



Royal College of
General Practitioners
Research and Surveillance Centre

RSC Communicable and Respiratory Disease Report for England

Key Statistics:

Week Number/Year.....05/2019
Week Starting - Ending.....28/01/2019 - 03/02/2019
No. of Practices.....234
Population.....2335267

National (England)

- **Acute Bronchitis** : was unchanged at **90.6** in week 4 compared with **88.0** in week 5.
- **Asthma** : decreased from **17.8** in week 4 to **15.7** in week 5.
- **Common Cold** : increased a little from **127.5** in week 4 to **132.4** in week 5.
- **Influenza-Like illness** : increased from **17.5** in week 4 to **19.7** in week 5.
- **Respiratory System Diseases** : was unchanged at **369.3** in week 4 compared with **370.5** in week 5.

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

- **Acute Bronchitis** : increased a little from **65.7** in week 4 to **68.0** in week 5 in the London region, decreased from **113.7** in week 4 to **103.1** in week 5 in the North region, was unchanged at **75.9** in week 4 compared with **76.8** in week 5 in the South region, and increased a little from **107.0** in week 4 to **111.9** in week 5 in the Midlands And East region.
- **Asthma** : increased from **14.3** in week 4 to **18.5** in week 5 in the London region, decreased from **19.9** in week 4 to **16.6** in week 5 in the North region, decreased from **19.1** in week 4 to **13.1** in week 5 in the South region, and increased from **15.0** in week 4 to **15.8** in week 5 in the Midlands And East region.
- **Common Cold** : increased a little from **167.2** in week 4 to **175.5** in week 5 in the London region, was unchanged at **132.0** in week 4 compared with **133.6** in week 5 in the North region, was unchanged at **100.6** in week 4 compared with **103.3** in week 5 in the South region, and increased from **125.1** in week 4 to **139.5** in week 5 in the Midlands And East region.
- **Influenza-Like illness** : was unchanged at **18.1** in week 4 compared with **17.6** in week 5 in the London region, was unchanged at **18.4** in week 4 compared with **18.0** in week 5 in the North region, increased from **18.4** in week 4 to **21.7** in week 5 in the South region, and increased from **13.1** in week 4 to **22.0** in week 5 in the Midlands And East region.
- **Respiratory System Diseases** : increased from **358.2** in week 4 to **377.2** in week 5 in the London region, decreased a little from **415.7** in week 4 to **400.0** in week 5 in the North region, was unchanged at **326.1** in week 4 compared with **322.1** in week 5 in the South region, and increased from **381.7** in week 4 to **415.0** in week 5 in the Midlands And East region.

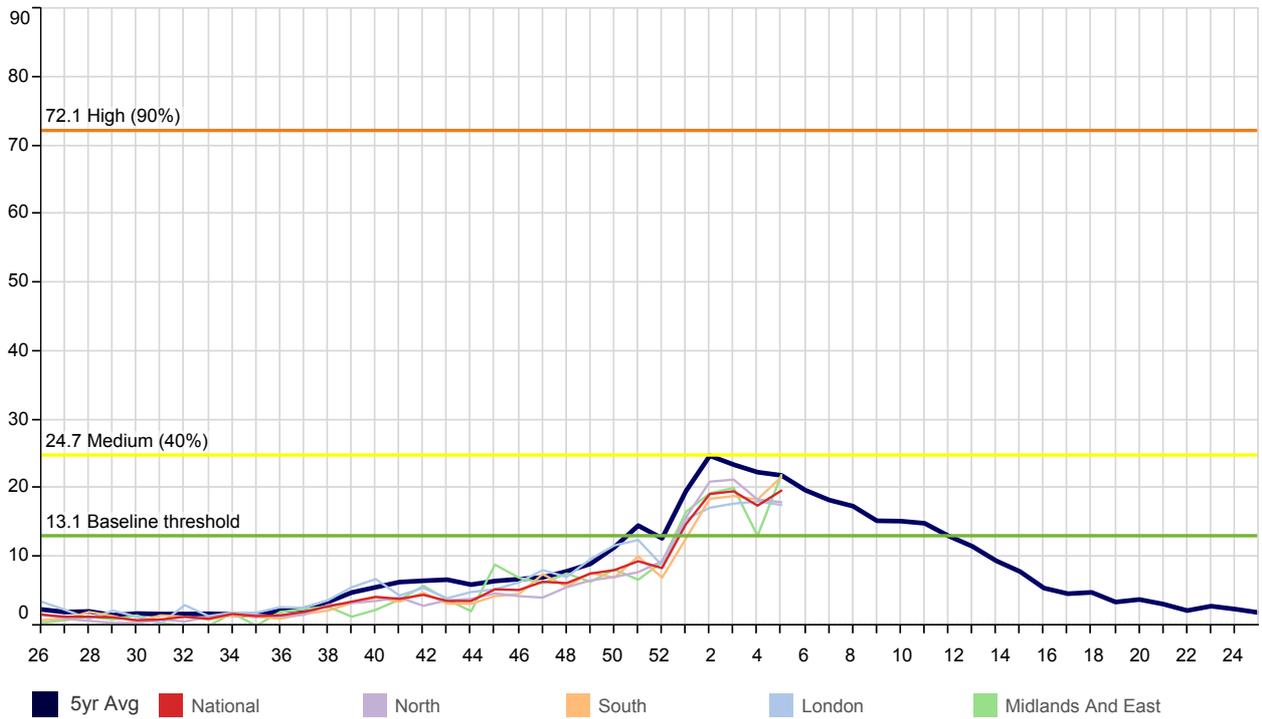
Comment:

Presentations of respiratory are similar to the previous week and are at or below those anticipated at this time of year.

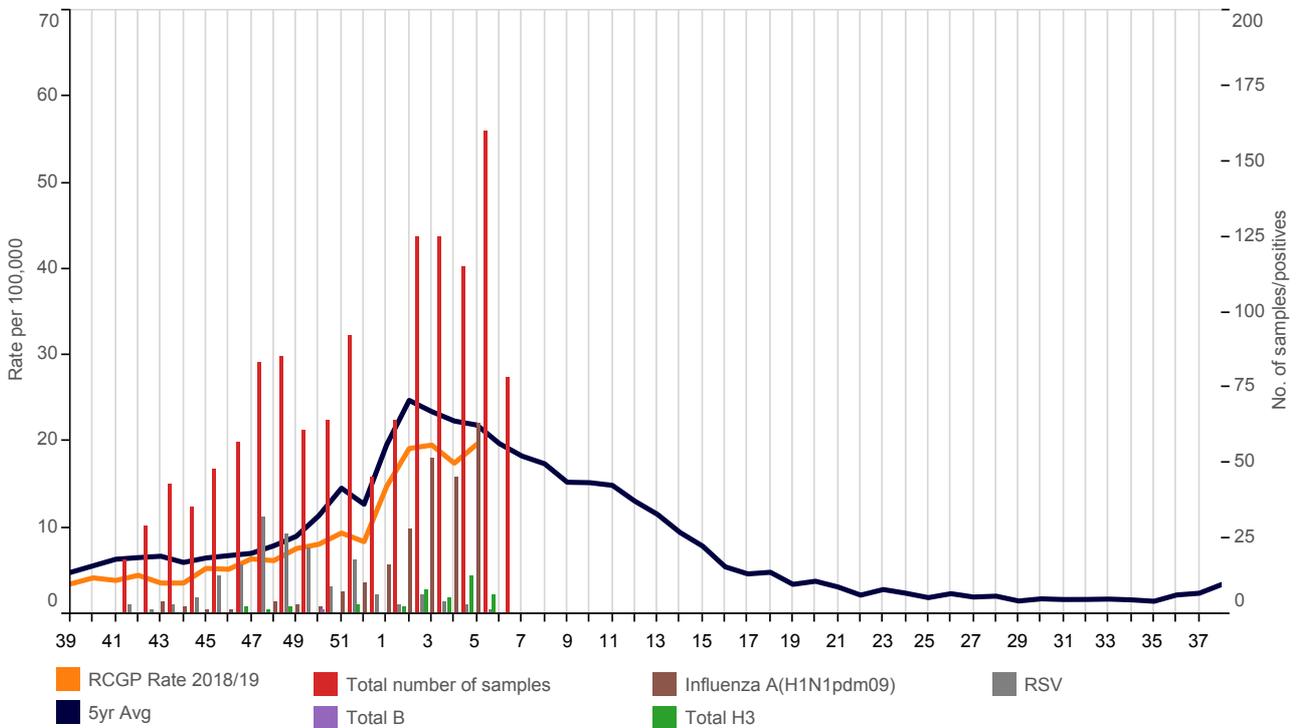
Winter Focus 2018/19

Please see page 13 for explanatory notes on the data.

