



Royal College of  
General Practitioners

## RSC Communicable and Respiratory Disease Report for England

### Key Statistics:

Week Number/Year.....24/2019  
 Week Starting - Ending.....10/06/2019 - 16/06/2019  
 No. of Practices.....259  
 Population.....2699377

### National (England)

- **Allergic Rhinitis** : decreased from **23.3** in week 23 to **16.9** in week 24.
- **Asthma** : increased from **12.0** in week 23 to **13.0** in week 24.
- **Common Cold** : increased from **44.4** in week 23 to **46.7** in week 24.
- **Infectious Intestinal Diseases (IID)** : decreased from **10.1** in week 23 to **8.3** in week 24.
- **Respiratory System Diseases** : decreased a little from **208.4** in week 23 to **198.4** in week 24.

### Regional (North, South, London and Midlands and East)

- **Allergic Rhinitis** : decreased from **41.0** in week 23 to **30.4** in week 24 in the London region, decreased a little from **12.2** in week 23 to **11.8** in week 24 in the North region, decreased from **21.9** in week 23 to **13.6** in week 24 in the South region, and decreased from **25.1** in week 23 to **17.9** in week 24 in the Midlands And East region.
- **Asthma** : increased from **11.7** in week 23 to **16.8** in week 24 in the London region, decreased from **14.8** in week 23 to **11.9** in week 24 in the North region, increased from **11.1** in week 23 to **13.0** in week 24 in the South region, and increased from **9.1** in week 23 to **10.7** in week 24 in the Midlands And East region.
- **Common Cold** : increased from **62.3** in week 23 to **71.5** in week 24 in the London region, increased a little from **46.3** in week 23 to **48.5** in week 24 in the North region, decreased from **34.8** in week 23 to **32.1** in week 24 in the South region, and increased from **41.7** in week 23 to **48.7** in week 24 in the Midlands And East region.
- **Infectious Intestinal Diseases (IID)** : decreased from **12.9** in week 23 to **11.0** in week 24 in the London region, was unchanged at **9.2** in week 23 compared with **9.3** in week 24 in the North region, decreased from **9.8** in week 23 to **6.9** in week 24 in the South region, and decreased from **9.1** in week 23 to **6.8** in week 24 in the Midlands And East region.
- **Respiratory System Diseases** : was unchanged at **222.9** in week 23 compared with **219.9** in week 24 in the London region, decreased from **235.6** in week 23 to **211.1** in week 24 in the North region, decreased a little from **178.8** in week 23 to **172.1** in week 24 in the South region, and was unchanged at **212.5** in week 23 compared with **212.5** in week 24 in the Midlands And East region.

### Comment:

Presentations of many respiratory and other conditions have decreased this week and are in line with those anticipated at this time of year.

Mumps continues to be at a slightly higher level than the RCGP RSC five year average.

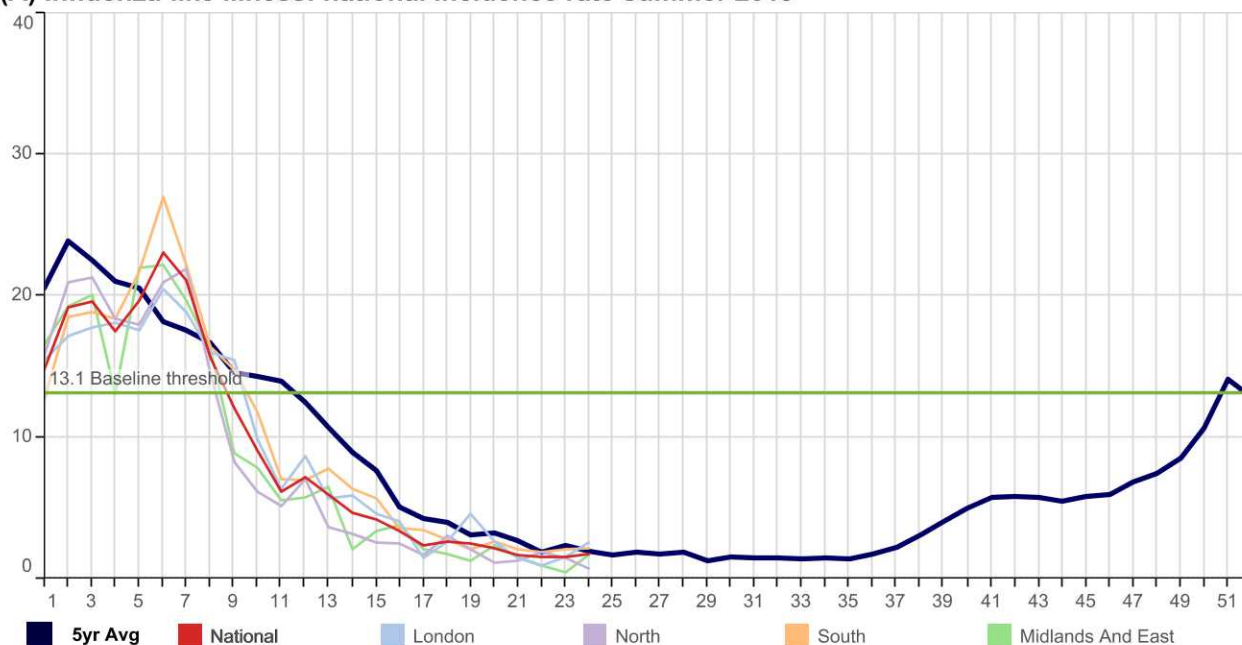
## Spring/Summer Focus 2019

Please see page 13 for explanatory notes on the data.

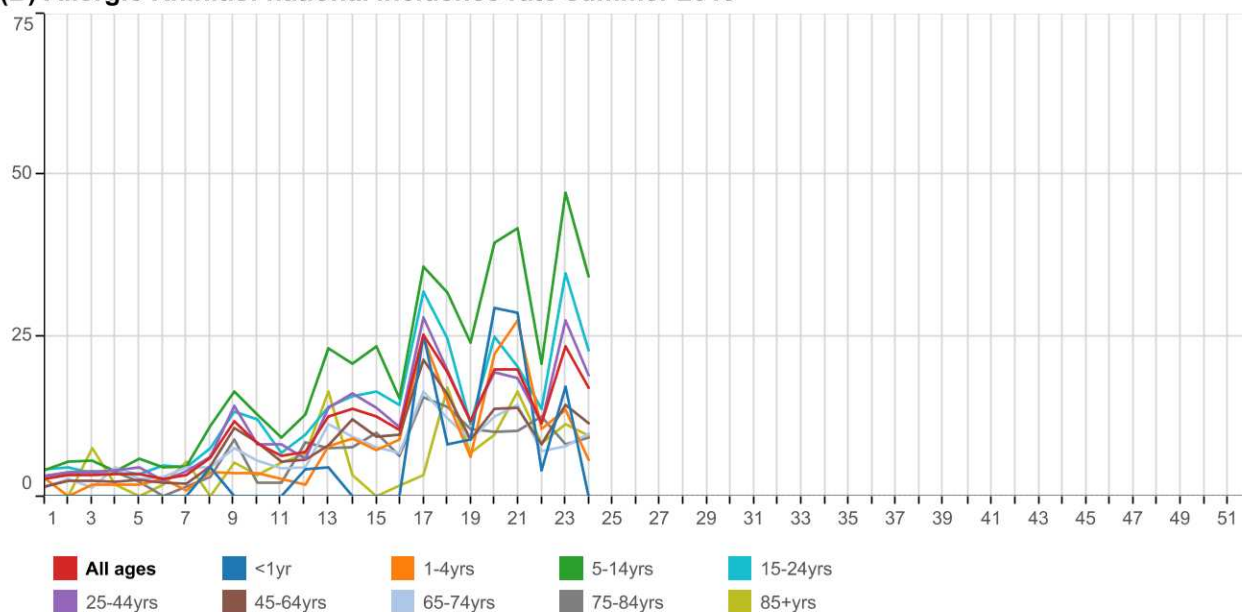
### Weekly influenza-like illness and bronchitis incidence rates per 100,000 persons

