ROYAL COLLEGE OF General Practitioners
Research and Surveillance Centre

RSC Communicable and Respiratory Disease Report for England

Key Statistics:

Week Number/Year……………10/2019
Week Starting - Ending……….04/03/2019 - 10/03/2019
No. of Practices………………...249
Population………………………2487117

National (England)

- **Acute Bronchitis :** decreased from **75.8** in week 9 to **68.2** in week 10.
- **Asthma :** decreased from **16.1** in week 9 to **15.0** in week 10.
- **Common Cold :** decreased from **95.1** in week 9 to **82.1** in week 10.
- **Influenza-Like illness :** decreased from **12.1** in week 9 to **9.1** in week 10.
- **Respiratory System Diseases :** decreased from **316.9** in week 9 to **286.8** in week 10.

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

- **Acute Bronchitis :** decreased from **59.8** in week 9 to **50.6** in week 10 in the London region, decreased from **92.1** in week 9 to **80.7** in week 10 in the North region, was unchanged at **64.8** in week 9 compared with **63.0** in week 10 in the South region, and decreased from **88.8** in week 9 to **76.6** in week 10 in the Midlands And East region.
- **Asthma :** decreased from **13.6** in week 9 to **12.8** in week 10 in the London region, decreased from **17.3** in week 9 to **16.4** in week 10 in the North region, decreased a little from **17.1** in week 9 to **16.3** in week 10 in the South region, and decreased from **14.4** in week 9 to **12.0** in week 10 in the Midlands And East region.
- **Common Cold :** was unchanged at **121.2** in week 9 compared with **118.0** in week 10 in the London region, decreased from **92.1** in week 9 to **78.8** in week 10 in the North region, decreased from **74.5** in week 9 to **62.6** in week 10 in the South region, and decreased from **116.4** in week 9 to **88.1** in week 10 in the Midlands And East region.
- **Influenza-Like illness :** decreased from **15.5** in week 9 to **9.9** in week 10 in the London region, decreased from **8.3** in week 9 to **6.2** in week 10 in the North region, decreased from **14.8** in week 9 to **11.8** in week 10 in the South region, and decreased from **8.9** in week 9 to **7.9** in week 10 in the Midlands And East region.
- **Respiratory System Diseases :** decreased from **318.0** in week 9 to **297.2** in week 10 in the London region, decreased from **332.9** in week 9 to **300.0** in week 10 in the North region, decreased from **284.9** in week 9 to **264.6** in week 10 in the South region, and decreased from **358.5** in week 9 to **297.0** in week 10 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*
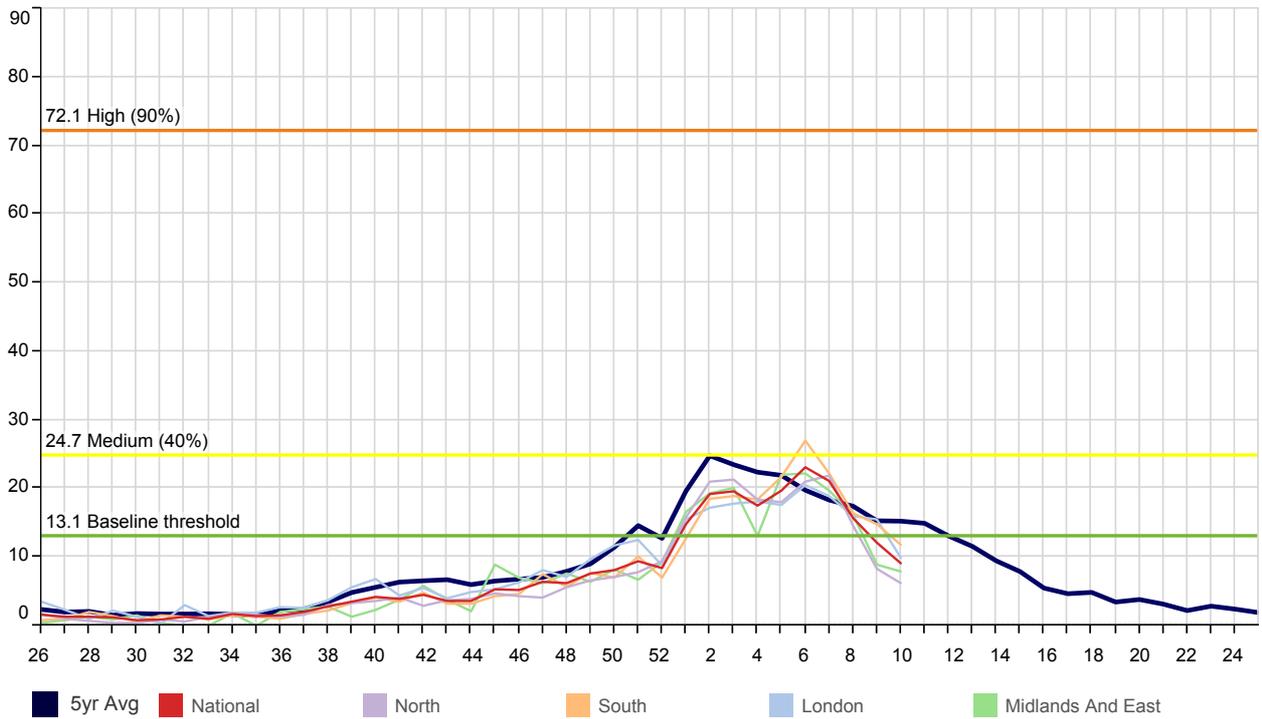
(B) RCGP/PHE RSV and Influenza Virology Swab Surveillance 2018/19(all ages, gender & regions combined)*
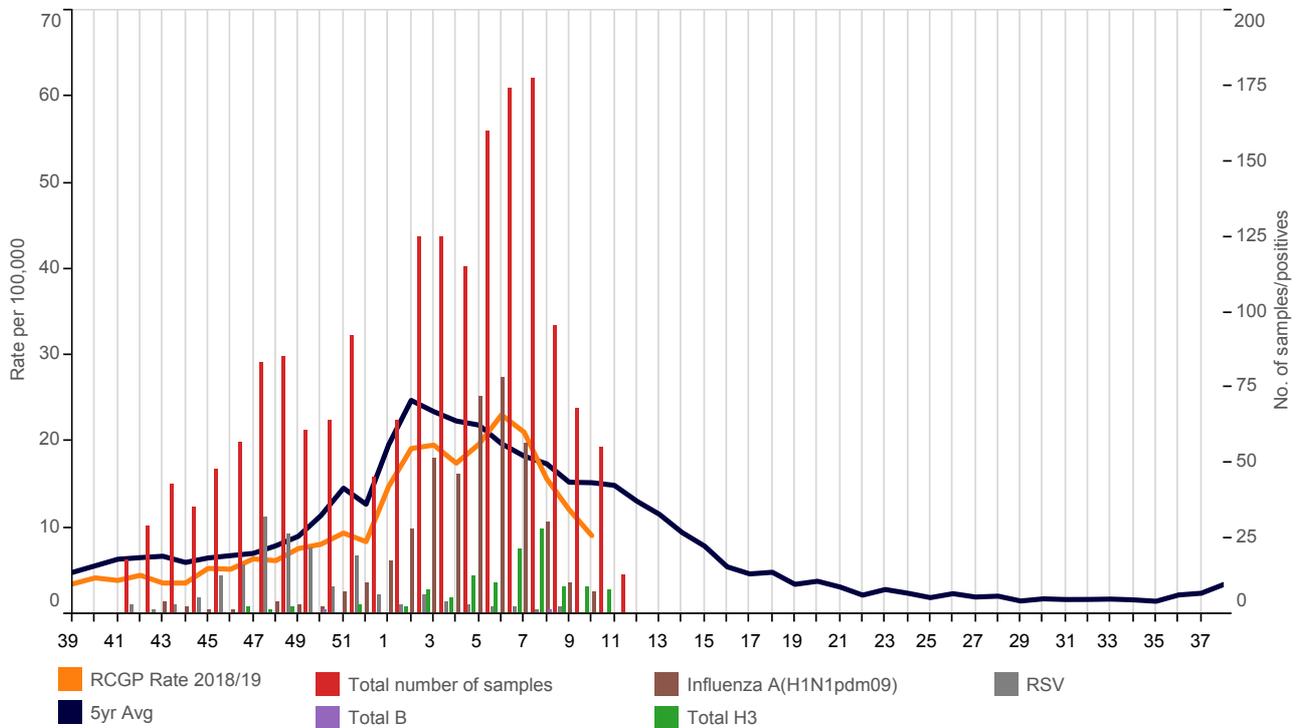
* The thresholds used are the agreed RCGP/ Public Health England levels for 2018/19. The rolling average line(blue) is based on 5 year historic RCGP RSC level.

