



Royal College of  
General Practitioners  
Research and Surveillance Centre

## RSC Communicable and Respiratory Disease Report for England

### Key Statistics:

Week Number/Year.....07/2019  
Week Starting - Ending.....11/02/2019 - 17/02/2019  
No. of Practices.....238  
Population.....2381568

#### National (England)

- **Acute Bronchitis** : decreased from **96.3** in week 6 to **87.8** in week 7.
- **Asthma** : decreased from **17.8** in week 6 to **15.7** in week 7.
- **Common Cold** : decreased from **140.9** in week 6 to **123.6** in week 7.
- **Influenza-Like illness** : decreased from **23.1** in week 6 to **21.1** in week 7.
- **Respiratory System Diseases** : decreased from **401.0** in week 6 to **369.4** in week 7.

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

- **Acute Bronchitis** : was unchanged at **66.5** in week 6 compared with **66.2** in week 7 in the London region, decreased from **114.7** in week 6 to **104.0** in week 7 in the North region, decreased from **88.6** in week 6 to **79.7** in week 7 in the South region, and decreased from **116.6** in week 6 to **102.7** in week 7 in the Midlands And East region.
- **Asthma** : decreased from **18.8** in week 6 to **14.7** in week 7 in the London region, decreased from **17.8** in week 6 to **16.4** in week 7 in the North region, was unchanged at **16.5** in week 6 compared with **16.6** in week 7 in the South region, and decreased from **19.6** in week 6 to **13.7** in week 7 in the Midlands And East region.
- **Common Cold** : decreased from **187.6** in week 6 to **163.4** in week 7 in the London region, decreased from **139.6** in week 6 to **126.8** in week 7 in the North region, decreased from **113.6** in week 6 to **95.4** in week 7 in the South region, and decreased from **144.2** in week 6 to **129.9** in week 7 in the Midlands And East region.
- **Influenza-Like illness** : decreased from **20.5** in week 6 to **18.9** in week 7 in the London region, increased a little from **21.0** in week 6 to **21.9** in week 7 in the North region, decreased from **27.0** in week 6 to **22.2** in week 7 in the South region, and decreased from **22.2** in week 6 to **19.7** in week 7 in the Midlands And East region.
- **Respiratory System Diseases** : decreased from **400.8** in week 6 to **369.7** in week 7 in the London region, decreased from **428.0** in week 6 to **404.6** in week 7 in the North region, decreased from **362.0** in week 6 to **323.8** in week 7 in the South region, and decreased from **436.6** in week 6 to **404.1** in week 7 in the Midlands And East region.

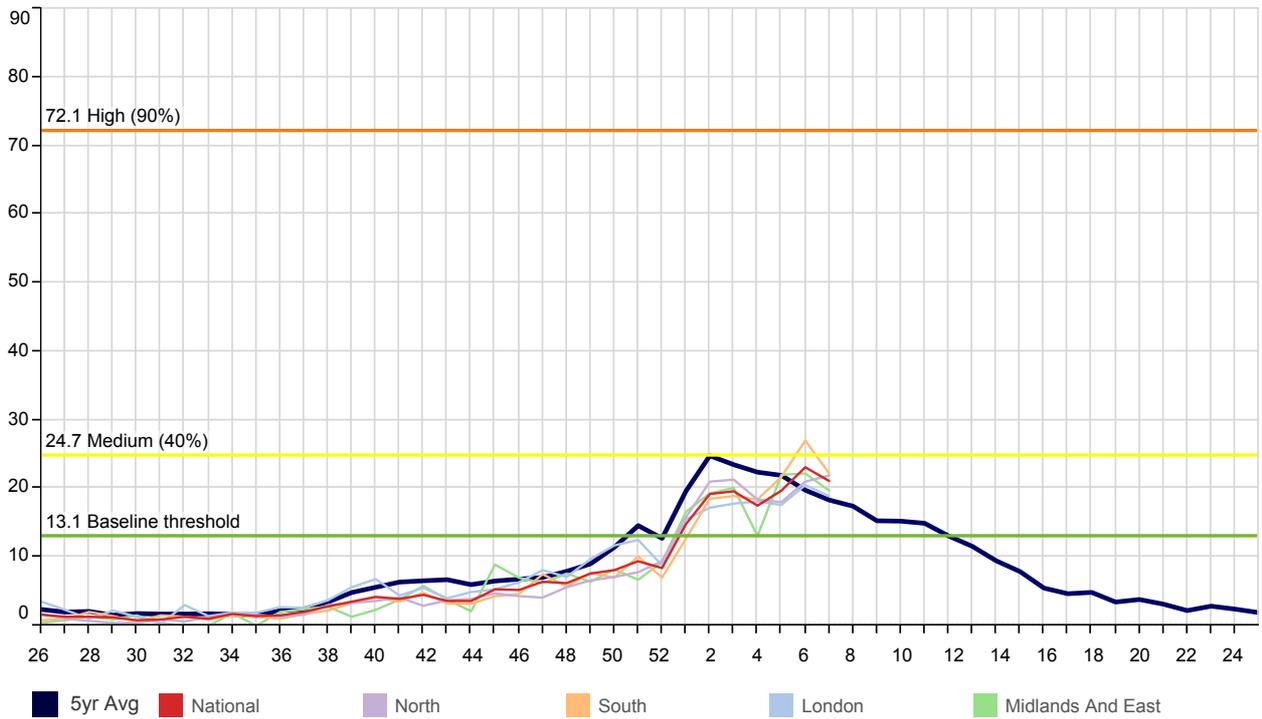
### Comment:

Presentations for influenza-like-illness and respiratory conditions overall decreased this week. Influenza like illness has remained above our baseline threshold and above the medium threshold for children under 15 years of age.

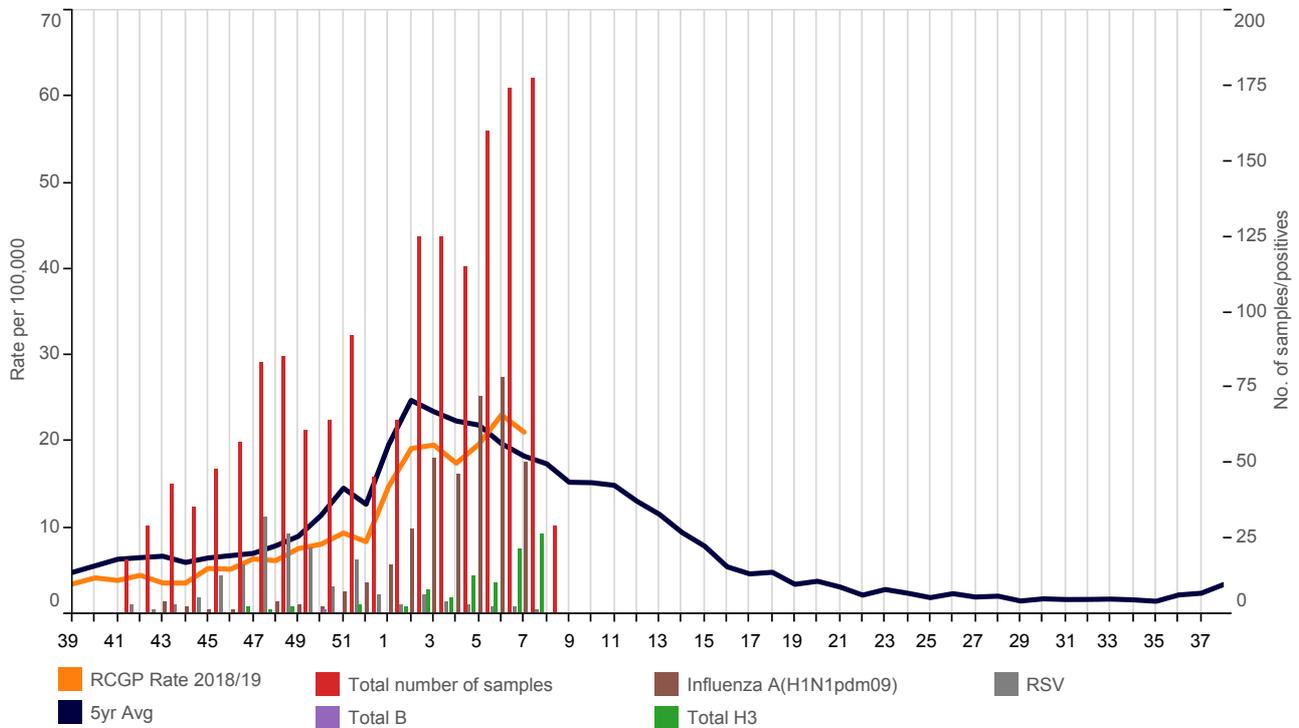
# Winter Focus 2018/19

Please see page 13 for explanatory notes on the data.