Influenza-like illness		Bronchitis	Influenza-like illness		Bronchitis
<1yr	0.0	101.8	London	2.6	28.4
1-4yrs	0.0	52.9	North	0.8	52.9
5-14yrs	1.3	9.2	South	2.2	36.6
15-24yrs	1.6	11.8	Midlands And East	1.7	44.8
25-44yrs	2.5	22.2	National	1.8	41.0
45-64yrs	1.8	44.3			
65-74yrs	2.0	76.8			
75-84yrs	2.0	110.6			
85+yrs	0.0	180.6			
All ages	1.8	41.0			

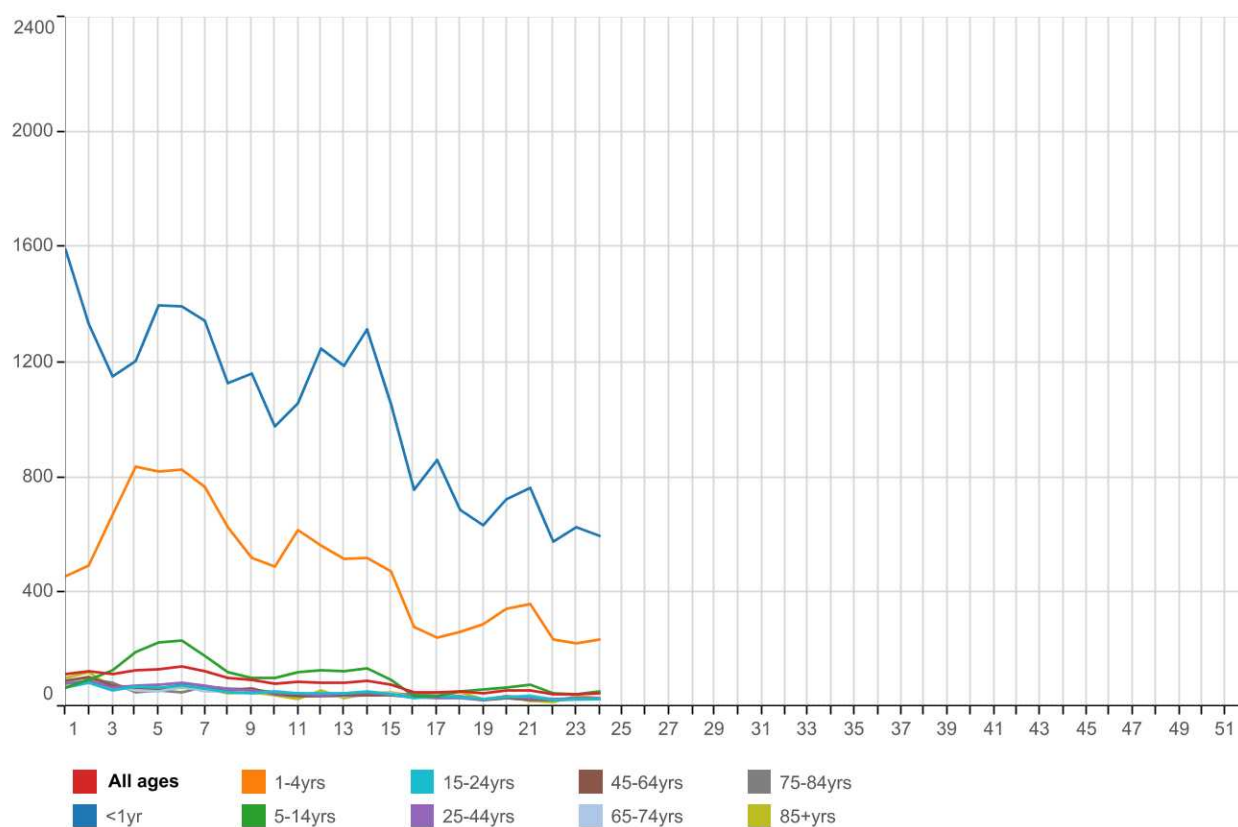
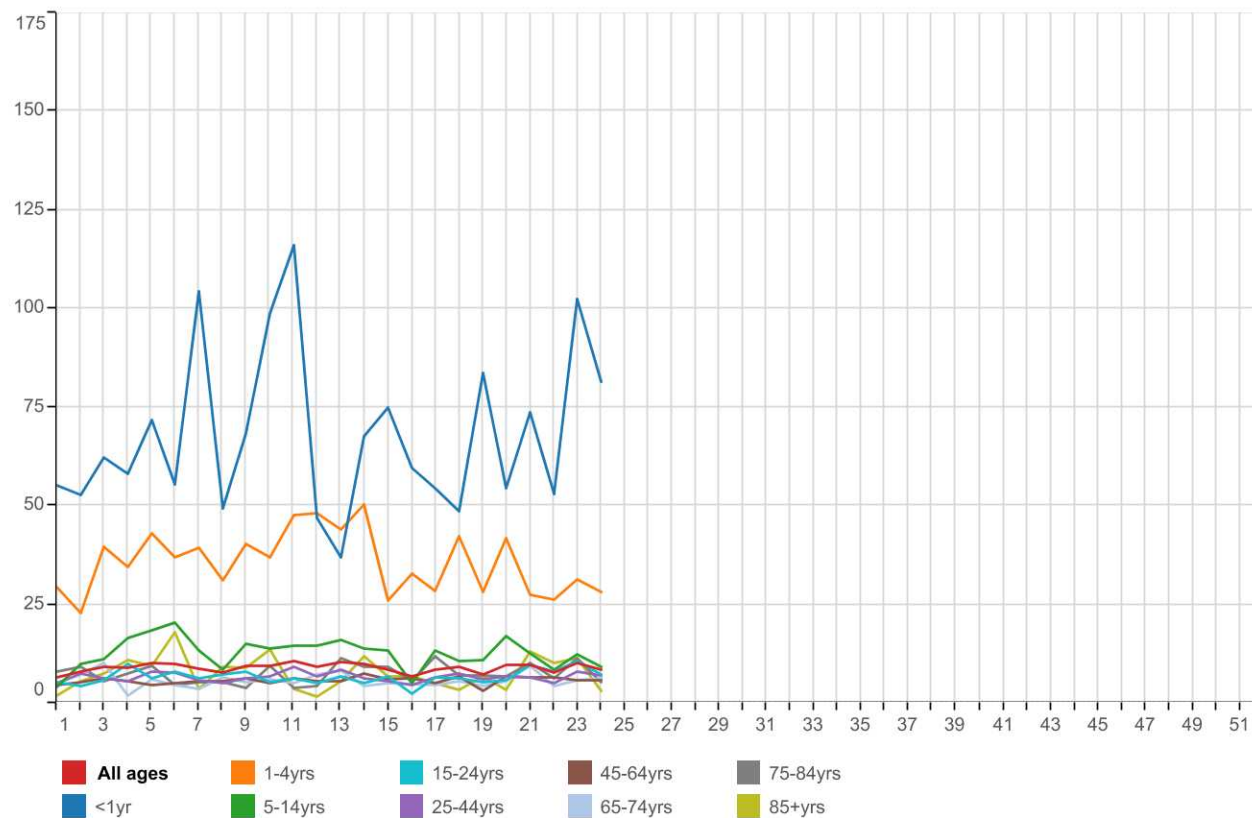
#### (A) Influenza-like illness: national incidence rate summer 2019\*



#### (B) Allergic Rhinitis: national incidence rate summer 2019\*



\* The thresholds used are the agreed RCGP/ Public Health England levels for 2018/19. The rolling average line (blue) is based on 5 year historic RCGP RSC level.