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

Legend: 5yr Avg | All ages | <15yrs | 15-64yrs | 65+yrs
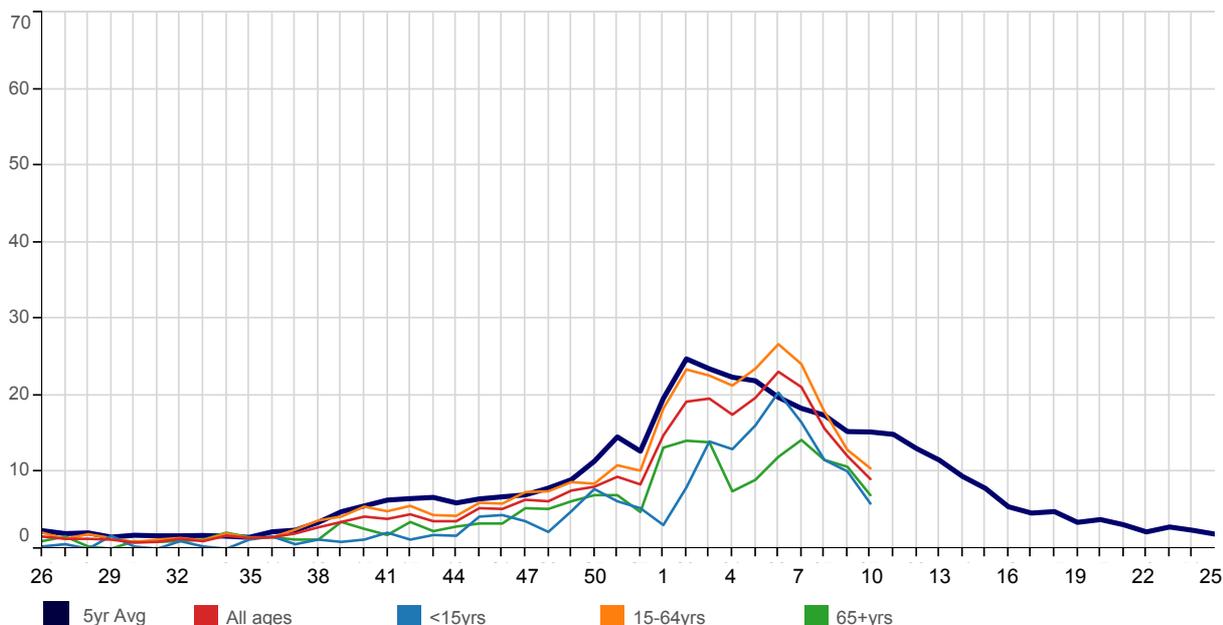
## (D) Influenza-like illness: national incidence rate 2018/2019 by age group*

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	10.1	5.9										
15-64yrs	23.5	26.7	24.1	17.9	12.9	10.5										
65+yrs	9.0	12.0	14.2	11.6	10.7	7.0										
All ages	19.7	23.1	21.1	15.7	12.1	9.1										

Table 2	Below Treshold[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
[1]Below baseline threshold
[2]baseline threshold breach to < 40th percentile
[3]40th to <90th percentile
[4]90th to <97.5th percentile
[5]97.5th+ percentile

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

	Influenza-like illness	Acute Bronchitis
<1yr	13.5	309.6
1-4yrs	9.0	121.1
5-14yrs	4.1	18.9
15-24yrs	7.0	19.3
25-44yrs	10.4	32.5
45-64yrs	12.3	69.5
65-74yrs	5.2	128.5
75-84yrs	10.0	175.7
85+yrs	6.8	291.5
All ages	9.1	68.2

|	Influenza-like illness	Acute Bronchitis
London	9.9	50.6
North	6.2	80.7
South	11.8	63.0
Midlands And East	7.9	76.6
National	9.1	68.2

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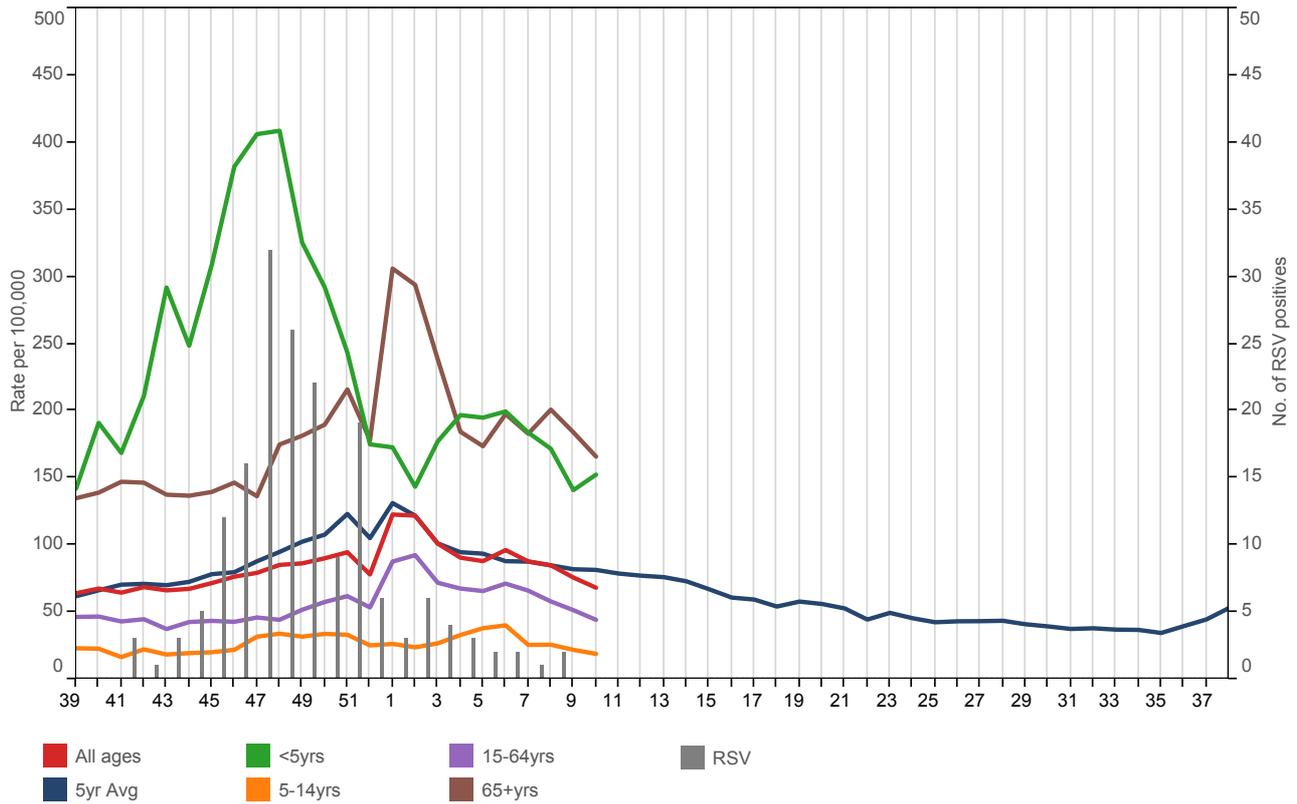
Weekly Influenza-like illness and Acute Bronchitis incidence rates per 100,000 persons

	Influenza-like illness	Acute Bronchitis
<5yrs	9.7	152.5
5-14yrs	4.1	18.9
15-64yrs	10.5	44.3
65+yrs	7.0	166.0
All ages	9.1	68.2

