



Royal College of  
General Practitioners  
Research and Surveillance Centre

## RSC Communicable and Respiratory Disease Report for England

### Key Statistics:

Week Number/Year.....10/2018  
Week Starting - Ending.....05/03/2018 - 11/03/2018  
No. of Practices.....166  
Population.....1744291

#### National (England)

- **Acute Bronchitis** : increased from **81.1** in week 9 to **85.2** in week 10.
- **Asthma** : increased from **13.0** in week 9 to **13.9** in week 10.
- **Common Cold** : increased from **96.9** in week 9 to **107.0** in week 10.
- **Influenza-Like illness** : increased from **18.3** in week 9 to **20.3** in week 10.
- **Respiratory System Diseases** : increased from **327.8** in week 9 to **368.2** in week 10.

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

- **Acute Bronchitis** : increased from **55.5** in week 9 to **60.4** in week 10 in the London region, was unchanged at **101.2** in week 9 compared with **103.6** in week 10 in the North region, was unchanged at **73.4** in week 9 compared with **75.6** in week 10 in the South region, and increased from **99.0** in week 9 to **110.7** in week 10 in the Midlands And East region.
- **Asthma** : increased from **11.1** in week 9 to **12.3** in week 10 in the London region, increased a little from **15.2** in week 9 to **15.7** in week 10 in the North region, increased from **11.8** in week 9 to **12.9** in week 10 in the South region, and increased a little from **14.8** in week 9 to **15.3** in week 10 in the Midlands And East region.
- **Common Cold** : was unchanged at **137.6** in week 9 compared with **137.6** in week 10 in the London region, increased from **91.1** in week 9 to **103.3** in week 10 in the North region, increased from **76.3** in week 9 to **97.6** in week 10 in the South region, and decreased from **97.3** in week 9 to **90.1** in week 10 in the Midlands And East region.
- **Influenza-Like illness** : decreased from **18.8** in week 9 to **16.3** in week 10 in the London region, increased from **20.5** in week 9 to **23.4** in week 10 in the North region, increased from **16.3** in week 9 to **19.7** in week 10 in the South region, and increased from **18.2** in week 9 to **21.4** in week 10 in the Midlands And East region.
- **Respiratory System Diseases** : increased from **328.3** in week 9 to **359.8** in week 10 in the London region, increased from **357.9** in week 9 to **398.8** in week 10 in the North region, increased from **290.6** in week 9 to **344.2** in week 10 in the South region, and increased from **357.8** in week 9 to **376.7** in week 10 in the Midlands And East region.

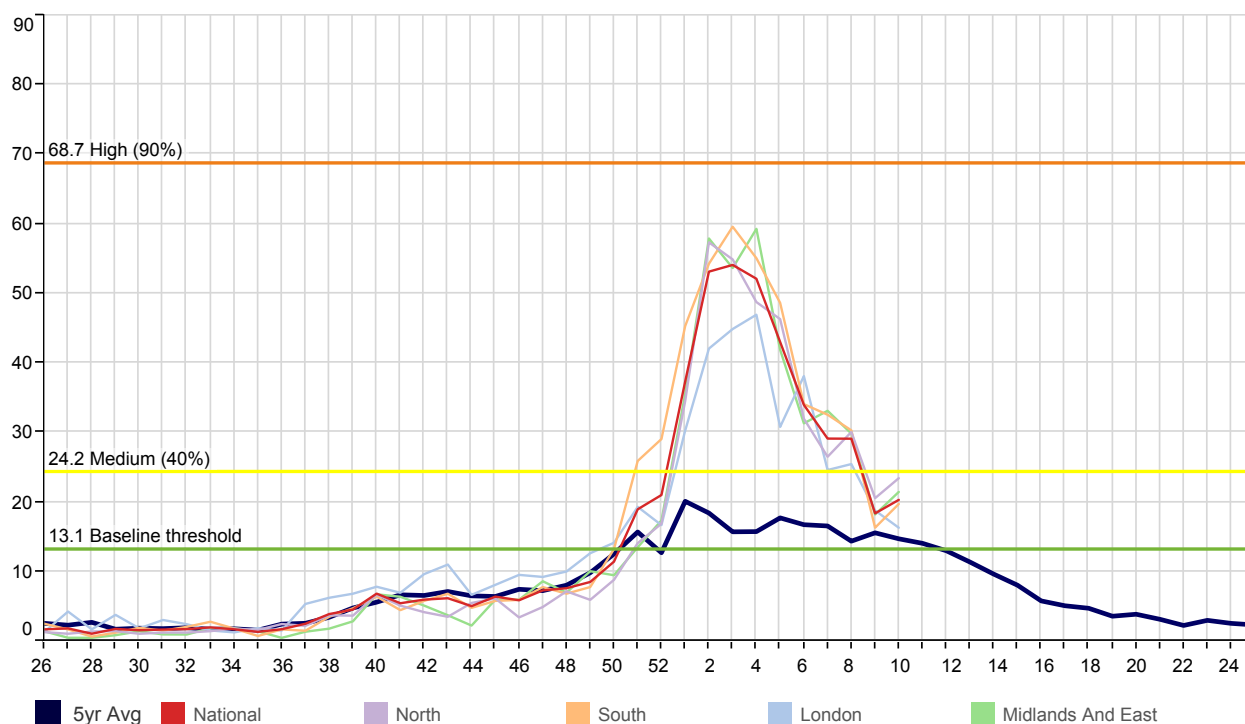
### Comment:

