



Royal College of
General Practitioners
Research and Surveillance Centre

RSC Communicable and Respiratory Disease Report for England

Key Statistics:

Week Number/Year.....08/2019
Week Starting - Ending.....18/02/2019 - 24/02/2019
No. of Practices.....237
Population.....2366940

National (England)

- **Acute Bronchitis** : decreased a little from **87.8** in week 7 to **84.9** in week 8.
- **Asthma** : decreased from **15.7** in week 7 to **14.7** in week 8.
- **Common Cold** : decreased from **123.6** in week 7 to **100.6** in week 8.
- **Influenza-Like illness** : decreased from **21.1** in week 7 to **15.7** in week 8.
- **Respiratory System Diseases** : decreased from **369.4** in week 7 to **327.4** in week 8.

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

- **Acute Bronchitis** : decreased from **66.2** in week 7 to **57.1** in week 8 in the London region, was unchanged at **104.0** in week 7 compared with **107.1** in week 8 in the North region, decreased a little from **79.7** in week 7 to **75.9** in week 8 in the South region, and decreased a little from **102.7** in week 7 to **97.8** in week 8 in the Midlands And East region.
- **Asthma** : decreased from **14.7** in week 7 to **12.2** in week 8 in the London region, decreased from **16.4** in week 7 to **13.5** in week 8 in the North region, was unchanged at **16.6** in week 7 compared with **16.8** in week 8 in the South region, and increased from **13.7** in week 7 to **15.3** in week 8 in the Midlands And East region.
- **Common Cold** : decreased from **163.4** in week 7 to **131.9** in week 8 in the London region, decreased from **126.8** in week 7 to **97.2** in week 8 in the North region, decreased from **95.4** in week 7 to **83.6** in week 8 in the South region, and decreased from **129.9** in week 7 to **104.9** in week 8 in the Midlands And East region.
- **Influenza-Like illness** : decreased from **18.9** in week 7 to **16.0** in week 8 in the London region, decreased from **21.9** in week 7 to **14.6** in week 8 in the North region, decreased from **22.2** in week 7 to **16.4** in week 8 in the South region, and decreased from **19.7** in week 7 to **16.2** in week 8 in the Midlands And East region.
- **Respiratory System Diseases** : decreased from **369.7** in week 7 to **313.6** in week 8 in the London region, decreased from **404.6** in week 7 to **356.3** in week 8 in the North region, decreased from **323.8** in week 7 to **296.8** in week 8 in the South region, and decreased from **404.1** in week 7 to **357.5** in week 8 in the Midlands And East region.

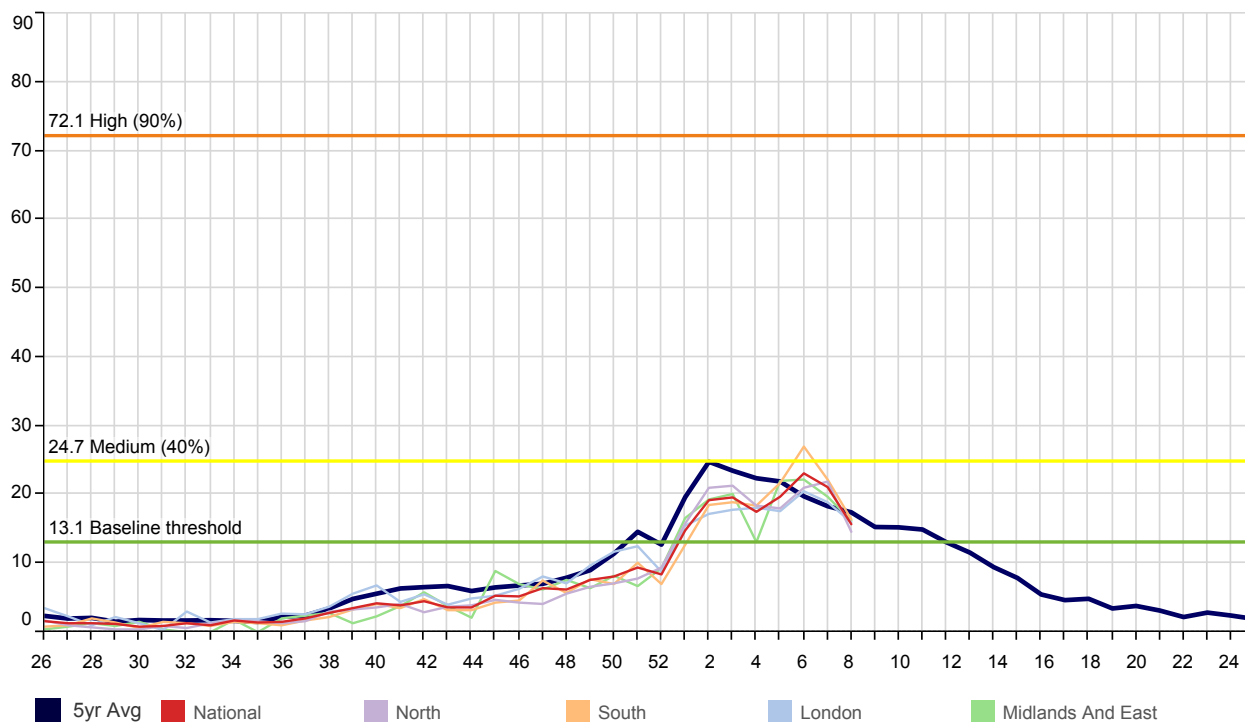
Comment:

Presentations for influenza-like-illness and respiratory conditions overall decreased this week. Influenza like illness has remained below our baseline threshold.

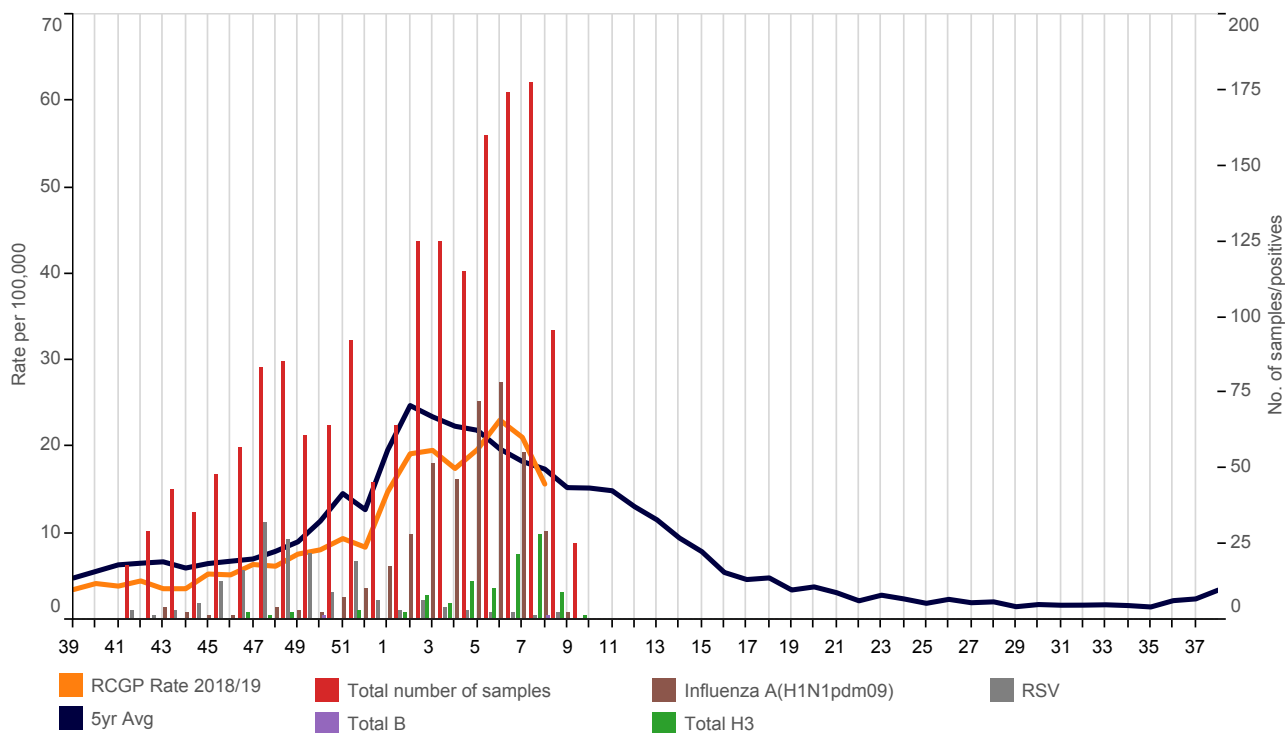
Winter Focus 2018/19

Please see page 13 for explanatory notes on the data.