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
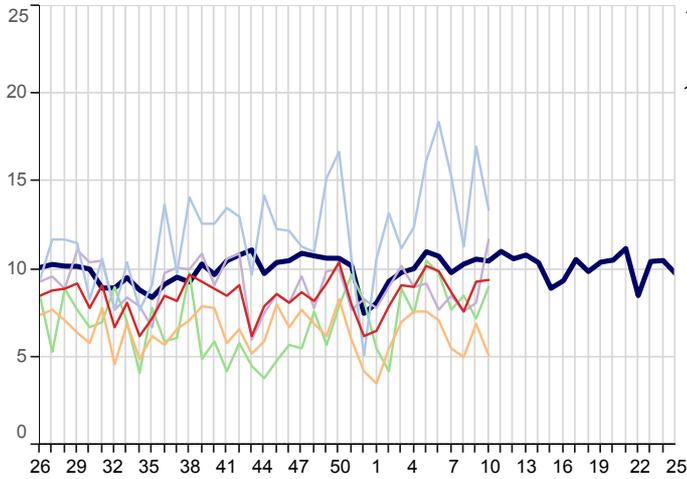
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 0-4 years) by regions
for 2018/19 compared with 5 year average
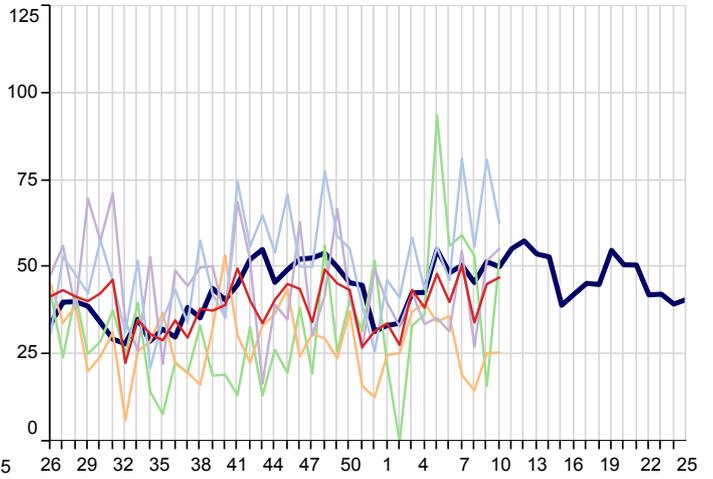
Non-Infective Enteritis & Colitis (ICD10: K50-K52)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
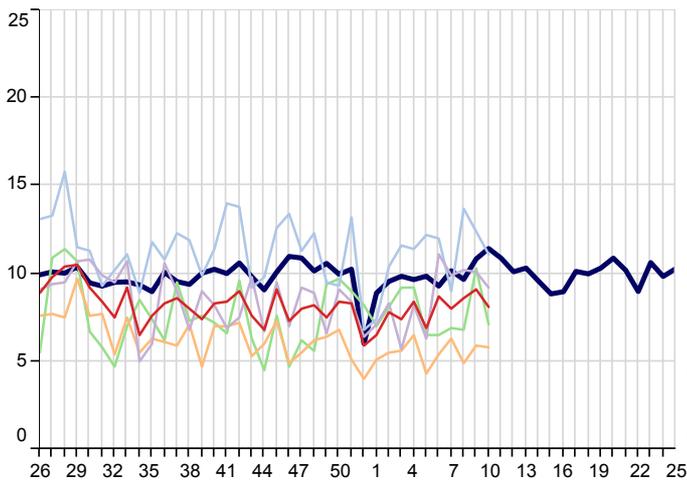
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
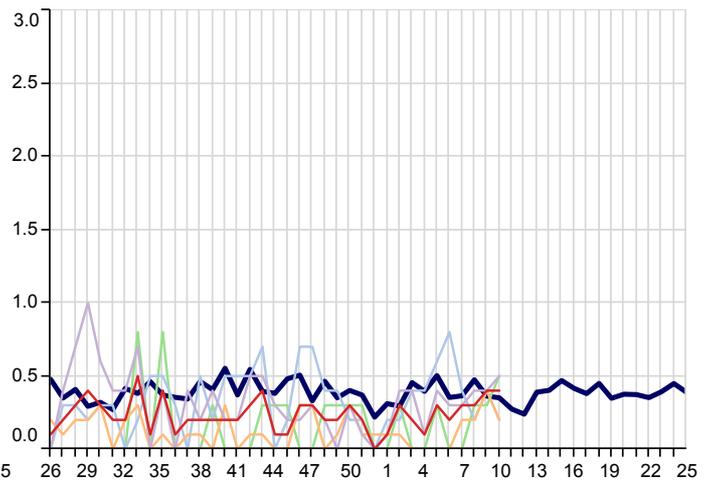
2. Environmentally Sensitive Disorders:

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
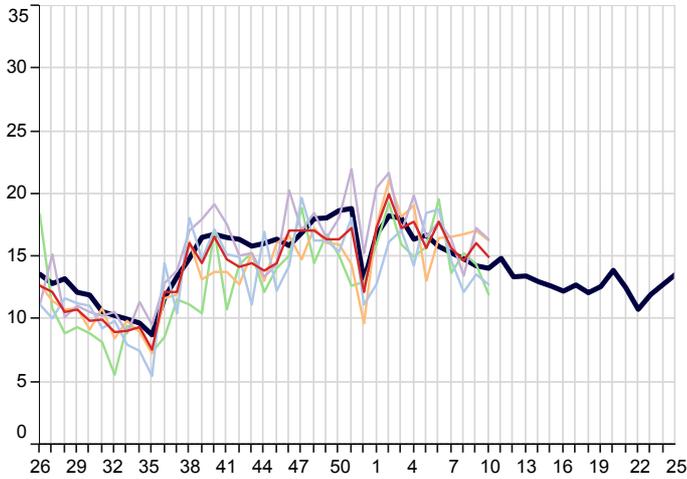
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
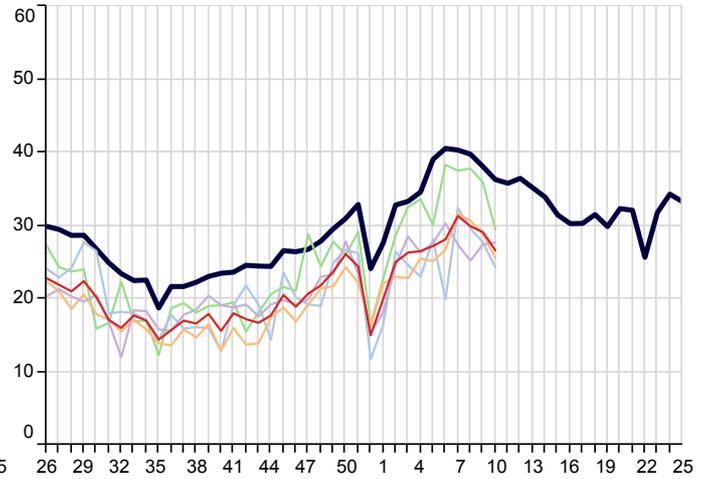
Hayfever/Allergic Rhinitis (ICD10: J30)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
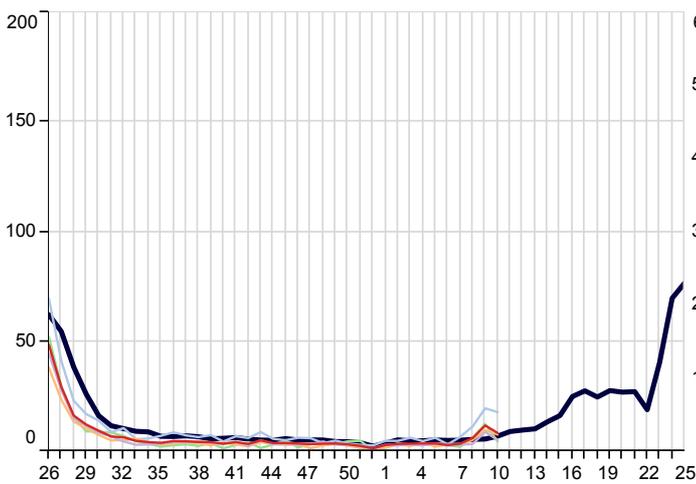
Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
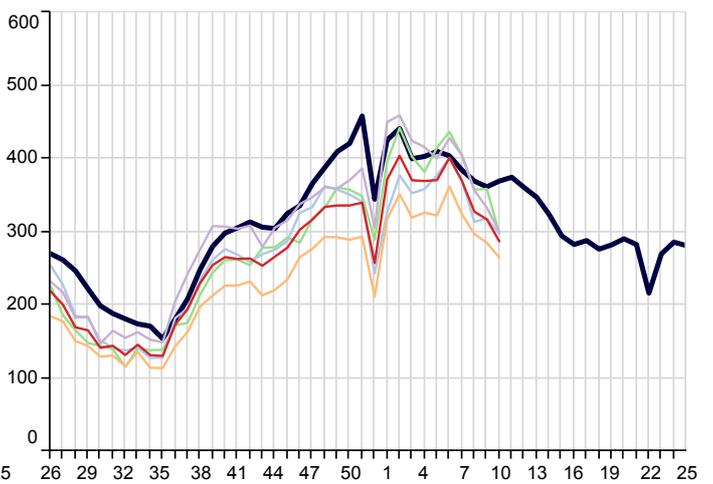
3. Respiratory Infections:

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
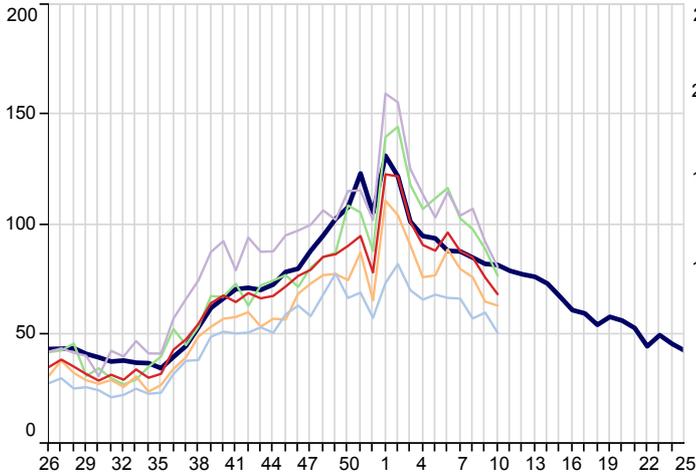
Common Cold (ICD10: J00,J06)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
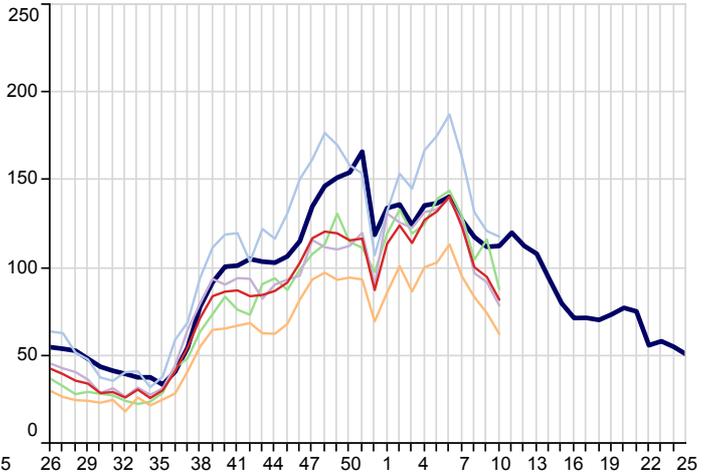
Influenza-Like Illness (ICD10: J09-J11)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
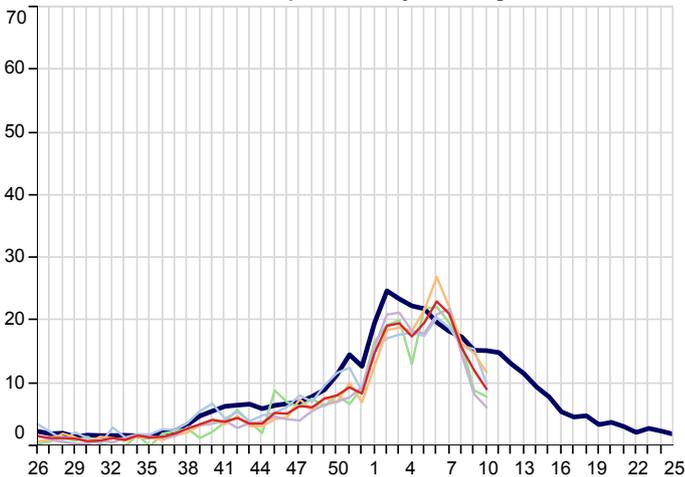
Acute Laryngitis/Tracheitis (ICD10: J04)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
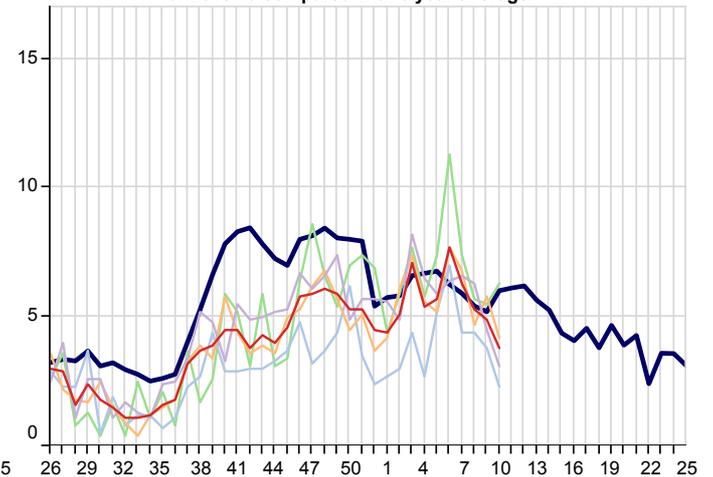
Pleurisy (ICD10: R091)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
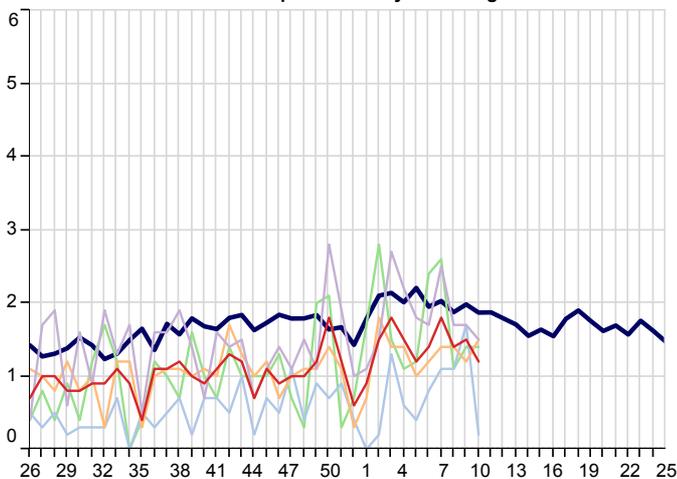
Pneumonia/Pneumonitis (ICD10: J12-J18)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
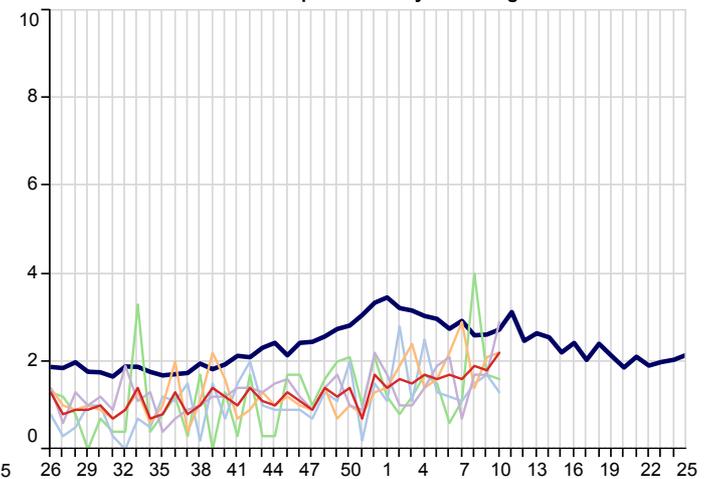
3. Respiratory Infections(Continued):