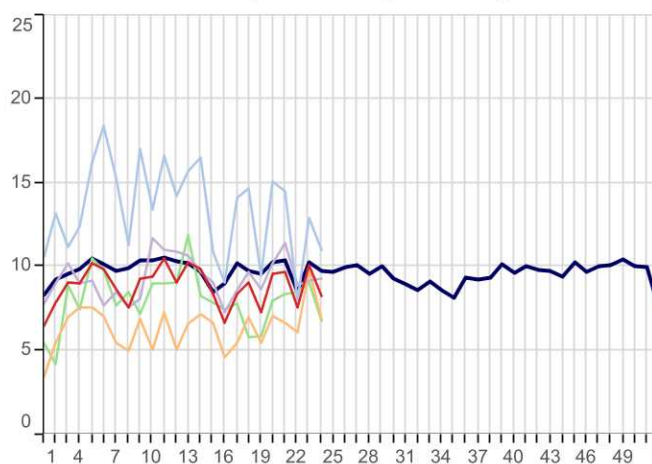
**(C) Common Cold & URTI NOS : national incidence rate 2019 by age group\*****(D) Infectious Intestinal Diseases : national incidence rate 2019 by age group\***



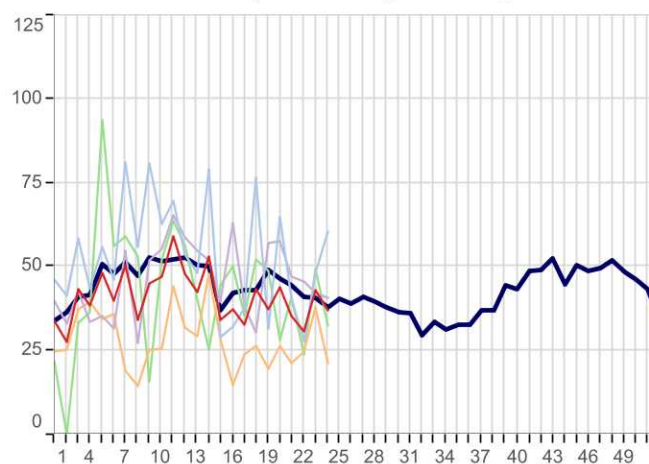
# 1. Water & Food Borne Disorders:

5yr Avg   National   London   North   South   Midlands And East

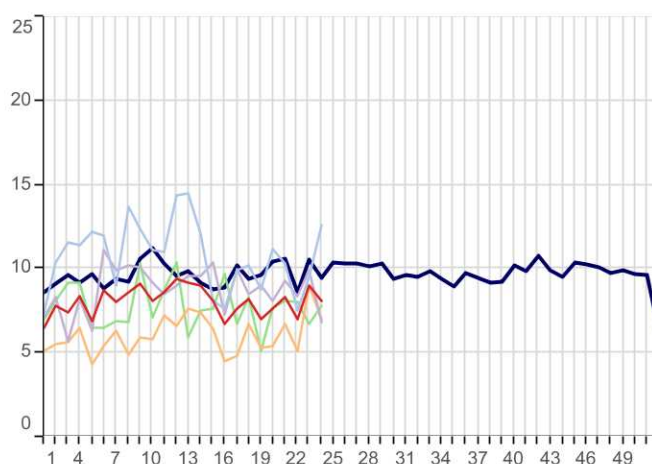
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **all ages**) by regions  
for 2019 compared with 5 year average



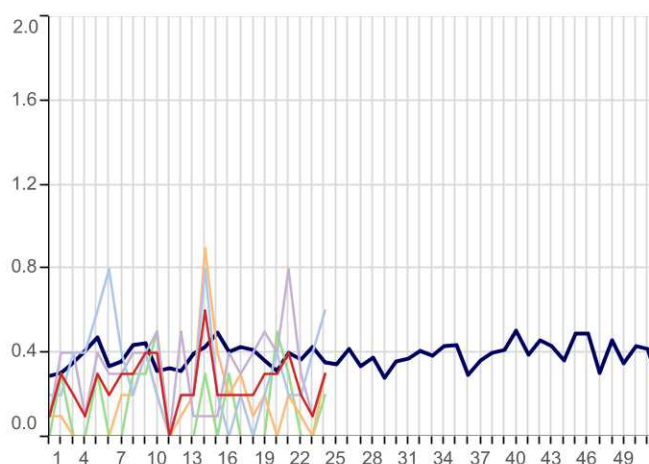
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **0-4 years**) by regions  
for 2019 compared with 5 year average



**Non-Infective Enteritis & Colitis (ICD10: K50-K52)**  
Weekly incidence (per 100,000 **all ages**) by region  
for 2019 compared with 5 year average



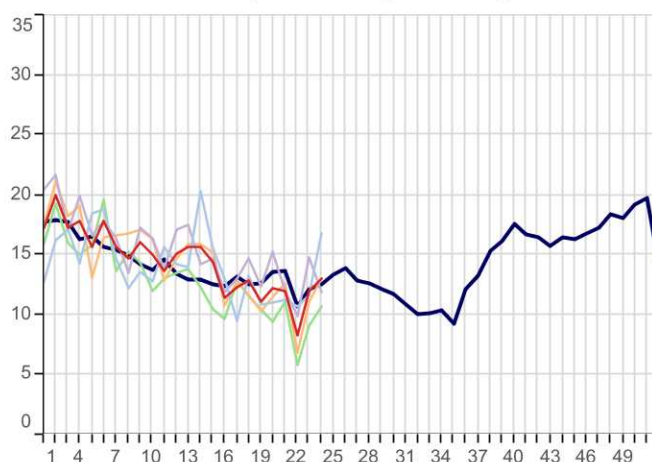
**Viral Hepatitis (ICD10: B15-B19)**  
Weekly incidence (per 100,000 **all ages**) by region  
for 2019 compared with 5 year average



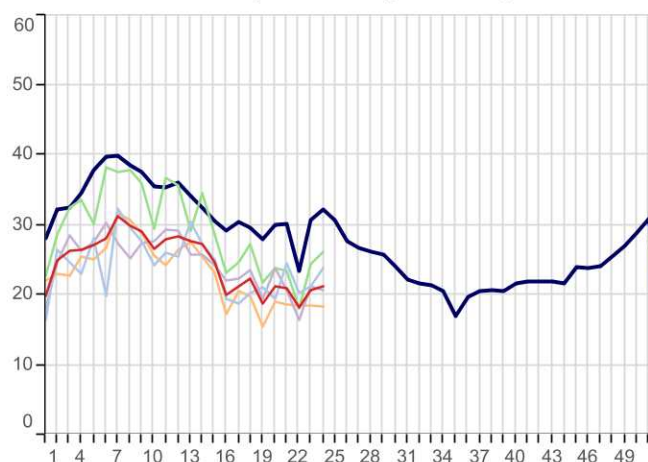
## 2. Environmentally Sensitive Disorders:

5yr Avg   National   London   North   South   Midlands And East

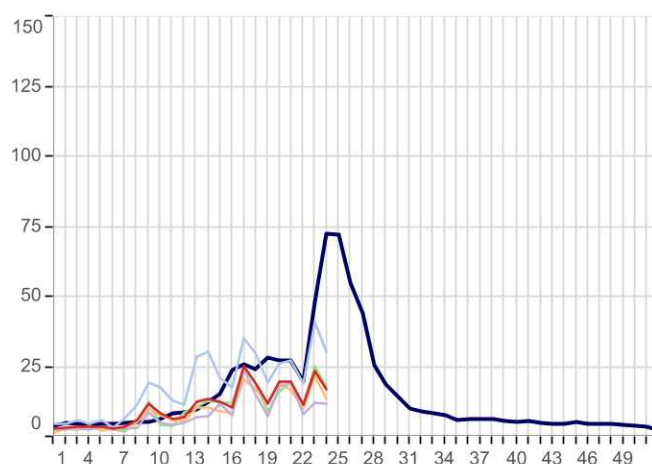
**Asthma (ICD10: J45-J46)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



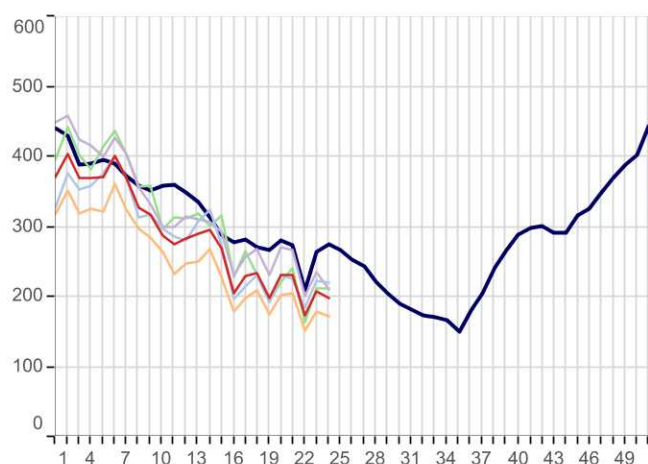
**Disorders of Conjunctiva (ICD10: H10-H13)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