Presentations of many respiratory and other conditions have increased this week and are in line with those anticipated at this time of year; and reflecting lower rates of consultation during recent adverse weather conditions. Influenza B is the predominant circulating strain of influenza (Graph B). Rates of influenza-like-illness in primary care have increased from 18 to 20 new cases per 100,000 people this week. They have increased above the baseline threshold overall and for people above 65 years old the rate has increased above the Medium high threshold (Graph A, Table D).

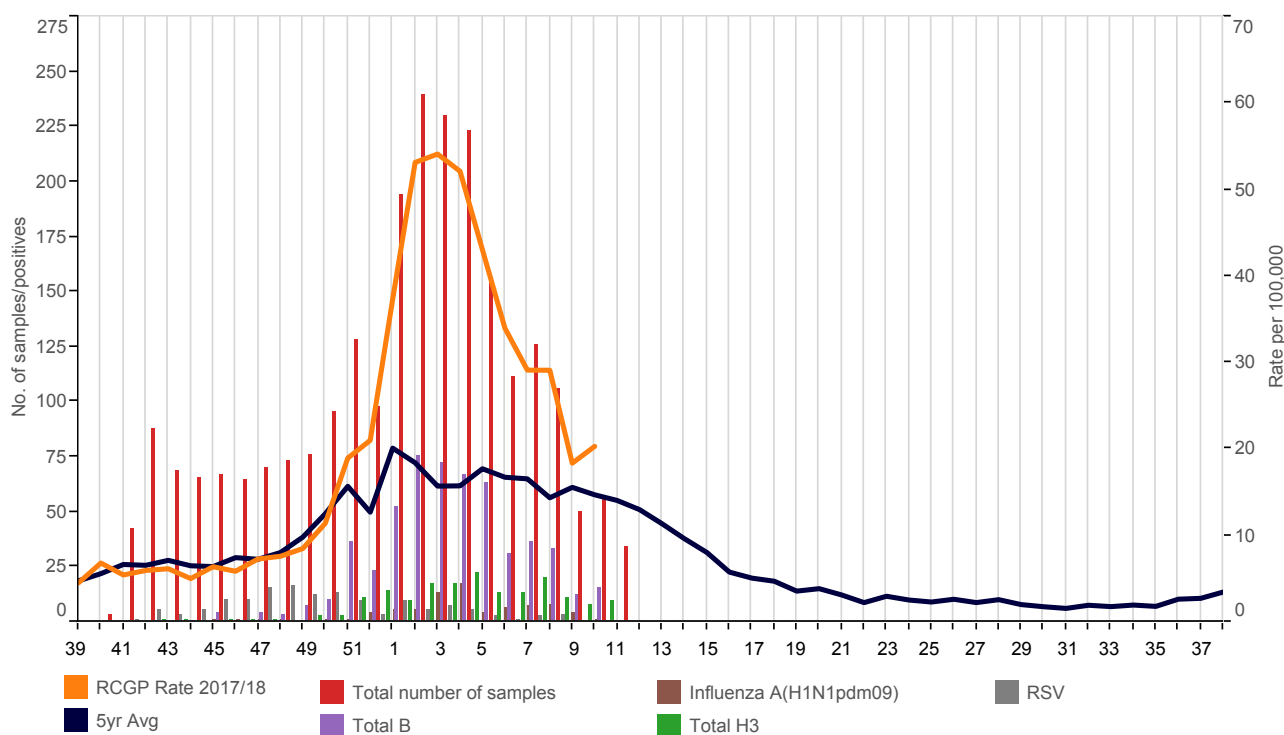
## Winter Focus 2017/18

Please see page 13 for explanatory notes on the data.

