



Royal College of
General Practitioners
Research and Surveillance Centre

RSC Communicable and Respiratory Disease Report for England

Key Statistics:

Week Number/Year.....02/2019
Week Starting - Ending.....07/01/2018 - 13/01/2019
No. of Practices.....232
Population.....2347986

National (England)

- **Acute Bronchitis** : was unchanged at **122.8** in week 1 compared with **121.9** in week 2.
- **Asthma** : increased from **17.3** in week 1 to **20.0** in week 2.
- **Common Cold** : increased from **114.0** in week 1 to **124.4** in week 2.
- **Influenza-Like illness** : increased from **14.8** in week 1 to **19.2** in week 2.
- **Respiratory System Diseases** : increased from **371.5** in week 1 to **403.9** in week 2.

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

- **Acute Bronchitis** : increased from **73.2** in week 1 to **81.9** in week 2 in the London region, was unchanged at **159.6** in week 1 compared with **155.6** in week 2 in the North region, decreased from **110.8** in week 1 to **104.2** in week 2 in the South region, and increased a little from **139.8** in week 1 to **144.5** in week 2 in the Midlands And East region.
- **Asthma** : increased from **12.8** in week 1 to **16.2** in week 2 in the London region, increased from **20.5** in week 1 to **21.7** in week 2 in the North region, increased from **17.5** in week 1 to **21.1** in week 2 in the South region, and increased from **16.0** in week 1 to **19.3** in week 2 in the Midlands And East region.
- **Common Cold** : increased from **132.4** in week 1 to **153.9** in week 2 in the London region, decreased a little from **131.2** in week 1 to **126.1** in week 2 in the North region, increased from **86.2** in week 1 to **101.2** in week 2 in the South region, and increased from **119.7** in week 1 to **133.4** in week 2 in the Midlands And East region.
- **Influenza-Like illness** : increased from **15.5** in week 1 to **17.2** in week 2 in the London region, increased from **15.8** in week 1 to **21.0** in week 2 in the North region, increased from **12.7** in week 1 to **18.5** in week 2 in the South region, and increased from **16.6** in week 1 to **19.3** in week 2 in the Midlands And East region.
- **Respiratory System Diseases** : increased from **326.8** in week 1 to **376.9** in week 2 in the London region, was unchanged at **449.9** in week 1 compared with **459.1** in week 2 in the North region, increased from **317.0** in week 1 to **351.3** in week 2 in the South region, and increased from **396.0** in week 1 to **442.0** in week 2 in the Midlands And East region.

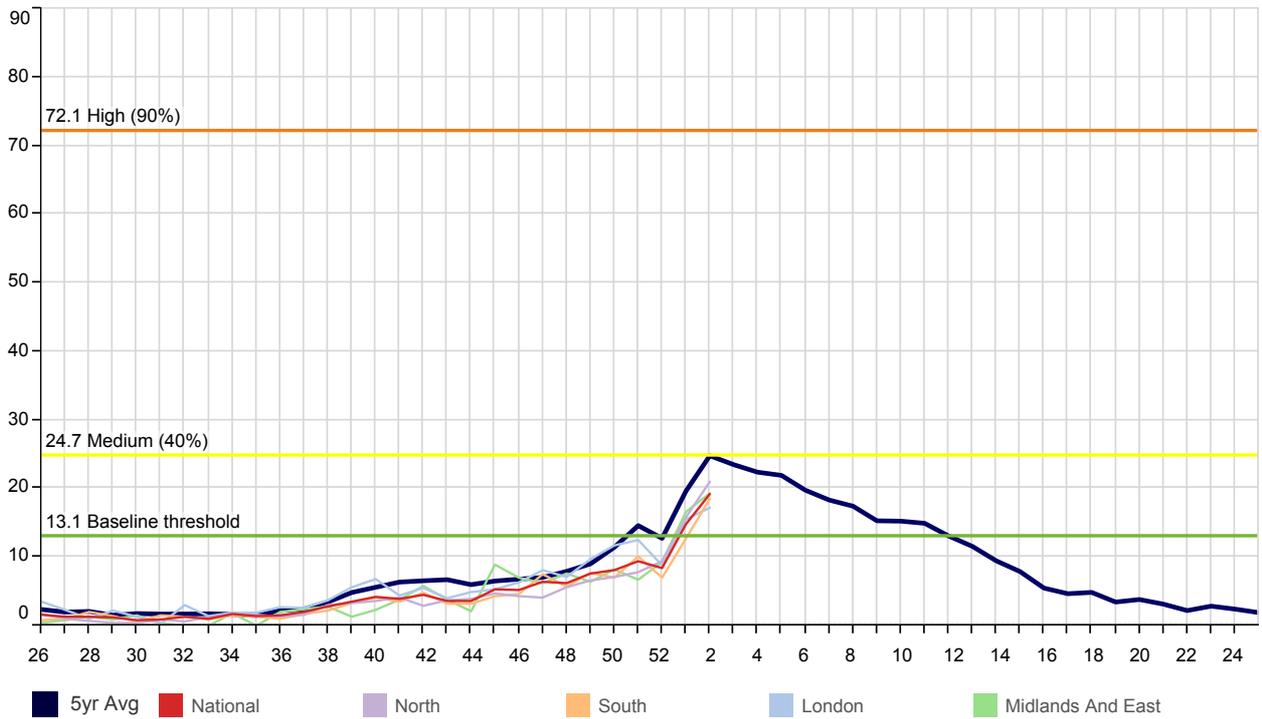
Comment:

Presentations of respiratory and other monitored conditions increased this week and are at or below those anticipated at this time of year.

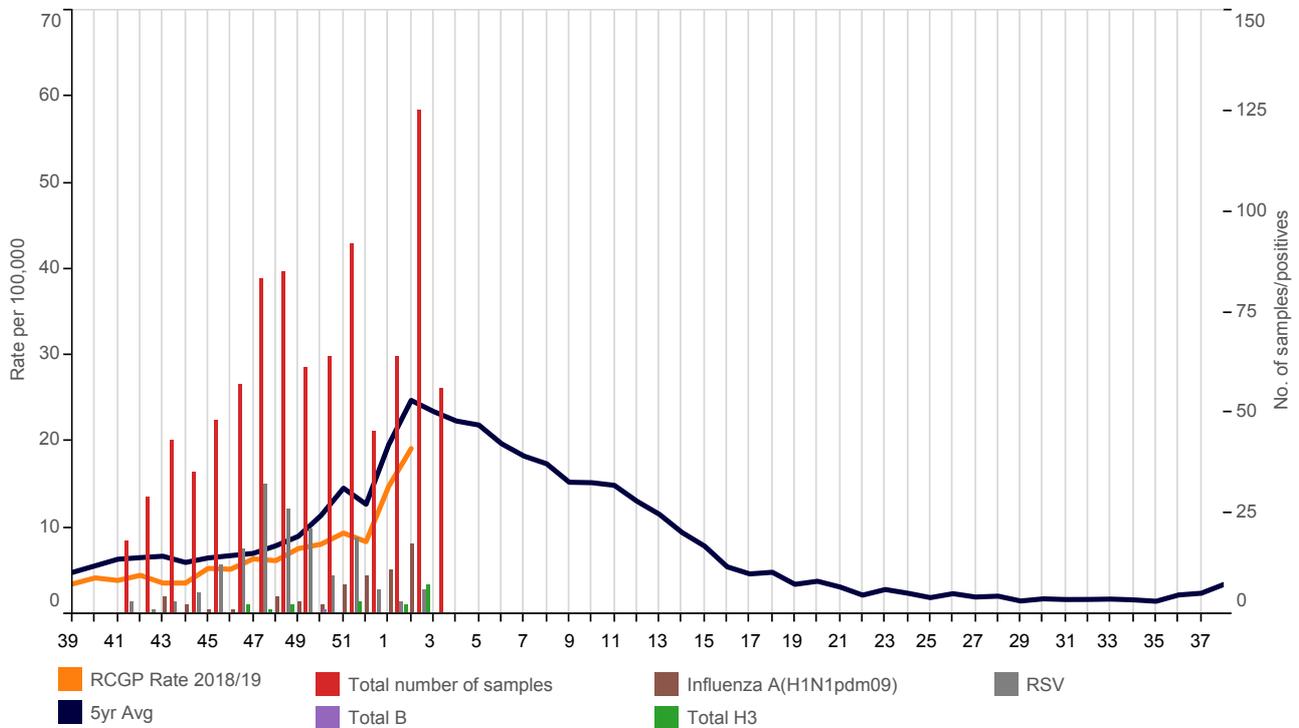
Winter Focus 2018/19

Please see page 13 for explanatory notes on the data.