**Hayfever/Allergic Rhinitis (ICD10: J30)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



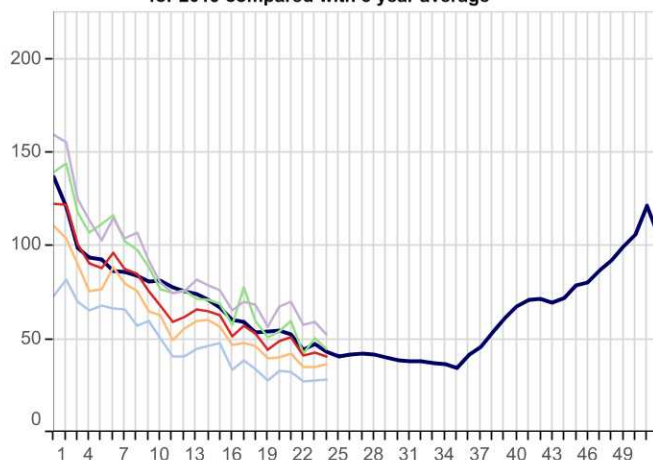
**Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



### 3. Respiratory Infections:

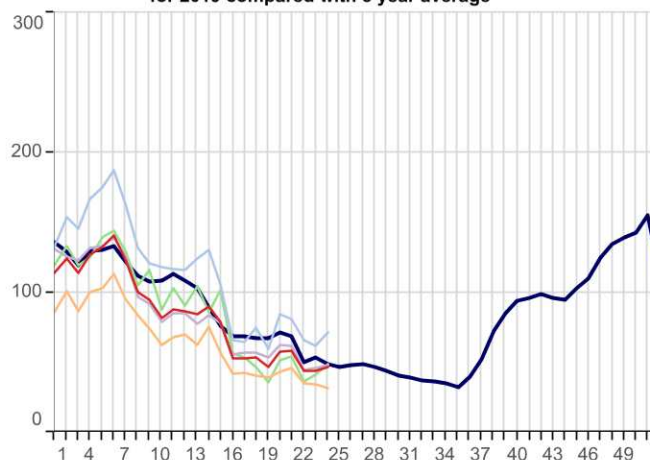
■ 5yr Avg ■ National ■ London ■ North

**Acute Bronchitis (ICD10: J20-J21,J40)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average

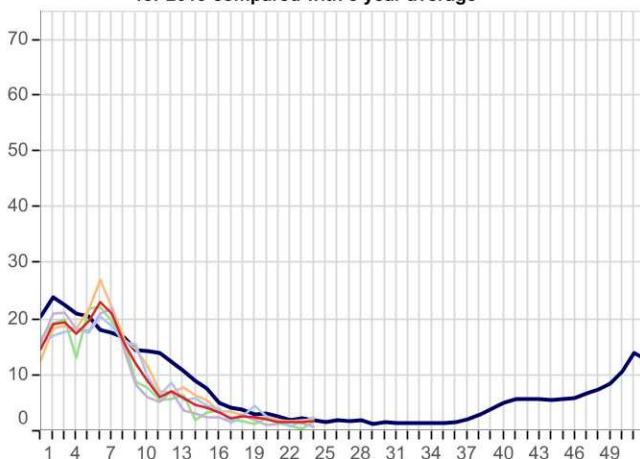


■ South ■ Midlands And East

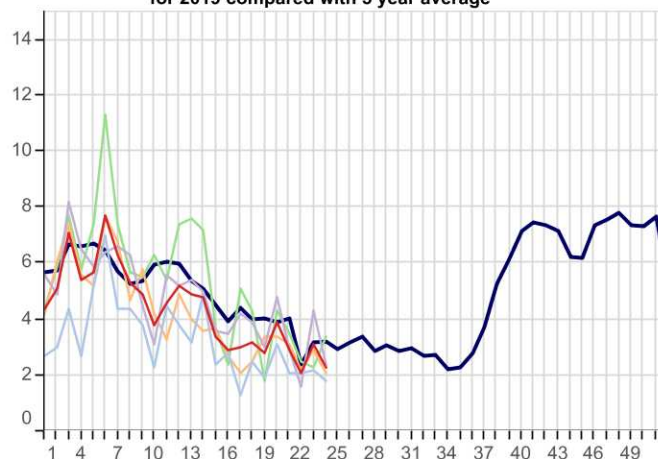
**Common Cold (ICD10: J00,J06)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



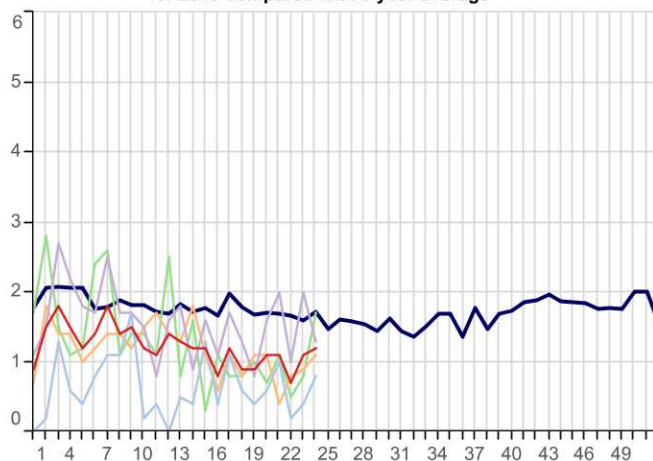
**Influenza-Like Illness (ICD10: J09-J11)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



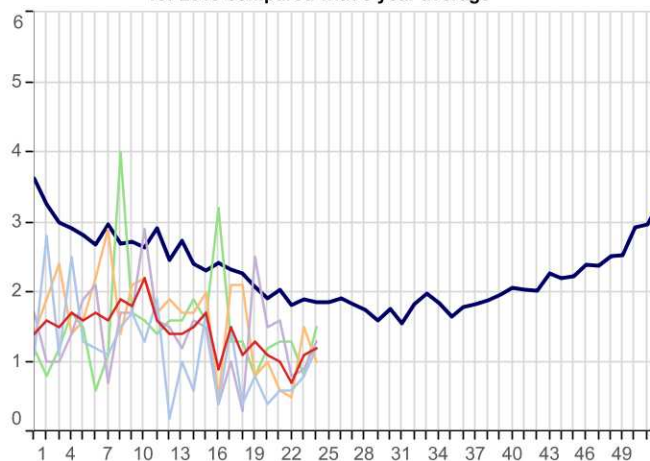
**Acute Laryngitis/Tracheitis (ICD10: J04)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



**Pleurisy (ICD10: R091)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



**Pneumonia/Pneumonitis (ICD10: J12-J18)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average

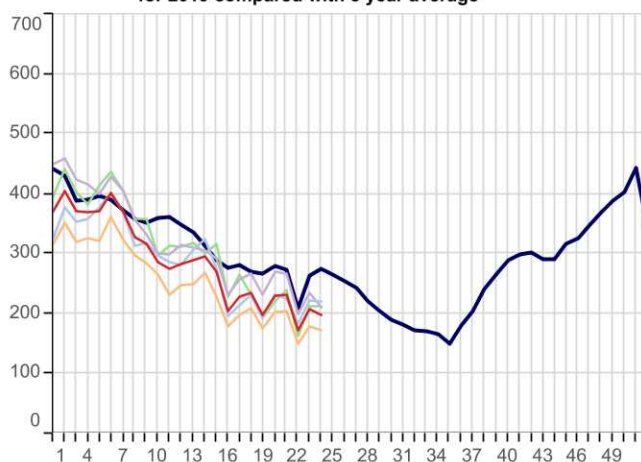




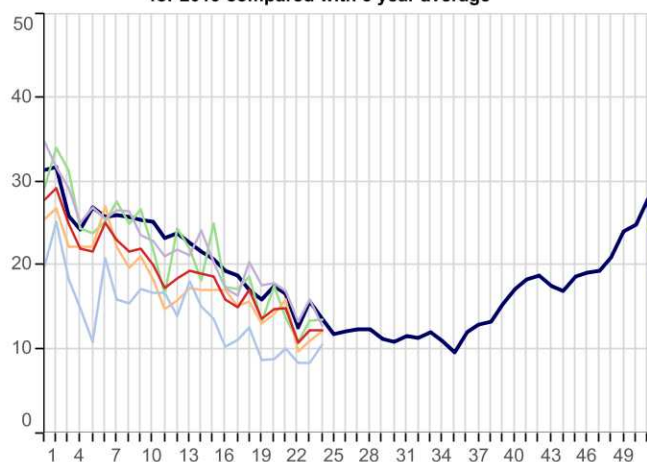
### 3. Respiratory Infections(Continued):