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

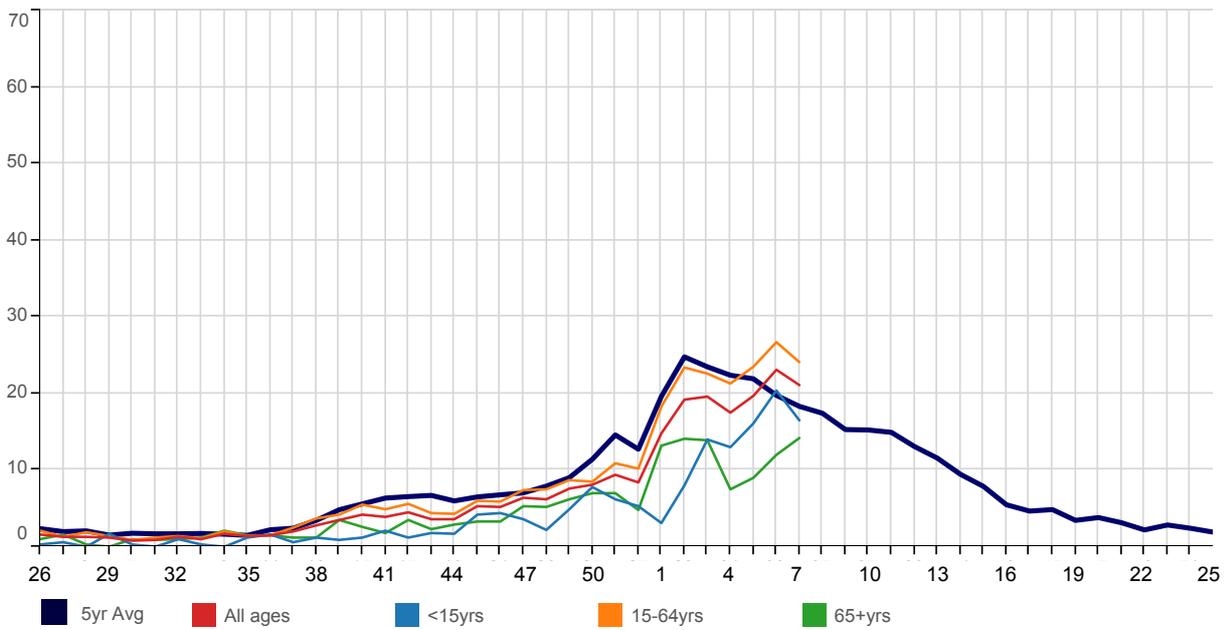


## (B) RCGP/PHE RSV and Influenza Virology Swab Surveillance 2018/19(all ages, gender & regions combined)\*



\* 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													
15-64yrs	23.5	26.7	24.1													
65+yrs	9.0	12.0	14.2													
All ages	19.7	23.1	21.1													

Table 2	Below Threshold <sup>1</sup>	Threshold to Medium <sup>2</sup>	Medium to High <sup>3</sup>	High to Very High <sup>4</sup>	Above Very High <sup>5</sup>
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+

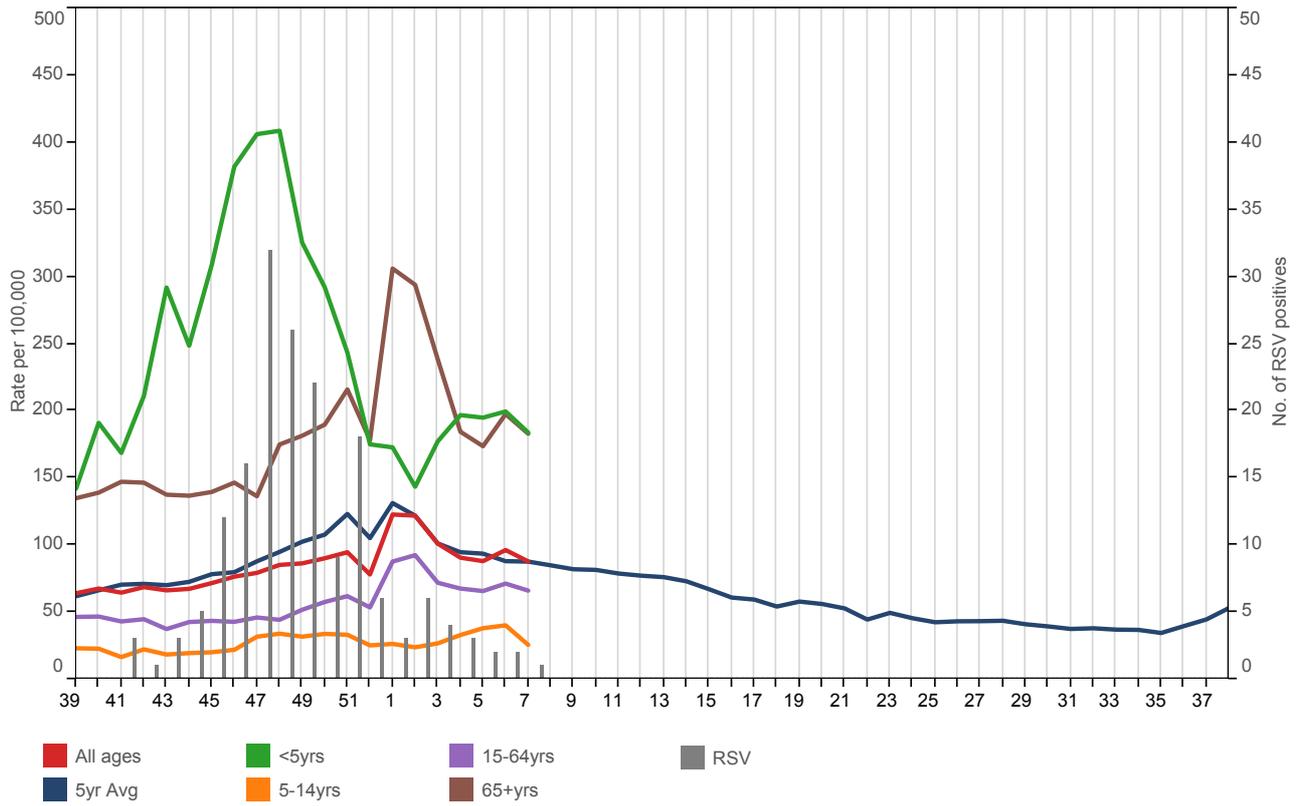
Threshold levels

- <sup>1</sup>Below baseline threshold
- <sup>2</sup>baseline threshold breach to < 40th percentile
- <sup>3</sup>40th to <90th percentile
- <sup>4</sup>90th to <97.5th percentile
- <sup>5</sup>97.5th+ 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	4.5	386.3	London	18.9	66.2
1-4yrs	22.4	142.2	North	21.9	104.0
5-14yrs	15.2	25.6	South	22.2	79.7
15-24yrs	15.2	23.4	Midlands And East	19.7	102.7
25-44yrs	27.0	51.3	National	21.1	87.8
45-64yrs	25.1	103.6			
65-74yrs	13.6	139.0			
75-84yrs	13.6	200.3			
85+yrs	18.0	316.4			
All ages	21.1	87.8			