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

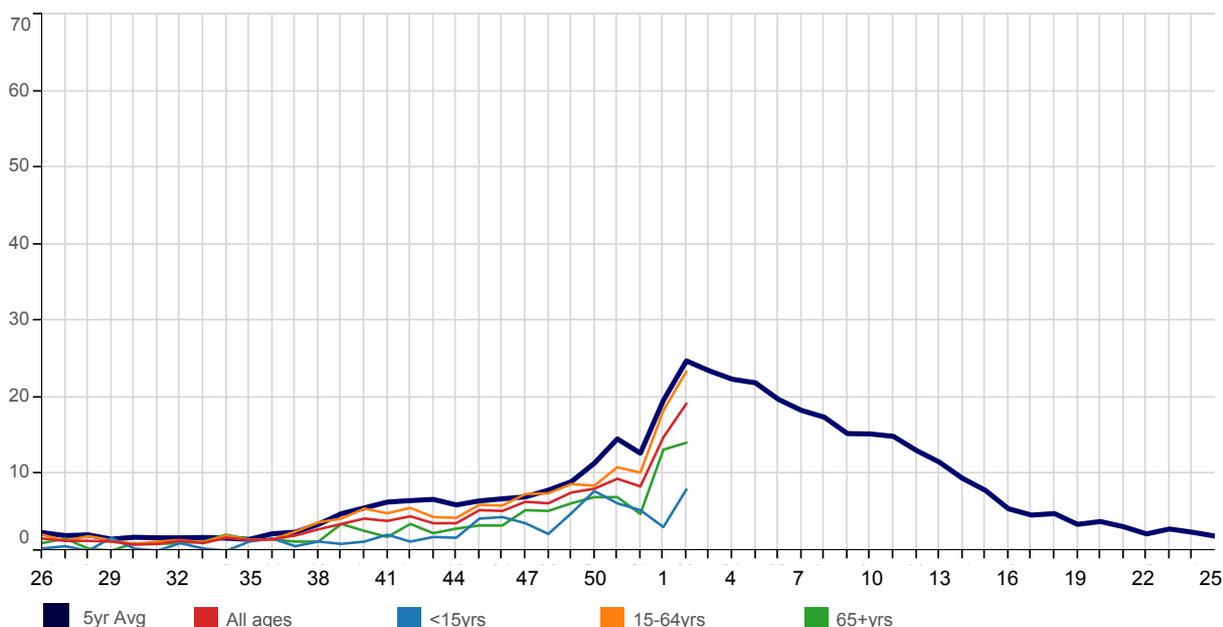


(B) RCGP/PHE RSV and Influenza Virology Swab Surveillance 2018/19(all ages, gender & regions combined)*



* 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		
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		
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		
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		
	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	

- <15yrs
- 15-64yrs
- 65+yrs
- All ages

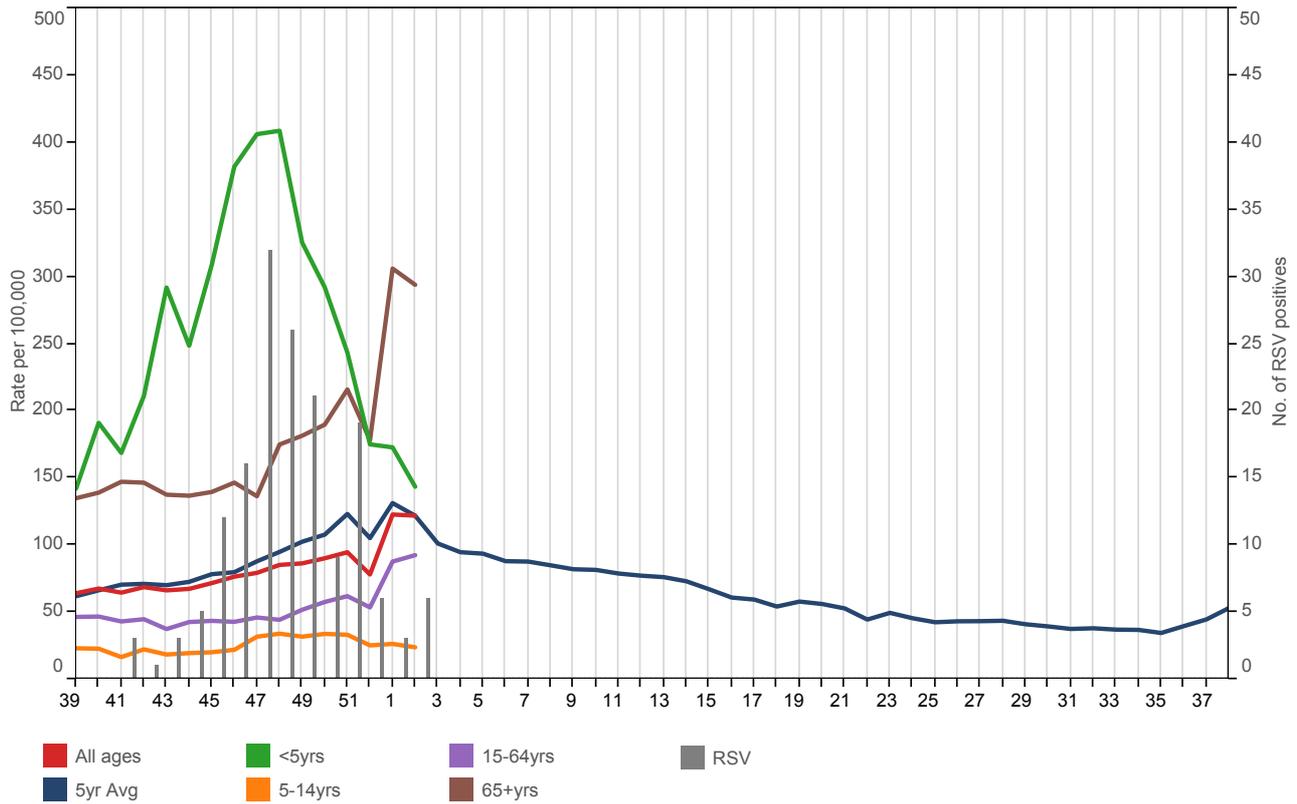
Table 2	Below Threshold ¹	Threshold to Medium ²	Medium to High ³	High to Very High ⁴	Above Very High ⁵
0-14	<10.8	10.8 to <16.5	16.5 to <50.4	50.4 to <82.4	82.4+
15-64	<14.6	14.6 to <28.9	28.9 to <69.6	69.6 to <102.7	102.7+
65+	<11.7	11.7 to <17.6	17.6 to <43.6	43.6 to <65.1	65.1+
All Ages	<13.1	13.1 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	14.4	379.4	London	17.2	81.9
1-4yrs	6.6	96.9	North	21.0	155.6
5-14yrs	8.1	23.8	South	18.5	104.2
15-24yrs	17.4	31.7	Midlands And East	19.3	144.5
25-44yrs	21.0	68.5	National	19.2	121.9
45-64yrs	28.9	149.1			
65-74yrs	16.0	234.0			
75-84yrs	13.0	293.6			
85+yrs	9.1	534.1			
All ages	19.2	121.9			