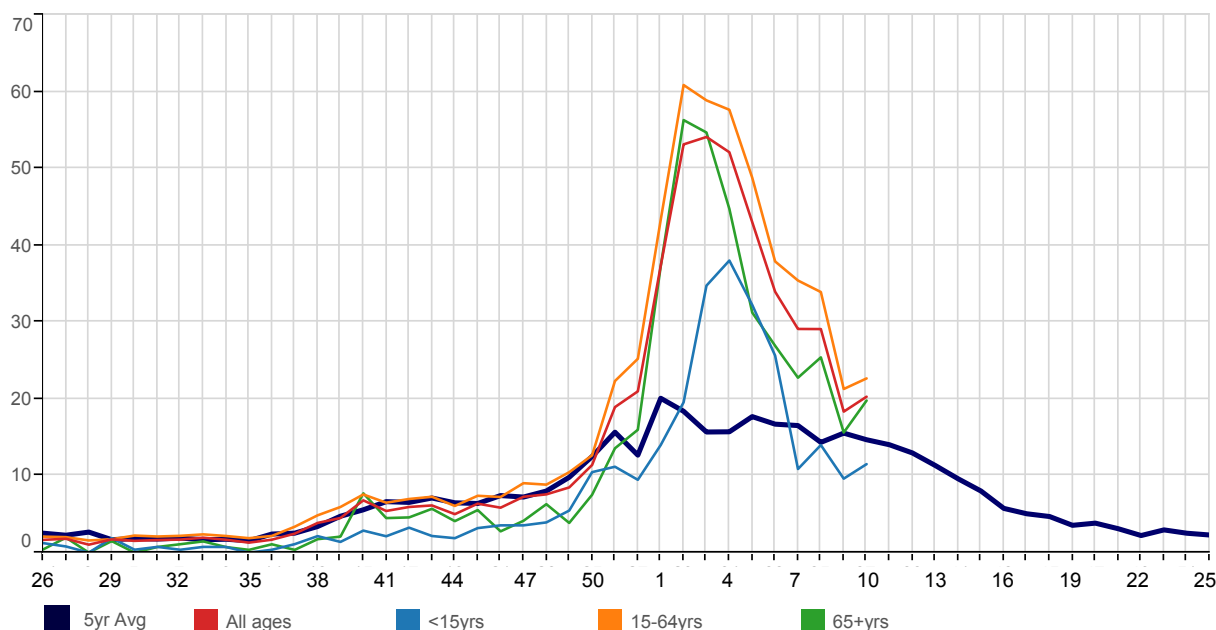
### (A) Influenza-like illness: incidence rate winter 2017/18\*



### (B) RCGP/PHE RSV and Influenza Virology Swab Surveillance 2017/18(all ages, gender & regions combined)\*



\* The thresholds used are the agreed RCGP/ Public Health England levels for 2017/18. The rolling average line (blue) is based on 5 year historic RCGP RSC level.

**(C) Influenza-like illness: national incidence rate 2017/2018 by age group\*****(D) Influenza-like illness: national incidence rate 2017/2018 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.

	40	41	42	43	44	45	46	47	48	49	50	51	52	1	2	3	4
<15yrs	2.87	2.13	3.25	2.17	1.88	3.19	3.55	3.55	3.93	5.47	10.47	11.18	9.48	14.00	19.56	34.75	38.01
15-64yrs	7.57	6.50	6.98	7.27	6.08	7.40	7.24	9.04	8.85	10.47	12.66	22.33	25.23	43.32	60.86	58.86	57.64
65+yrs	7.71	4.49	4.58	5.70	4.10	5.54	2.77	4.14	6.30	3.86	7.53	13.58	15.99	37.27	56.30	54.68	44.74
All ages	6.80	5.42	5.94	6.14	5.01	6.37	5.85	7.27	7.58	8.48	11.41	18.94	20.99	37.33	53.13	54.09	52.11