**(E) Acute Bronchitis: national incidence rate 2018/2019 by age group\***



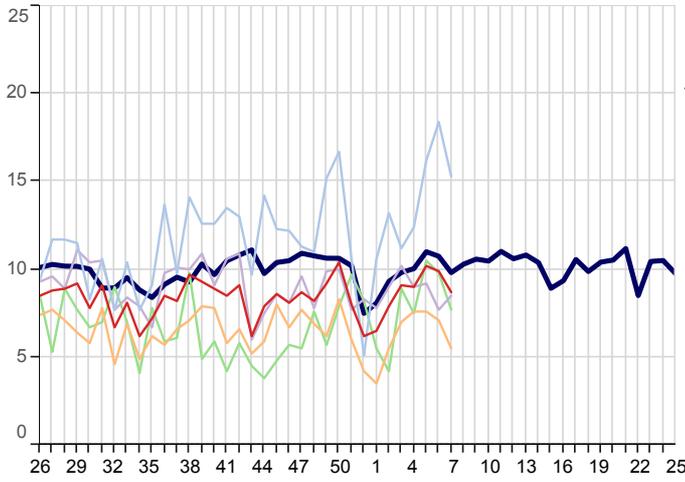
**Weekly Influenza-like illness and Acute Bronchitis incidence rates per 100,000 persons**

	Influenza-like illness	Acute Bronchitis
<5yrs	19.4	183.8
5-14yrs	15.2	25.6
15-64yrs	24.1	66.1
65+yrs	14.2	183.0
All ages	21.1	87.8

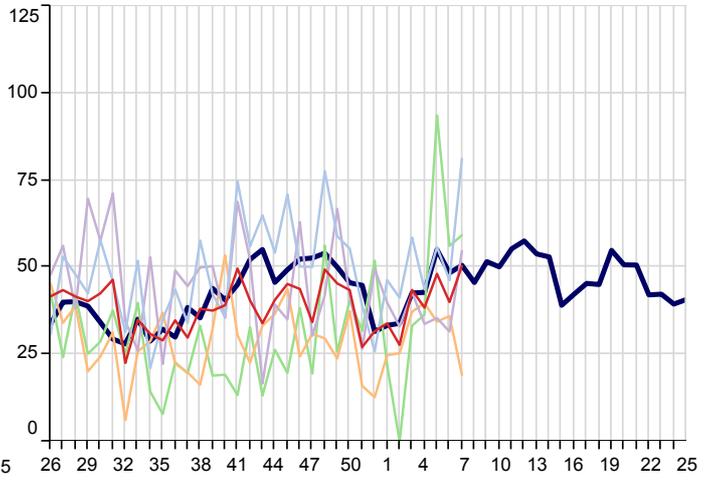
# 1. Water & Food Borne Disorders:

5yr Avg   National   London   North   South   Midlands And East

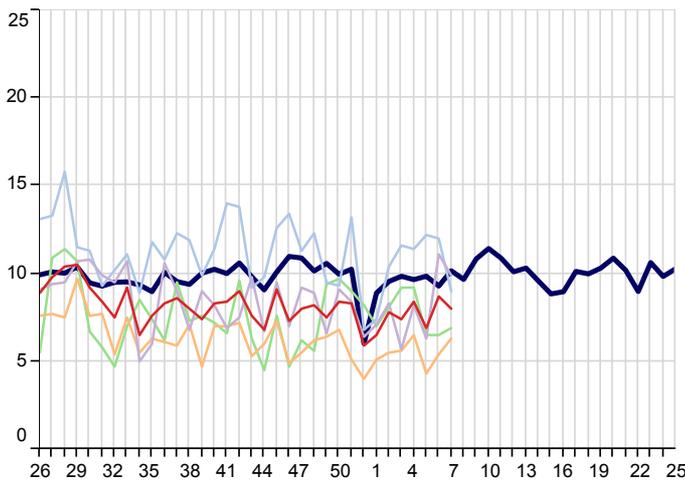
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **all ages**) by regions  
for 2018/19 compared with 5 year average



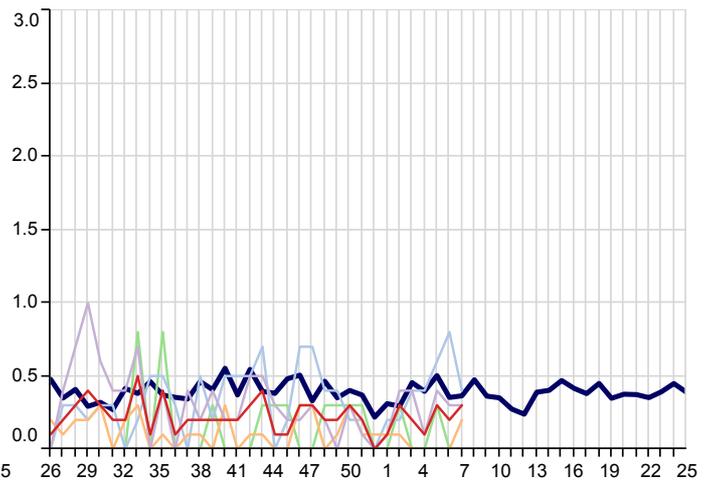
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **0-4 years**) by regions  
for 2018/19 compared with 5 year average



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



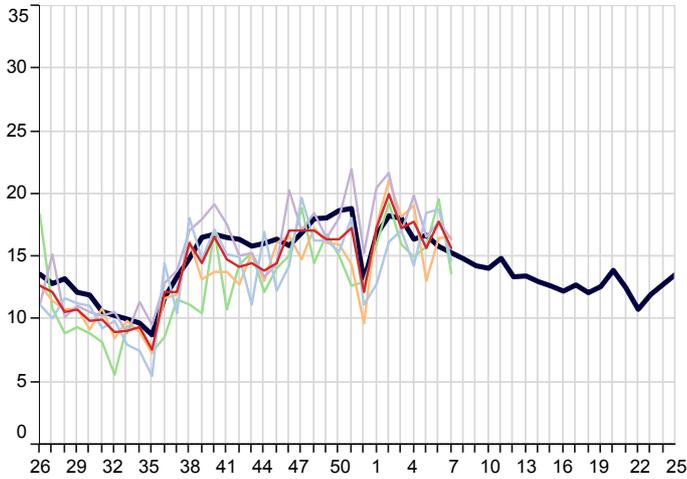
**Viral Hepatitis (ICD10: B15-B19)**  
Weekly incidence (per 100,000 **all ages**) by region  
for 2018/19 compared with 5 year average



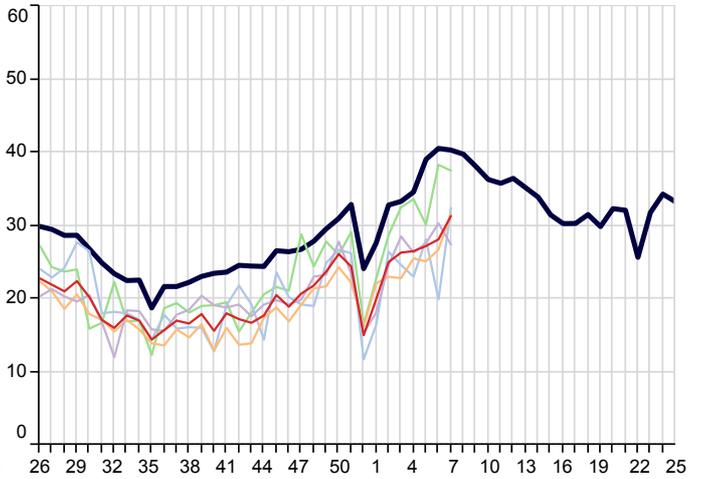
## 2. Environmentally Sensitive Disorders:

5yr Avg   National   London   North   South   Midlands And East

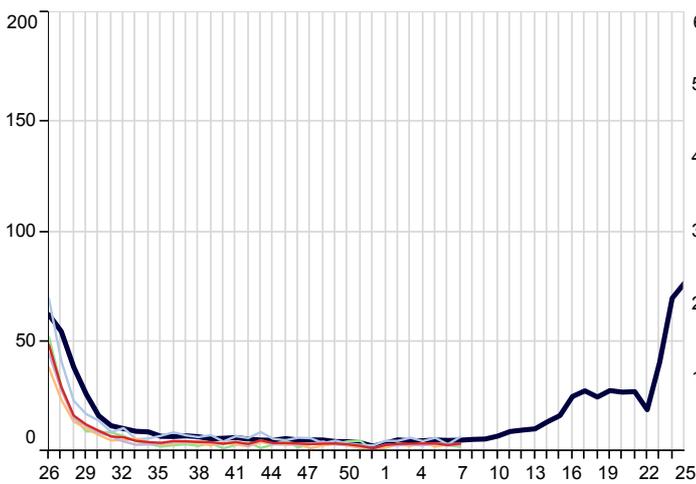
**Asthma (ICD10: J45-J46)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