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



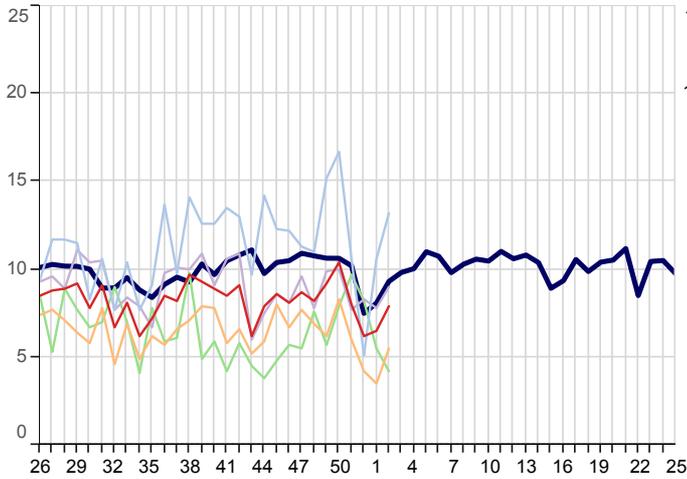
Weekly Influenza-like illness and Acute Bronchitis incidence rates per 100,000 persons

	Influenza-like illness	Acute Bronchitis
<5yrs	7.9	143.5
5-14yrs	8.1	23.8
15-64yrs	23.4	92.5
65+yrs	14.1	294.0
All ages	19.2	121.9

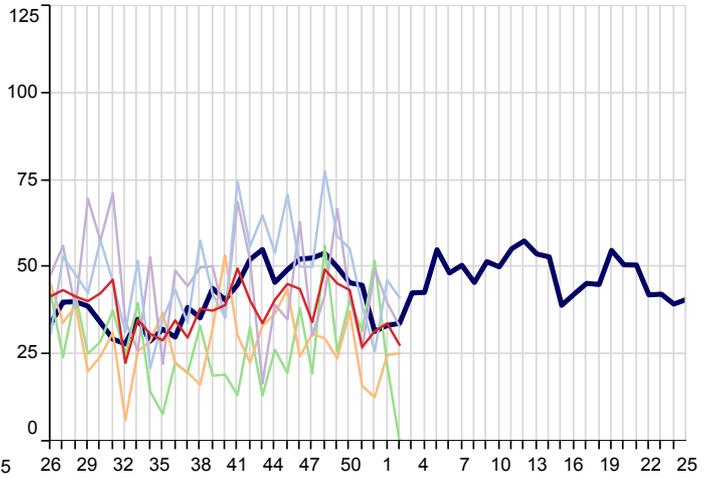
1. Water & Food Borne Disorders:

5yr Avg National London North South Midlands And East

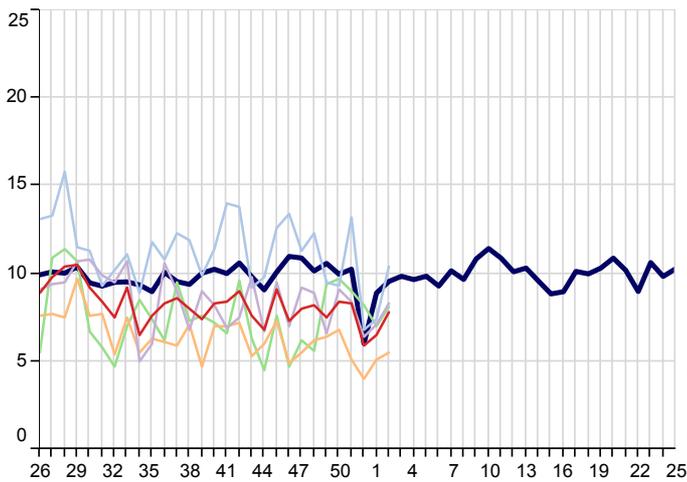
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **all ages**) by regions
for 2018/19 compared with 5 year average



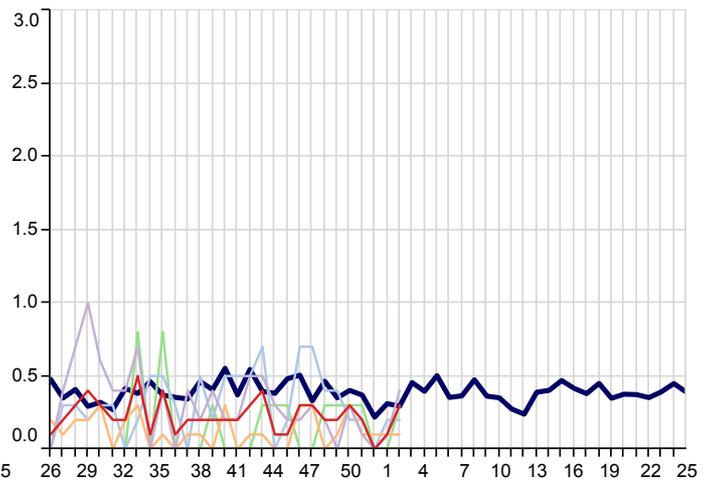
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **0-4 years**) by regions
for 2018/19 compared with 5 year average



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



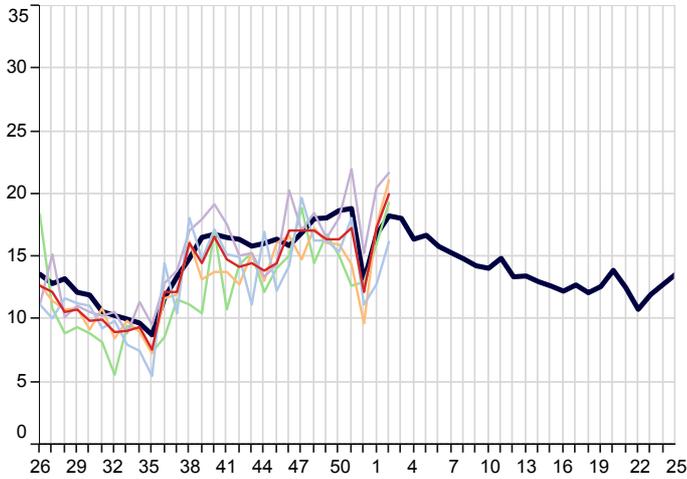
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



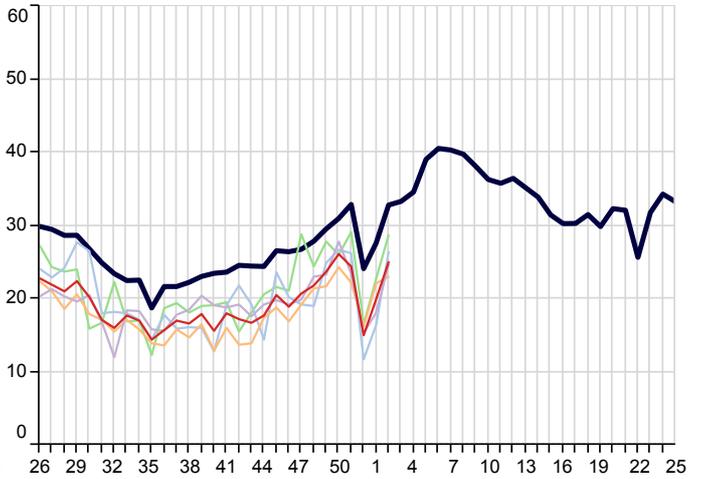
2. Environmentally Sensitive Disorders:

5yr Avg National London North South Midlands And East

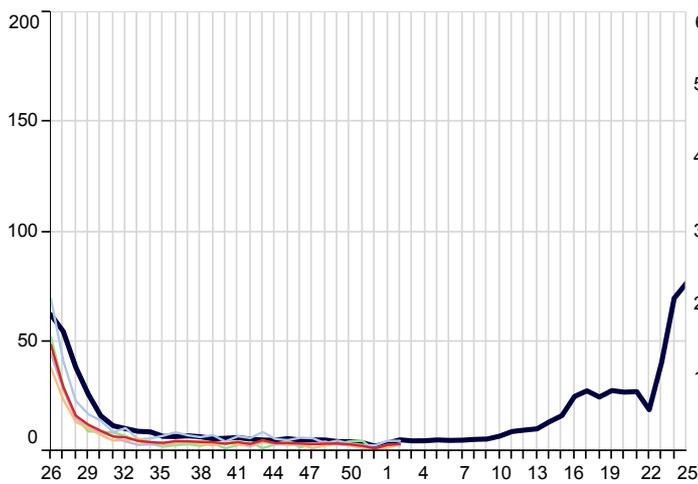
Asthma (ICD10: J45-J46)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