**Legend:** 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
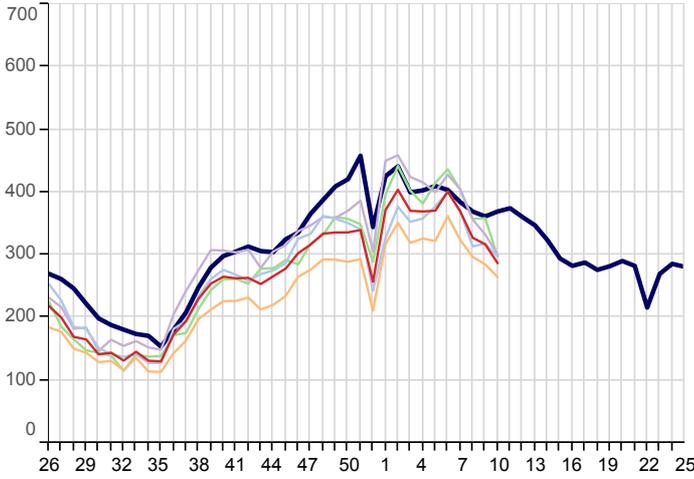
Acute Sinusitis (ICD10: J01)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
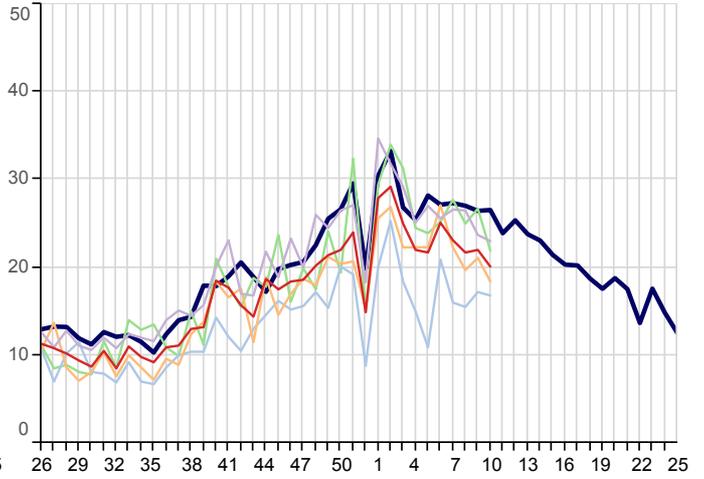
Strep Sore Throat, Scarlatina and Peritonsillar Abscess (ICD10: A38,J020,J36)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
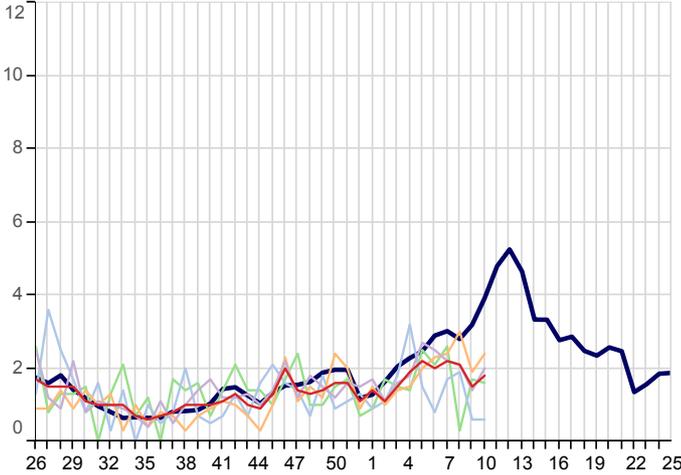
Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
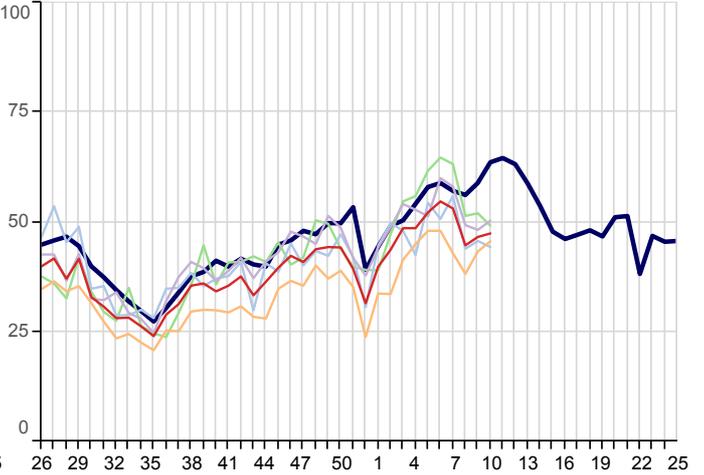
Upper Respiratory Tract Infections (URTI)(ICD10: J00-J06)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
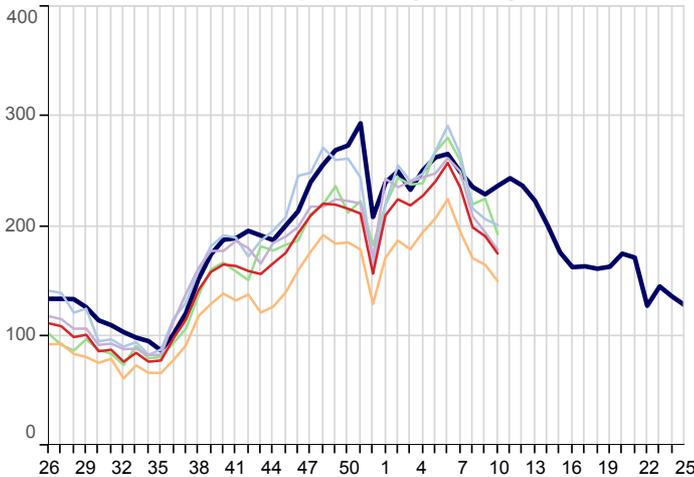
Whooping Cough (ICD10: A37)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
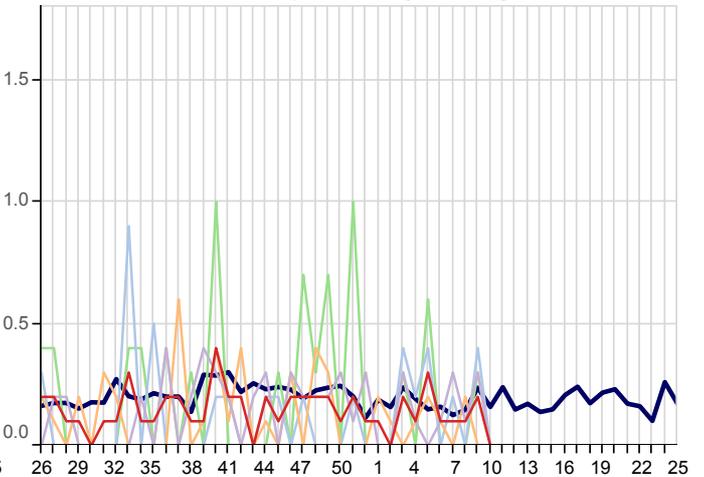
3. Respiratory Infections(Continued):