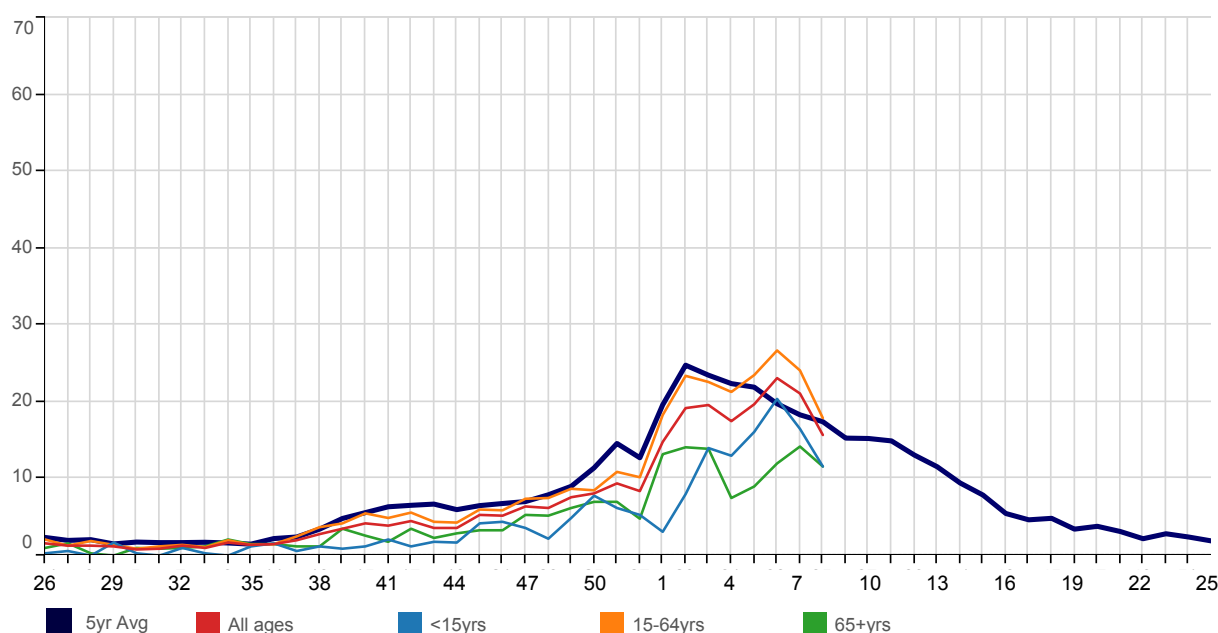
(A) Influenza-like illness: incidence rate winter 2018/19*



(B) RCGP/PHE RSV and Influenza Virology Swab Surveillance 2018/19(all ages, gender & regions combined)*



* 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) Influenza-like illness: national incidence rate 2018/2019 by age group***(D) Influenza-like illness: national incidence rate 2018/2019 by age group***

This table shows the level of intensity of ILI by age band. MEM thresholds have been calculated separately for each age band - the ranges are shown in the table Threshold levels by age band.

Table 1	40	41	42	43	44	45	46	47	48	49	50	51	52	1	2	3	4
<15yrs	1.2	2.1	1.2	1.8	1.7	4.2	4.4	3.6	2.2	4.9	7.8	6.2	5.3	3.1	8.0	14.0	13.0
15-64yrs	5.5	4.9	5.6	4.4	4.3	6.0	5.9	7.4	7.5	8.7	8.5	10.9	10.2	18.3	23.4	22.6	21.3
65+yrs	2.6	1.8	3.5	2.3	2.9	3.3	3.3	5.3	5.2	6.2	7.0	7.0	4.8	13.2	14.1	13.9	7.5
All ages	4.2	3.9	4.5	3.6	3.6	5.3	5.2	6.4	6.2	7.6	8.1	9.4	8.4	14.8	19.2	19.6	17.5
	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
<15yrs	16.1	20.4	16.5	11.6													
15-64yrs	23.5	26.7	24.1	17.9													
65+yrs	9.0	12.0	14.2	11.6													
All ages	19.7	23.1	21.1	15.7													

Table 2	Below Threshold ¹	Threshold to Medium ²	Medium to High ³	High to Very High ⁴	Above Very High ⁵
0-14	<10.8	10.8 to <16.5	16.5 to <50.4	50.4 to <82.4	82.4+
15-64	<14.6	14.6 to <28.9	28.9 to <69.6	69.6 to <102.7	102.7+
65+	<11.7	11.7 to <17.6	17.6 to <43.6	43.6 to <65.1	65.1+
All Ages	<13.1	13.1 to <24.7	24.7 to <72.1	72.1 to <115.6	115.6+

Threshold levels

¹Below baseline threshold

²baseline threshold breach to < 40th percentile

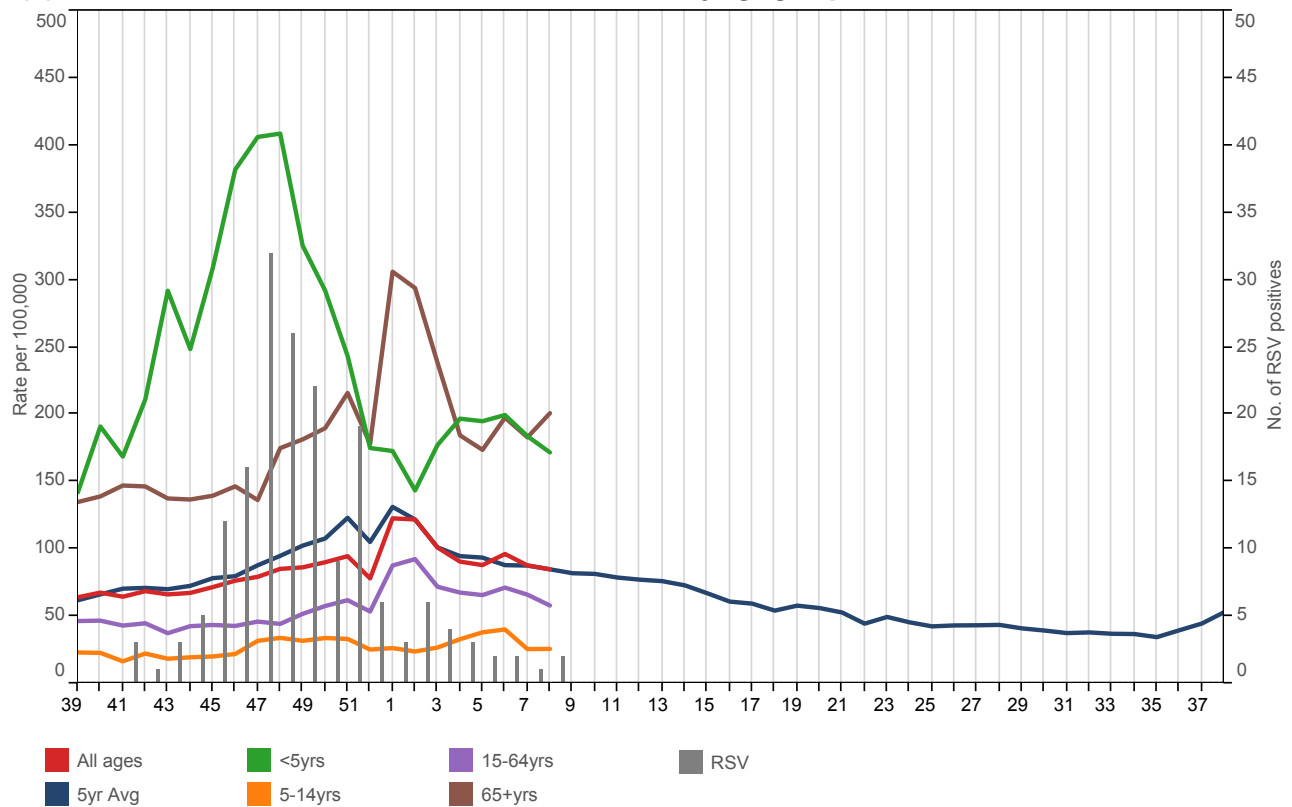
³40th to <90th percentile

⁴90th to <97.5th percentile

⁵97.5th+ percentile

Weekly influenza-like illness and Acute Bronchitis incidence rates per 100,000 persons