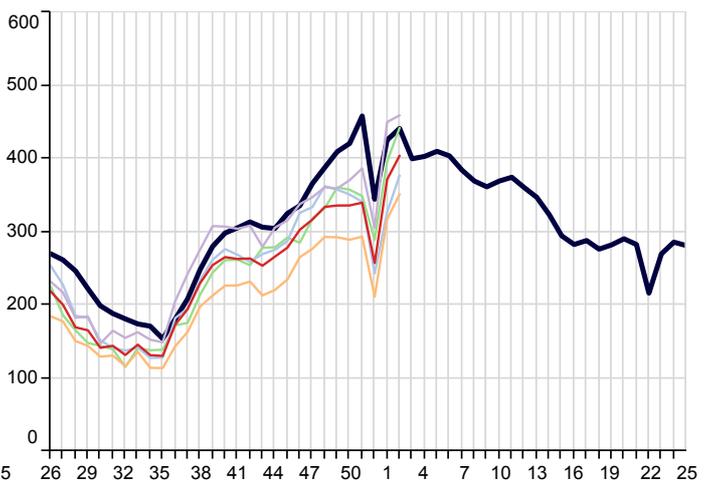
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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



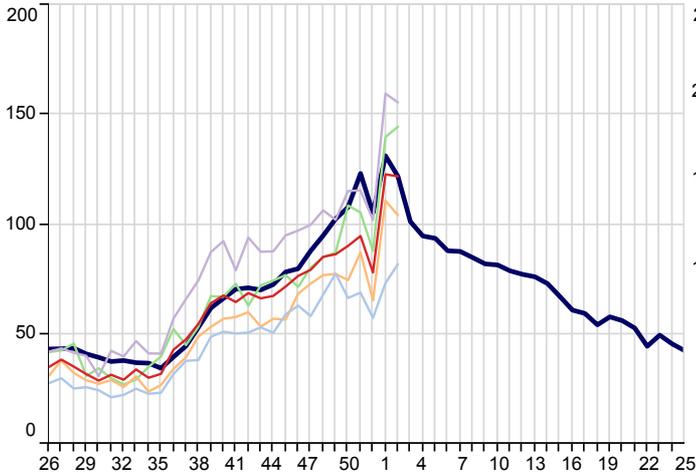
Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



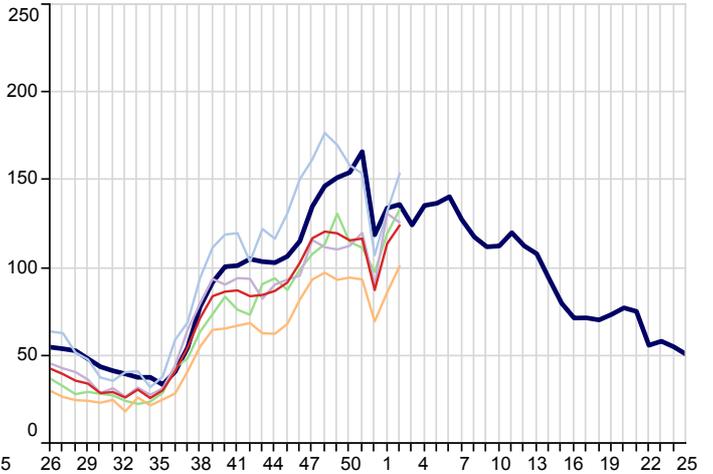
3. Respiratory Infections:

5yr Avg National London North South Midlands And East

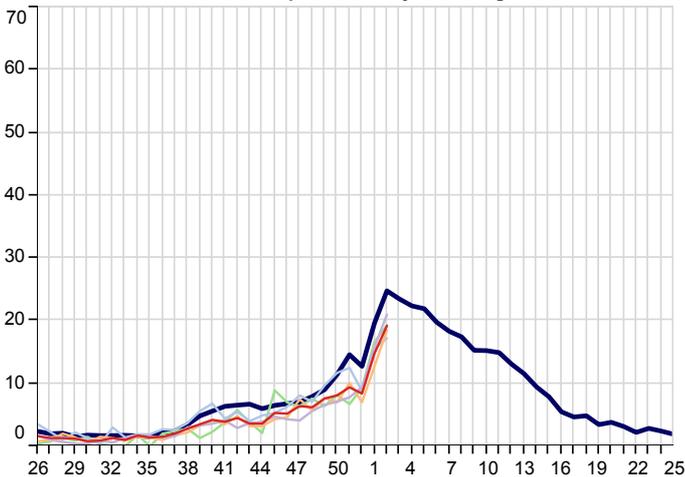
Acute Bronchitis (ICD10: J20-J21,J40)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



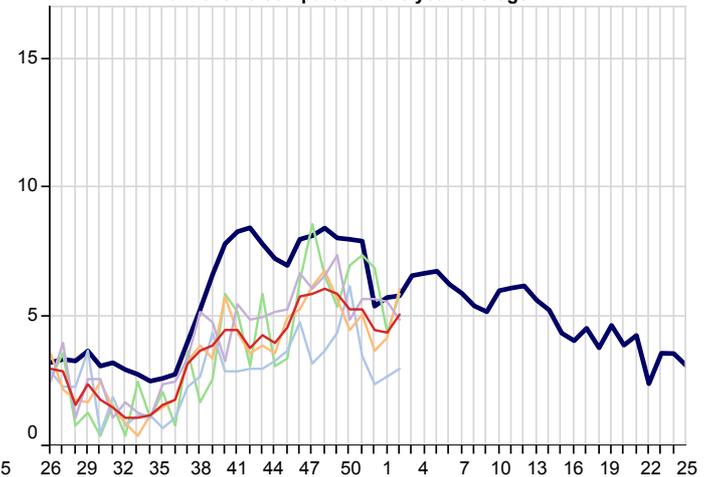
Common Cold (ICD10: J00,J06)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



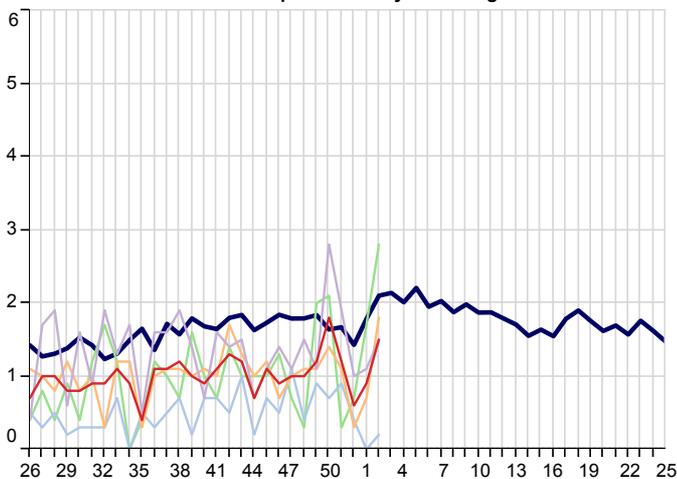
Influenza-Like Illness (ICD10: J09-J11)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



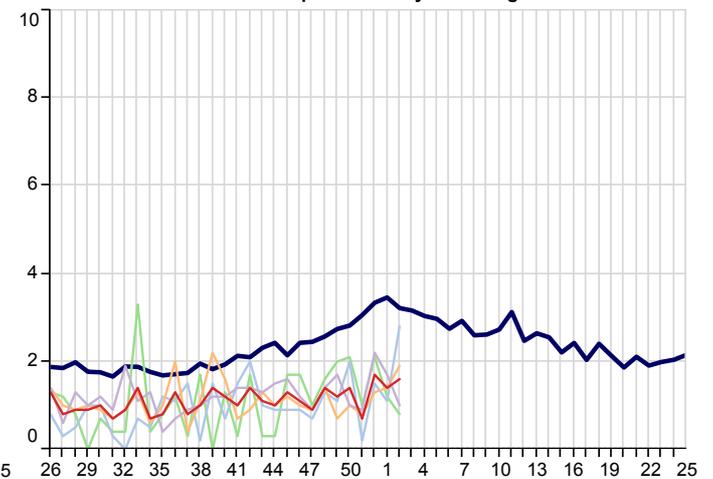
Acute Laryngitis/Tracheitis (ICD10: J04)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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