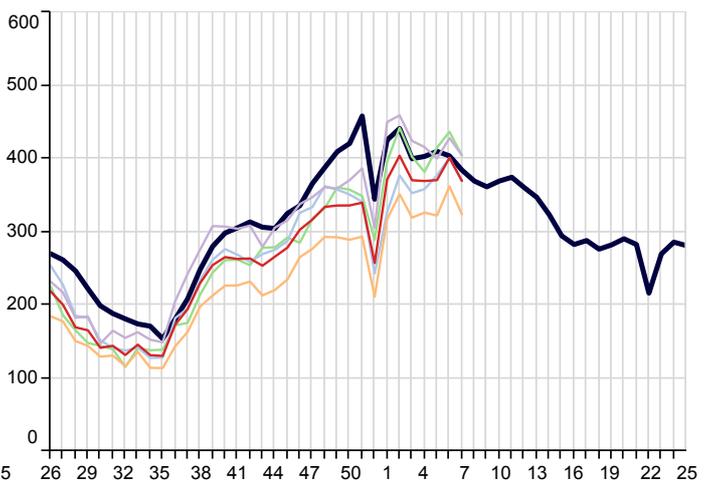
**Disorders of Conjunctiva (ICD10: H10-H13)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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



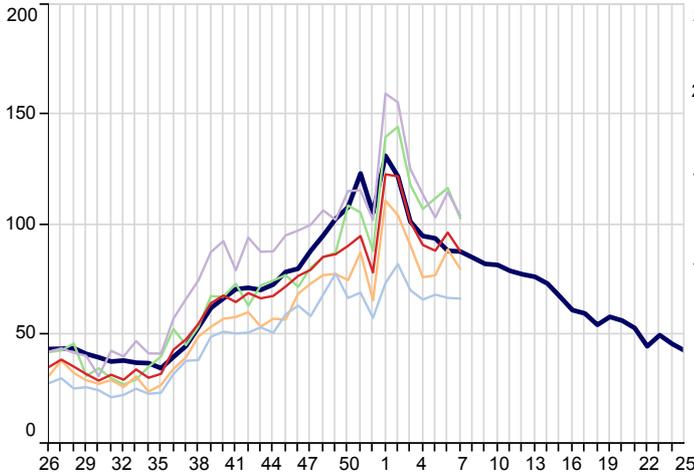
**Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



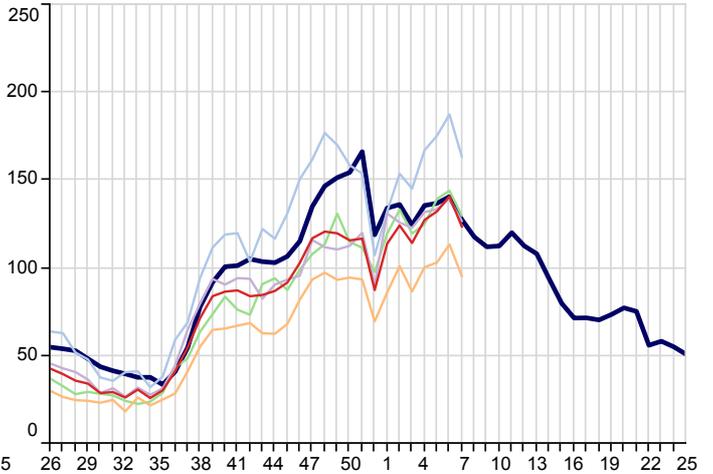
### 3. Respiratory Infections:

5yr Avg    National    London    North    South    Midlands And East

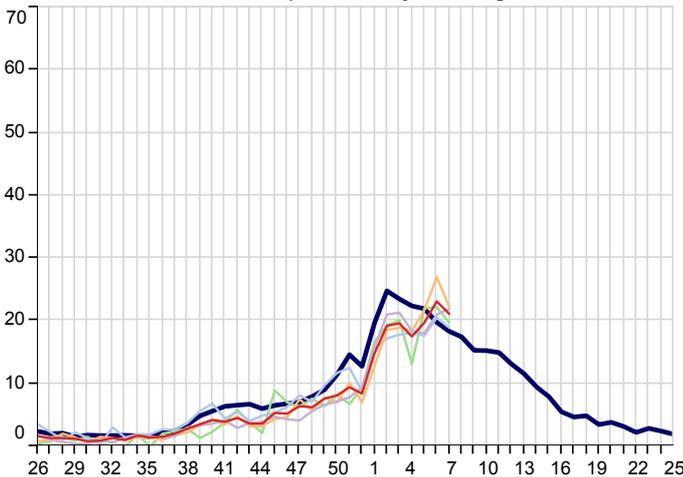
**Acute Bronchitis (ICD10: J20-J21,J40)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



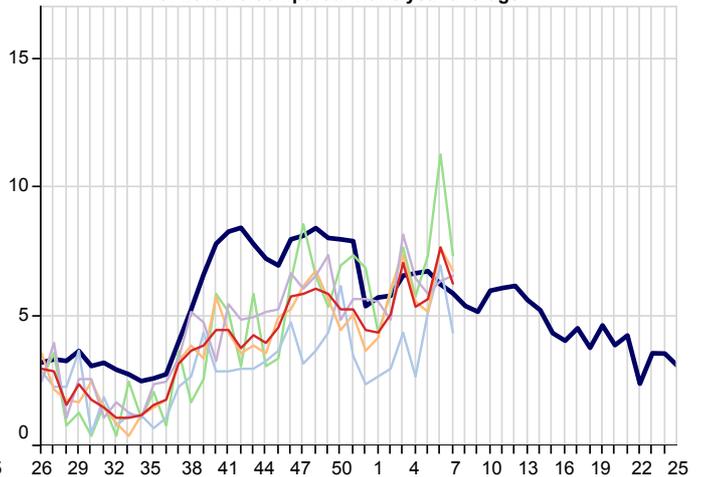
**Common Cold (ICD10: J00,J06)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



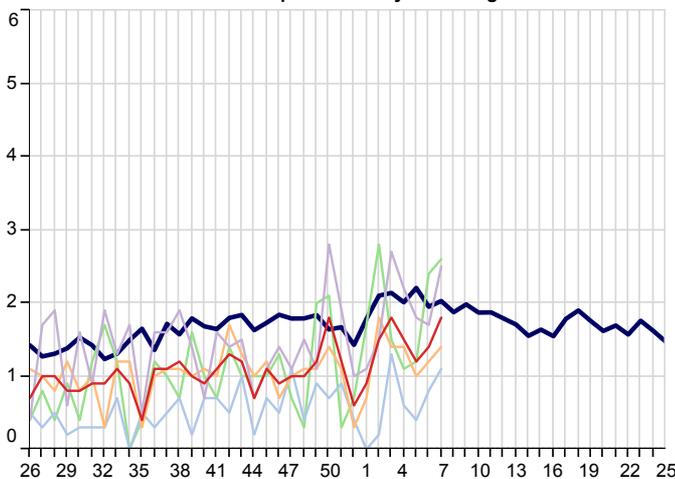
**Influenza-Like Illness (ICD10: J09-J11)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



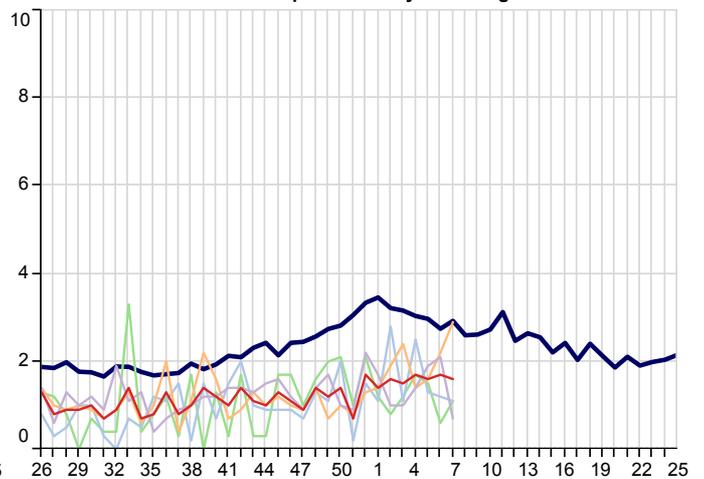
**Acute Laryngitis/Tracheitis (ICD10: J04)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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