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

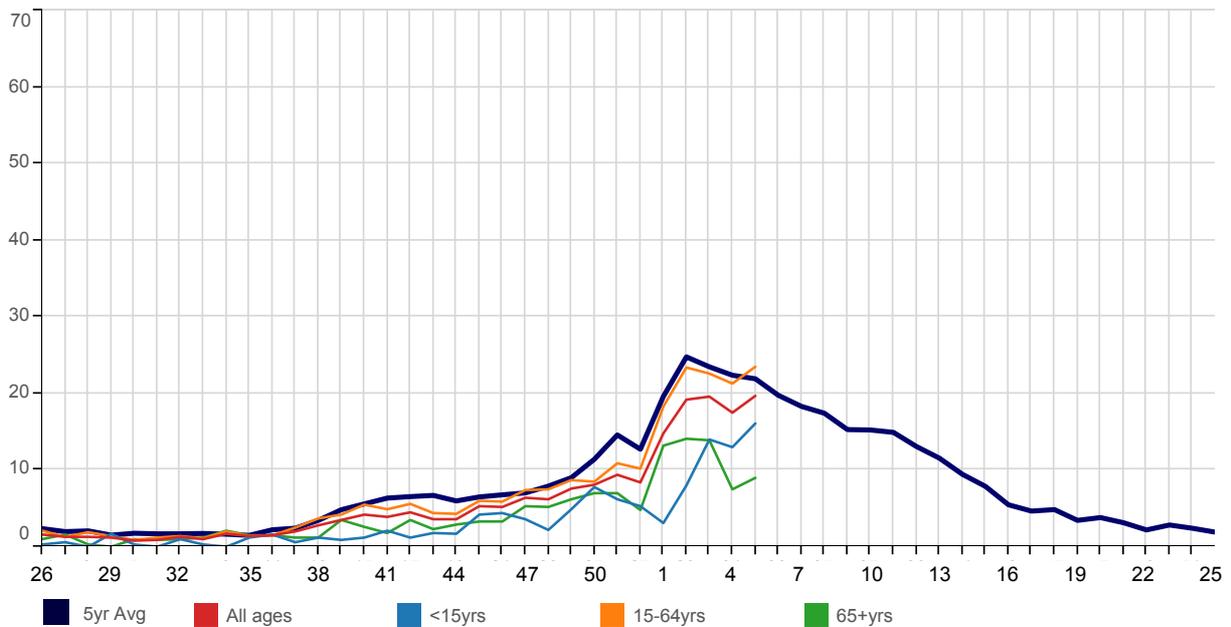


(B) RCGP/PHE RSV and Influenza Virology Swab Surveillance 2018/19(all ages, gender & regions combined)*



* 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	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	16.10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
15-64yrs	23.50	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
65+yrs	9.00	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
All ages	19.70	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

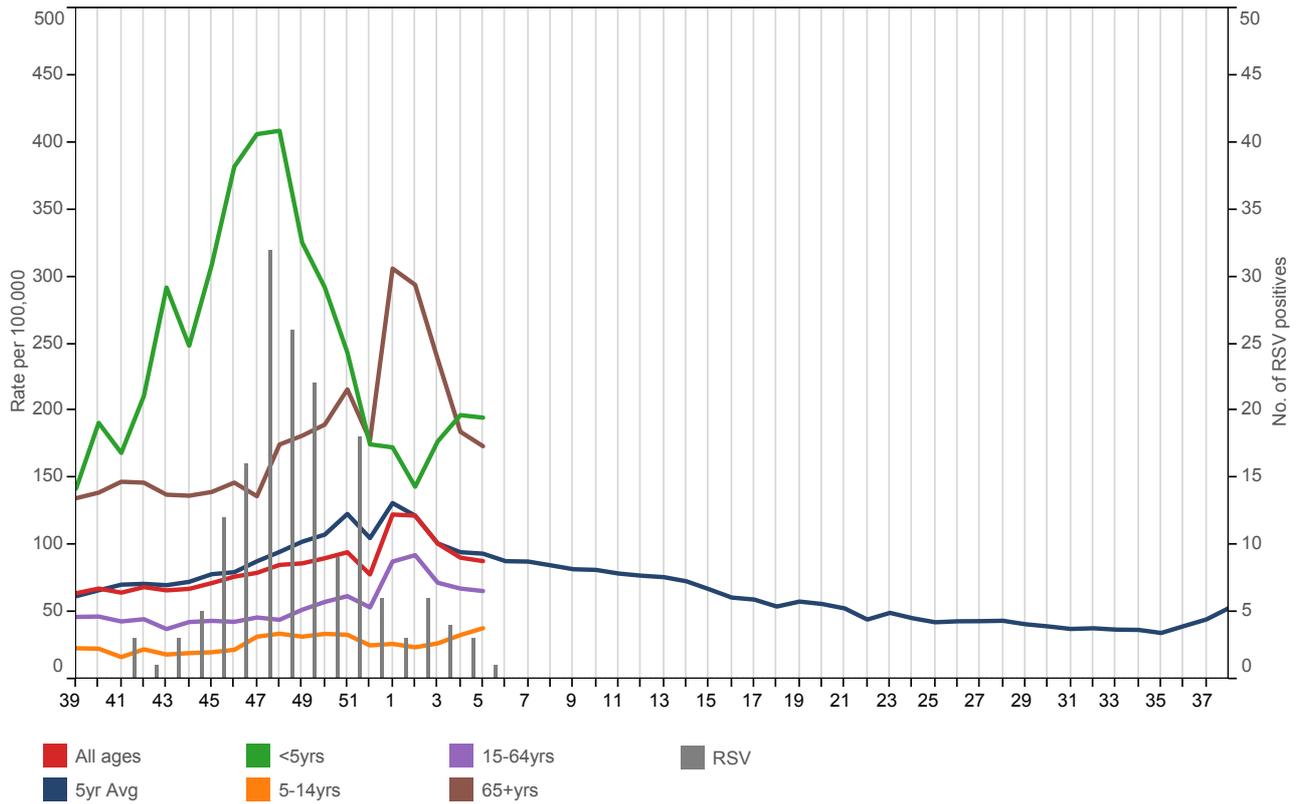
Table 2	Below Threshold ¹	Threshold to Medium ²	Medium to High ³	High to Very High ⁴	Above Very High ⁵
0-14	<10.8	10.8 to <16.5	16.5 to <50.4	50.4 to <82.4	82.4+
15-64	<14.6	14.6 to <28.9	28.9 to <69.6	69.6 to <102.7	102.7+
65+	<11.7	11.7 to <17.6	17.6 to <43.6	43.6 to <65.1	65.1+
All Ages	<13.1	13.1 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	4.5	305.1	London	17.6	68.0
1-4yrs	24.9	171.5	North	18.0	103.1
5-14yrs	13.7	38.0	South	21.7	76.8
15-24yrs	16.8	24.9	Midlands And East	22.0	111.9
25-44yrs	25.6	55.8	National	19.7	88.0
45-64yrs	24.3	96.8			
65-74yrs	10.1	123.8			
75-84yrs	7.0	181.3			
85+yrs	9.3	356.9			
All ages	19.7	88.0			