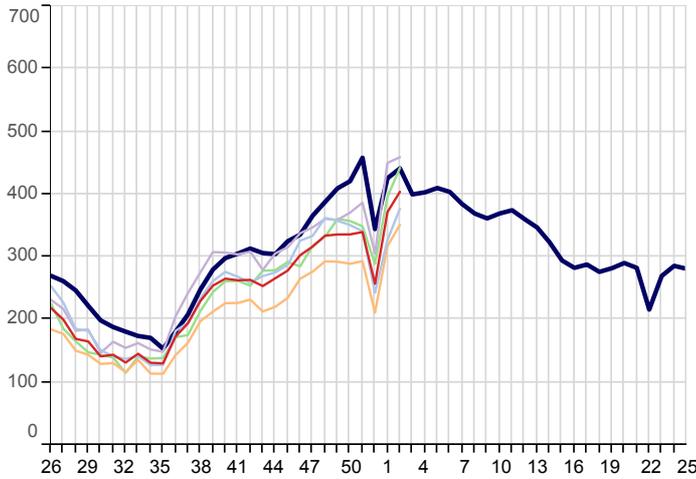
Pneumonia/Pneumonitis (ICD10: J12-J18)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



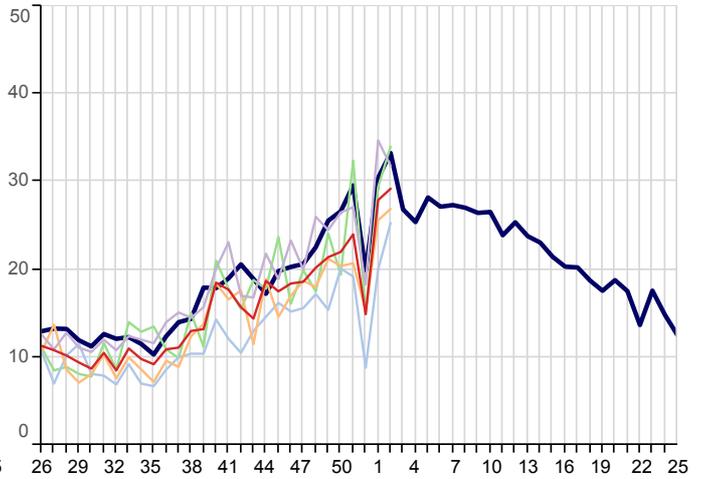
3. Respiratory Infections(Continued):

5yr Avg National London North South Midlands And East

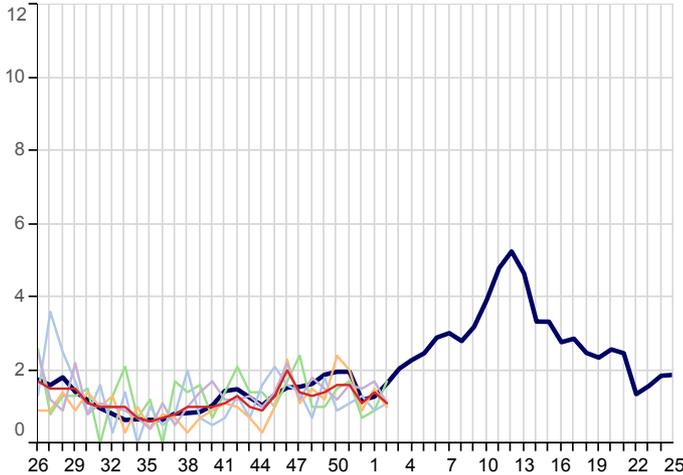
Respiratory System Diseases (ICD10: J00-J99)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



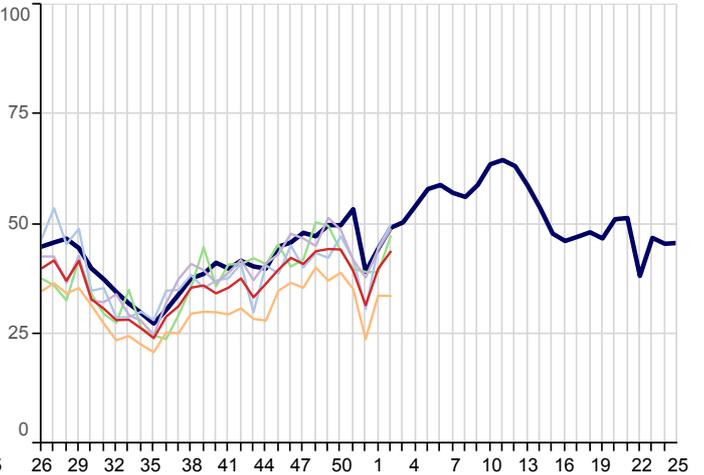
Acute Sinusitis (ICD10: J01)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



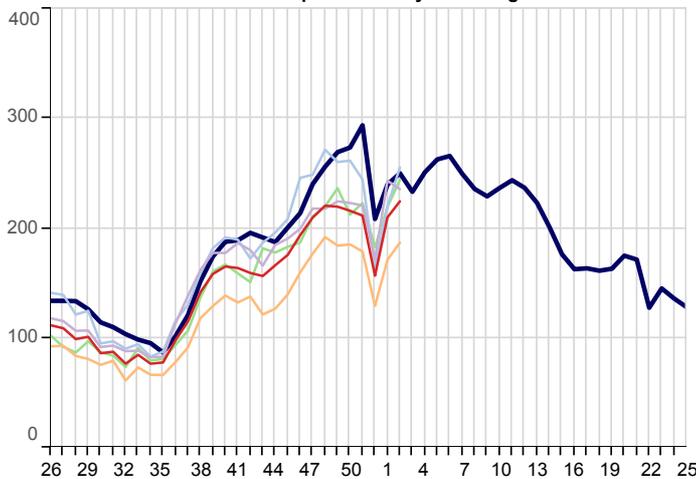
Strep Sore Throat, Scarlatina and Peritonsillar Abscess (ICD10: A38,J020,J36)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



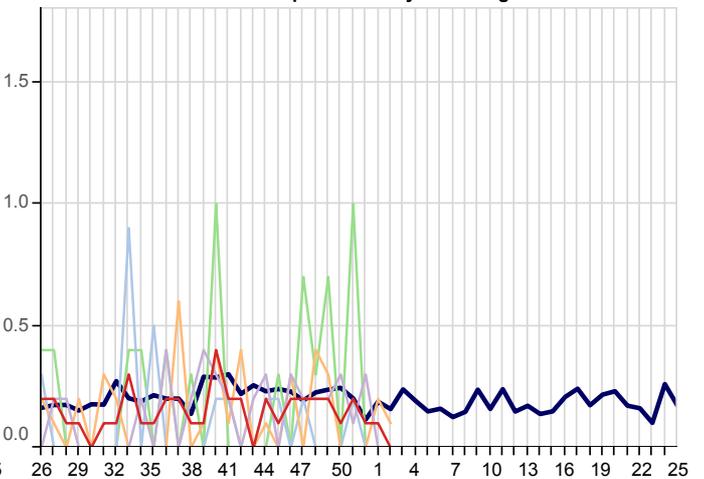
Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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