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
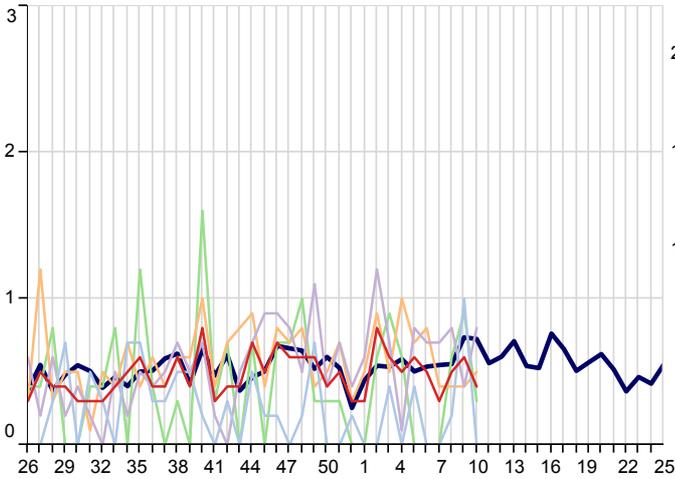
Lower Respiratory Tract Infections (LRTI)(ICD10: J20-J22)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
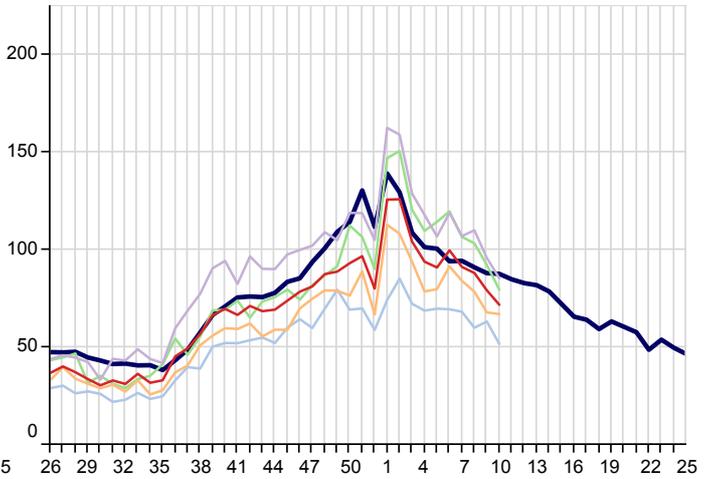
Acute Otitis Media (ICD10: H650-H651,H660,H669)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
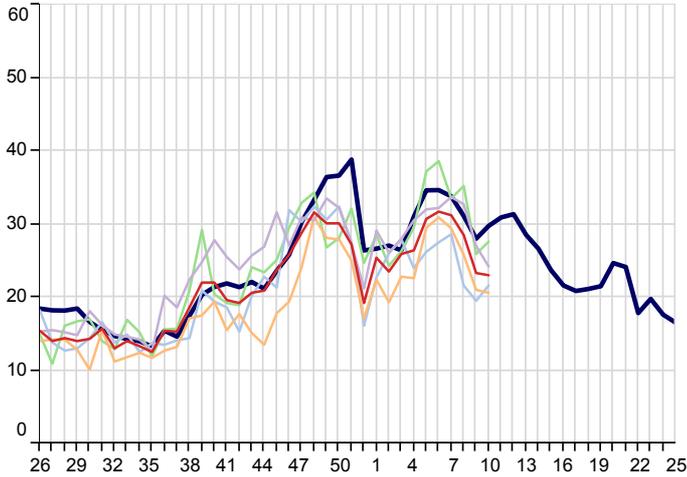
4. Vaccine Sensitive Disorders

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
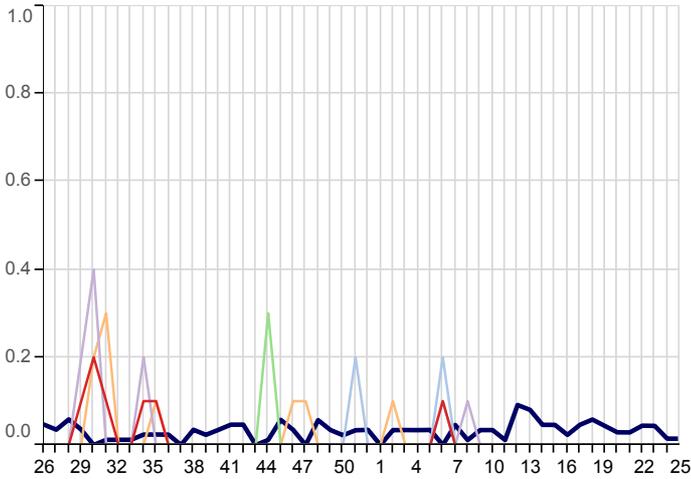
Mumps (ICD10: B26)
Weekly incidence (per 100,000 all ages) by region
**for 2018/19 compared with 5 year average**
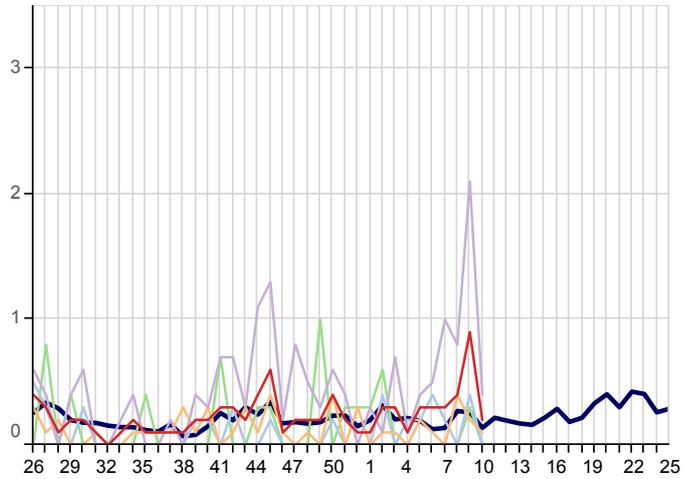
Rubella (ICD10: B06)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
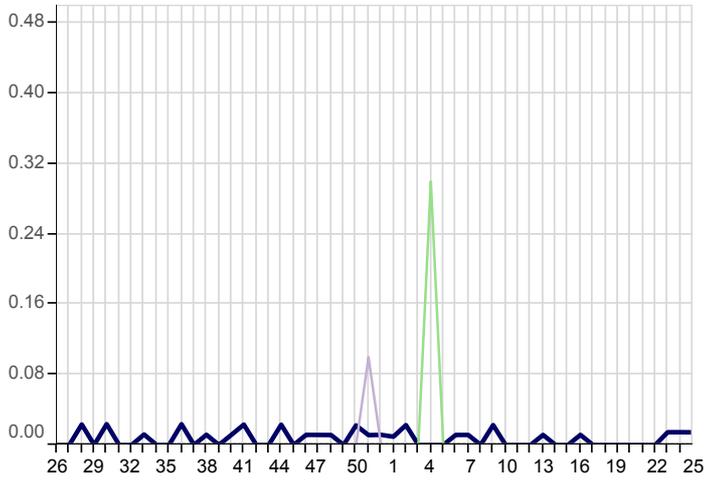
5. Skin Contagions

Bullous Dermatoses (ICD10: L10-L14)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
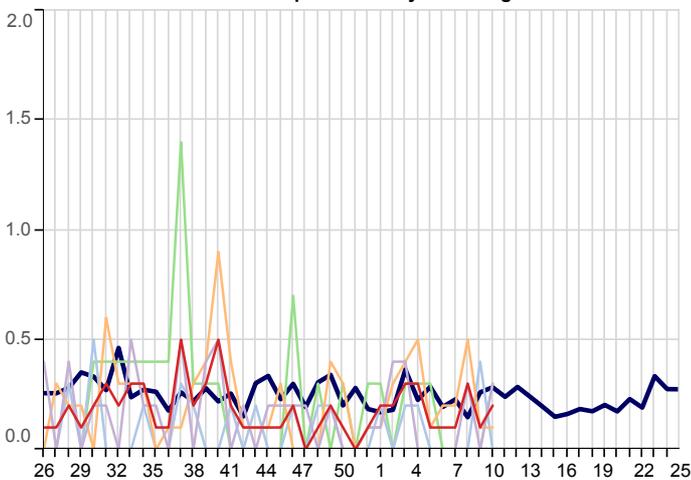
Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
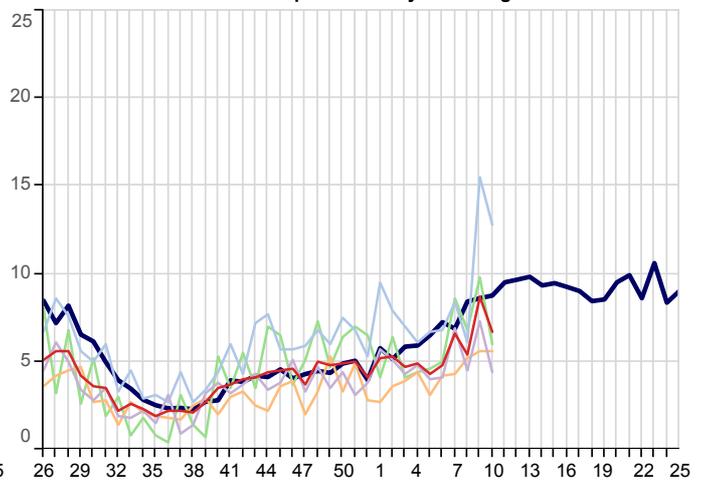
5. Skin Contagions (Continued)

