

‘Shielding’ during the sars-CoV-2 pandemic: Survey findings

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- Participants recruited through 14 UK-wide charities/patients' organisations and one NHS specialist cancer hospital
- 1423 people who were shielding and 383 (unmatched) family members
- Focus of the survey was experiences, concerns, support needs and 'exit strategy'
- Anonymous online survey conducted from early May to end of July 2020
- Interview sub-studies underway/planned

Some key findings (1)

- The majority (73.7%) considered 'shielding' to be necessary for them
- Aspects of 'shielding' that required maintaining physical distance or isolating inside the home were especially difficult
- 'Shielding' particularly affected mood (40.9% worse) and physical activity levels (50.8% less active)
- The majority considered information specific to their condition to be inadequate (44.8%) and too late in being provided (40.7%)
- A little over one-third (36.5%) had consciously chosen not to follow some aspects of 'shielding' guidance

Some key findings (2)

- More were satisfied than dissatisfied with support received (e.g. from government, NHS, local authority, charities/patient organisations)
- However, food parcels were often reported as being unhealthy and unsuitable for those with special dietary needs
- Most would recommence 'shielding' if needed, albeit often reluctantly. However, in many cases, this would be nuanced or individualised. Work/financial pressure or caring responsibilities would prevent this for some
- The common response re: the 'exit strategy' was that 'shielding' should continue *'until there has been a marked reduction in new UK cases and deaths from COVID-19'* (34.4%)

Details of people with kidney problems

- 295 people with kidney problems participated
- 205 of these had a kidney transplant, whilst 90 were receiving dialysis
- Median age = 62 yrs (range 24-85)
- 171 female, 121 male, 3 no response
- 264 identified as 'White British' or equivalent
- 191 were recruited via the National Kidney Federation (with 4 of these directly via the Manchester Royal Infirmary Kidney Patients' Association)
- 104 were recruited via Kidney Care UK

Details of people with cystic fibrosis

- 92 people with cystic fibrosis participated
- Median age = 35 yrs (range 18-64)
- 65 female, 27 male
- 88 identified as 'White British' or equivalent
- All were recruited via the Cystic Fibrosis Trust

Overall, how easy or difficult has 'shielding' been for you?

| | People with kidney problems (N=295) | People with cystic fibrosis (N=95) |
|----------------------------|--|---------------------------------------|
| Extremely difficult | N=19 (6.5%) | N=14 (15.2%) |
| Moderately difficult | N=77 (26.1%) | N=29 (31.5%) |
| Neither easy nor difficult | N=49 (16.6%) | N=22 (23.9%) |
| Moderately easy | N=107 (36.3%) | N=24 (26.1%) |
| Extremely easy | N=42 (14.2%) | N=3 (3.3%) |
| No response | N=1 (<1%) | N=0 |

How does your mood compare with how it was before 'shielding'?

| | People with kidney problems (N=295) | People with cystic fibrosis (N=95) |
|-------------------|--|---------------------------------------|
| Worse | 151 (51.2%) | 58 (63.0%) |
| About the same | 129 (43.7%) | 28 (30.4%) |
| Better | 14 (4.8%) | 3 (3.3%) |
| Don't know | 1 (<1%) | 2 (2.2%) |
| Prefer not to say | 0 | 1 (1.1%) |

Have you consciously chosen not to follow any aspects of 'shielding' guidance?

| | People with kidney problems (N=295) | People with cystic fibrosis (N=95) |
|-------------------|--|---------------------------------------|
| Yes | 113 (38.3%) | 51 (55.4%) |
| No | 179 (60.7%) | 40 (43.5%) |
| Prefer not to say | 3 (1%) | 1 (1%) |

'Leaving the house for dog walking'
'Decided not to sleep or eat alone'
'I have care of my 91 year old mother'

'2m distancing just not practical at times'
'Chose to go out for walks - mental health'
'Meeting with others as they are well'

Why were food parcels unsuitable?

Grapefruit provided which **contradicts immunosuppressant** medication
(Person with a kidney transplant)

Not high enough protein or energy overall as I'm on very high energy requirements
(Person with cystic fibrosis)

Did not meet my **renal and diabetic needs** (Person receiving dialysis)

I have specific dietary requirements for **high calorie food**, the parcels were generic (although still much appreciated)
(Person with cystic fibrosis)

The food in the government's care package was **generally processed** food and a poor quality. There was not enough to feed me for a week, let alone my family.
(Person with cystic fibrosis)

Views re: when 'shielding' should end

| | People with kidney problems (N=295) | People with cystic fibrosis (N=95) |
|--|-------------------------------------|------------------------------------|
| Await an effective vaccine | 41 (13.9%) | 11 (12.0%) |
| Await marked reduction in new UK COVID-19 cases/deaths | 158 (53.6%) | 37 (40.2%) |
| Relax shielding slowly and gradually | 44 (14.9%) | 17 (18.5%) |
| Relax shielding, but re-start it quickly if needed | 28 (9.5%) | 16 (17.4%) |
| Treat people who are shielding the same as everyone else | 5 (1.7%) | 1 (1.0%) |
| Other (typically 'individualise it') | 18 (6.1%) | 10 (10.9%) |
| No response | 1 (<1%) | 0 |

Thank you

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This presentation is
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