■ 5yr Avg ■ National ■ London ■ North ■ South ■ Midlands And East

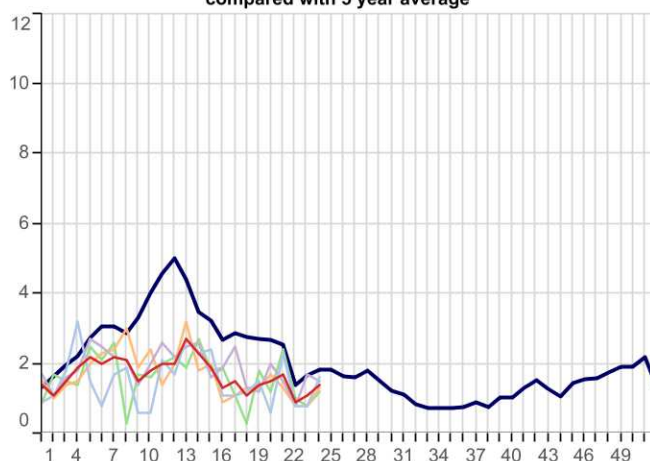
**Respiratory System Diseases (ICD10: J00-J99)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



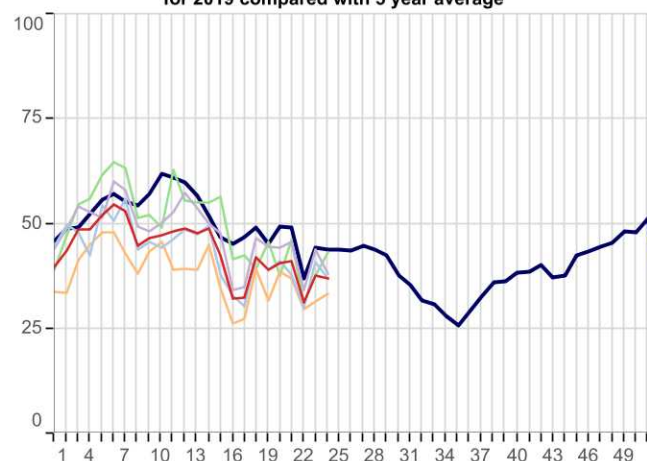
**Acute Sinusitis (ICD10: J01)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



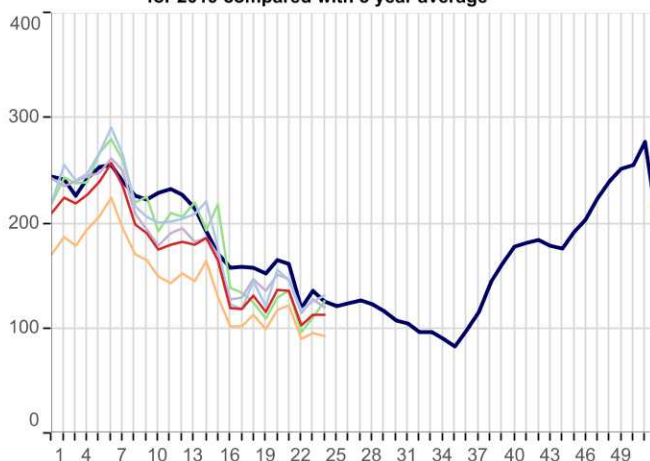
**Strep Sore Throat, Scarletina and Peritonsillar Abscess (ICD10: A38,J020,J36)**  
Weekly incidence (per 100,000 all ages) by region for 2019  
compared with 5 year average



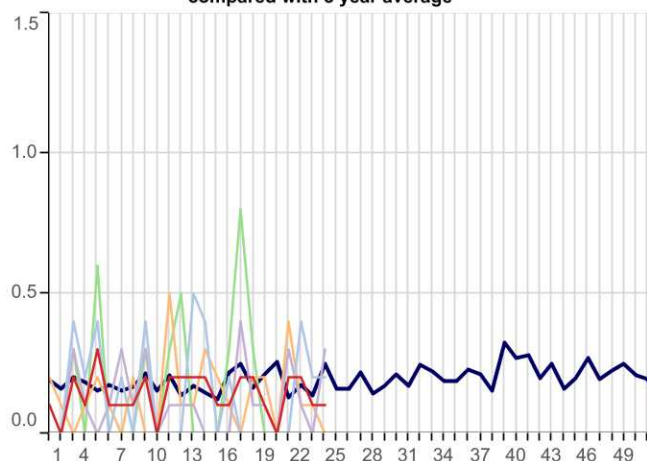
**Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



**Upper Respiratory Tract Infections (URTI)(ICD10: J00-J06)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



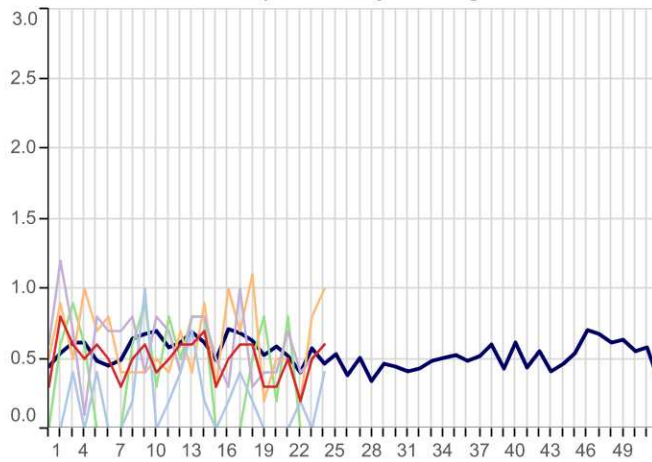
**Whooping Cough (ICD10: A37)**  
Weekly incidence (per 100,000 all ages) by region by region for 2019  
compared with 5 year average



