RSC Communicable and Respiratory Disease Report for England

Key Statistics:

<table>
<thead>
<tr>
<th>Week Number/Year</th>
<th>31/2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week Starting - Ending</td>
<td>30/07/2018 - 05/08/2018</td>
</tr>
<tr>
<td>No. of Practices</td>
<td>175</td>
</tr>
<tr>
<td>Population</td>
<td>1844961</td>
</tr>
</tbody>
</table>

National (England)

- **Allergic Rhinitis**: decreased from 9.3 in week 30 to 6.7 in week 31.
- **Asthma**: was unchanged at 9.9 in week 30 compared with 10.0 in week 31.
- **Common Cold**: was unchanged at 28.9 in week 30 compared with 29.5 in week 31.
- **Infectious Intestinal Diseases (IID)**: increased from 7.8 in week 30 to 9.1 in week 31.
- **Respiratory System Diseases**: was unchanged at 141.3 in week 30 compared with 144.0 in week 31.

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

- **Allergic Rhinitis**: decreased from 13.9 in week 30 to 8.7 in week 31 in the London region, decreased from 8.4 in week 30 to 6.8 in week 31 in the North region, decreased from 7.4 in week 30 to 4.9 in week 31 in the South region, and decreased a little from 8.9 in week 30 to 8.5 in week 31 in the Midlands And East region.
- **Asthma**: decreased from 11.1 in week 30 to 9.3 in week 31 in the London region, was unchanged at 10.6 in week 30 compared with 10.3 in week 31 in the North region, increased from 9.2 in week 30 to 10.9 in week 31 in the South region, and decreased from 8.9 in week 30 to 8.2 in week 31 in the Midlands And East region.
- **Common Cold**: decreased from 37.8 in week 30 to 35.9 in week 31 in the London region, increased from 28.9 in week 30 to 31.7 in week 31 in the North region, increased from 23.4 in week 30 to 25.0 in week 31 in the South region, and decreased a little from 28.5 in week 30 to 27.6 in week 31 in the Midlands And East region.
- **Infectious Intestinal Diseases (IID)**: increased from 8.3 in week 30 to 10.6 in week 31 in the London region, was unchanged at 10.4 in week 30 compared with 10.5 in week 31 in the North region, increased from 5.8 in week 30 to 7.8 in week 31 in the South region, and increased a little from 6.7 in week 30 to 7.0 in week 31 in the Midlands And East region.
- **Respiratory System Diseases**: decreased from 151.4 in week 30 to 141.3 in week 31 in the London region, increased from 147.1 in week 30 to 164.7 in week 31 in the North region, was unchanged at 129.2 in week 30 compared with 130.7 in week 31 in the South region, and decreased a little from 144.0 in week 30 to 139.4 in week 31 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.
Please see page 13 for explanatory notes on the data.

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

<table>
<thead>
<tr>
<th>Influenza-like illness</th>
<th>Acute Bronchitis</th>
<th>Influenza-like illness</th>
<th>Acute Bronchitis</th>
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<tr>
<td>&lt;1yr</td>
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<tr>
<td>All ages</td>
<td>0.9</td>
<td>31.5</td>
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</table>

(A) Influenza-like illness: national incidence rate summer 2018*

(B) Allergic Rhinitis: national incidence rate summer 2018*

* The thresholds used are the agreed RCGP/Public Health England levels for 2017/18. The rolling average line (blue) is based on 5 year historic RCGP RSC level.
(C) Common Cold & URTI NOS: national incidence rate 2018 by age group

(D) Infectious Intestinal Diseases: national incidence rate 2018 by age group
1. Water & Food Borne Disorders:

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

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

- **Viral Hepatitis (ICD10: B15-B19)**
  - Weekly incidence (per 100,000 all ages) by region for 2018 compared with 5 year average
2. Environmentally Sensitive Disorders:

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

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

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

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

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

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

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

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

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

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

5 yr Avg

Graphs show provisional rate for the latest week plus confirmed for previous weeks.

1 4 7 10 13 16 19 22 25 28 31 34 37 40 43 46 49

0 200 150 100 50 0

0 200 150 100 50 0

0 70 60 50 40 30 20 10 0

0 14 12 10 8 6 4 2 0

0 6 5 4 3 2 1 0

0 6 5 4 3 2 1 0
3. Respiratory Infections (Continued):

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

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

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

- **Whooping Cough (ICD10: A37)**
  - Weekly incidence (per 100,000 all ages) by region for 2018 compared with 5 year average
3. Respiratory Infections (Continued):

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

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

- **Acute Otitis Media (ICD10: H650-H651,H660,H669)**
  - Weekly incidence (per 100,000 all ages) by region for 2018 compared with 5 year average
4. Vaccine Sensitive Disorders

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

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

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

5. Skin Contagions

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

Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region for 2018 compared with 5 year average
5. Skin Contagions (Continued)

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

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

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

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

**Impetigo (ICD10: L01)**
Weekly incidence (per 100,000 all ages) by region for 2018 compared with 5 year average
6. Disorders Affecting the Nervous System

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

Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29) Weekly incidence (per 100,000 all ages) by region for 2018 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 compared with 5 year average
### 8. Tabular Summary by Disease

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<tr>
<th>Disease Name</th>
<th>Week beginning</th>
<th>Week ending</th>
<th>Rate</th>
<th>Numer</th>
<th>Rate</th>
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<th>Rate</th>
<th>Numer</th>
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**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 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.

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.
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:

Our data extraction process and information governance

Data are extracted twice weekly from practice systems by Apollo Medical Software Solutions 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:

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:

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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Research and Surveillance Centre

University of SURREY