	Influenza-like illness	Acute Bronchitis		Influenza-like illness	Acute Bronchitis
<1yr	13.4	345.0	London	16.0	57.1
1-4yrs	16.9	135.4	North	14.6	107.1
5-14yrs	9.4	25.8	South	16.4	75.9
15-24yrs	10.4	21.8	Midlands And East	16.2	97.8
25-44yrs	18.2	42.4	National	15.7	84.9
45-64yrs	21.1	93.4			
65-74yrs	10.9	146.7			
75-84yrs	14.5	227.3			
85+yrs	7.3	354.9			
All ages	15.7	84.9			

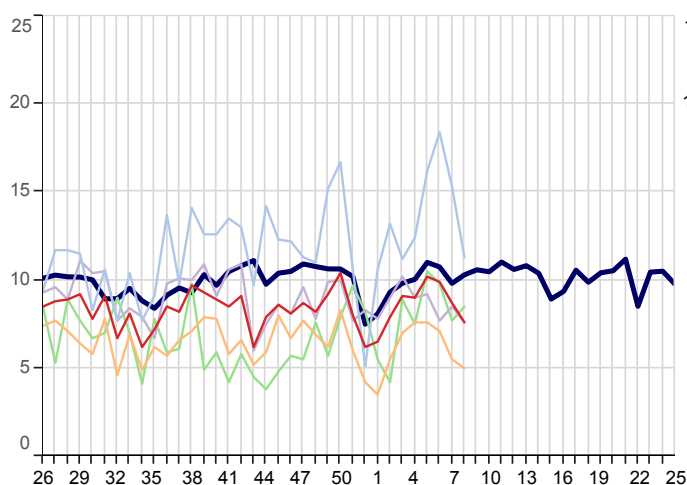
(E) Acute Bronchitis: national incidence rate 2018/2019 by age group***Weekly Influenza-like illness and Acute Bronchitis incidence rates per 100,000 persons**

	Influenza-like illness	Acute Bronchitis
<5yrs	16.3	171.8
5-14yrs	9.4	25.8
15-64yrs	17.9	58.0
65+yrs	11.6	200.9
All ages	15.7	84.9

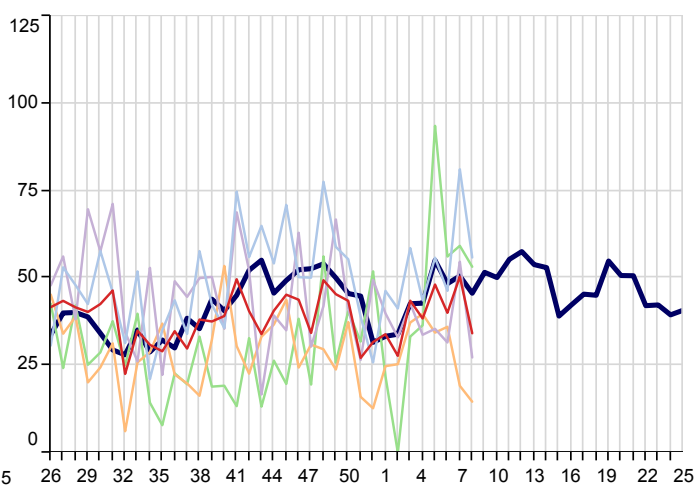
1. Water & Food Borne Disorders:

5yr Avg National London North South Midlands And East

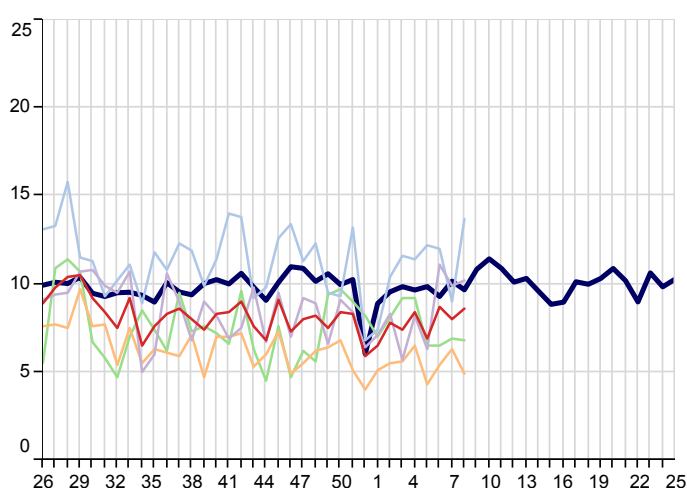
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **all ages**) by regions
for 2018/19 compared with 5 year average



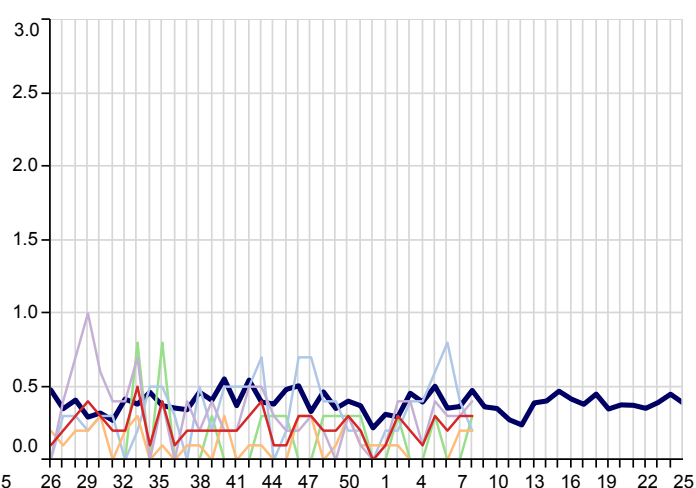
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **0-4 years**) by regions
for 2018/19 compared with 5 year average



Non-Infective Enteritis & Colitis (ICD10: K50-K52)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



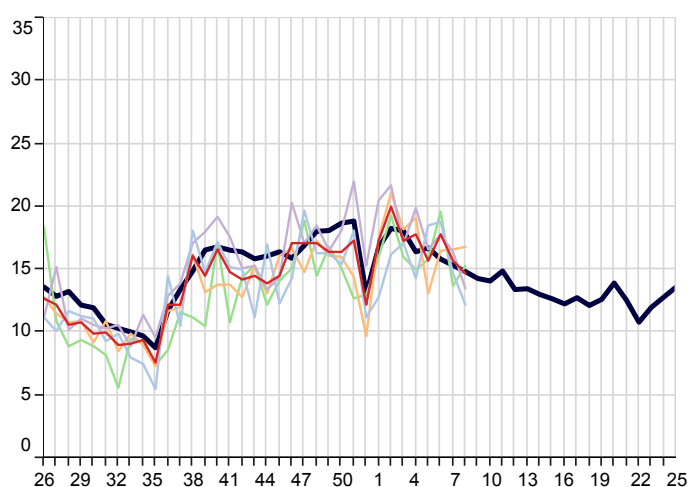
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



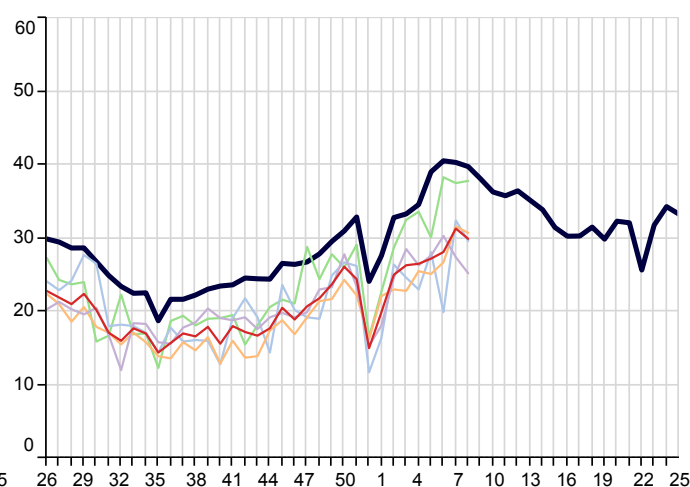
2. Environmentally Sensitive Disorders:

5yr Avg National London North South Midlands And East

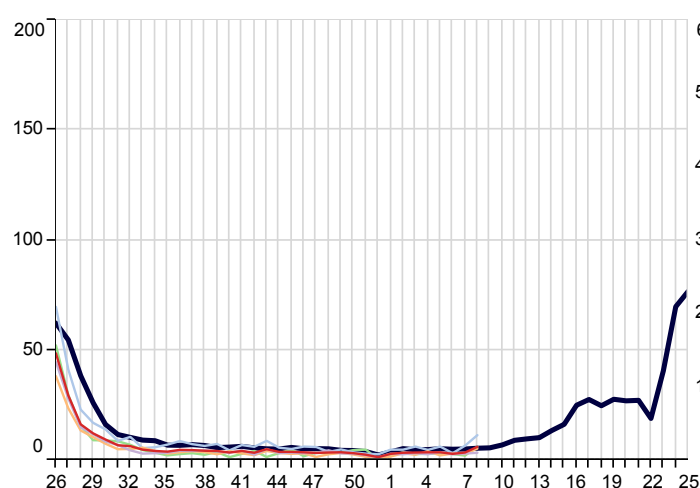
Asthma (ICD10: J45-J46)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