### 3. Respiratory Infections(Continued):

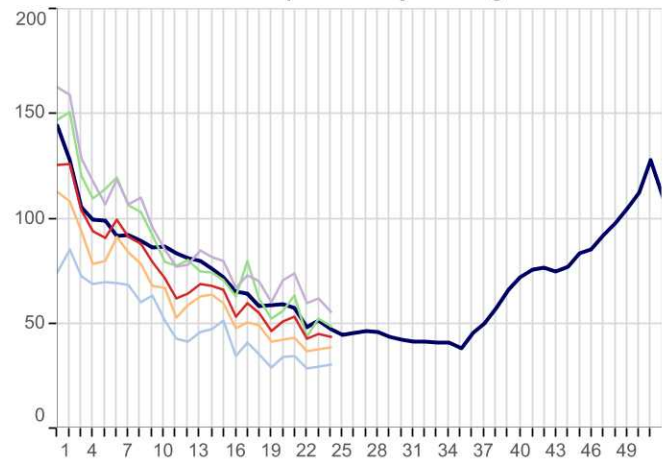
5yr Avg   National   London   North

**Infectious Mononucleosis (ICD10: B27)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average

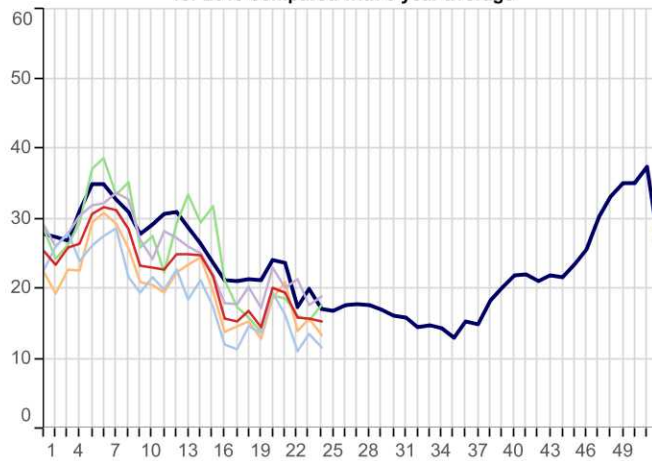


South   Midlands And East

**Lower Respiratory Tract Infections (LRTI)(ICD10: J20-J22)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average

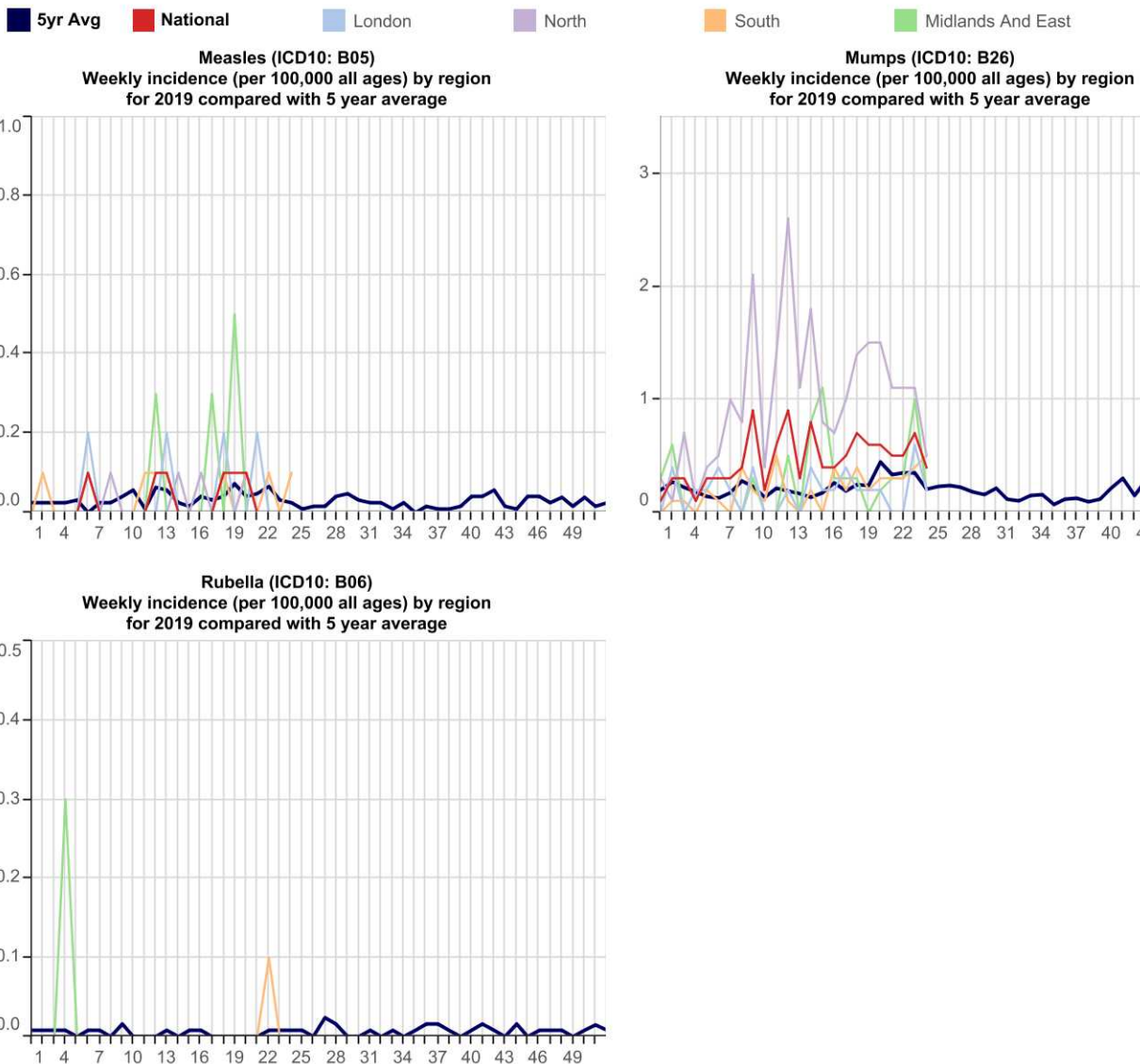


**Acute Otitis Media (ICD10: H650-H651,H660,H669)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average

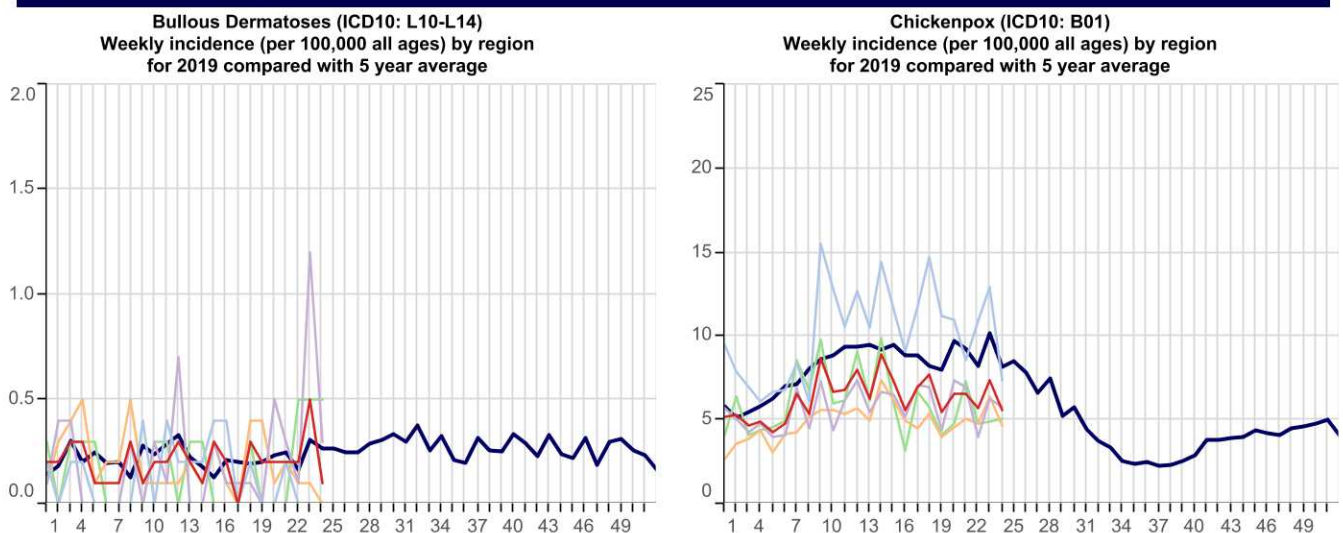




## 4. Vaccine Sensitive Disorders



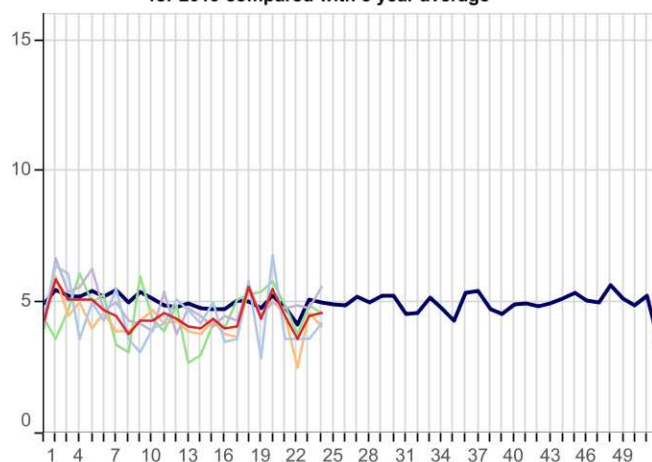
## 5. Skin Contagions



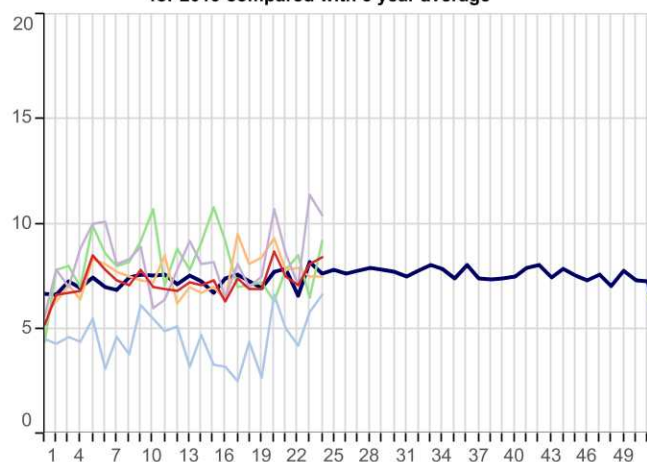
## 5. Skin Contagions (Continued)

