is being widely shared across social media and various networks to reach the people who need it most.

Where can we find out more?

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<https://bit.ly/LiftingLockdownGPGuide>

<https://bjgp.org>