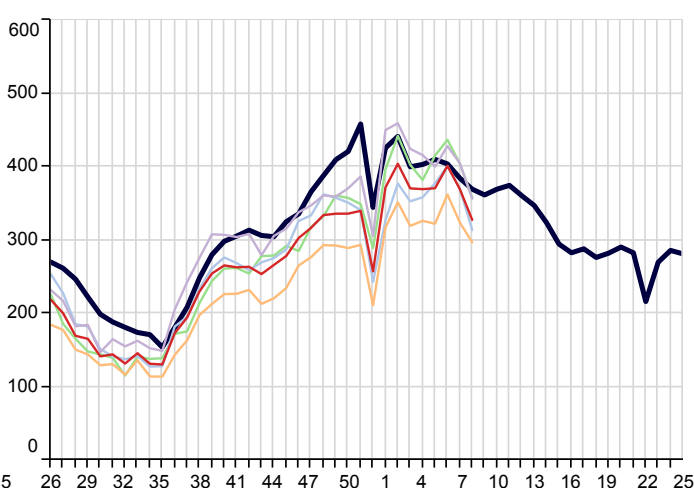
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



Hayfever/Allergic Rhinitis (ICD10: J30)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



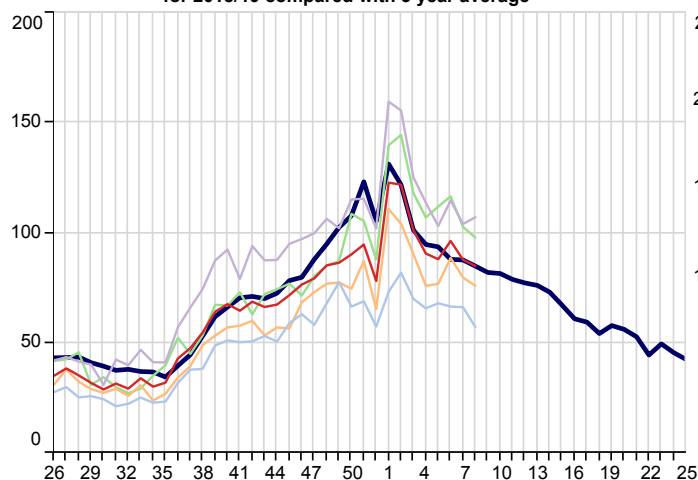
Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



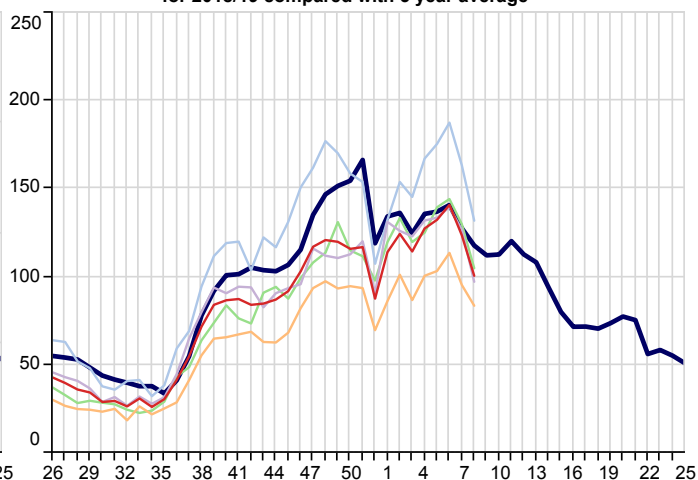
3. Respiratory Infections:

5yr Avg National London North South Midlands And East

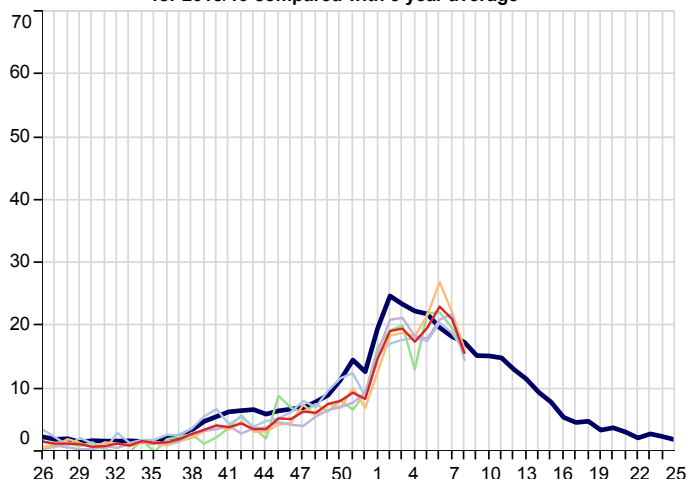
Acute Bronchitis (ICD10: J20-J21,J40)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



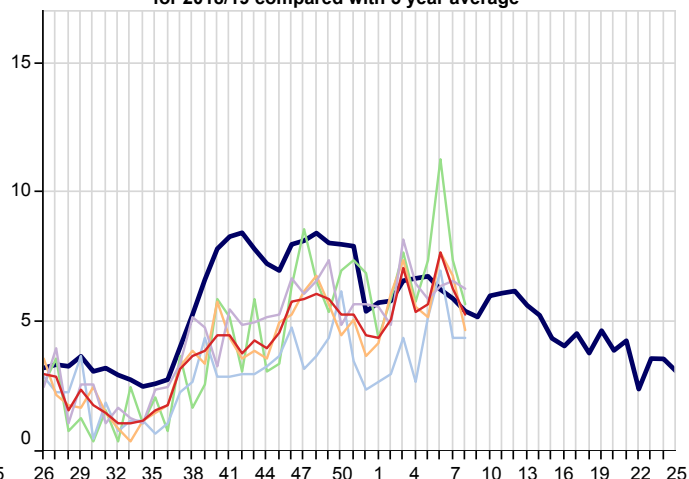
Common Cold (ICD10: J00,J06)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



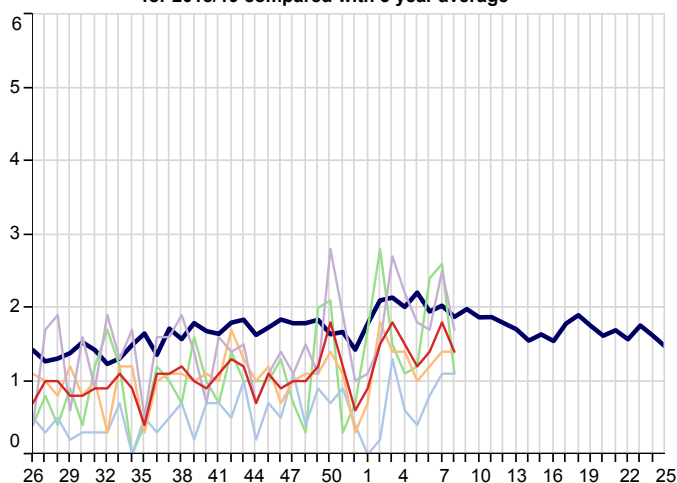
Influenza-Like Illness (ICD10: J09-J11)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



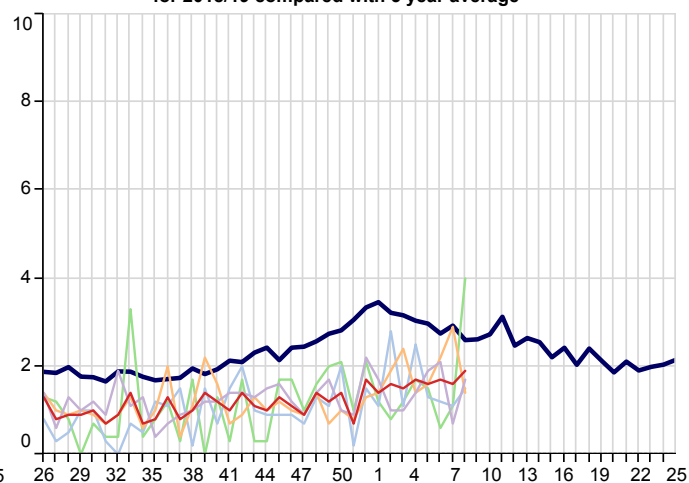
Acute Laryngitis/Tracheitis (ICD10: J04)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