5yr Avg   National   London   North   South   Midlands And East

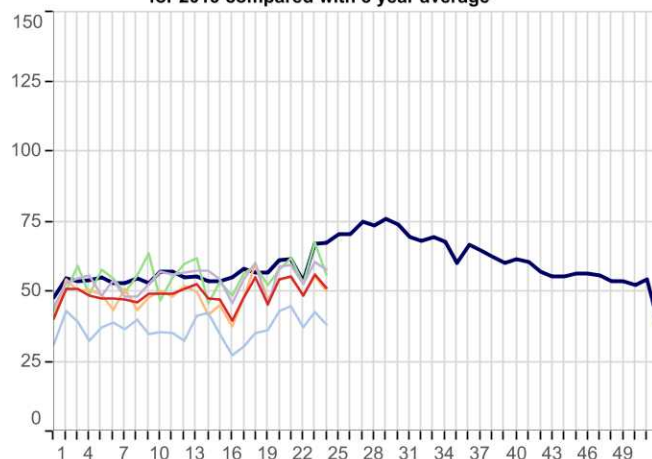
**Herpes Simplex (ICD10: B00)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



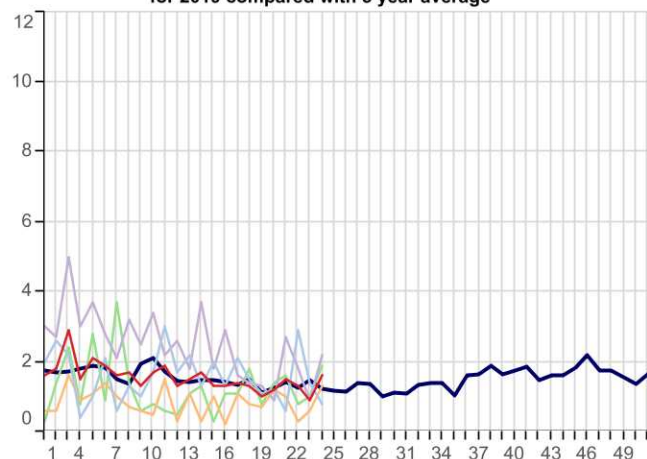
**Herpes Zoster (ICD10: B02)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



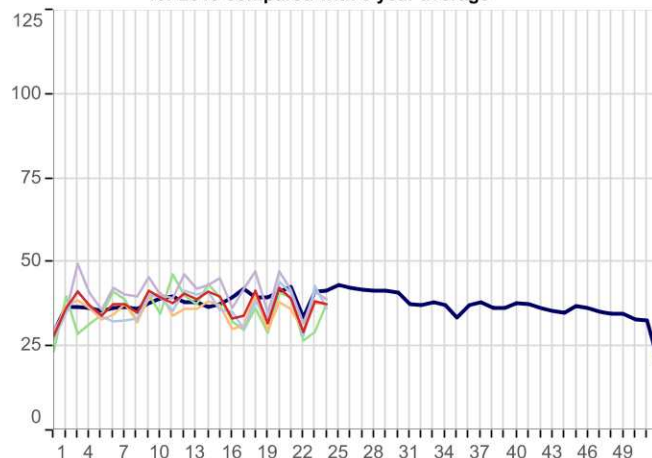
**Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



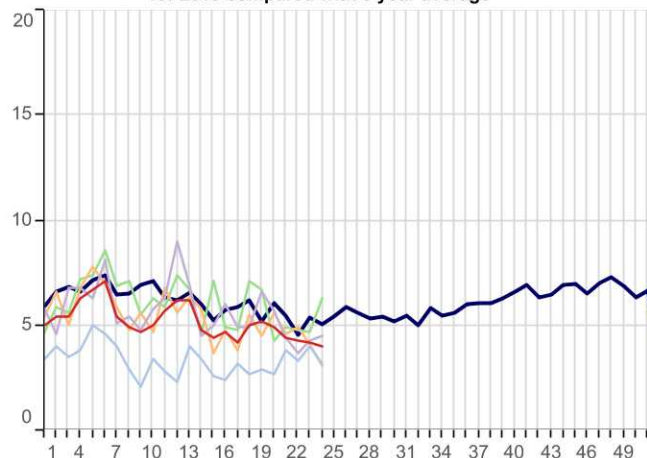
**Scabies (ICD10: B86)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



**Symptoms involving Skin & Oth Integument Tiss (ICD10: R20-R23)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



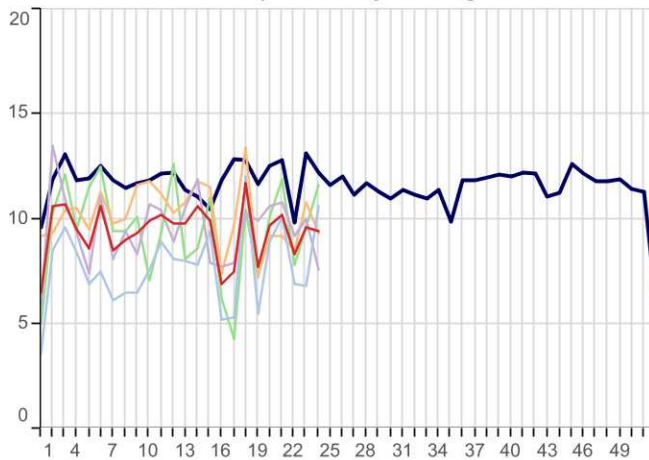
**Impetigo (ICD10: L01)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



## 6. Disorders Affecting the Nervous System

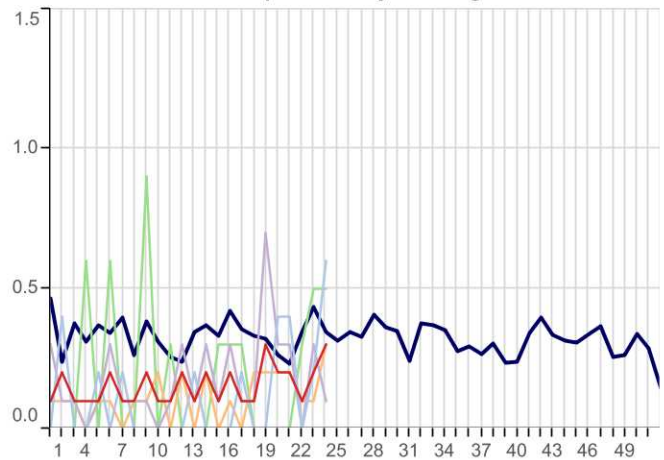
5yr Avg   National   London   North

**Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average

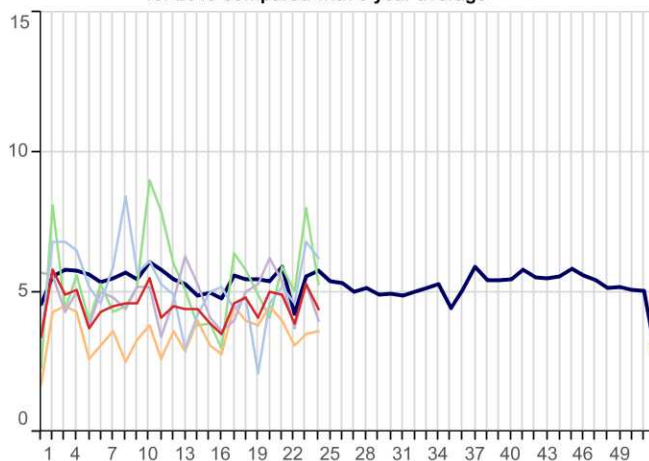


South   Midlands And East

**Meningitis/Encephalitis (ICD10: A170-A171, A390, A38-A85, A87, G00-G05)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average

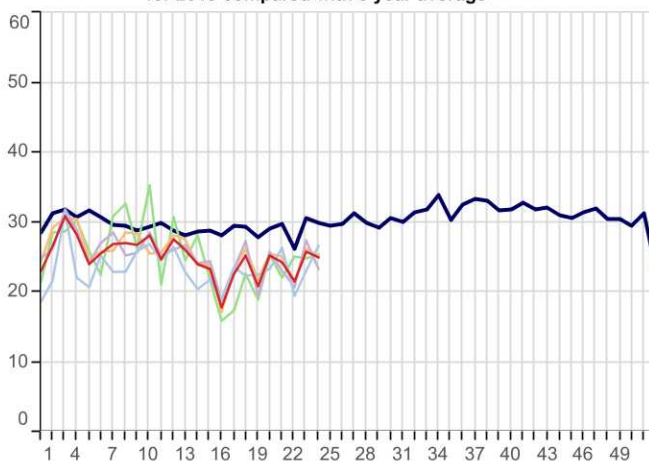


**Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average



## 7. Genitourinary System Disorders

**Urinary Tract Infection/Cystitis (ICD10: N30, N390)**  
Weekly incidence (per 100,000 all ages) by region  
for 2019 compared with 5 year average