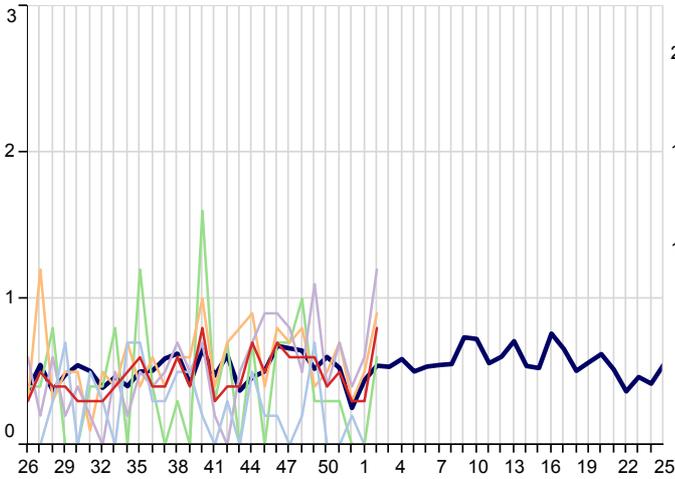
Whooping Cough (ICD10: A37)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



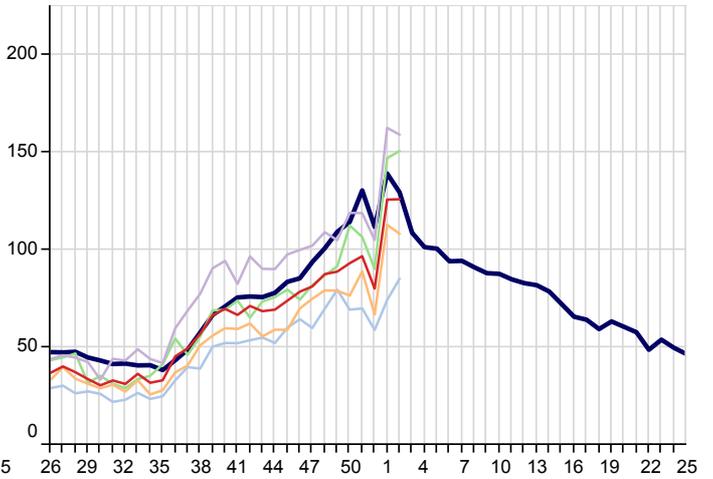
3. Respiratory Infections(Continued):

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

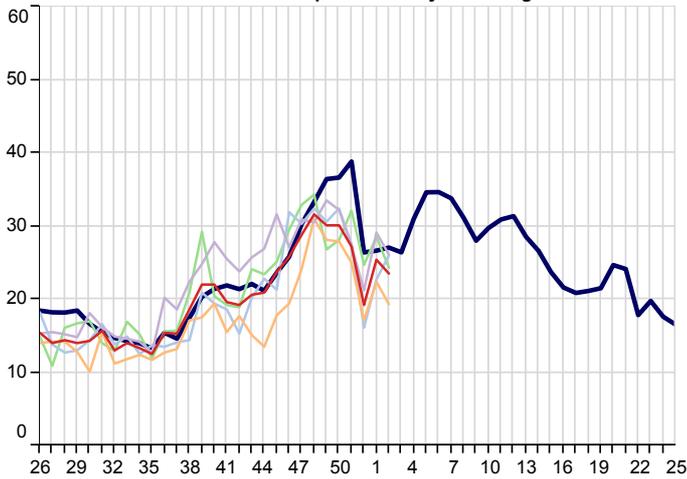
Infectious Mononucleosis (ICD10: B27)
 Weekly incidence (per 100,000 all ages) by region
 for 2018/19 compared with 5 year average



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



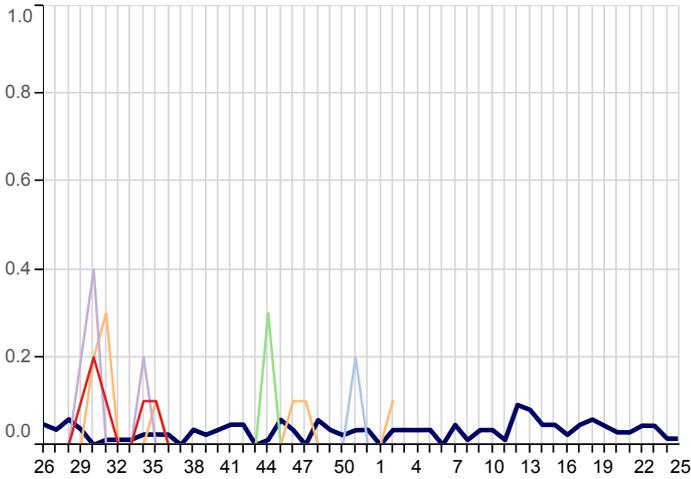
Acute Otitis Media (ICD10: H650-H651,H660,H669)
 Weekly incidence (per 100,000 all ages) by region
 for 2018/19 compared with 5 year average



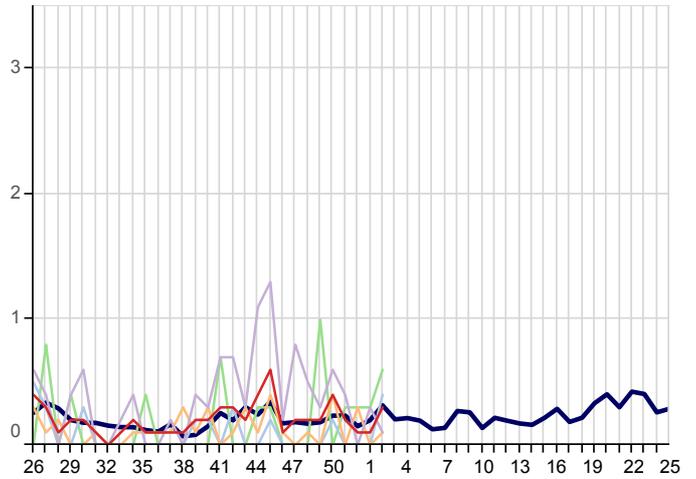
4. Vaccine Sensitive Disorders

5yr Avg National London North South Midlands And East

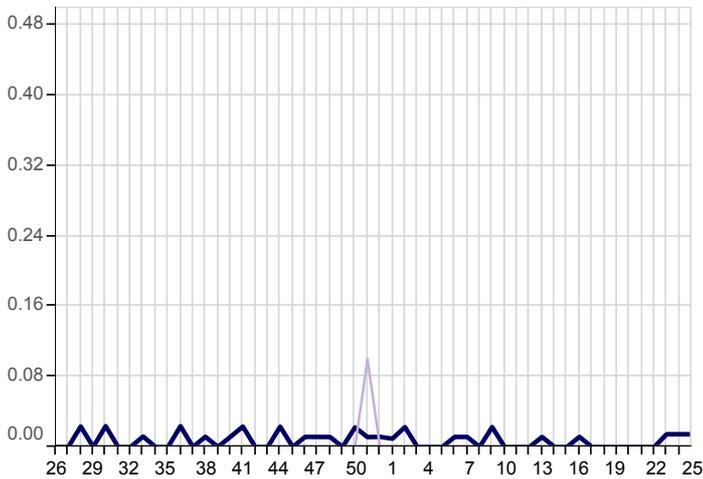
Measles (ICD10: B05)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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