Pleurisy (ICD10: R091)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



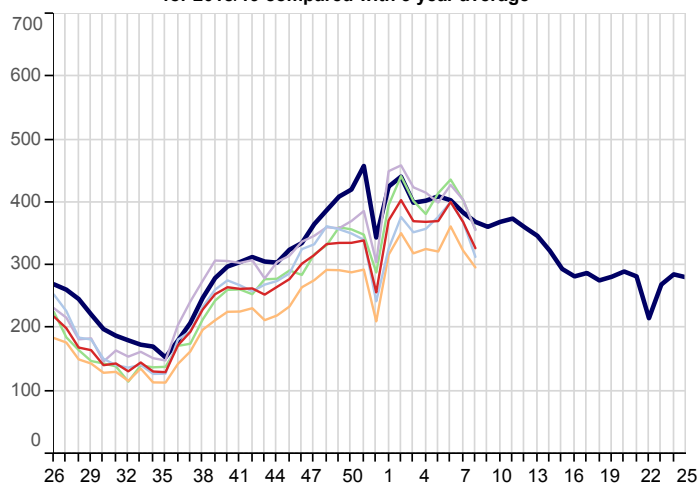
Pneumonia/Pneumonitis (ICD10: J12-J18)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



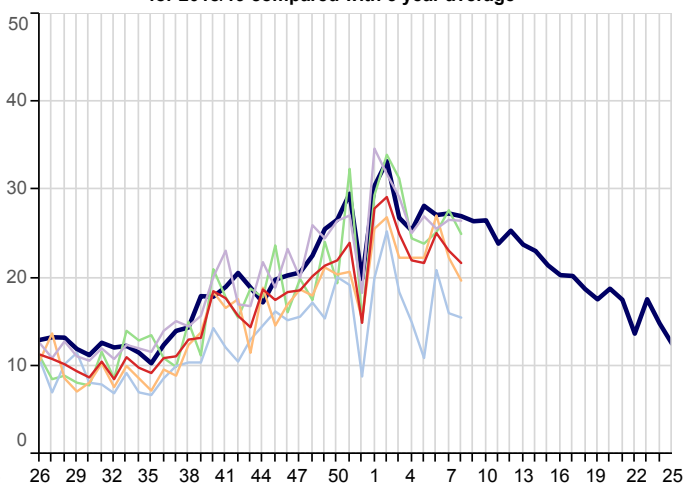
3. Respiratory Infections(Continued):

5yr Avg National London North South Midlands And East

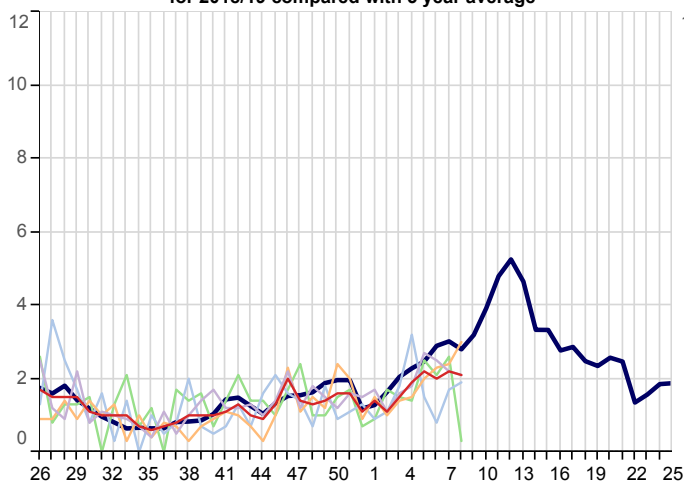
Respiratory System Diseases (ICD10: J00-J99)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



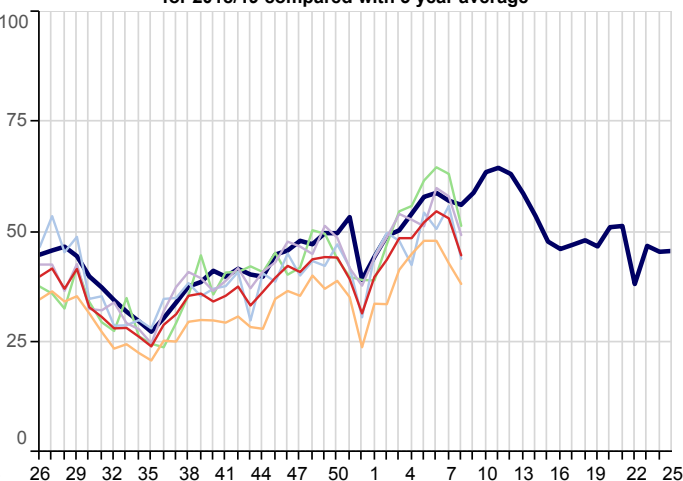
Acute Sinusitis (ICD10: J01)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



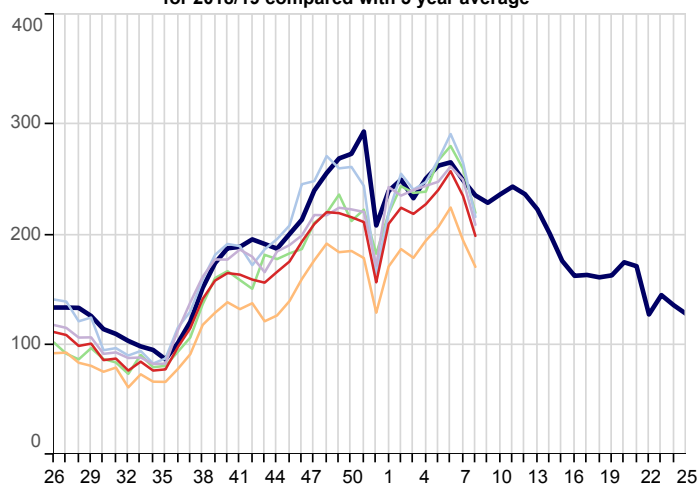
Strep Sore Throat, Scarletina and Peritonsillar Abscess (ICD10: A38,J020,J36)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



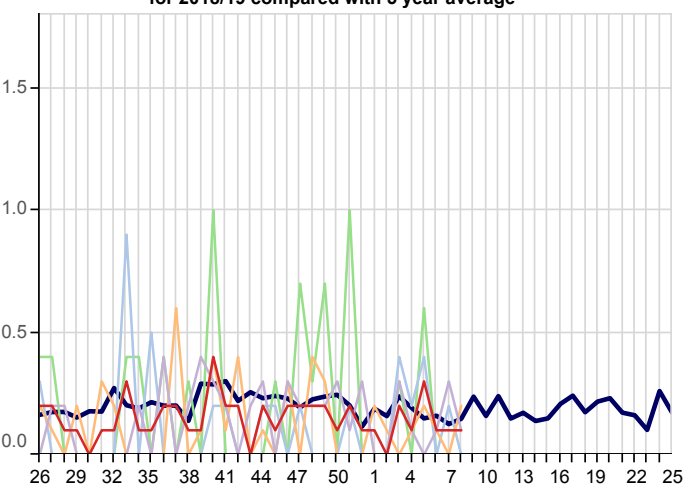
Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



Upper Respiratory Tract Infections (URTI)(ICD10: J00-J06)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



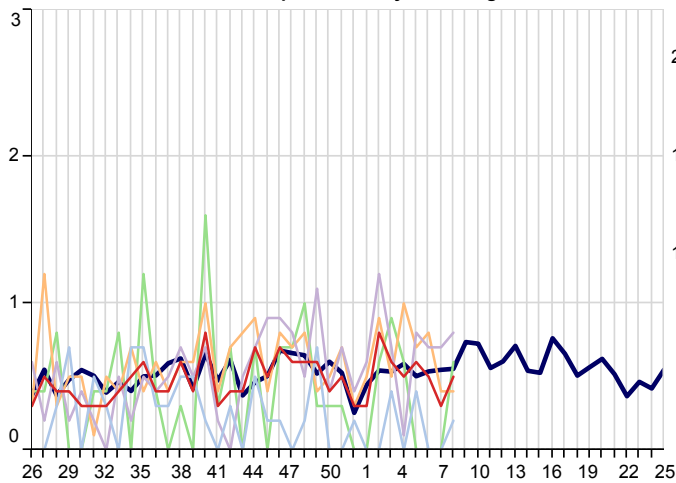
Whooping Cough (ICD10: A37)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