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



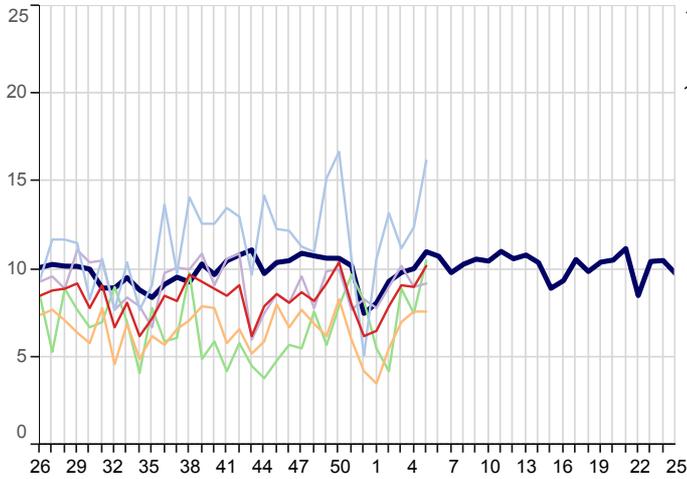
Weekly Influenza-like illness and Acute Bronchitis incidence rates per 100,000 persons

	Influenza-like illness	Acute Bronchitis
<5yrs	21.3	195.0
5-14yrs	13.7	38.0
15-64yrs	23.5	65.7
65+yrs	9.0	173.7
All ages	19.7	88.0

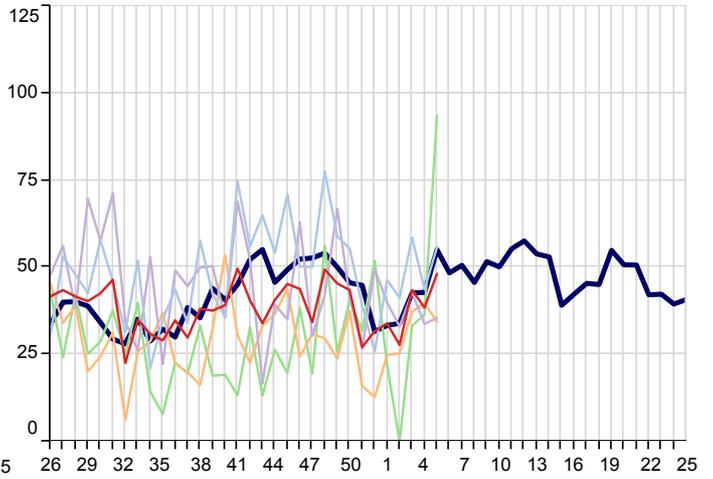
1. Water & Food Borne Disorders:

5yr Avg National London North South Midlands And East

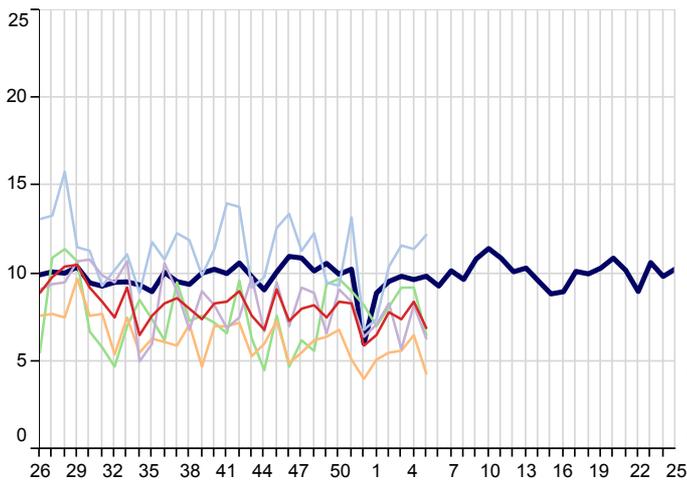
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **all ages**) by regions for 2018/19 compared with 5 year average



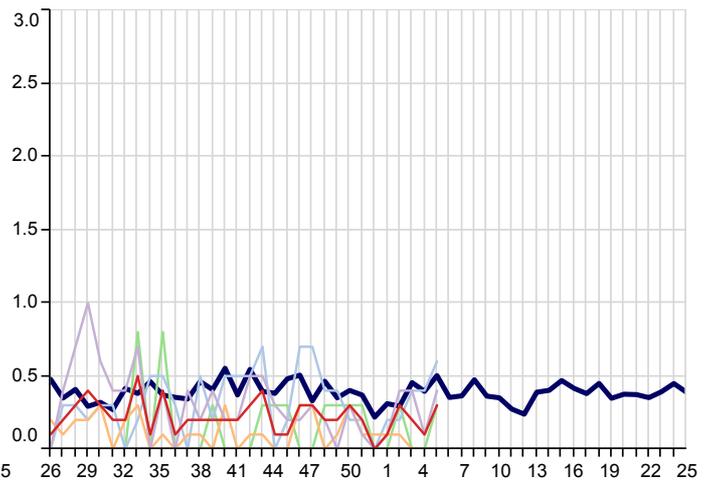
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **0-4 years**) by regions for 2018/19 compared with 5 year average



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



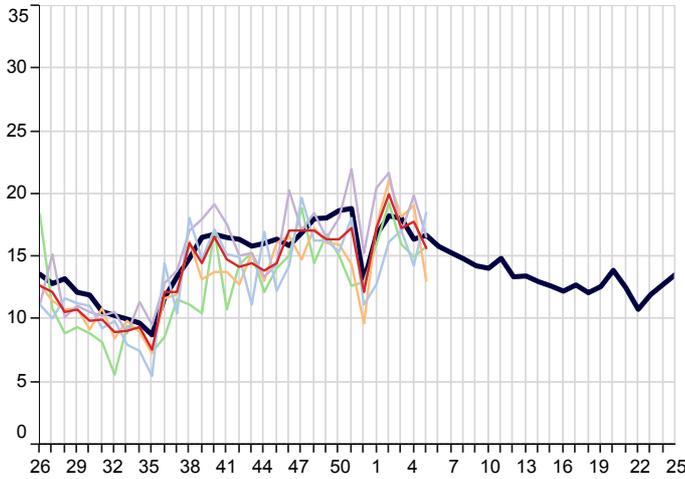
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



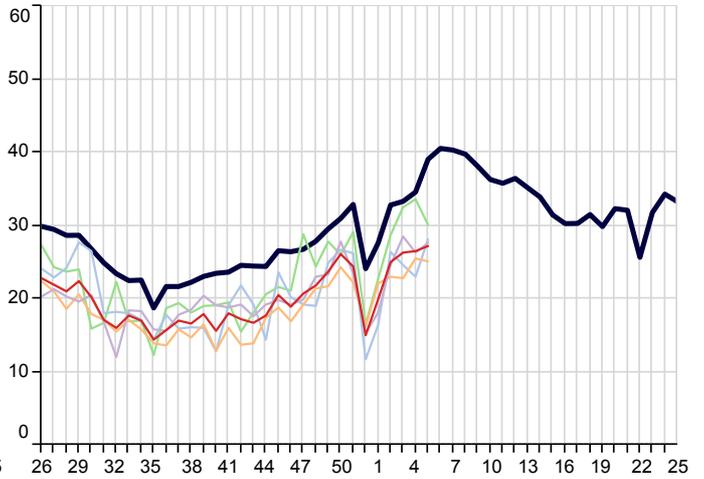
2. Environmentally Sensitive Disorders:

5yr Avg National London North South Midlands And East

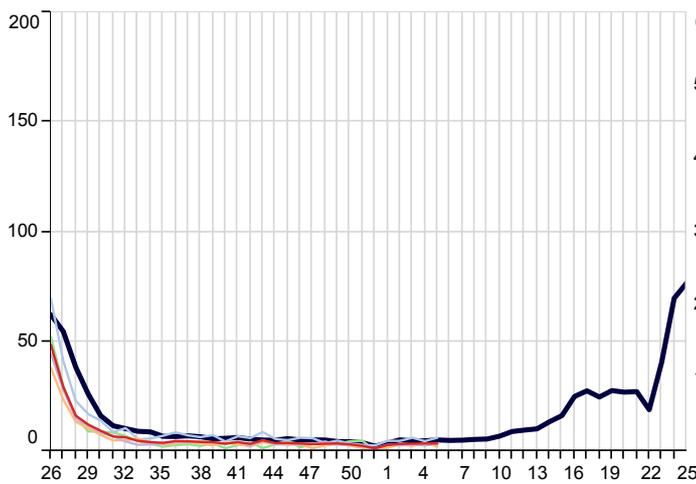
Asthma (ICD10: J45-J46)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