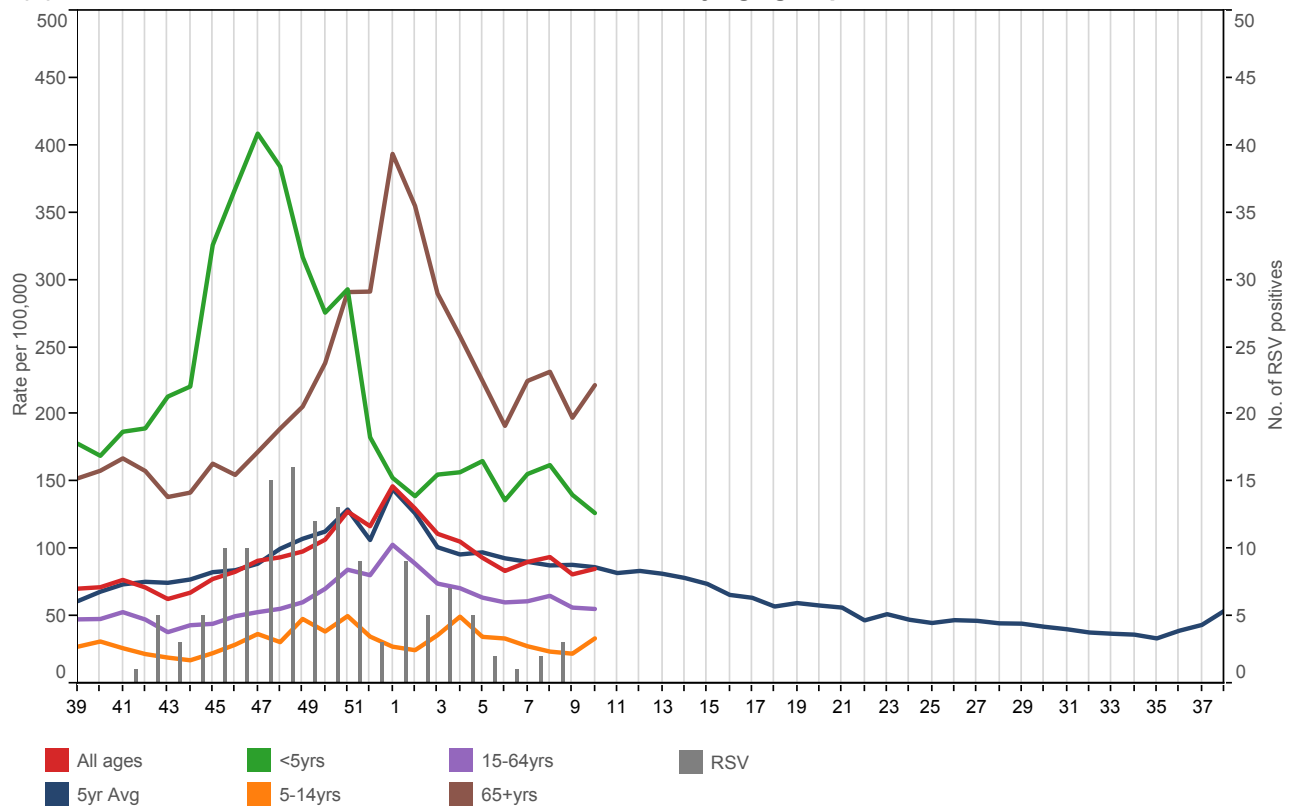
  

	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<15yrs	32.24	25.65	10.88	14.00	9.63	11.52										
15-64yrs	48.79	37.90	35.41	33.91	21.29	22.67										
65+yrs	31.24	26.93	22.76	25.41	15.63	19.80										
All ages	43.01	33.96	29.11	29.09	18.35	20.29										

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>	Threshold levels
0-14	<10.8	10.8 to <16.2	16.2 to <49.0	49.0 to <80.0	80.0+	<sup>1</sup> Below baseline threshold
15-64	<14.6	14.6 to <27.5	27.5 to <62.6	62.6 to <90.0	90.0+	<sup>2</sup> baseline threshold breach to < 40th percentile
65+	<11.0	11.0 to <15.8	15.8 to <34.4	34.4 to <48.5	48.5+	<sup>3</sup> 40th to <90th percentile
All Ages	<13.1	13.1 to <24.2	24.2 to <68.7	68.7 to <108.9	108.9+	<sup>4</sup> 90th to <97.5th percentile
						<sup>5</sup> 97.5th+ percentile

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

	Influenza-like illness	Acute Bronchitis		Influenza-like illness	Acute Bronchitis
<1yr	18.4	202.3	London	16.3	60.4
1-4yrs	10.1	111.1	North	23.4	103.6
5-14yrs	11.5	33.6	South	19.7	75.6
15-24yrs	13.7	22.8	Midlands And East	21.4	110.7
25-44yrs	22.3	38.4	National	20.3	85.2
45-64yrs	27.6	91.2			
65-74yrs	19.0	164.2			
75-84yrs	14.8	238.8			
85+yrs	34.8	415.6			
All ages	20.3	85.2			

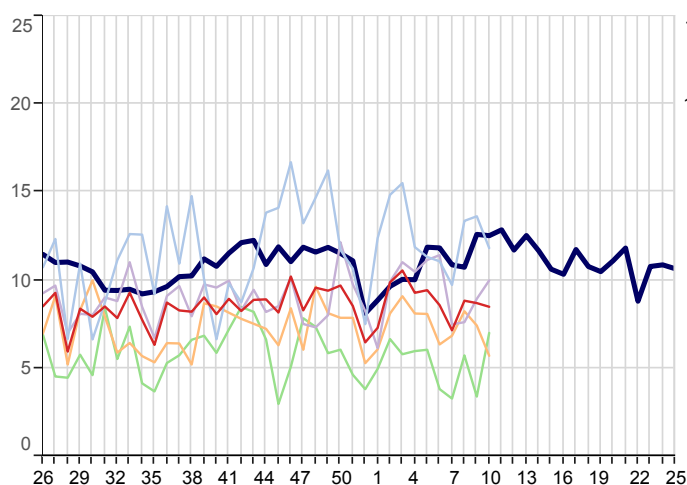
**(E) Acute Bronchitis: national incidence rate 2017/2018 by age group\*****Weekly Influenza-like illness and Acute Bronchitis incidence rates per 100,000 persons**

	Influenza-like illness	Acute Bronchitis
<5yrs	11.5	126.7
5-14yrs	11.5	33.6
15-64yrs	22.7	55.4
65+yrs	19.8	221.8
All ages	20.3	85.2