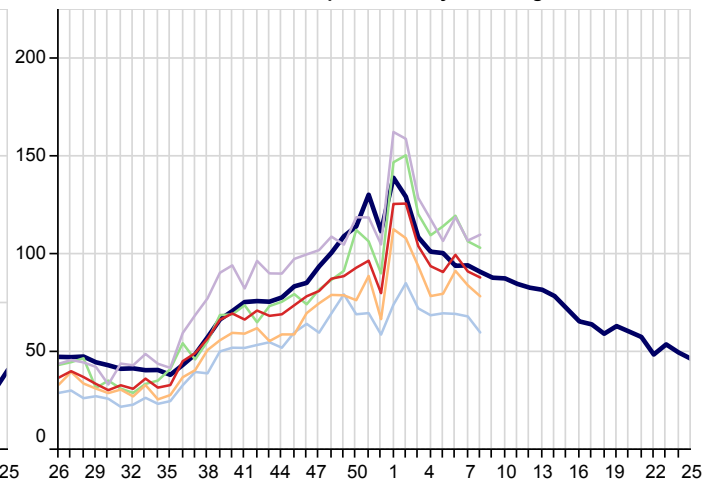
3. Respiratory Infections(Continued):

5yr Avg National London North South Midlands And East

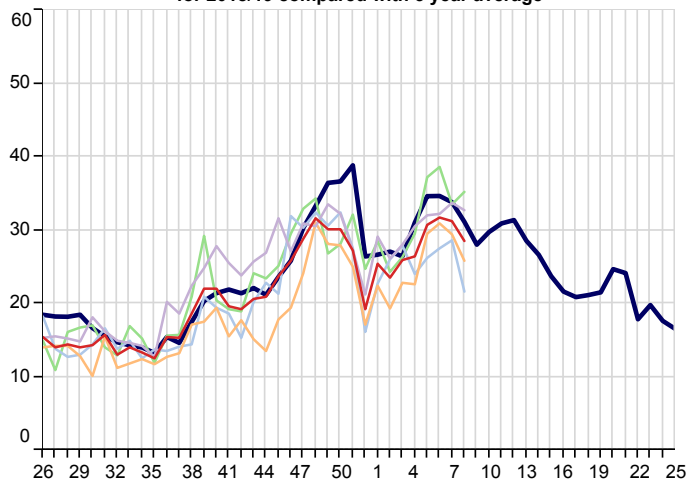
Infectious Mononucleosis (ICD10: B27)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



Lower Respiratory Tract Infections (LRTI)(ICD10: J20-J22)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



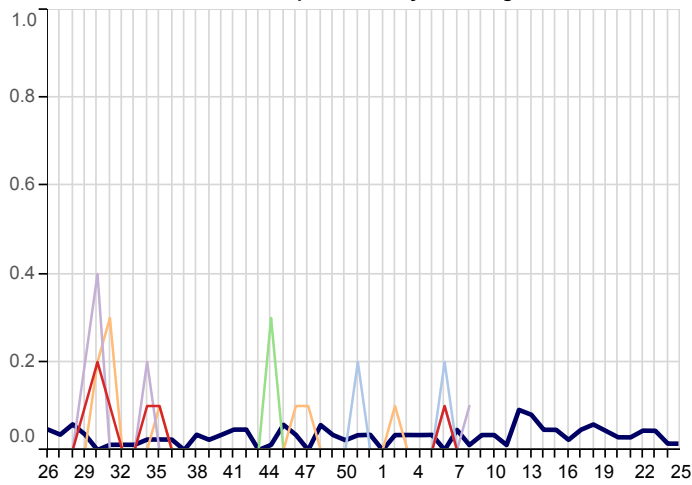
Acute Otitis Media (ICD10: H650-H651,H660,H669)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



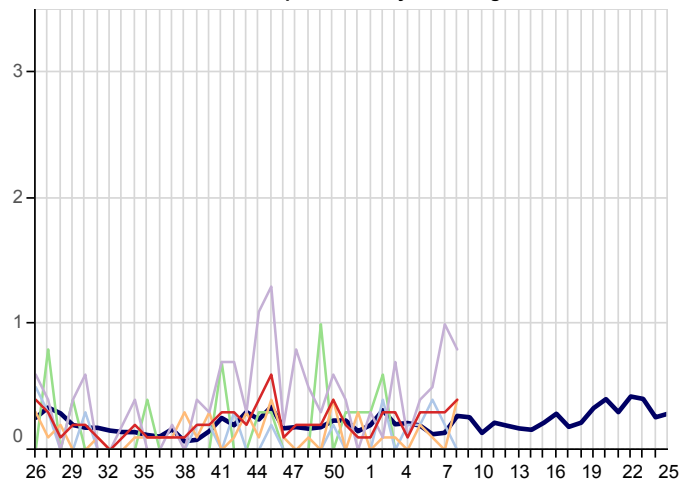
4. Vaccine Sensitive Disorders

5yr Avg National London North South Midlands And East

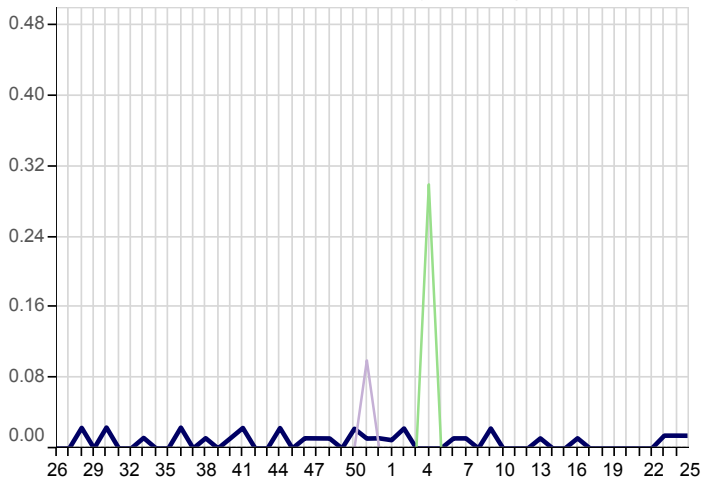
Measles (ICD10: B05)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



Mumps (ICD10: B26)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average

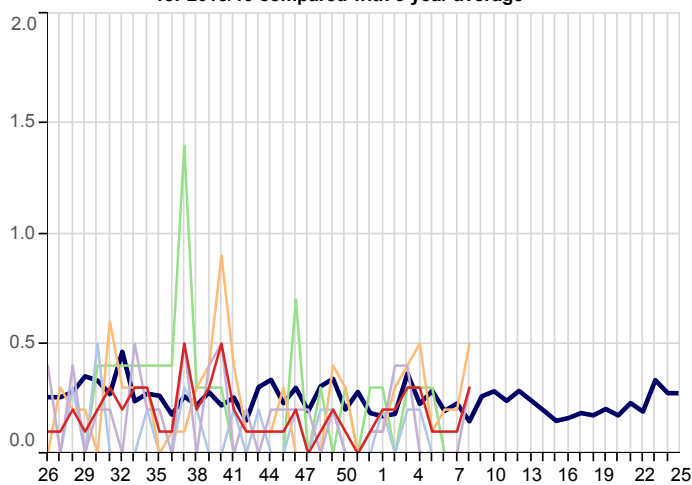


Rubella (ICD10: B06)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average

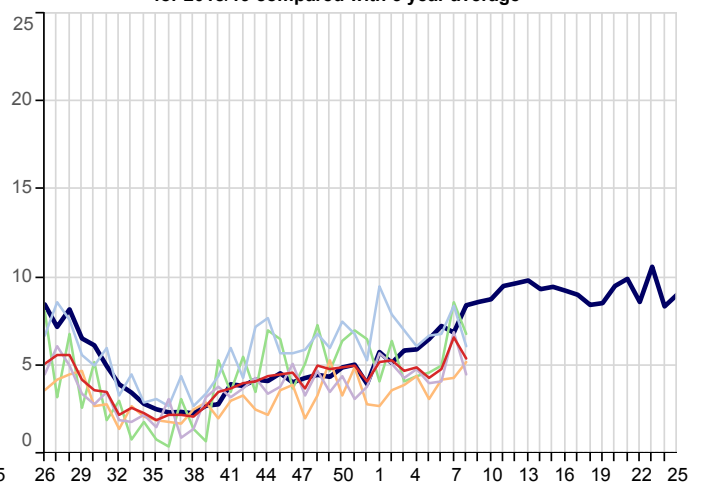


5. Skin Contagions

Bullous Dermatoses (ICD10: L10-L14)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