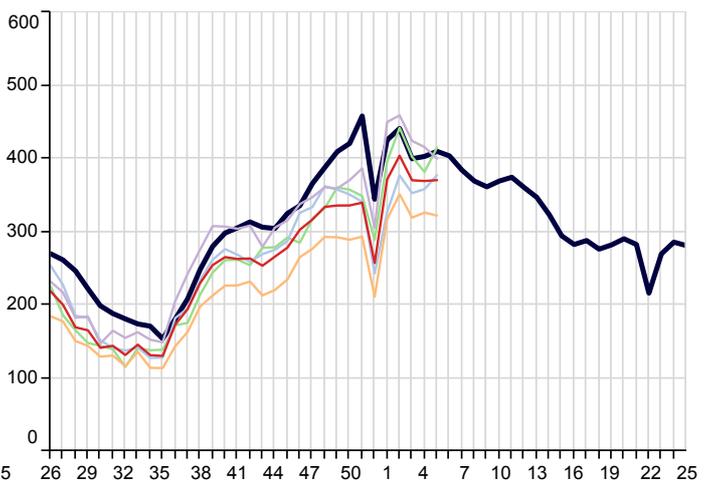
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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



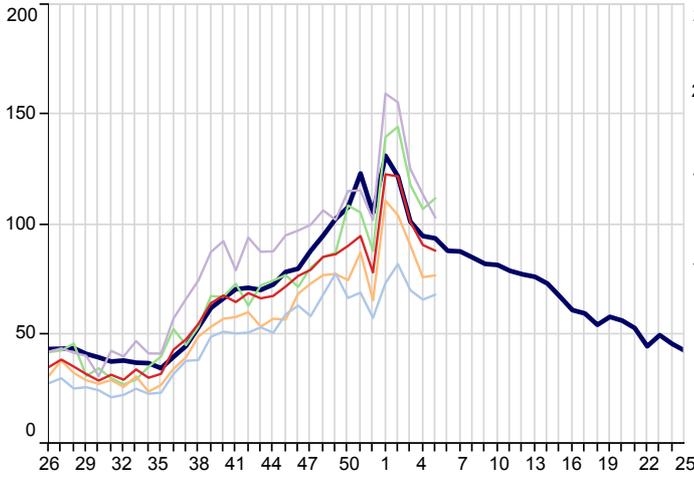
Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



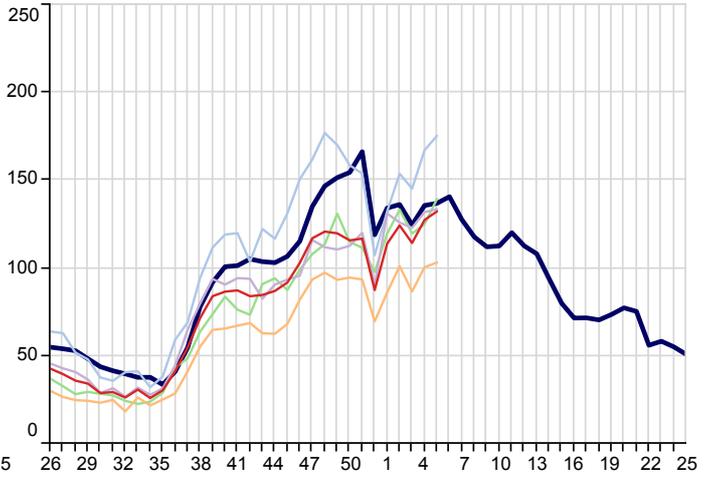
3. Respiratory Infections:

5yr Avg National London North South Midlands And East

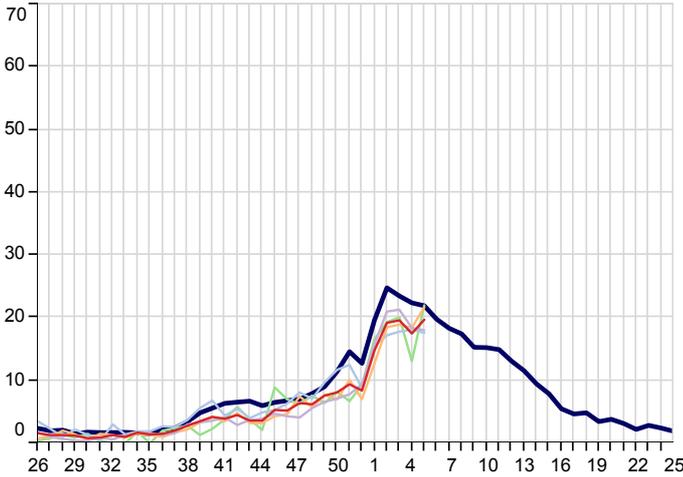
Acute Bronchitis (ICD10: J20-J21,J40)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



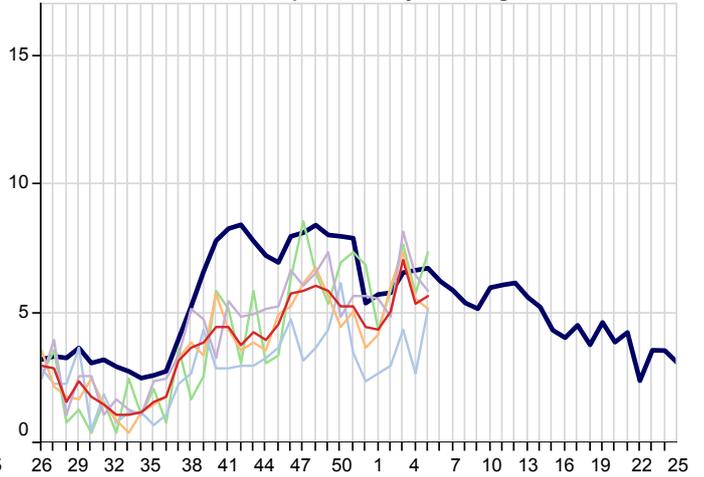
Common Cold (ICD10: J00,J06)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



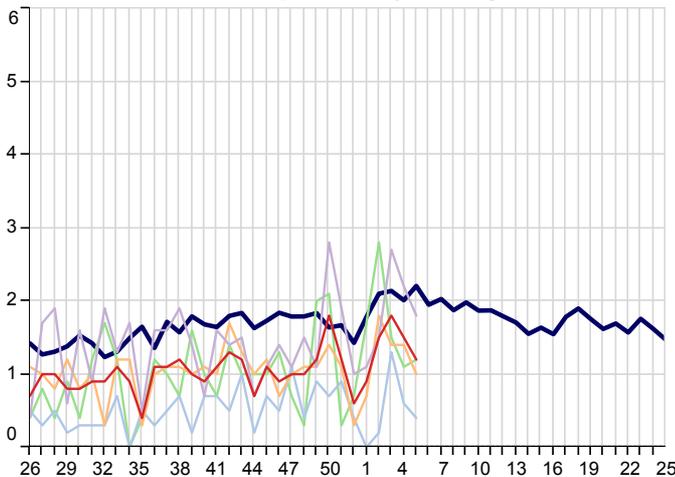
Influenza-Like Illness (ICD10: J09-J11)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



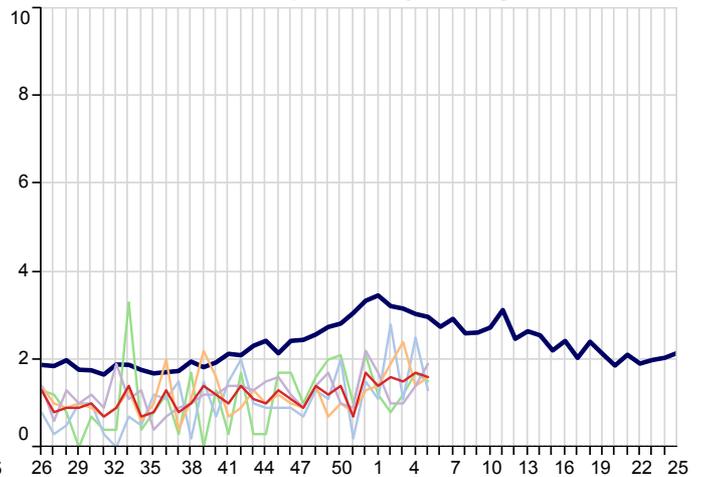
Acute Laryngitis/Tracheitis (ICD10: J04)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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