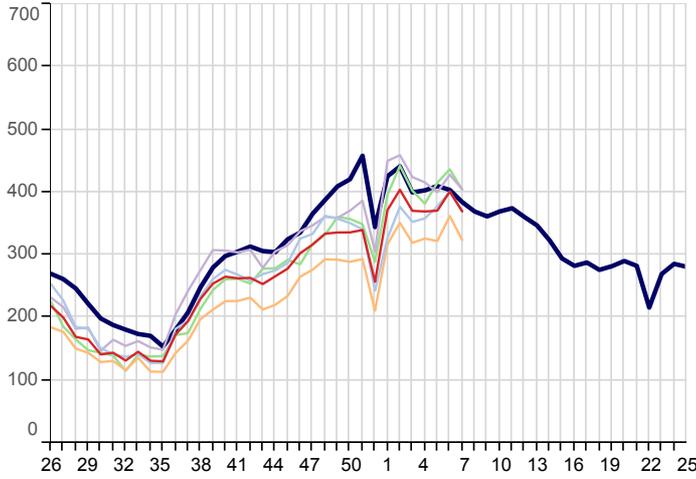
**Pneumonia/Pneumonitis (ICD10: J12-J18)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



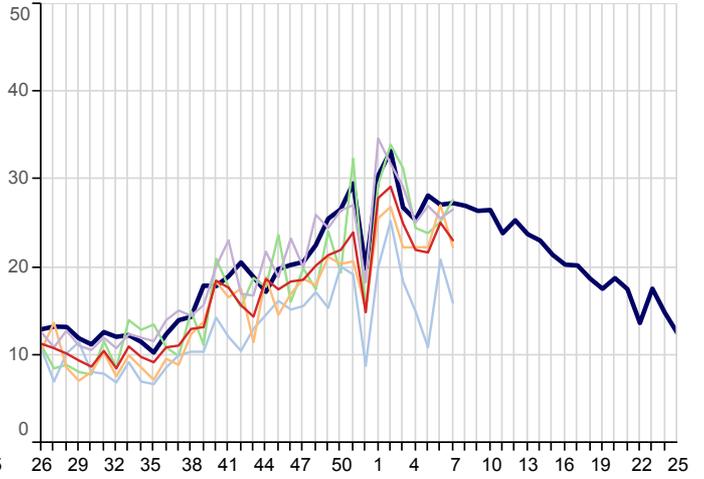
### 3. Respiratory Infections(Continued):

5yr Avg   National   London   North   South   Midlands And East

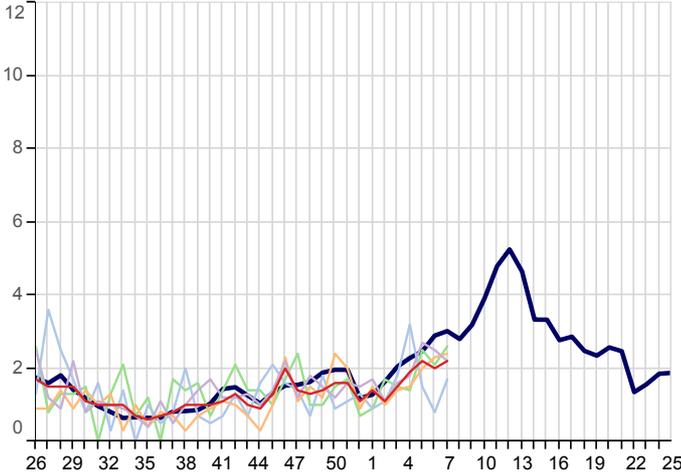
**Respiratory System Diseases (ICD10: J00-J99)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



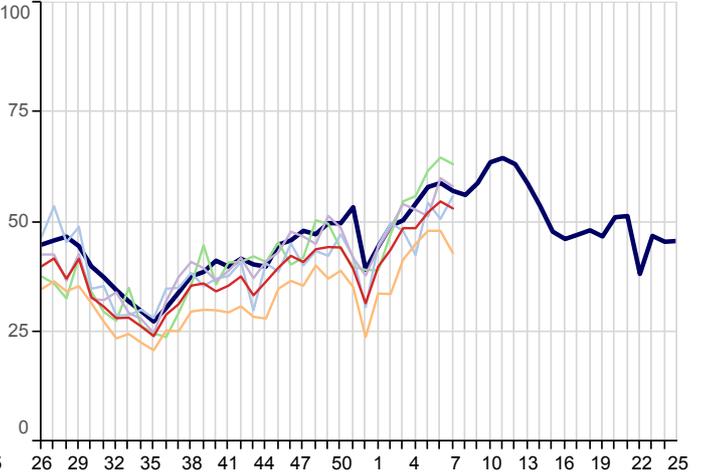
**Acute Sinusitis (ICD10: J01)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



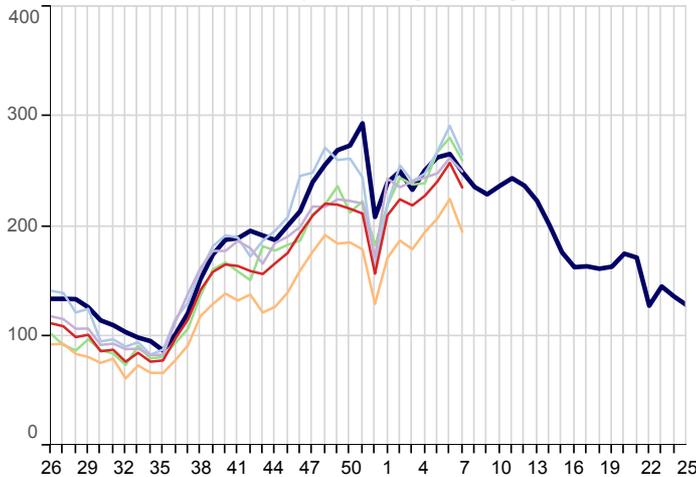
**Strep Sore Throat, Scarlatina and Peritonsillar Abscess (ICD10: A38,J020,J36)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



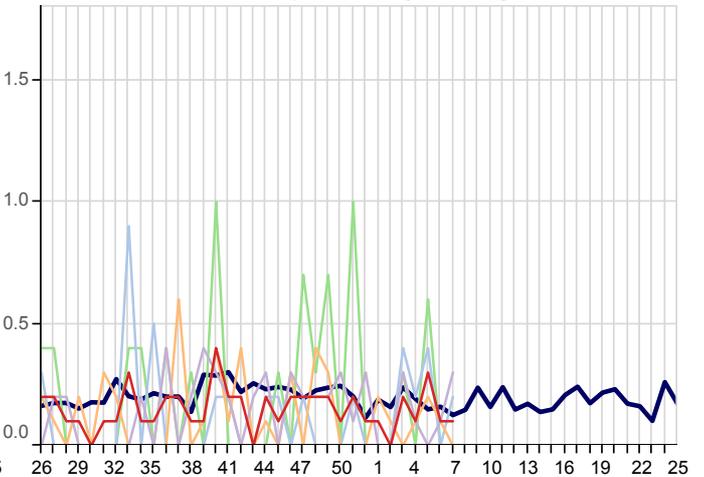
**Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