**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
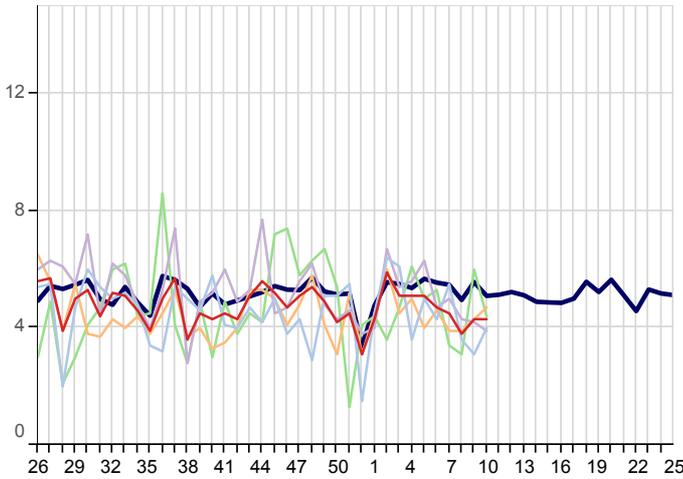
Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
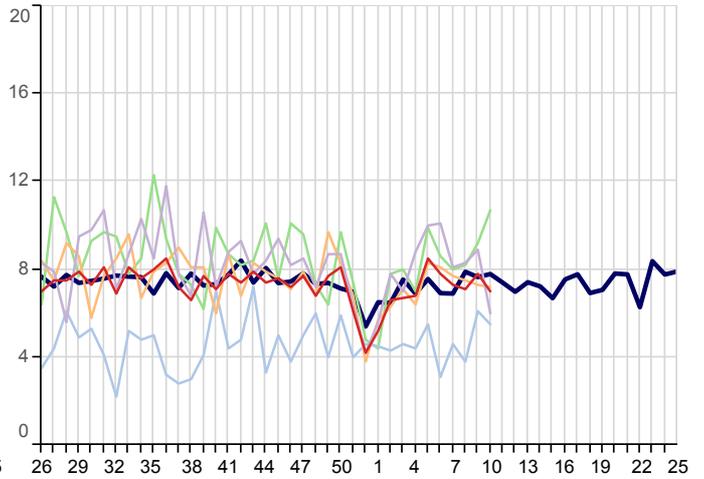
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
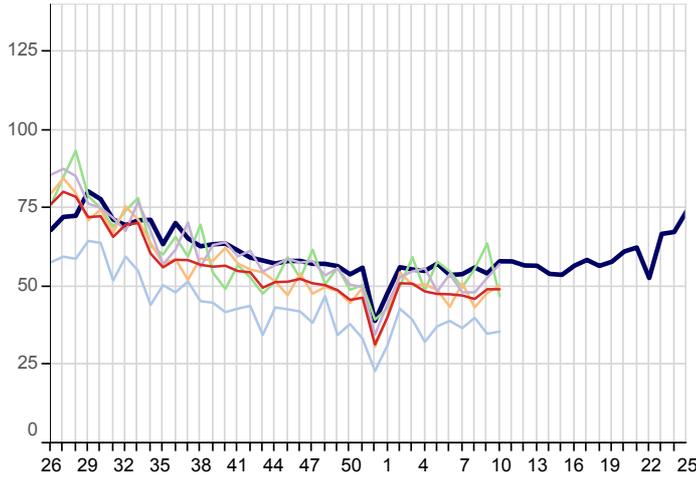
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
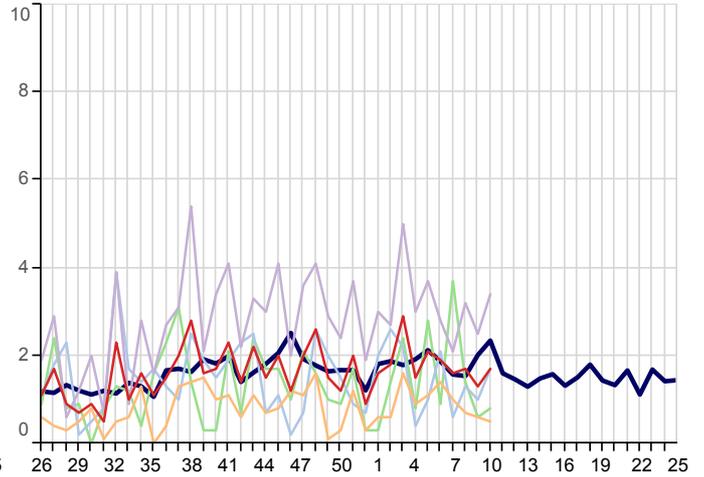
**Symptoms involving Skin & Oth Integument Tiss (ICD10: R20-R23)**
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
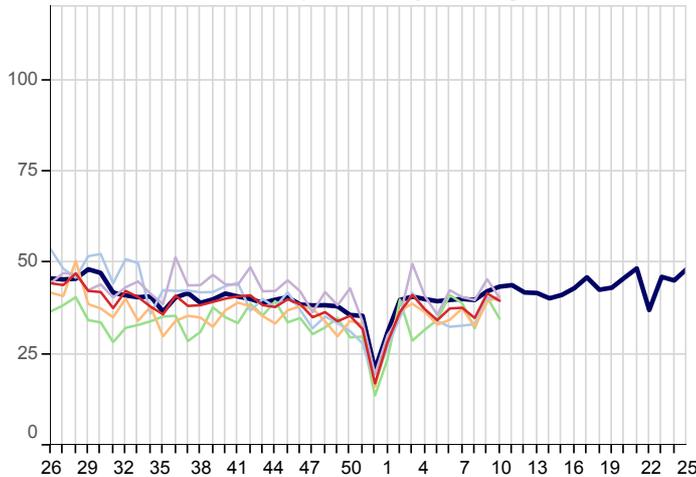
Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region
**for 2018/19 compared with 5 year average**
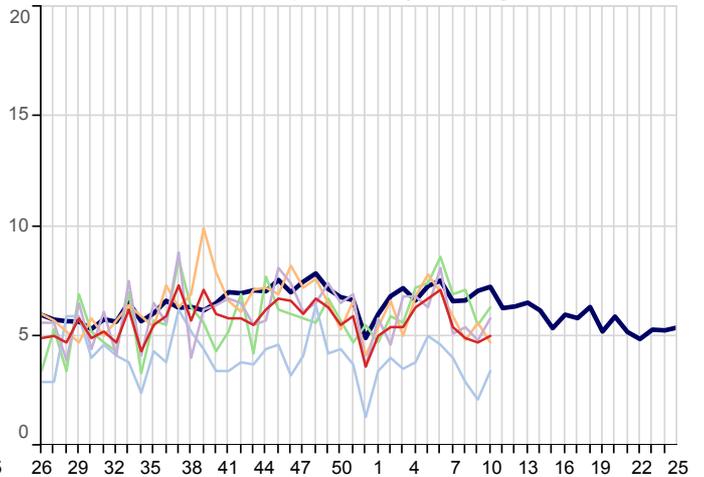
6. Disorders Affecting the Nervous System