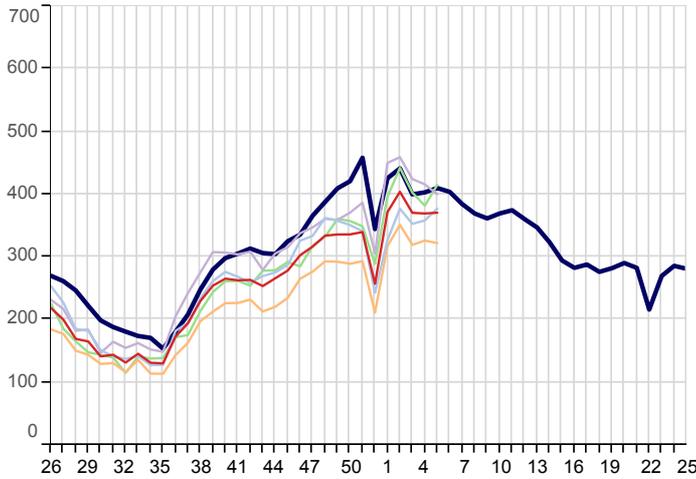
Pneumonia/Pneumonitis (ICD10: J12-J18)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



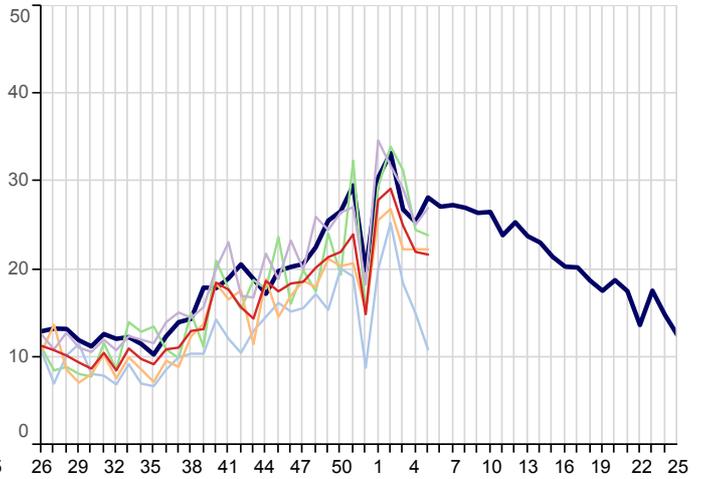
3. Respiratory Infections(Continued):

5yr Avg National London North South Midlands And East

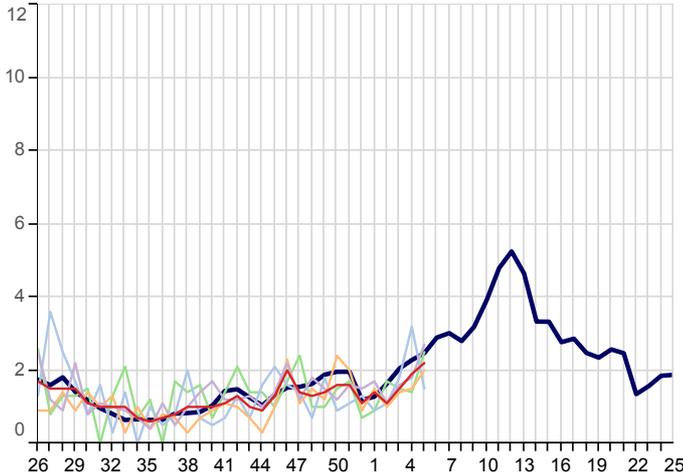
Respiratory System Diseases (ICD10: J00-J99)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



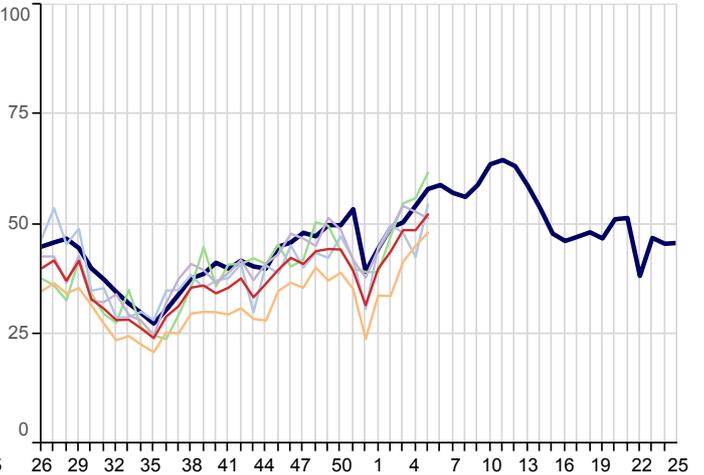
Acute Sinusitis (ICD10: J01)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



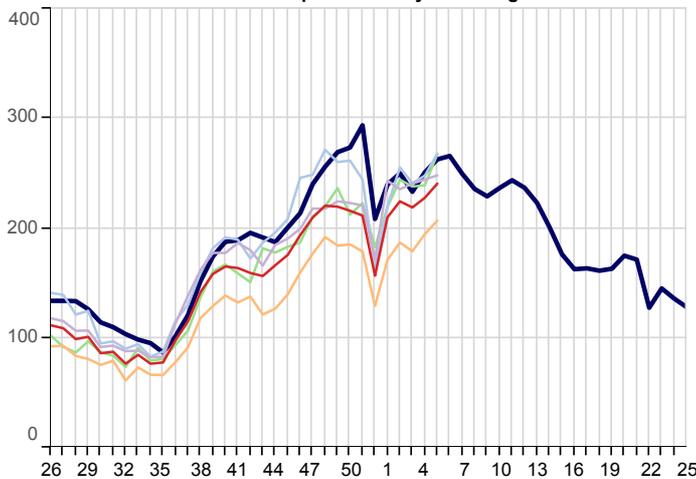
Strep Sore Throat, Scarlatina and Peritonsillar Abscess (ICD10: A38,J020,J36)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



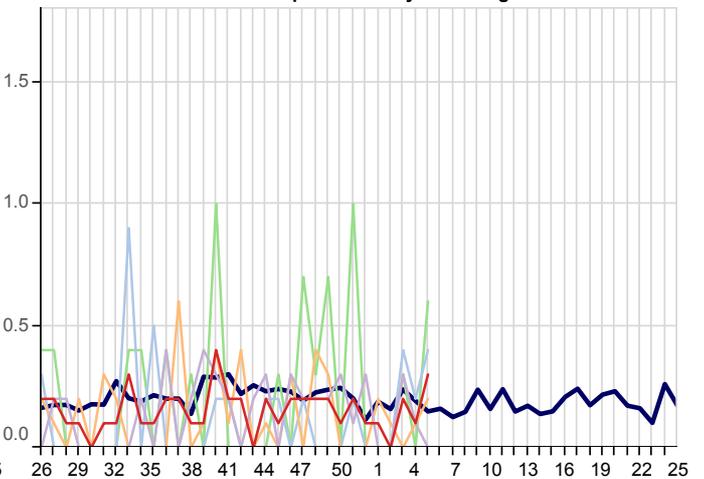
Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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



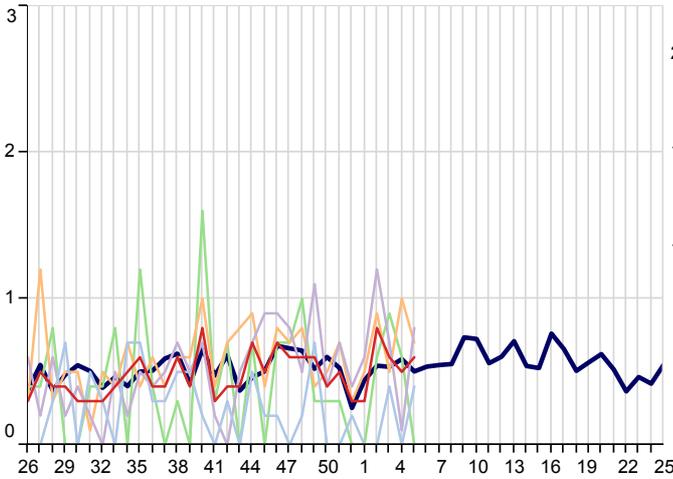
Whooping Cough (ICD10: A37)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