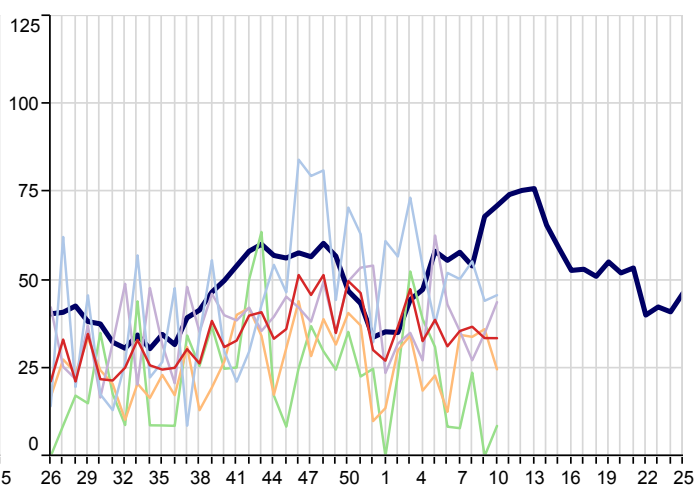
# 1. Water & Food Borne Disorders:

5yr Avg   National   London   North   South   Midlands And East

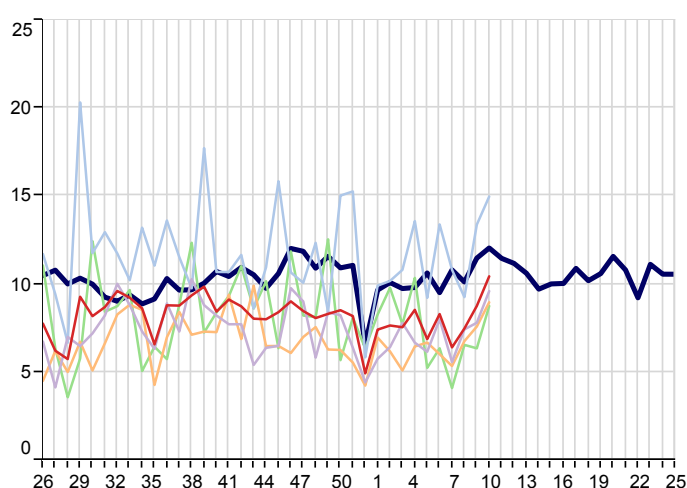
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **all ages**) by regions  
for 2018 compared with 5 year average



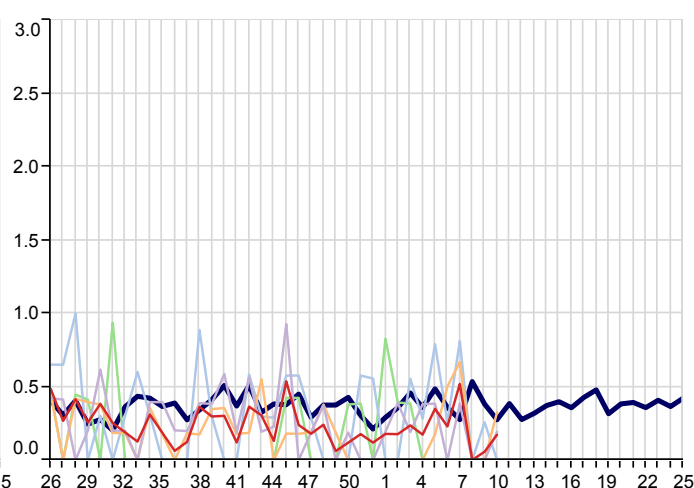
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **0-4 years**) by regions  
for 2018 compared with 5 year average



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



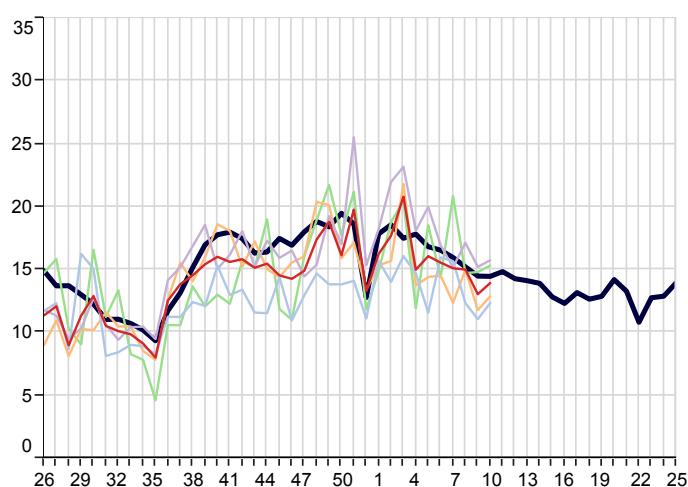
**Viral Hepatitis (ICD10: B15-B19)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



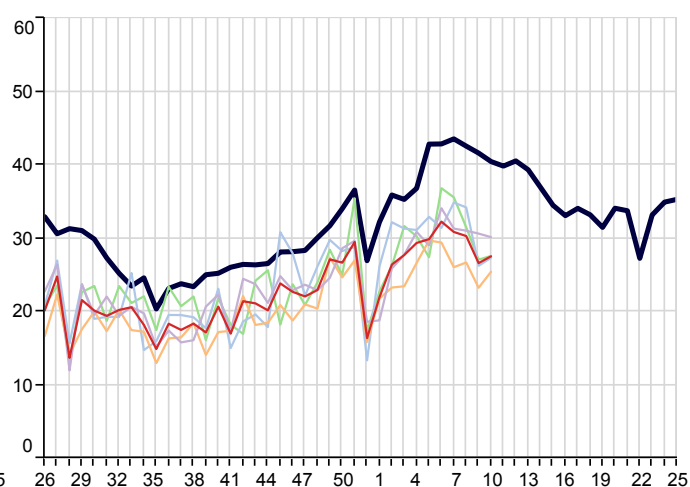
## 2. Environmentally Sensitive Disorders:

5yr Avg   National   London   North   South   Midlands And East

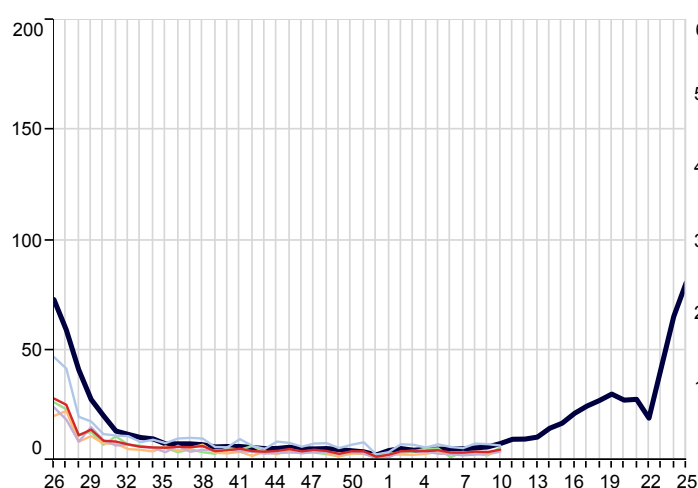
**Asthma (ICD10: J45-J46)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



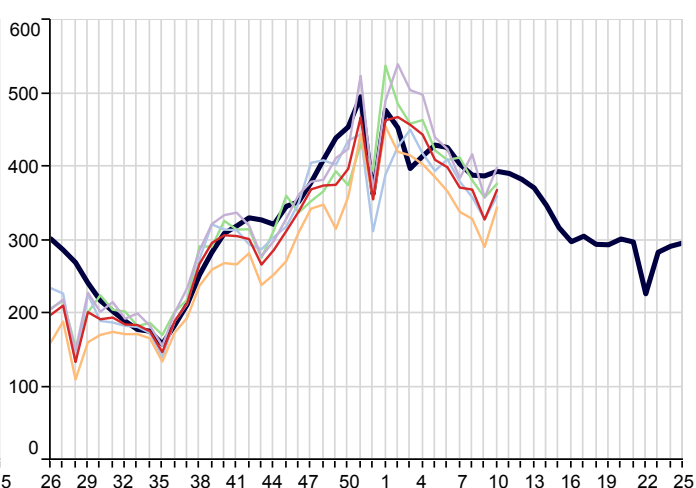
**Disorders of Conjunctiva (ICD10: H10-H13)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



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



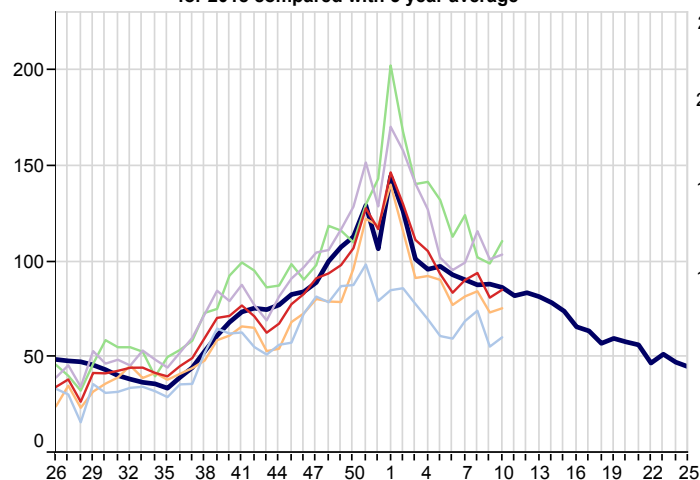
**Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



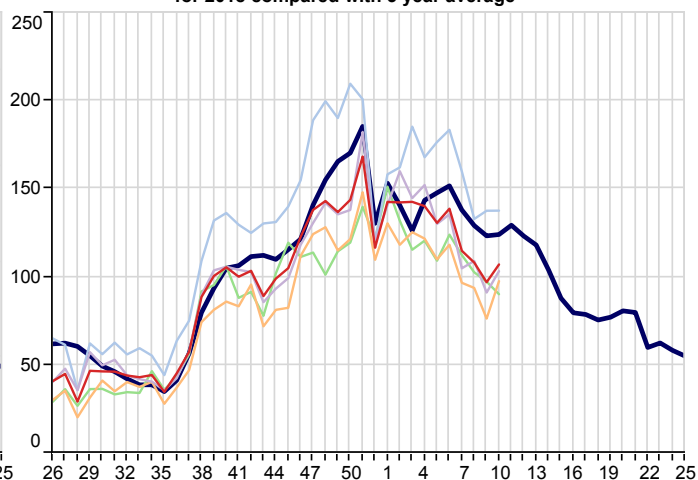
### 3. Respiratory Infections:

5yr Avg   National   London   North   South   Midlands And East

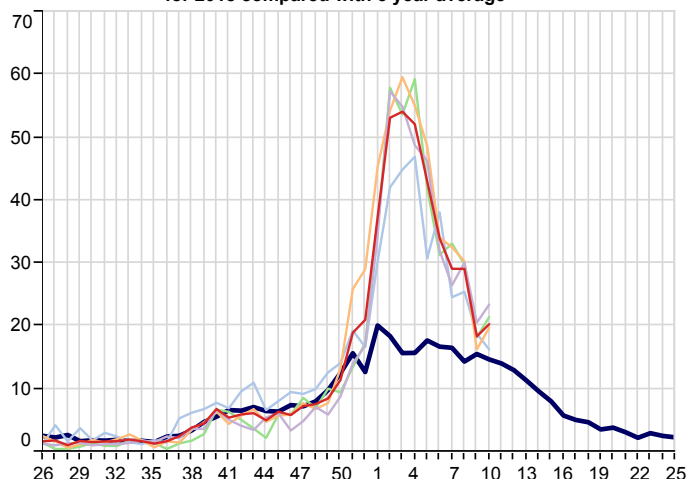
**Acute Bronchitis (ICD10: J20-J21,J40)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



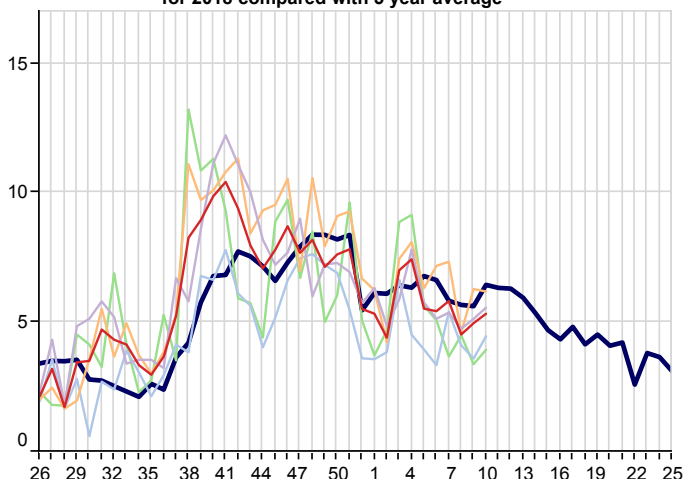
**Common Cold (ICD10: J00,J06)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



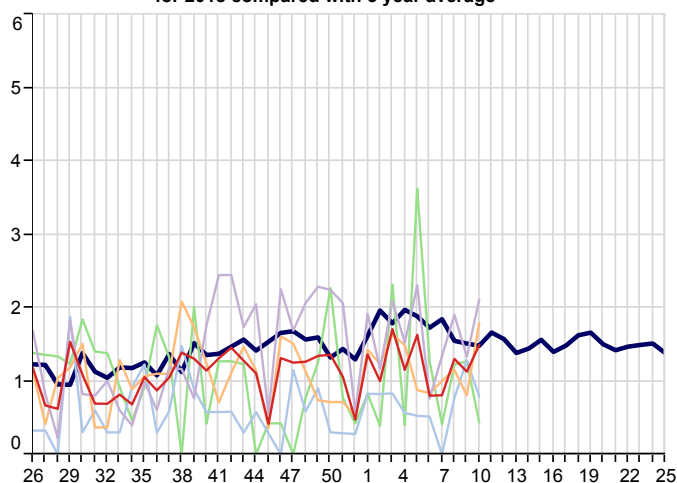
**Influenza-Like Illness (ICD10: J09-J11)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



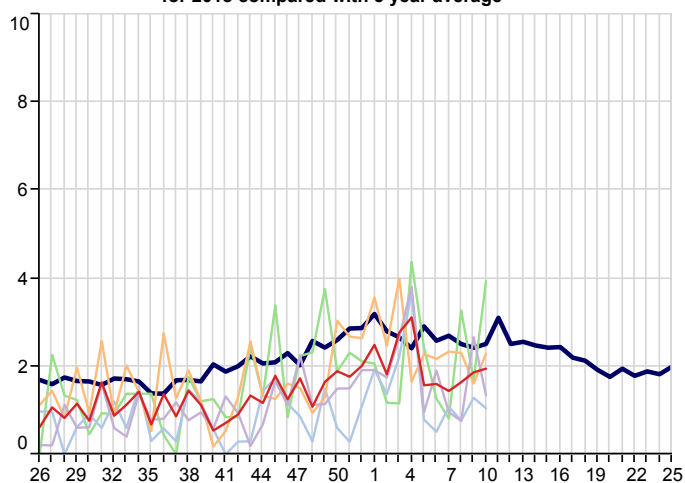
**Acute Laryngitis/Tracheitis (ICD10: J04)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