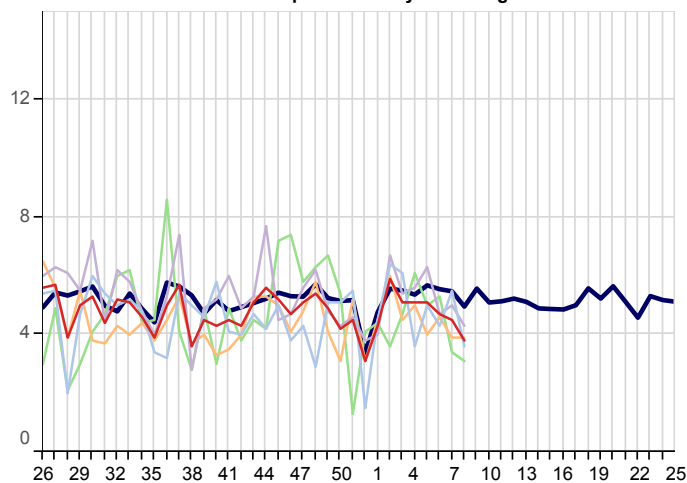
Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



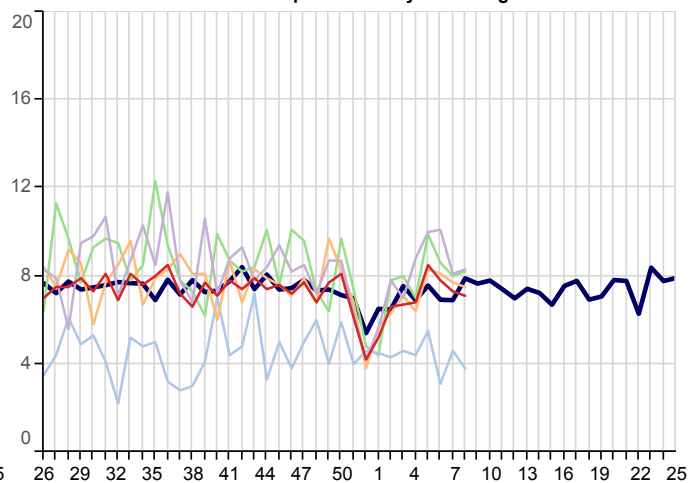
5. Skin Contagions (Continued)

5yr Avg National London North South Midlands And East

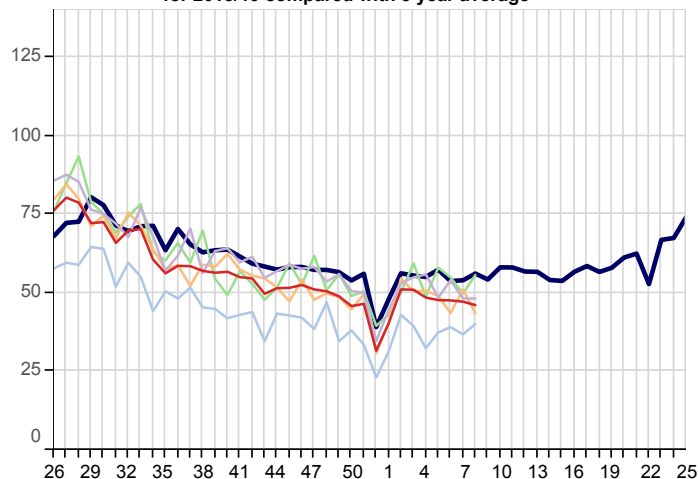
Herpes Simplex (ICD10: B00)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



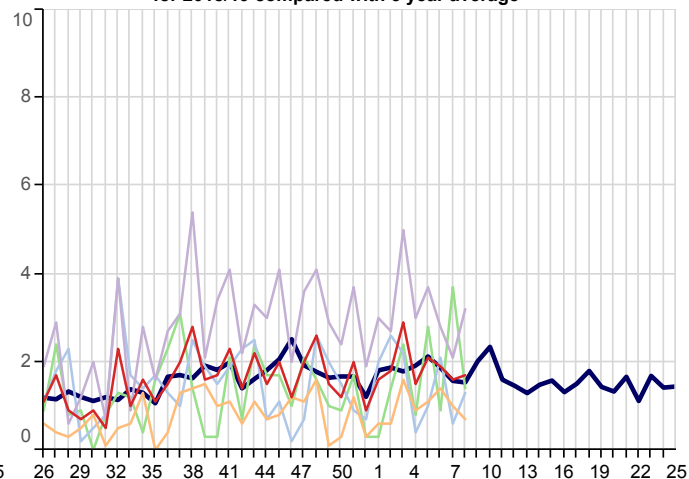
Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



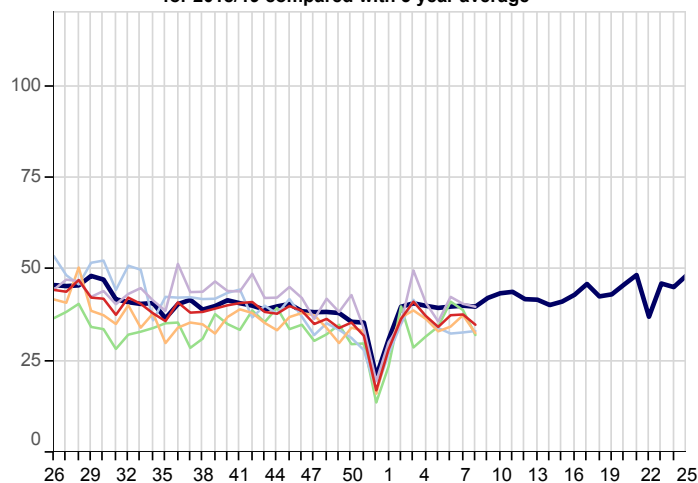
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



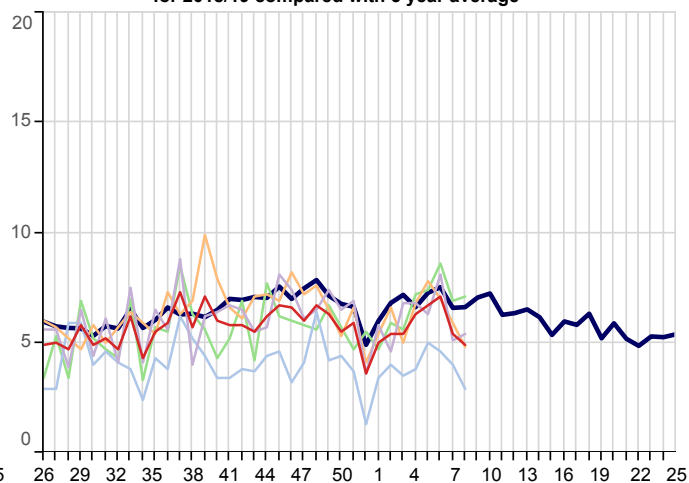
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



Symptoms involving Skin & Oth Integument Tiss (ICD10: R20-R23)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