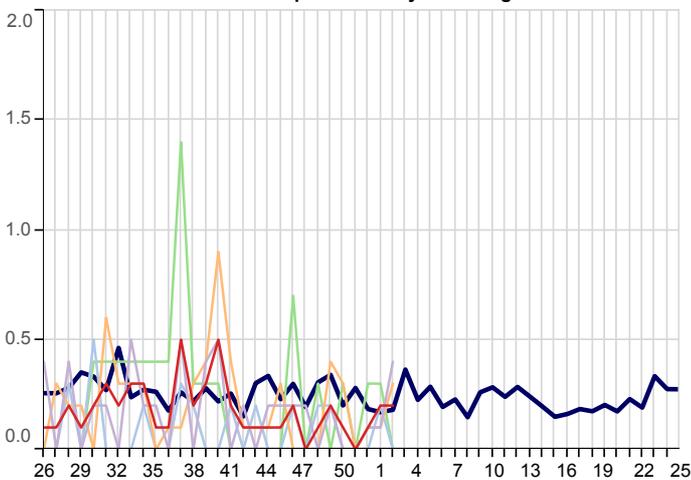


Rubella (ICD10: B06)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average

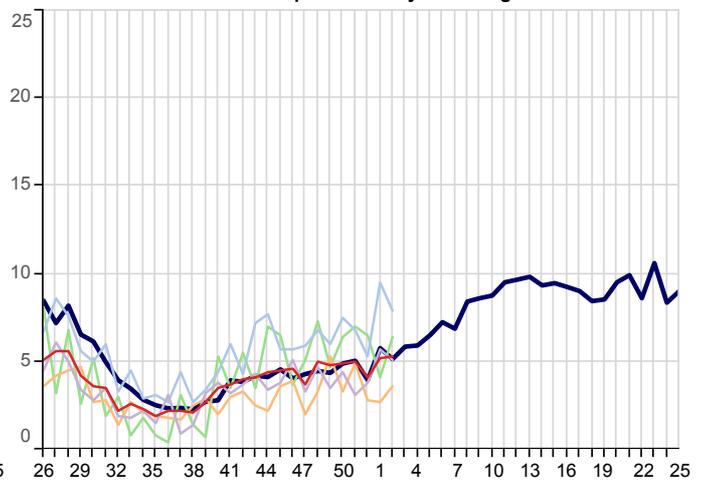


5. Skin Contagions

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



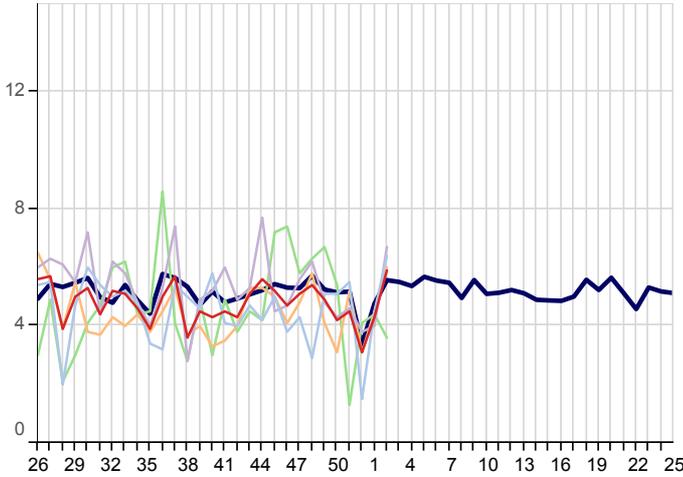
Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



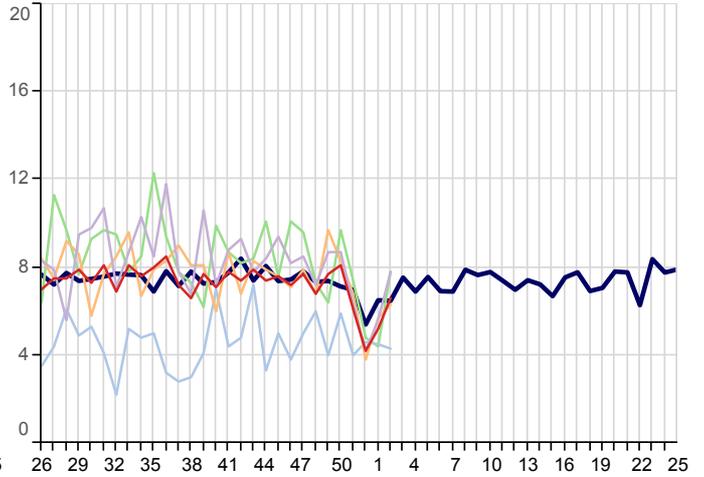
5. Skin Contagions (Continued)

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

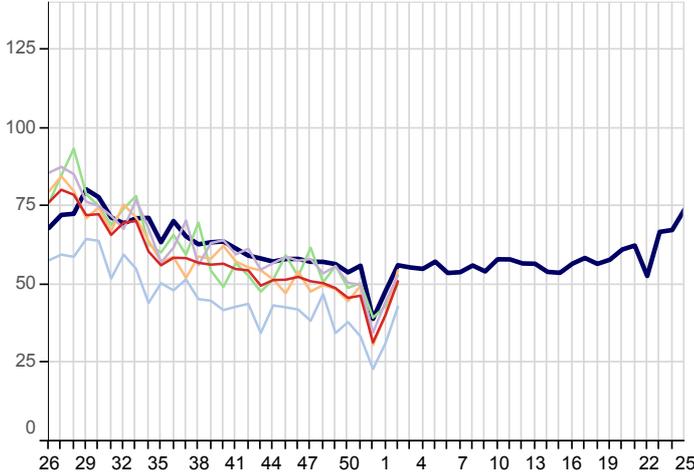
Herpes Simplex (ICD10: B00)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



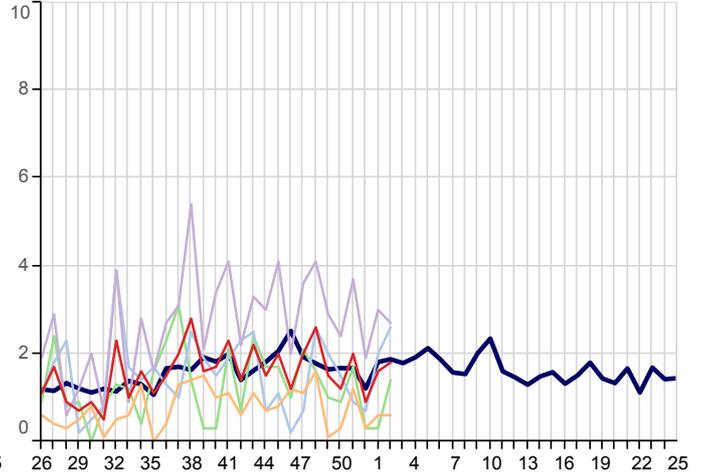
Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



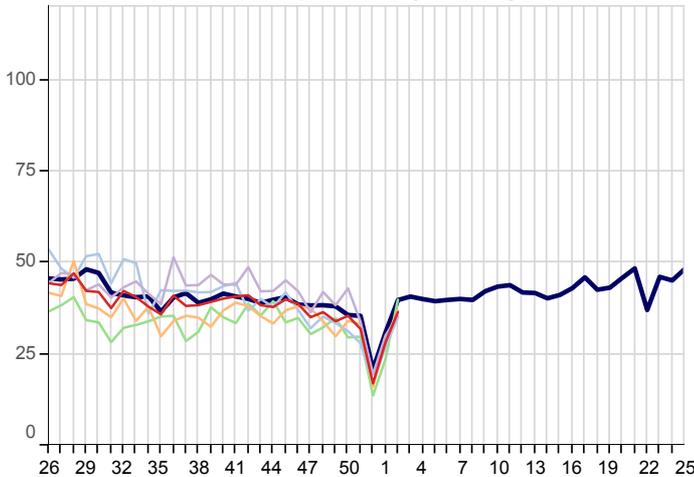
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



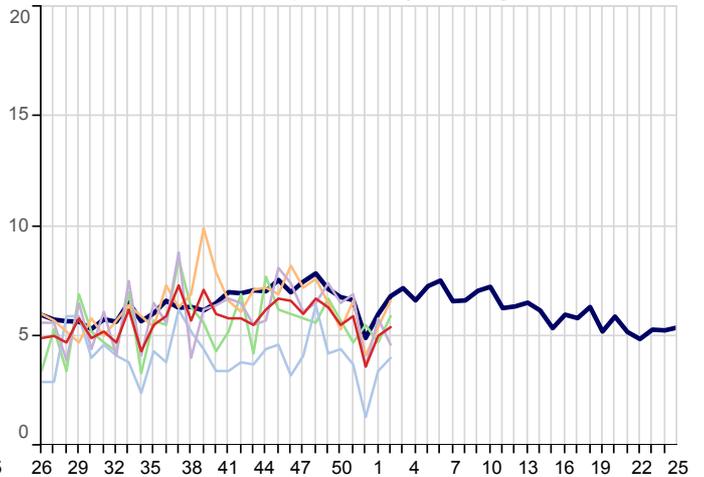
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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