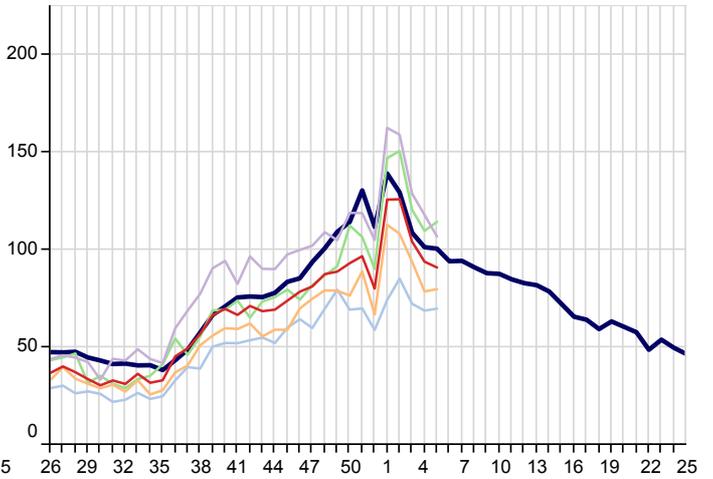
3. Respiratory Infections(Continued):

5yr Avg National London North South Midlands And East

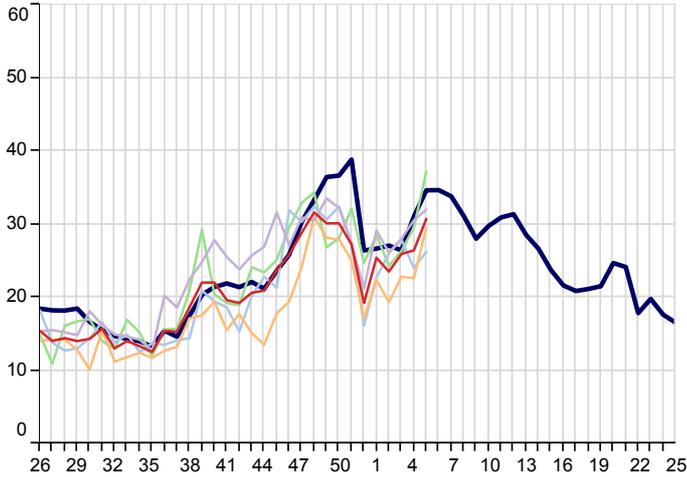
Infectious Mononucleosis (ICD10: B27)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



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



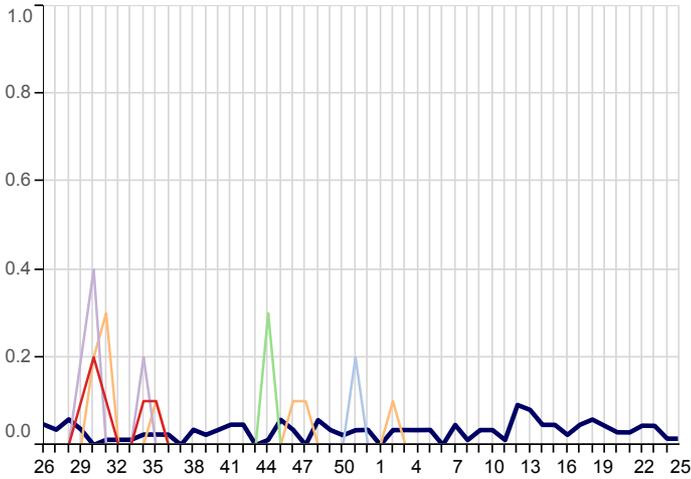
Acute Otitis Media (ICD10: H650-H651,H660,H669)
Weekly incidence (per 100,000 all ages) by region
for 2018/19 compared with 5 year average



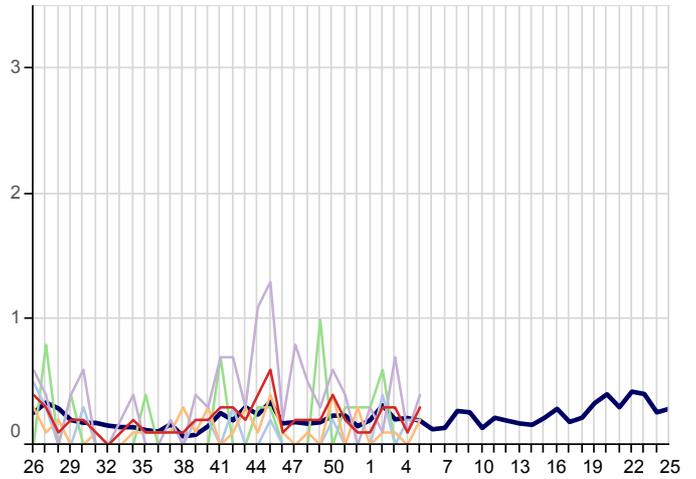
4. Vaccine Sensitive Disorders

5yr Avg National London North South Midlands And East

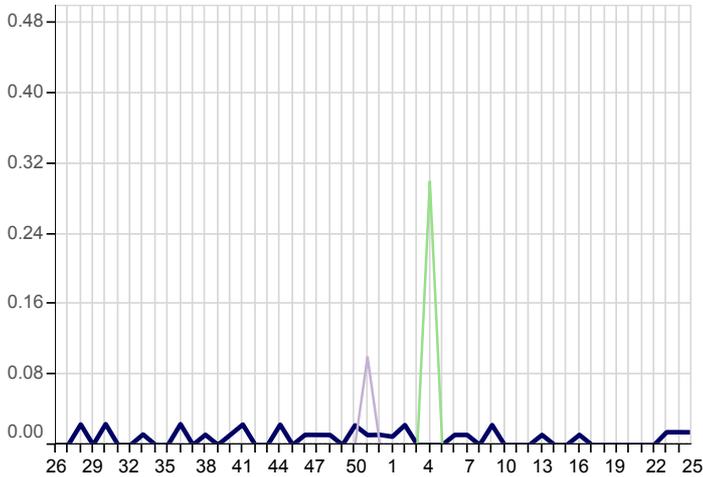
Measles (ICD10: B05)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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