6. Disorders Affecting the Nervous System

5yr Avg

National

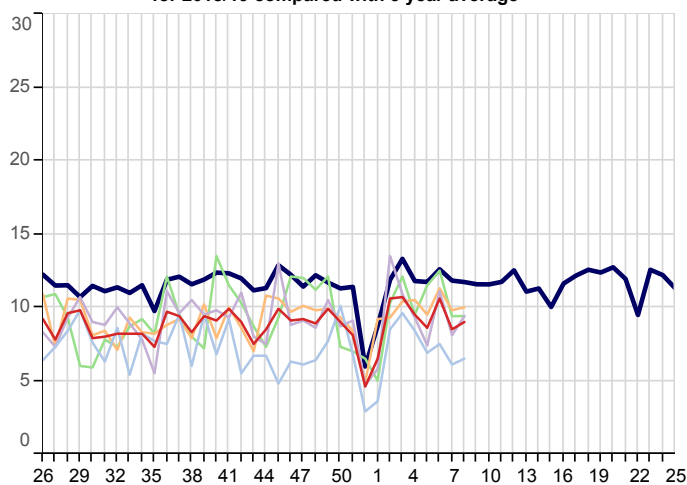
London

North

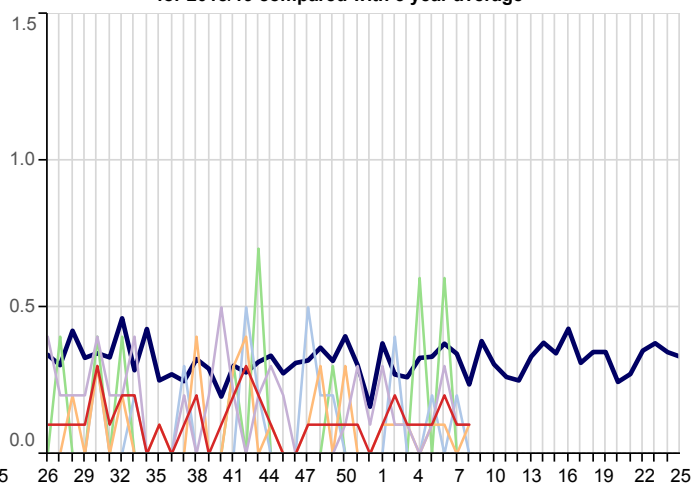
South

Midlands And East

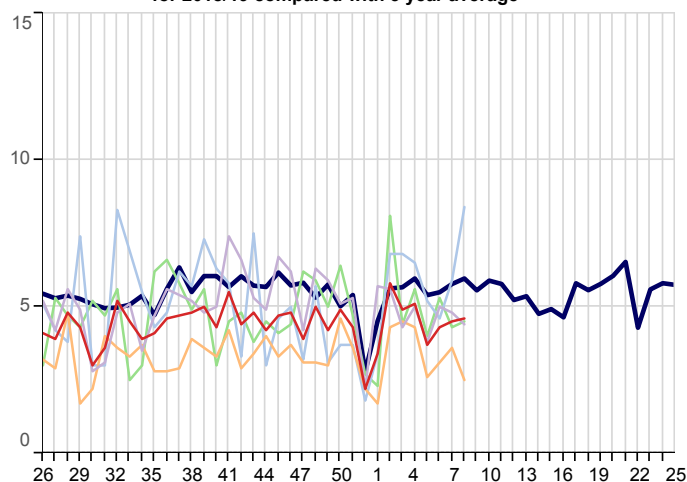
Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



Meningitis/Encephalitis (ICD10: A170-A171,A390,A38-A85,A87,G00-G05)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average

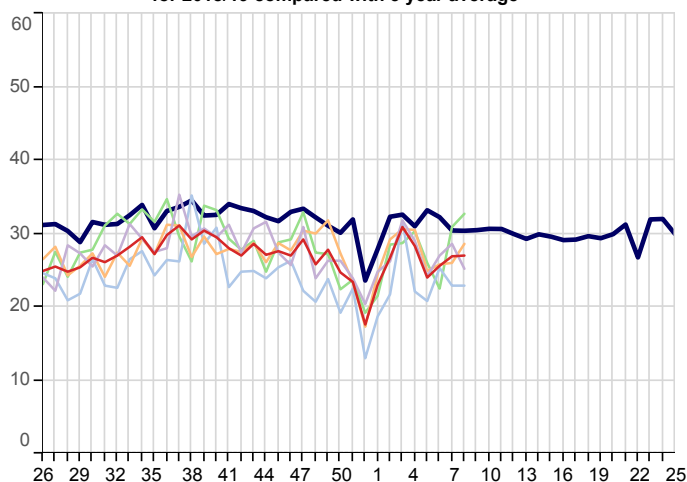


Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



7. Genitourinary System Disorders

Urinary Tract Infection/Cystitis (ICD10: N30,N390)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



8. Tabular Summary by Disease

Disease Name	Week beginning Week ending		18/02/2019 24/02/2019		11/02/2019 17/02/2019		04/02/2019 10/02/2019		28/01/2019 03/02/2019	
	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Acute Bronchitis	84.9	2,010	87.8	2,091	96.3	2,325	88.0	2,056		
Allergic Rhinitis	6.0	141	3.4	81	2.8	68	3.5	82		
Asthma	14.7	347	15.7	375	17.8	430	15.7	366		
Bullous Dermatoses	0.3	6	0.1	2	0.1	2	0.1	2		
Chickenpox	5.4	128	6.6	156	4.8	116	4.3	101		
Common Cold	100.6	2,382	123.6	2,944	140.9	3,401	132.4	3,093		
Conjunctival Disorders	29.9	707	31.3	746	28.1	678	27.2	635		
Herpes Simplex	3.8	91	4.5	106	4.7	113	5.1	118		
Herpes Zoster	7.1	168	7.3	173	7.8	188	8.5	198		
Impetigo	4.9	117	5.4	129	7.1	171	6.7	157		
Infectious Mononucleosis	0.5	12	0.3	8	0.5	12	0.6	14		
Influenza-like illness	15.7	372	21.1	502	23.1	558	19.7	461		
Infectious Intestinal Diseases	7.6	180	8.7	208	9.9	240	10.2	239		
Laryngitis and Tracheitis	5.3	125	6.3	151	7.7	185	5.7	134		
Lower Respiratory Tract Infections	88.2	2,088	91.3	2,174	99.8	2,409	91.0	2,126		
Measles	0.0	1	0.0	0	0.1	2	0.0	0		
Meningitis and Encephalitis	0.1	2	0.1	2	0.2	5	0.1	3		
Mumps	0.4	9	0.3	8	0.3	7	0.3	6		
Non-infective Enteritis and Colitis	8.6	203	8.0	191	8.7	210	6.9	160		
Otitis Media Acute	28.5	674	31.2	742	31.7	766	30.7	716		
Peripheral Nervous Disease	9.0	213	8.5	202	10.6	257	8.6	201		
Pleurisy	1.4	32	1.8	44	1.4	35	1.2	27		
Pneumonia and Pneumonitis	1.9	44	1.6	38	1.7	42	1.6	38		
Respiratory System Diseases	327.4	7,750	369.4	8,798	401.0	9,681	370.5	8,652		
Rubella	0.0	0	0.0	0	0.0	0	0.0	0		
Scabies	1.7	40	1.6	39	1.9	46	2.1	50		
Sinusitis	21.7	514	23.1	551	25.1	606	21.7	506		
Skin and Subcutaneous Tissue Infections	46.1	1,090	47.2	1,123	47.6	1,148	47.7	1,114		
Strep Throat and Peritonsillar Abscess	2.1	49	2.2	53	2.0	49	2.2	51		
Symptoms involving musculoskeletal	4.6	108	4.5	108	4.3	104	3.7	87		
Symptoms involving Respiratory and Chest	16.4	389	19.3	459	20.9	504	20.3	473		
Symptoms involving Skin and Integument Tissues	34.9	825	37.7	898	37.5	906	34.3	801		
Tonsillitis and acute Pharyngitis	44.7	1,059	53.1	1,265	54.7	1,320	52.2	1,220		
Upper Respiratory Tract Infections	198.9	4,708	235.3	5,605	257.7	6,220	240.6	5,618		
Urinary Tract Infections	27.0	640	26.9	641	25.6	618	24.0	560		
Viral Hepatitis	0.3	7	0.3	6	0.2	6	0.3	7		
Whooping Cough	0.1	3	0.1	3	0.1	2	0.3	6		
Practice Count	237		238		243		234			
Denom	2,366,940		2,381,568		2,414,046		2,335,267			

FURTHER INFORMATION:

About the report

Winter focus

The first two pages of data within this report focus on Influenza-Like Illness, in order to provide information about the on set of seasonal influenza and early warning of any epidemic.

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. As stated above, 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 2013-2017. 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.

In addition to the All Ages thresholds, we have also calculated thresholds for three age bands: those aged under 15, 15-64 year olds and those aged 65 and over. ILI incidence rates vary among different age groups, and the age-specific thresholds allow us to highlight epidemics where ILI disproportionately affects a particular age group.

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, but it is part of Table 3, page 3.

Both the *all-ages* thresholds and the *age-specific* thresholds are shown in Table 2, page 3. Ten years of data were used for *all-ages* and *age-specific* thresholds calculation (winter seasons 2005/06- 2015/16 excluding 2009/10).

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, prevalence 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/rsc>

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 Wellbeing data management 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 or agreement from NIHR proportionate review, and where relevant Health Research Authority Confidential Advisory Group advice that further approval is not needed. Full details can be found on our website:

<http://www.rcgp.org.uk/rsc>

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:

RCGP Research & Surveillance Centre
CIRC, First floor
30 Euston Square
London NW1 2FB
Tel: +44 (0)203 188 7690

Medical Director: Professor Simon de Lusignan

MedicalDirectorRSC@rcgp.org.uk

RCGP Research & Surveillance Centre
University of Surrey
Section of Clinical Medicine and Ageing
GUILDFORD
GU2 7XH
Tel: +44 (0)1483 684802

Practice Liaison Officer: Ivelina Yonova

i.yonova@surrey.ac.uk

Tel: +44 (0)1483 682758