Legend: 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
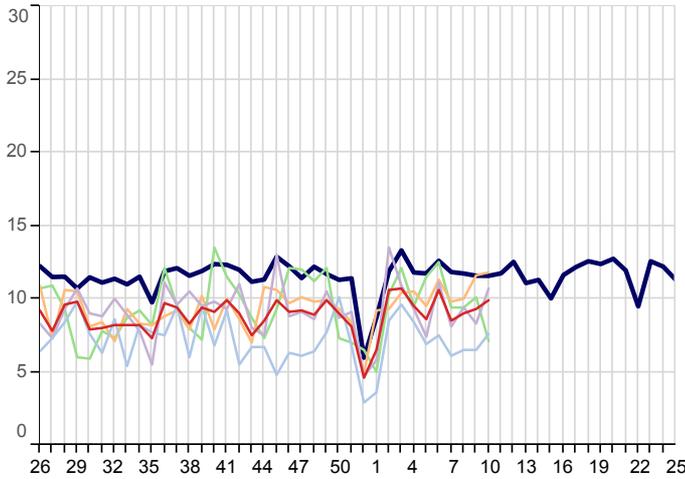
Meningitis/Encephalitis(ICD10: A170-A171,A390,A38-A85,A87,G00-G05)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
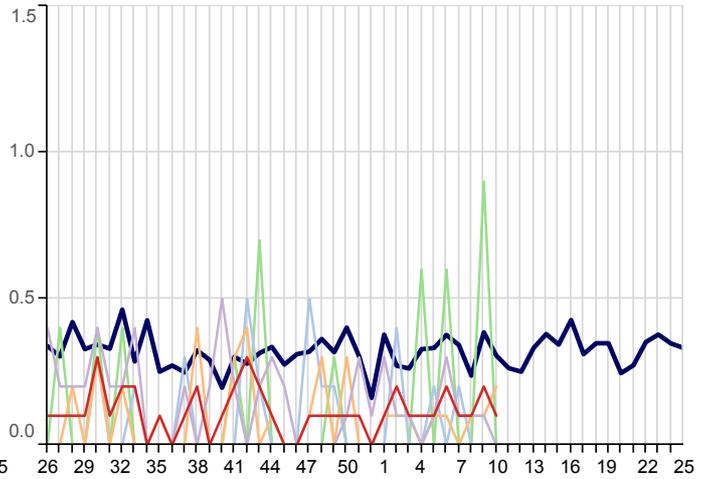
Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average
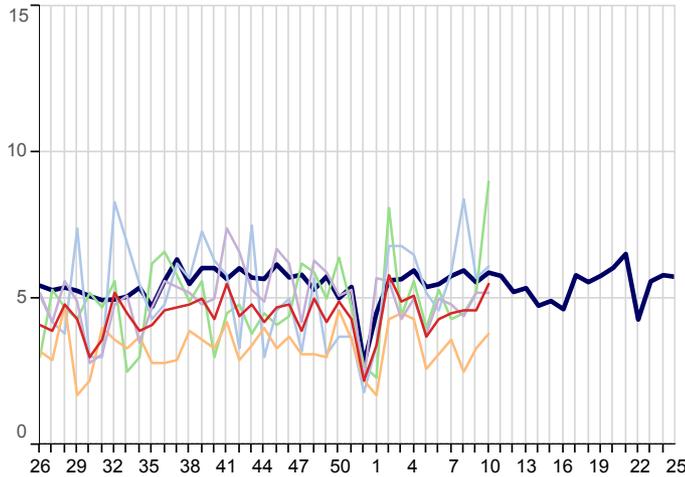
7. Genitourinary System Disorders

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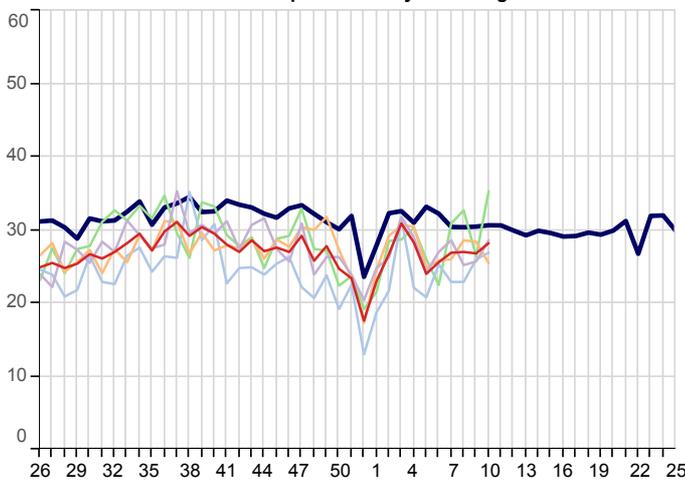
8. Tabular Summary by Disease

|	Week beginning Week ending	04/03/2019 10/03/2019		25/02/2019 03/03/2019		18/02/2019 24/02/2019		11/02/2019 17/02/2019	
Disease Name		Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Acute Bronchitis		68.2	1,697	75.8	1,849	84.9	2,010	87.8	2,091
Allergic Rhinitis		8.3	206	11.7	285	6.0	141	3.4	81
Asthma		15.0	374	16.1	393	14.7	347	15.7	375
Bullous Dermatoses		0.2	4	0.1	3	0.3	6	0.1	2
Chickenpox		6.7	166	8.7	212	5.4	128	6.6	156
Common Cold		82.1	2,041	95.1	2,321	100.6	2,382	123.6	2,944
Conjunctival Disorders		26.6	662	29.1	711	29.9	707	31.3	746
Herpes Simplex		4.3	106	4.3	105	3.8	91	4.5	106
Herpes Zoster		7.0	174	7.8	191	7.1	168	7.3	173
Impetigo		5.0	125	4.7	114	4.9	117	5.4	129
Infectious Mononucleosis		0.4	11	0.6	14	0.5	12	0.3	8
Influenza-like illness		9.1	226	12.1	294	15.7	372	21.1	502
Infectious Intestinal Diseases		9.4	233	9.3	227	7.6	180	8.7	208
Laryngitis and Tracheitis		3.8	94	4.9	120	5.3	125	6.3	151
Lower Respiratory Tract Infections		71.9	1,787	79.3	1,934	88.2	2,088	91.3	2,174
Measles		0.0	0	0.0	0	0.0	1	0.0	0
Meningitis and Encephalitis		0.1	2	0.2	5	0.1	2	0.1	2
Mumps		0.2	4	0.9	21	0.4	9	0.3	8
Non-infective Enteritis and Colitis		8.1	201	9.1	222	8.6	203	8.0	191
Otitis Media Acute		23.0	571	23.3	568	28.5	674	31.2	742
Peripheral Nervous Disease		9.9	247	9.3	228	9.0	213	8.5	202
Pleurisy		1.2	31	1.5	36	1.4	32	1.8	44
Pneumonia and Pneumonitis		2.2	54	1.8	45	1.9	44	1.6	38
Respiratory System Diseases		286.8	7,133	316.9	7,730	327.4	7,750	369.4	8,798
Rubella		0.0	0	0.0	0	0.0	0	0.0	0
Scabies		1.7	42	1.3	31	1.7	40	1.6	39
Sinusitis		20.1	499	22.0	536	21.7	514	23.1	551
Skin and Subcutaneous Tissue Infections		49.2	1,224	49.2	1,201	46.1	1,090	47.2	1,123
Strep Throat and Peritonsillar Abscess		1.8	46	1.5	36	2.1	49	2.2	53
Symptoms involving musculoskeletal		5.5	136	4.6	113	4.6	108	4.5	108
Symptoms involving Respiratory and Chest		21.1	525	19.0	464	16.4	389	19.3	459
Symptoms involving Skin and Integument Tissues		39.6	985	41.6	1,016	34.9	825	37.7	898
Tonsillitis and acute Pharyngitis		47.4	1,178	46.6	1,136	44.7	1,059	53.1	1,265
Upper Respiratory Tract Infections		175.1	4,354	190.9	4,656	198.9	4,708	235.3	5,605
Urinary Tract Infections		28.2	701	26.8	654	27.0	640	26.9	641
Viral Hepatitis		0.4	9	0.4	9	0.3	7	0.3	6
Whooping Cough		0.0	0	0.2	5	0.1	3	0.1	3
Practice Count		**249**		**245**		**237**		**238**	
Denom		**2,487,117**		**2,439,572**		**2,366,940**		**2,381,568**	

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:

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