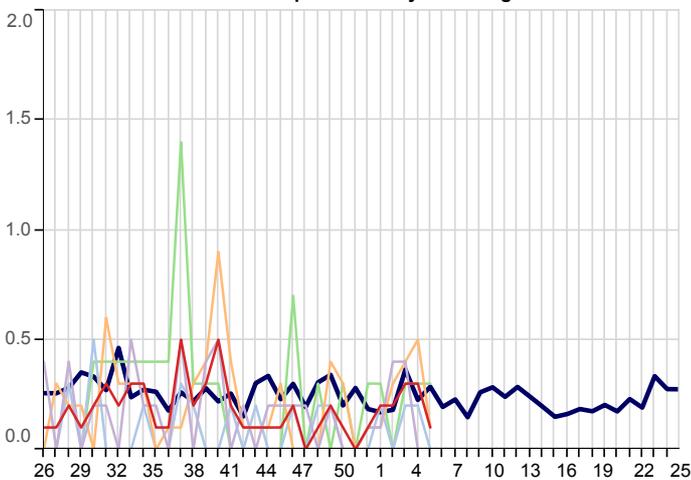


Rubella (ICD10: B06)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average

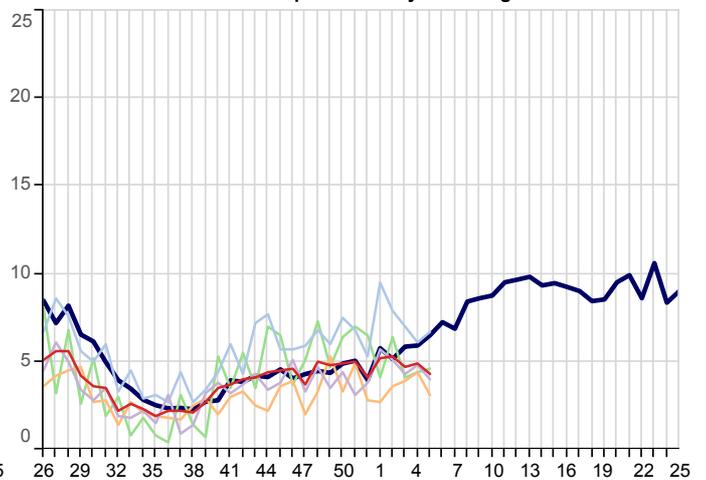


5. Skin Contagions

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



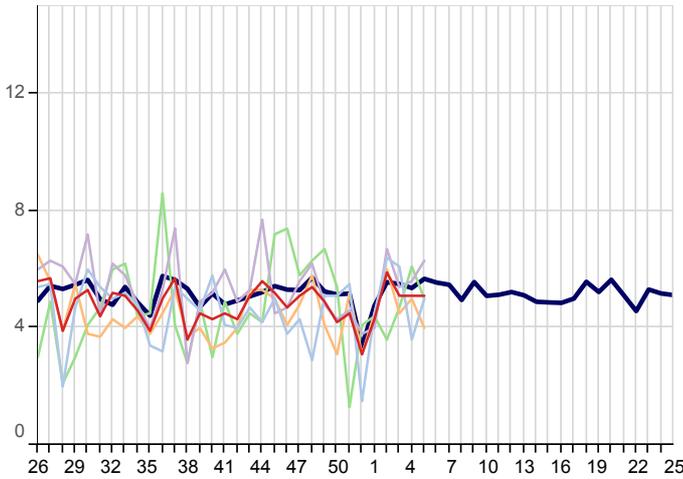
Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



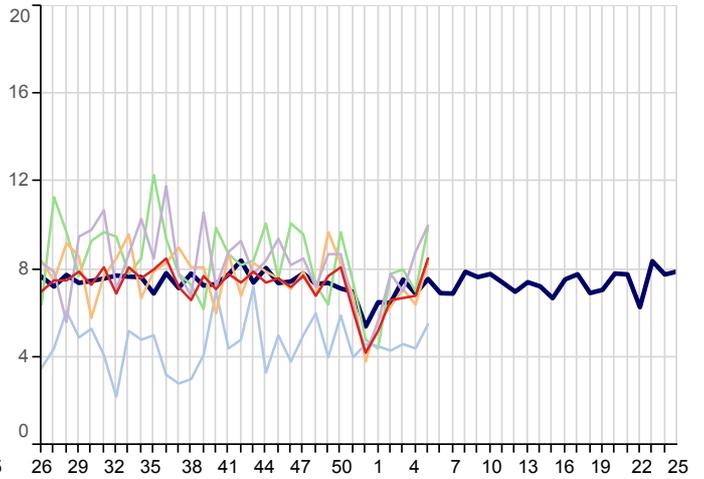
5. Skin Contagions (Continued)

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

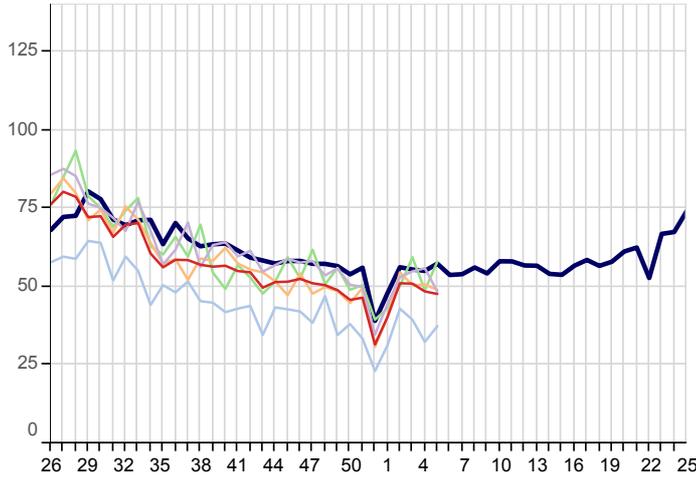
Herpes Simplex (ICD10: B00)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



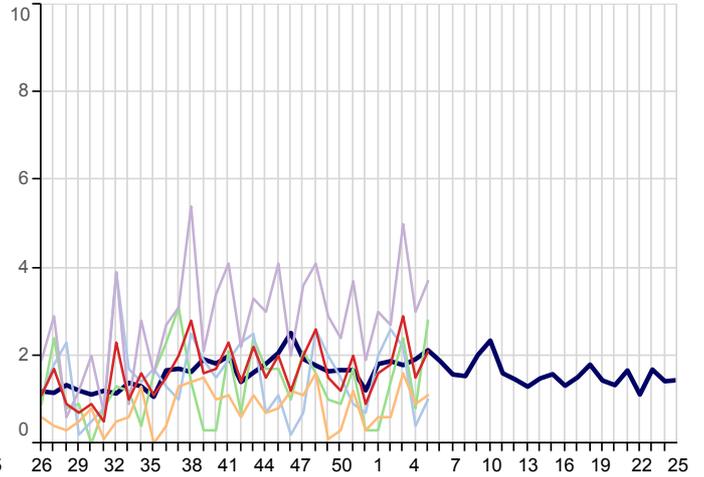
Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



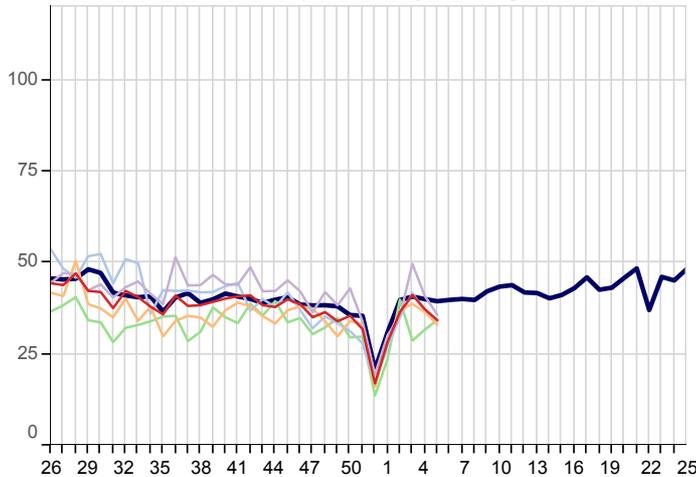
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



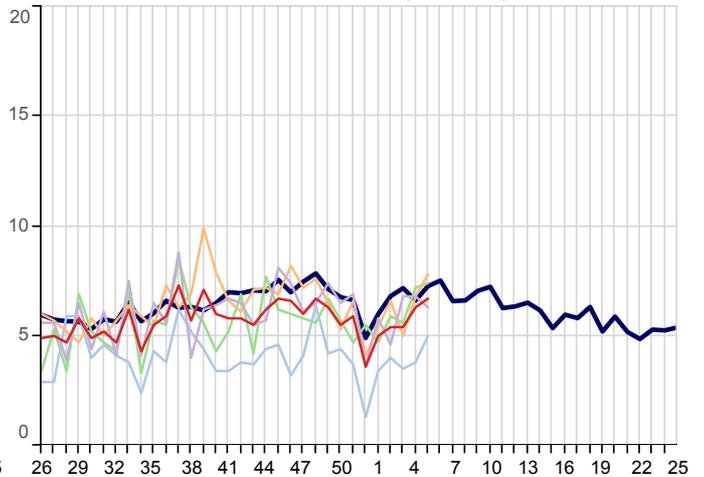
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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