**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



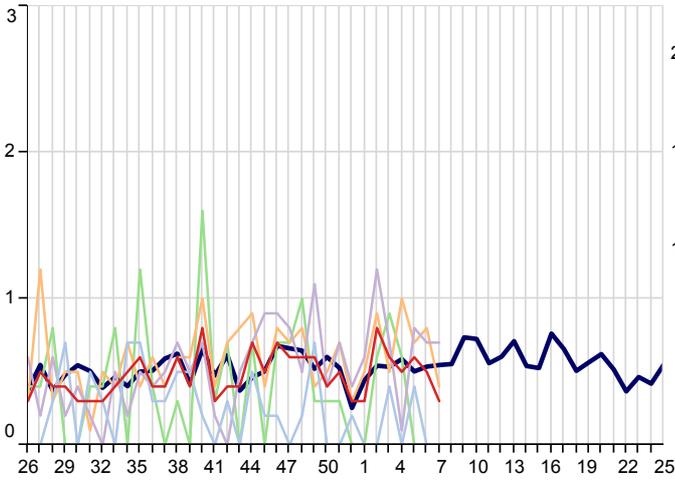
**Whooping Cough (ICD10: A37)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



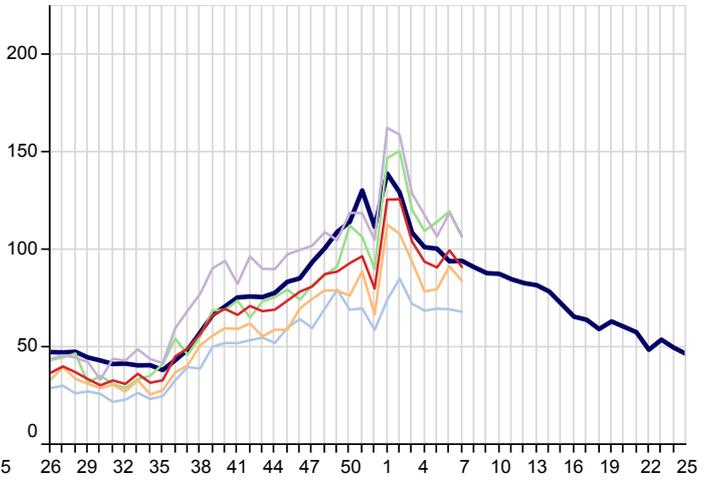
### 3. Respiratory Infections(Continued):

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

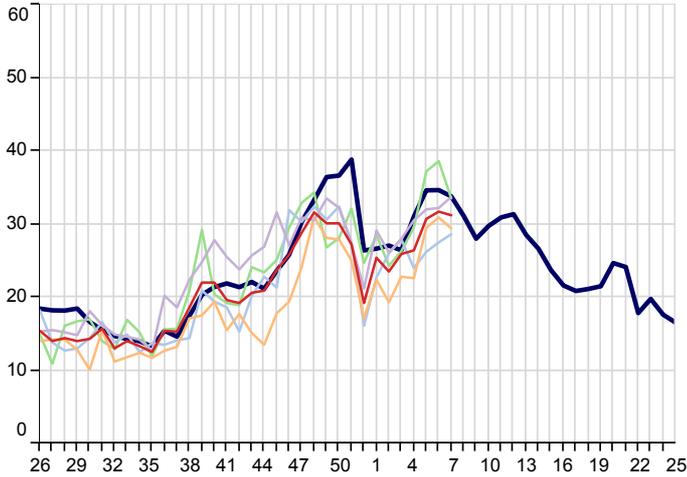
**Infectious Mononucleosis (ICD10: B27)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



**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



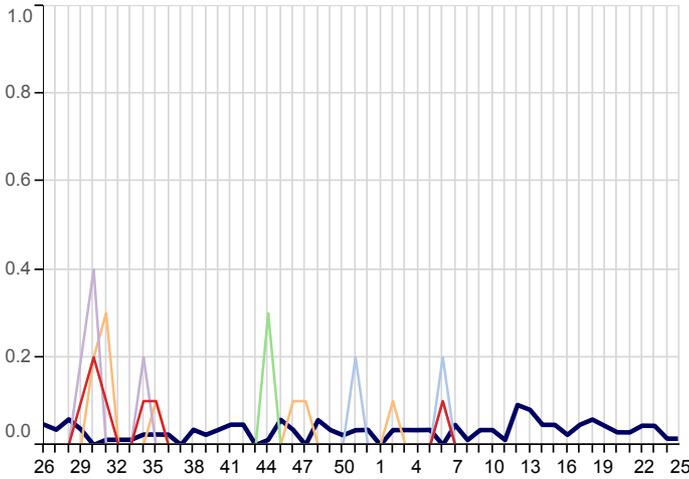
**Acute Otitis Media (ICD10: H650-H651,H660,H669)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



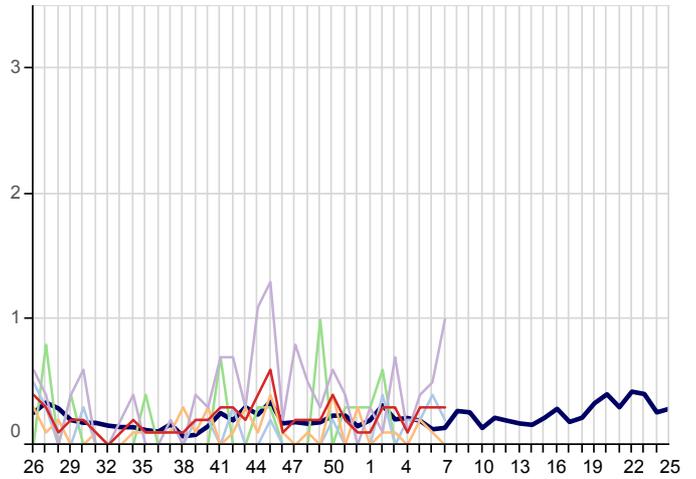
## 4. Vaccine Sensitive Disorders

5yr Avg National London North South Midlands And East

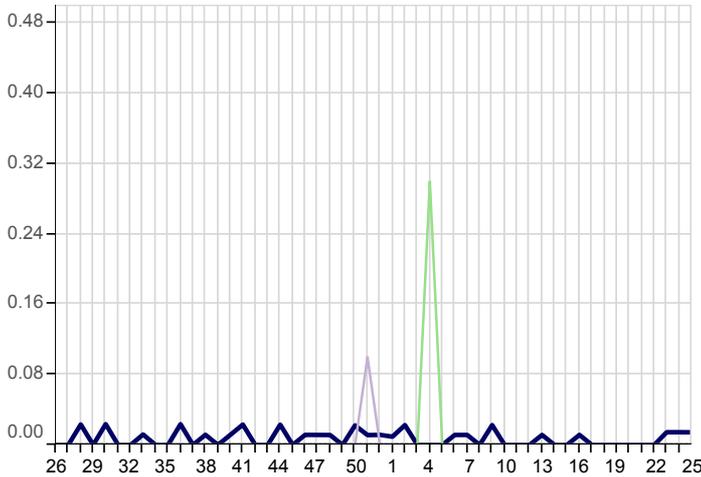
**Measles (ICD10: B05)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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