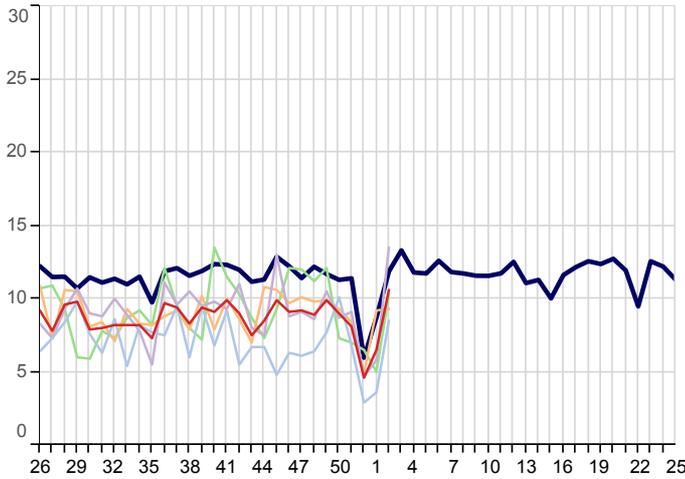
Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



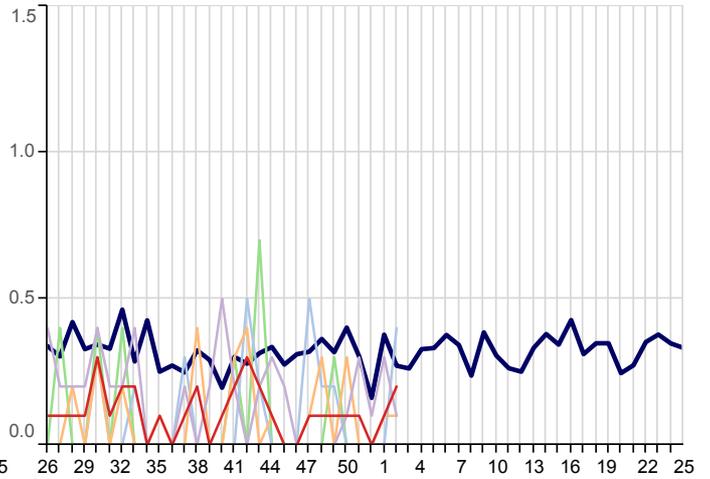
6. Disorders Affecting the Nervous System

5yr Avg National London North South Midlands And East

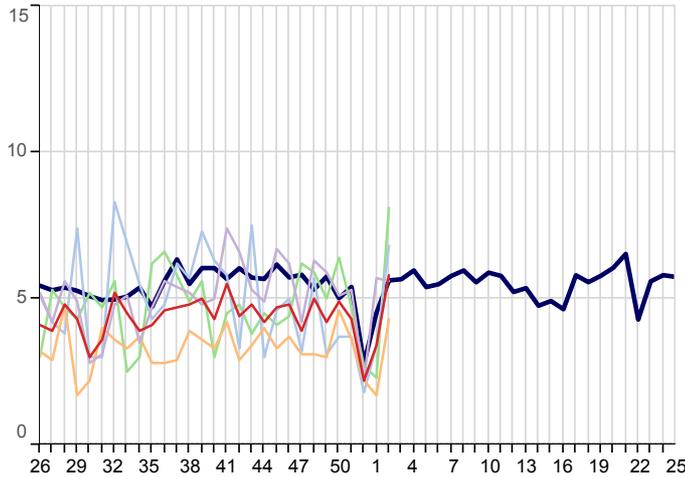
Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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

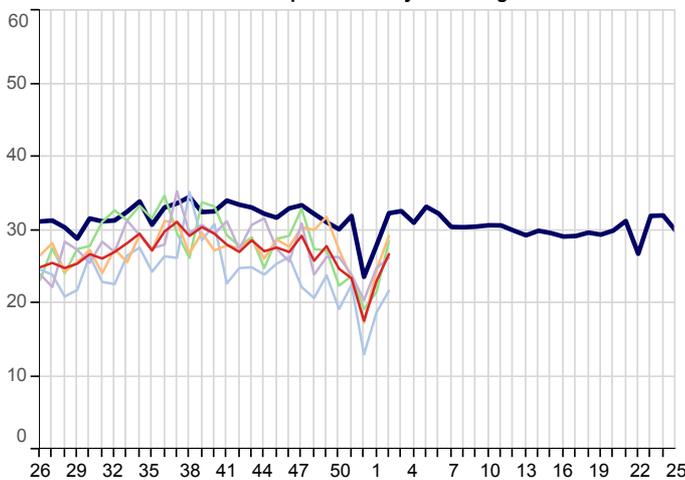


Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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	07/01/2019 13/01/2019		31/12/2018 06/01/2019		24/12/2018 30/12/2018		17/12/2018 23/12/2018	
		Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Acute Bronchitis		121.9	2,863	122.8	2,811	78.1	1,731	94.7	2,068
Allergic Rhinitis		3.3	77	2.8	63	1.3	28	2.4	53
Asthma		20.0	470	17.3	396	12.2	270	17.3	377
Bullous Dermatoses		0.2	5	0.2	4	0.1	3	0.0	0
Chickenpox		5.3	125	5.2	118	4.1	91	5.0	110
Common Cold		124.4	2,921	114.0	2,609	87.6	1,941	116.9	2,553
Conjunctival Disorders		25.0	588	19.9	455	15.0	333	24.4	532
Herpes Simplex		5.9	139	4.3	99	3.1	69	4.5	99
Herpes Zoster		6.6	155	5.2	120	4.2	94	6.1	134
Impetigo		5.4	126	5.0	115	3.6	79	5.9	128
Infectious Mononucleosis		0.8	18	0.3	8	0.3	6	0.5	11
Influenza-like illness		19.2	450	14.8	339	8.4	187	9.4	206
Infectious Intestinal Diseases		7.9	186	6.5	149	6.2	137	8.0	174
Laryngitis and Tracheitis		5.1	119	4.4	100	4.5	99	5.3	115
Lower Respiratory Tract Infections		126.0	2,959	125.8	2,879	80.2	1,777	96.8	2,114
Measles		0.0	1	0.0	0	0.0	0	0.0	1
Meningitis and Encephalitis		0.2	4	0.1	3	0.0	1	0.1	2
Mumps		0.3	6	0.1	3	0.1	3	0.2	4
Non-infective Enteritis and Colitis		7.8	182	6.5	148	5.9	130	8.3	182
Otitis Media Acute		23.5	552	25.4	582	19.2	425	27.2	594
Peripheral Nervous Disease		10.6	249	6.5	148	4.6	102	8.1	177
Pleurisy		1.5	36	0.9	20	0.6	13	1.2	26
Pneumonia and Pneumonitis		1.6	38	1.4	32	1.7	38	0.7	16
Respiratory System Diseases		403.9	9,483	371.5	8,504	257.1	5,697	339.7	7,421
Rubella		0.0	0	0.0	0	0.0	0	0.0	1
Scabies		1.8	42	1.6	36	0.9	19	2.0	43
Sinusitis		29.2	686	27.9	638	14.9	330	24.0	524
Skin and Subcutaneous Tissue Infections		51.1	1,200	40.3	922	31.6	700	46.5	1,015
Strep Throat and Peritonsillar Abscess		1.1	27	1.4	31	1.1	25	1.6	36
Symptoms involving musculoskeletal		5.8	136	3.4	77	2.2	48	4.3	94
Symptoms involving Respiratory and Chest		24.3	571	18.6	425	11.3	250	16.0	350
Symptoms involving Skin and Integument Tissues		36.5	858	28.2	645	17.0	377	31.9	696
Tonsillitis and acute Pharyngitis		43.7	1,025	39.8	912	31.5	699	39.3	859
Upper Respiratory Tract Infections		224.5	5,271	209.9	4,806	156.7	3,472	211.5	4,619
Urinary Tract Infections		26.7	626	23.0	527	17.6	390	23.4	511
Viral Hepatitis		0.3	6	0.1	3	0.0	1	0.2	4
Whooping Cough		0.0	1	0.1	2	0.1	2	0.2	5
Practice Count			232		225		218		217
Denom			2,347,986		2,289,340		2,216,030		2,184,291

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).