## 8. Tabular Summary by Disease

Disease Name	Week beginning Week ending	10/06/2019 16/06/2019		03/06/2019 09/06/2019		27/05/2019 02/06/2019		20/05/2019 26/05/2019	
		Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Allergic Rhinitis		16.9	455	23.3	611	11.4	292	19.8	515
Asthma		13.0	352	12.0	315	8.3	212	12.0	311
Bronchitis		41.0	1,108	43.0	1,130	41.4	1,058	51.1	1,329
Bullous Dermatoses		0.1	4	0.5	12	0.2	4	0.2	5
Chickenpox		5.6	150	7.4	194	5.7	146	6.6	172
Common Cold		46.7	1,260	44.4	1,166	44.0	1,124	58.2	1,513
Conjunctival Disorders		21.3	574	20.7	544	18.2	465	21.0	546
Herpes Simplex		4.6	125	4.5	118	3.6	92	4.5	116
Herpes Zoster		8.4	227	8.1	214	7.1	181	7.5	196
Impetigo		4.0	108	4.2	110	4.3	109	4.4	115
Infectious Mononucleosis		0.6	17	0.5	12	0.2	6	0.5	13
Influenza-like illness		1.8	48	1.6	42	1.6	41	1.7	44
Infectious Intestinal Diseases		8.3	225	10.1	266	7.6	195	9.7	253
Laryngitis and Tracheitis		2.3	63	3.1	81	2.1	53	2.9	76
Lower Respiratory Tract Infections		43.7	1,179	45.4	1,193	43.0	1,099	53.4	1,390
Measles		0.0	1	0.0	0	0.0	1	0.0	1
Meningitis and Encephalitis		0.3	9	0.2	6	0.1	2	0.2	6
Mumps		0.4	11	0.7	19	0.5	12	0.5	12
Non-infective Enteritis and Colitis		8.1	218	9.0	237	7.0	178	8.3	216
Otitis Media Acute		15.3	414	15.8	416	15.9	406	19.5	508
Peripheral Nervous Disease		9.4	254	9.6	253	8.3	212	10.2	265
Pleurisy		1.2	32	1.1	29	0.7	18	1.1	28
Pneumonia and Pneumonitis		1.2	32	1.1	29	0.7	19	1.0	26
Respiratory System Diseases		198.4	5,356	208.4	5,476	173.1	4,426	231.4	6,018
Rubella		0.0	0	0.0	0	0.0	1	0.0	0
Scabies		1.6	42	0.9	24	1.3	33	1.5	39
Sinusitis		12.3	333	12.3	324	10.8	275	14.9	387
Skin and Subcutaneous Tissue Infections		51.3	1,384	56.3	1,479	48.5	1,241	55.5	1,443
Strep Throat and Peritonsillar Abscess		1.4	38	1.1	28	0.9	22	1.7	44
Symptoms involving musculoskeletal		4.4	120	5.3	140	3.9	99	4.9	128
Symptoms involving Respiratory and Chest		16.6	447	15.5	406	12.5	319	15.3	397
Symptoms involving Skin and Integument Tissues		37.7	1,019	38.6	1,014	29.4	753	39.3	1,021
Tonsillitis and acute Pharyngitis		36.9	996	37.8	992	31.3	801	41.1	1,068
Upper Respiratory Tract Infections		113.1	3,052	112.7	2,961	103.3	2,643	136.0	3,537
Urinary Tract Infections		25.0	675	25.8	677	21.5	549	24.3	632
Viral Hepatitis		0.3	9	0.1	3	0.2	4	0.4	10
Whooping Cough		0.1	3	0.1	2	0.2	4	0.2	6
Practice Count		259		253		245		249	
Denom		2,699,377		2,627,375		2,557,390		2,600,862	

## FURTHER INFORMATION:

### **About the report**

#### **Summer focus**

The first two pages of data within this report focus on the weekly incidence rates of Influenza-Like Illness, Allergic Rhinitis, Common Cold, and Infectious Intestinal Diseases.

#### **Rate calculation**

Each weekly incidence rate is presented per 100,000 population. All presentations are for males and females, and for all age groups, unless otherwise stated.

The denominator used for this report is taken from our most recent extract of data from GP practice systems, and includes all patients currently registered with eligible practices. The denominator varies week-on-week as patients register and deregister; it may also be the case that all patients from an individual practice are excluded because of problems with the data extraction from that practice in a specific week. Patients who have withheld consent for data-sharing are excluded.

In addition to the national rate, we present data for the four NHS England regions: North; Midlands and East; South; and London.

#### **Five-year averages**

Weekly rates are set against the five-year average, calculated from data for the calendar years 2014-2018. Previously we reported against a ten-year average. The change to a five-year average was made because longer-term trends in the incidence of disease have led to weekly rates for certain diseases becoming increasingly divergent from their ten-year average. The use of five-year averages lessens this effect and enables more meaningful comparison.

#### **Threshold calculation for Influenza-Like Illness (ILI)**

We are now using the Moving Epidemic Method (MEM) to calculate threshold and intensity levels for Influenza-Like Illness. MEM works by identifying seasonal epidemic peaks and then calculates thresholds and intensity levels based on the pre and post epidemic values. This allows us to report the severity of ILI against multiple thresholds, rather than a simple comparison with the five-year average as the wide variation in ILI year on year, especially during the seasonal peak, makes the average less representative.

This methodology is used by the European Centre for Disease Prevention and Control to standardise reporting of influenza activity across Europe, and is also in use by Public Health England. Full details of the methodology can be found in: Vega et al. (2012) Influenza surveillance in Europe: establishing epidemic thresholds by the moving epidemic method. Influenza and Other Respiratory Viruses 7(4), 546–558. For ease of graphical representation, the final threshold (Very High) is not included in Graph A, page 2.

## About the Royal College of General Practitioners (RCGP) Research and Surveillance Centre (RSC)

### What we do

The RCGP RSC was established in 1957, with the current name in use since 2009. The Centre is an internationally renowned source of information, analysis, and interpretation concerning the onset, patterns, relevance and trends over time of morbidity in primary care. The RSC is an active research and surveillance unit that collects and monitors data; its most important research is the surveillance of influenza and the monitoring of vaccine effectiveness.

The RSC data and analytics hub is housed in the Section of Clinical Medicine and Ageing at the University of Surrey.

Further information about the RSC can be found on our website:

<http://www.rcgp.org.uk/clinical-and-research/our-programmes/research-and-surveillance-centre.aspx>

### Our data extraction process and information governance

Data are extracted twice weekly from practice systems by Wellbeing data management on the RCGP's behalf. Patients who have withheld consent for data sharing are excluded from the extraction process.

Data are pseudonymised as close to source as possible. Data are held on secure servers at the RCGP data and analytics hub in the Section of Clinical Medicine and Ageing at the University of Surrey. Both Apollo and the University of Surrey are registered and compliant with the Data Protection Act and fully compliant with all relevant NHS Digital data information governance best practice.

### What the data is used for

The RCGP RSC has been providing reports weekly about health and disease, called the Weekly Returns Service (WRS) since 1964. The WRS monitors the number of patients consulting with new episodes of illness classified by diagnosis in England, and provides weekly incidence rates per 100,000 population for these new episodes of illness. It is the key primary care element of the national disease monitoring systems run by Public Health England. The bulletin can be found at the following URL:

<https://www.gov.uk/government/publications/syndromic-surveillance-summary>

In addition to the WRS, the data is used for other research studies. Any other uses of the data for research follow ethical approval from the Health Research Authority (HRA), and, where relevant, HRA Confidential Advisory Group (CAG) advice that further approval is not needed. Full details can be found on our website:

<http://www.rcgp.org.uk/clinical-and-research/our-programmes/research-and-surveillance-centre.aspx>

### For further information

For further information about the work of the RSC, or if you would like to be included on our email notification list, please contact:

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