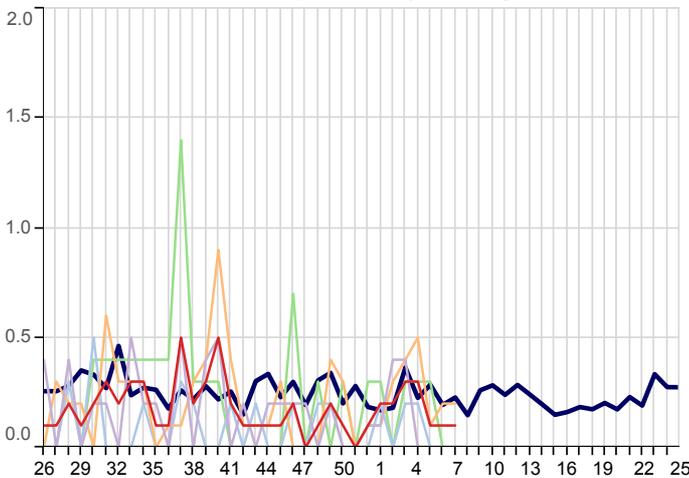


**Rubella (ICD10: B06)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average

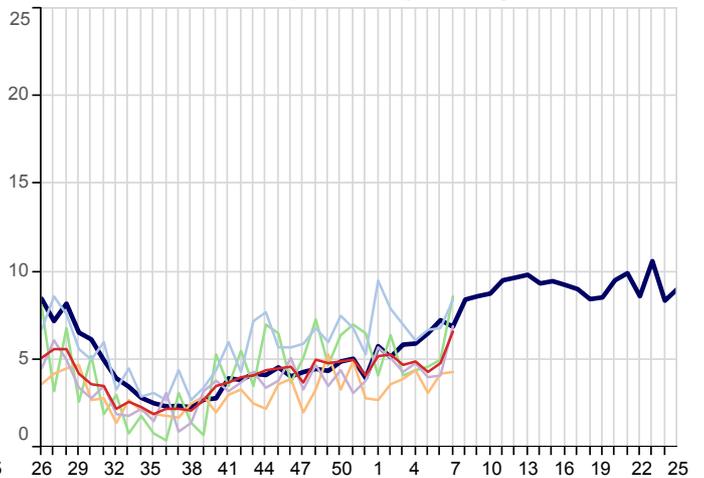


## 5. Skin Contagions

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



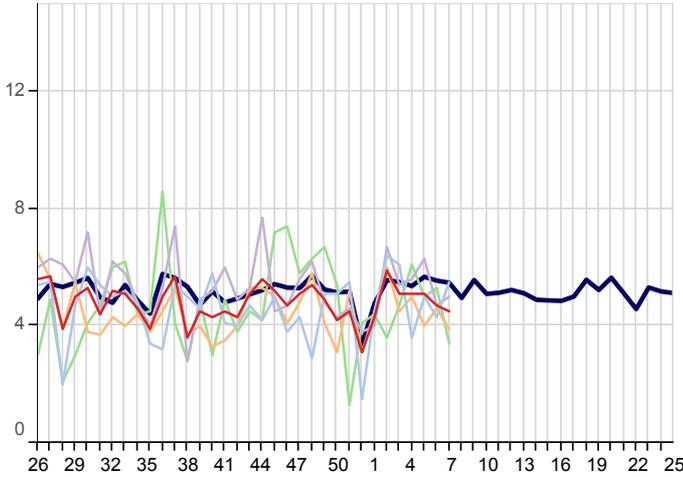
**Chickenpox (ICD10: B01)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



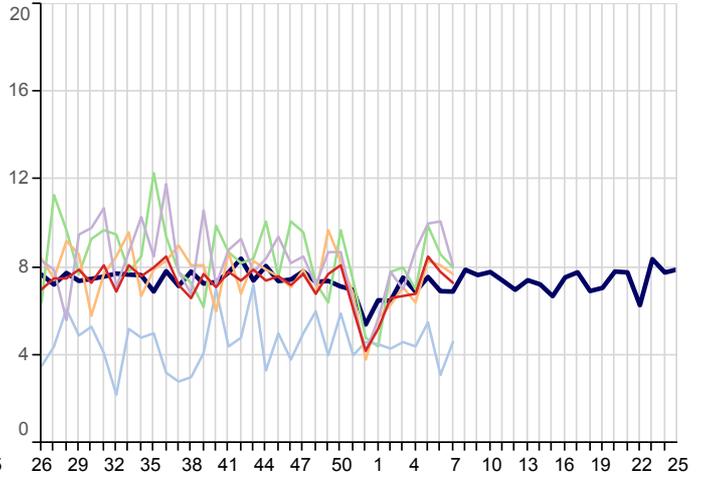
# 5. Skin Contagions (Continued)

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

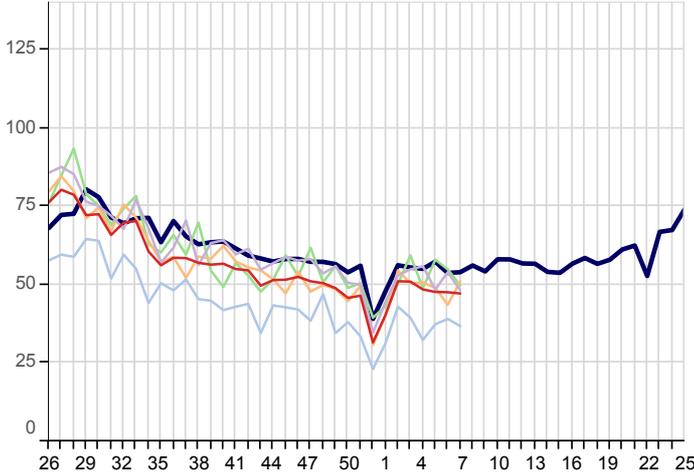
**Herpes Simplex (ICD10: B00)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



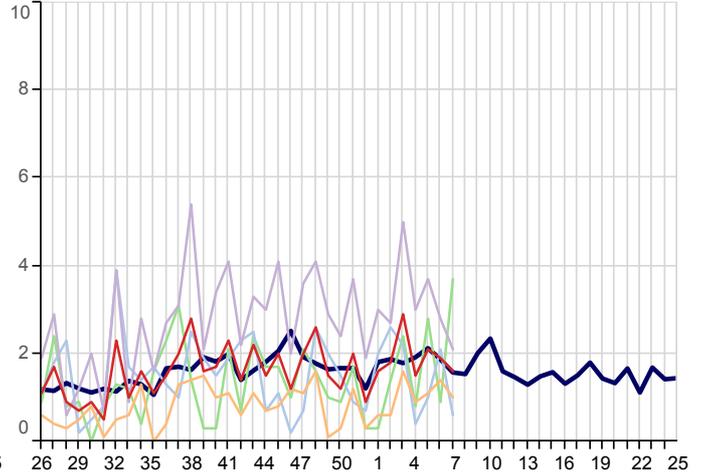
**Herpes Zoster (ICD10: B02)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



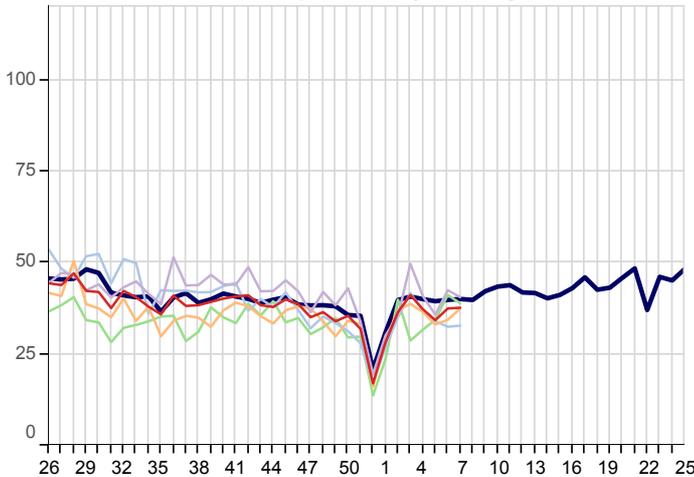
**Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



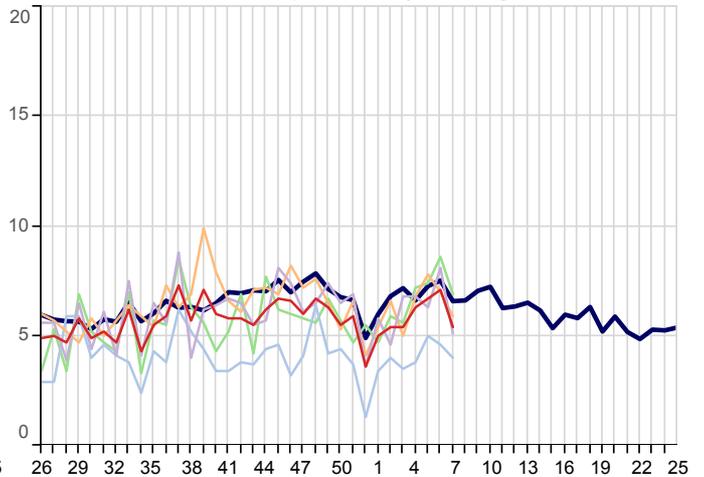
**Scabies (ICD10: B86)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