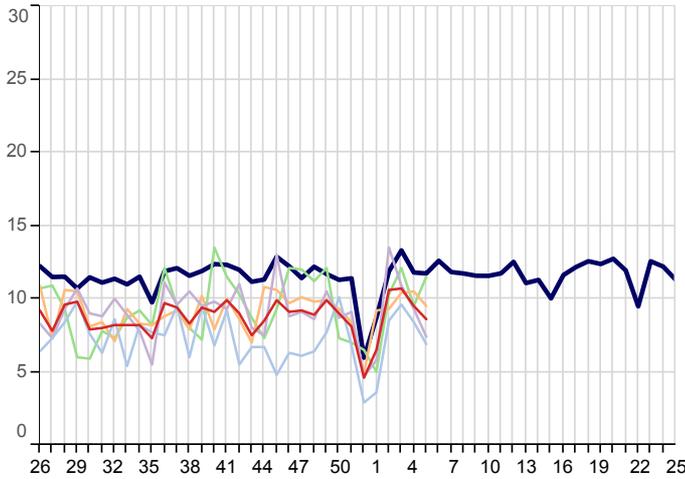
Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



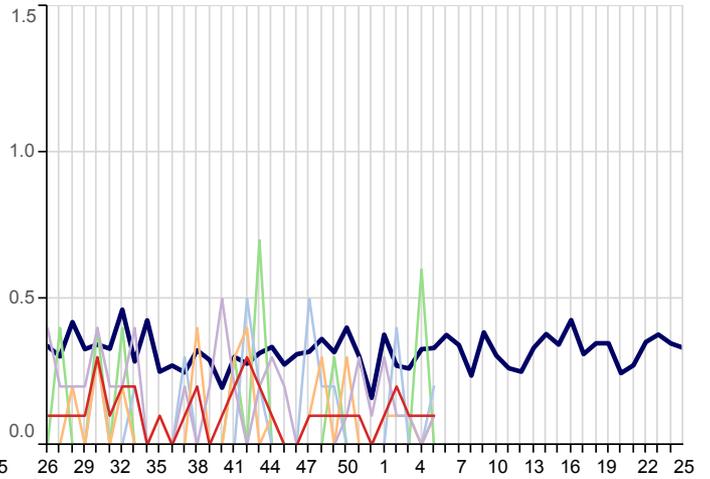
6. Disorders Affecting the Nervous System

5yr Avg National London North South Midlands And East

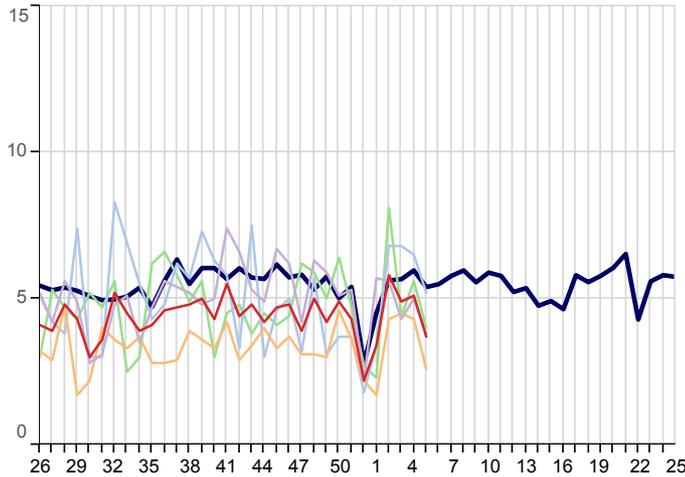
Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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

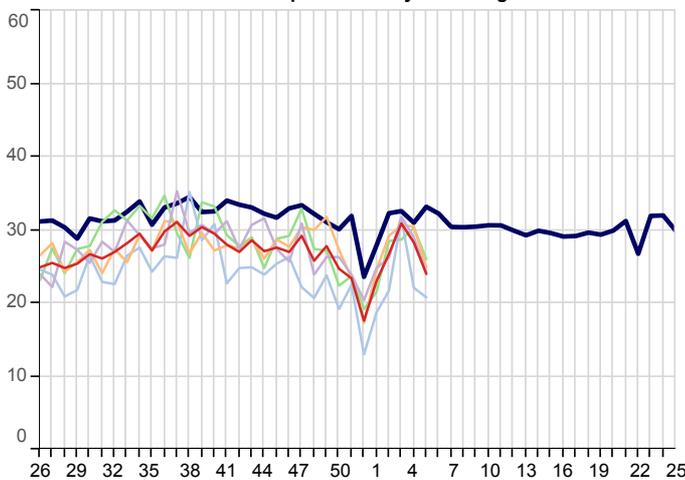


Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)
Weekly incidence (per 100,000 all ages) by region for 2018/19 compared with 5 year average



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	28/01/2019 03/02/2019		21/01/2019 27/01/2019		14/01/2019 20/01/2019		07/01/2019 13/01/2019	
		Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Acute Bronchitis		88.0	2,056	90.6	2,174	101.1	2,321	121.9	2,863
Allergic Rhinitis		3.5	82	3.5	83	3.4	78	3.3	77
Asthma		15.7	366	17.8	427	17.3	397	20.0	470
Bullous Dermatoses		0.1	2	0.3	6	0.3	8	0.2	5
Chickenpox		4.3	101	4.9	117	4.7	107	5.3	125
Common Cold		132.4	3,093	127.5	3,058	114.4	2,627	124.4	2,921
Conjunctival Disorders		27.2	635	26.5	635	26.3	605	25.0	588
Herpes Simplex		5.1	118	5.1	122	5.1	118	5.9	139
Herpes Zoster		8.5	198	6.8	164	6.7	154	6.6	155
Impetigo		6.7	157	6.3	150	5.4	123	5.4	126
Infectious Mononucleosis		0.6	14	0.5	11	0.6	14	0.8	18
Influenza-like illness		19.7	461	17.5	421	19.6	450	19.2	450
Infectious Intestinal Diseases		10.2	239	9.0	216	9.1	209	7.9	186
Laryngitis and Tracheitis		5.7	134	5.4	129	7.1	163	5.1	119
Lower Respiratory Tract Infections		91.0	2,126	94.0	2,254	104.3	2,396	126.0	2,959
Measles		0.0	0	0.0	0	0.0	0	0.0	1
Meningitis and Encephalitis		0.1	3	0.1	2	0.1	2	0.2	4
Mumps		0.3	6	0.1	2	0.3	6	0.3	6
Non-infective Enteritis and Colitis		6.9	160	8.4	202	7.4	169	7.8	182
Otitis Media Acute		30.7	716	26.4	634	25.9	595	23.5	552
Peripheral Nervous Disease		8.6	201	9.5	229	10.7	245	10.6	249
Pleurisy		1.2	27	1.5	35	1.8	41	1.5	36
Pneumonia and Pneumonitis		1.6	38	1.7	40	1.5	35	1.6	38
Respiratory System Diseases		370.5	8,652	369.3	8,861	370.3	8,504	403.9	9,483
Rubella		0.0	0	0.0	1	0.0	0	0.0	0
Scabies		2.1	50	1.5	35	2.9	66	1.8	42
Sinusitis		21.7	506	22.0	529	25.0	574	29.2	686
Skin and Subcutaneous Tissue Infections		47.7	1,114	48.5	1,163	51.0	1,171	51.1	1,200
Strep Throat and Peritonsillar Abscess		2.2	51	1.9	46	1.5	35	1.1	27
Symptoms involving musculoskeletal		3.7	87	5.1	123	4.9	112	5.8	136
Symptoms involving Respiratory and Chest		20.3	473	20.8	500	20.9	479	24.3	571
Symptoms involving Skin and Integument Tissues		34.3	801	37.3	894	41.2	947	36.5	858
Tonsillitis and acute Pharyngitis		52.2	1,220	48.6	1,167	48.6	1,115	43.7	1,025
Upper Respiratory Tract Infections		240.6	5,618	227.7	5,463	218.9	5,027	224.5	5,271
Urinary Tract Infections		24.0	560	28.3	680	30.9	709	26.7	626
Viral Hepatitis		0.3	7	0.1	3	0.2	5	0.3	6
Whooping Cough		0.3	6	0.1	3	0.2	5	0.0	1
Practice Count			234		239		229		232
Denom			2,335,267		2,399,130		2,296,469		2,347,986

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).