**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



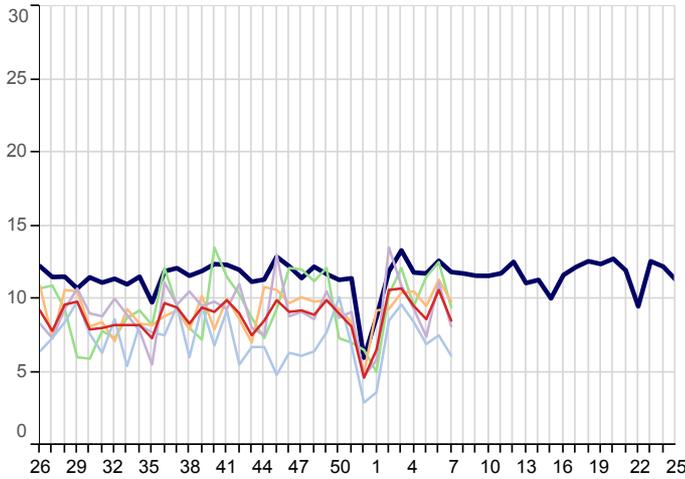
**Impetigo (ICD10: L01)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



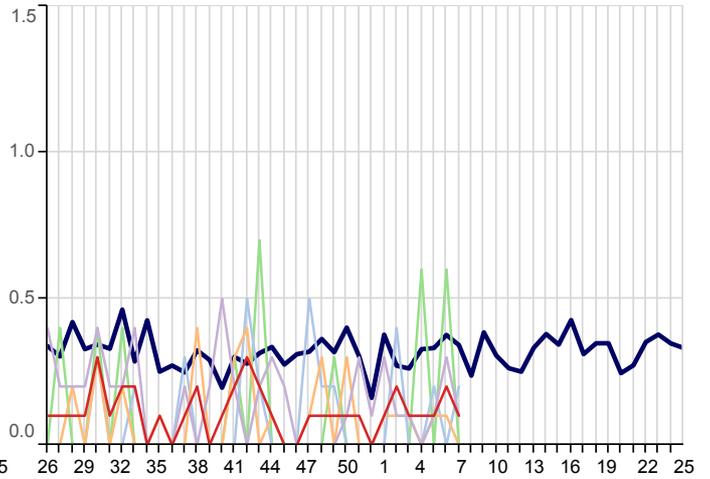
## 6. Disorders Affecting the Nervous System

5yr Avg National London North South Midlands And East

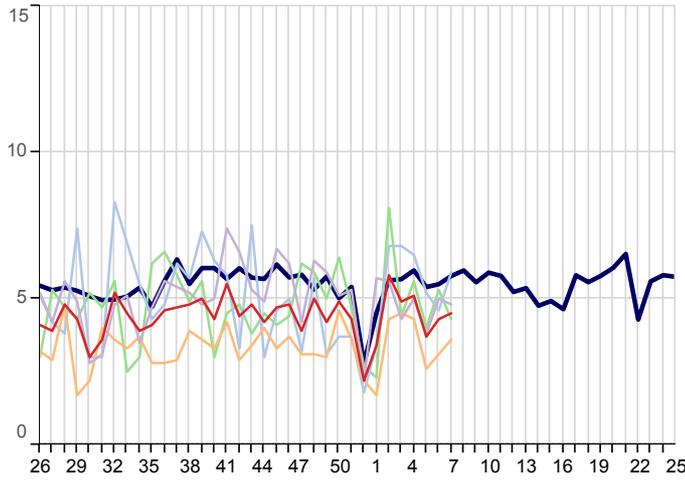
**Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



**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

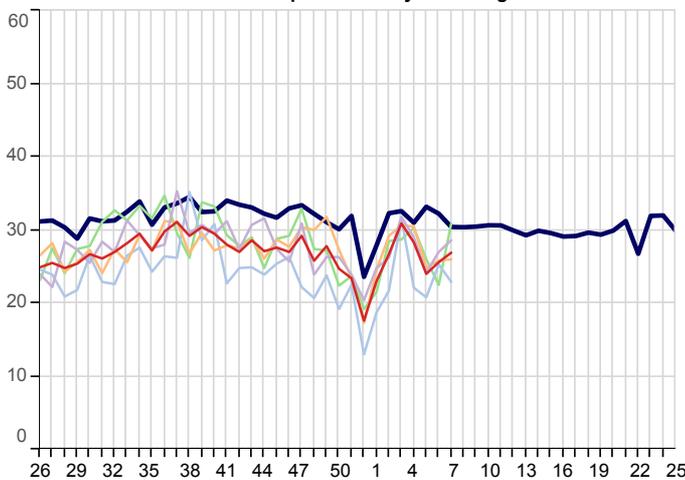


**Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)**  
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



## 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	11/02/2019 17/02/2019		04/02/2019 10/02/2019		28/01/2019 03/02/2019		21/01/2019 27/01/2019	
		Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Acute Bronchitis		87.8	2,091	96.3	2,325	88.0	2,056	90.6	2,174
Allergic Rhinitis		3.4	81	2.8	68	3.5	82	3.5	83
Asthma		15.7	375	17.8	430	15.7	366	17.8	427
Bullous Dermatoses		0.1	2	0.1	2	0.1	2	0.3	6
Chickenpox		6.6	156	4.8	116	4.3	101	4.9	117
Common Cold		123.6	2,944	140.9	3,401	132.4	3,093	127.5	3,058
Conjunctival Disorders		31.3	746	28.1	678	27.2	635	26.5	635
Herpes Simplex		4.5	106	4.7	113	5.1	118	5.1	122
Herpes Zoster		7.3	173	7.8	188	8.5	198	6.8	164
Impetigo		5.4	129	7.1	171	6.7	157	6.3	150
Infectious Mononucleosis		0.3	8	0.5	12	0.6	14	0.5	11
Influenza-like illness		21.1	502	23.1	558	19.7	461	17.5	421
Infectious Intestinal Diseases		8.7	208	9.9	240	10.2	239	9.0	216
Laryngitis and Tracheitis		6.3	151	7.7	185	5.7	134	5.4	129
Lower Respiratory Tract Infections		91.3	2,174	99.8	2,409	91.0	2,126	94.0	2,254
Measles		0.0	0	0.1	2	0.0	0	0.0	0
Meningitis and Encephalitis		0.1	2	0.2	5	0.1	3	0.1	2
Mumps		0.3	8	0.3	7	0.3	6	0.1	2
Non-infective Enteritis and Colitis		8.0	191	8.7	210	6.9	160	8.4	202
Otitis Media Acute		31.2	742	31.7	766	30.7	716	26.4	634
Peripheral Nervous Disease		8.5	202	10.6	257	8.6	201	9.5	229
Pleurisy		1.8	44	1.4	35	1.2	27	1.5	35
Pneumonia and Pneumonitis		1.6	38	1.7	42	1.6	38	1.7	40
Respiratory System Diseases		369.4	8,798	401.0	9,681	370.5	8,652	369.3	8,861
Rubella		0.0	0	0.0	0	0.0	0	0.0	1
Scabies		1.6	39	1.9	46	2.1	50	1.5	35
Sinusitis		23.1	551	25.1	606	21.7	506	22.0	529
Skin and Subcutaneous Tissue Infections		47.2	1,123	47.6	1,148	47.7	1,114	48.5	1,163
Strep Throat and Peritonsillar Abscess		2.2	53	2.0	49	2.2	51	1.9	46
Symptoms involving musculoskeletal		4.5	108	4.3	104	3.7	87	5.1	123
Symptoms involving Respiratory and Chest		19.3	459	20.9	504	20.3	473	20.8	500
Symptoms involving Skin and Integument Tissues		37.7	898	37.5	906	34.3	801	37.3	894
Tonsillitis and acute Pharyngitis		53.1	1,265	54.7	1,320	52.2	1,220	48.6	1,167
Upper Respiratory Tract Infections		235.3	5,605	257.7	6,220	240.6	5,618	227.7	5,463
Urinary Tract Infections		26.9	641	25.6	618	24.0	560	28.3	680
Viral Hepatitis		0.3	6	0.2	6	0.3	7	0.1	3
Whooping Cough		0.1	3	0.1	2	0.3	6	0.1	3
<b>Practice Count</b>			<b>238</b>		<b>243</b>		<b>234</b>		<b>239</b>
<b>Denom</b>			<b>2,381,568</b>		<b>2,414,046</b>		<b>2,335,267</b>		<b>2,399,130</b>

## 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](mailto: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](mailto:i.yonova@surrey.ac.uk)

Tel: +44 (0)1483 682758