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



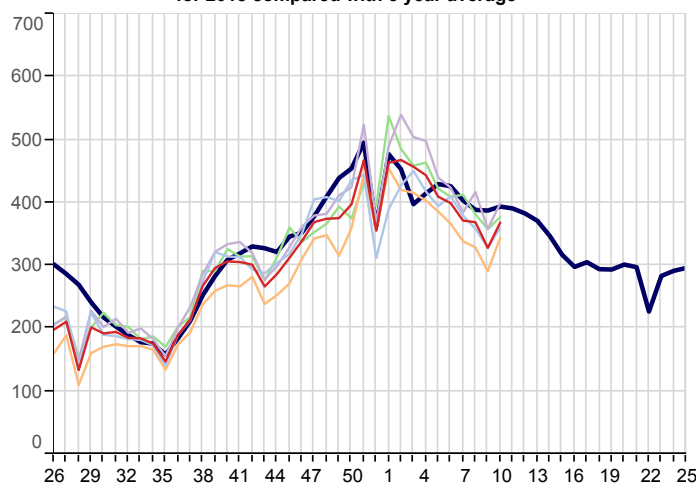
**Pneumonia/Pneumonitis (ICD10: J12-J18)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



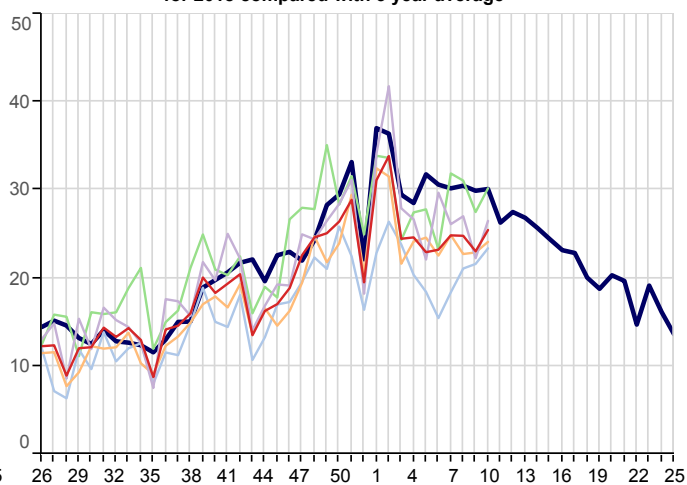
### 3. Respiratory Infections(Continued):

5yr Avg   National   London   North   South   Midlands And East

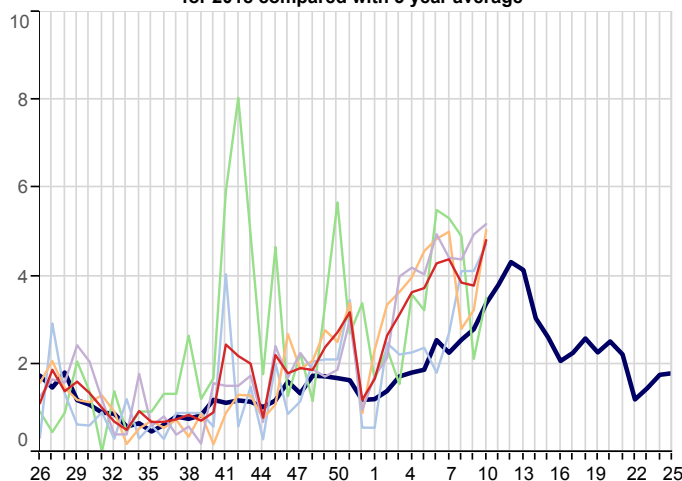
**Respiratory System Diseases (ICD10: J00-J99)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



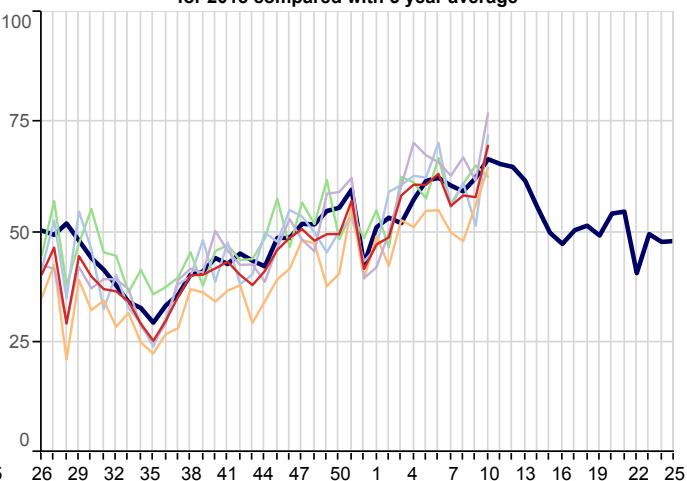
**Acute Sinusitis (ICD10: J01)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



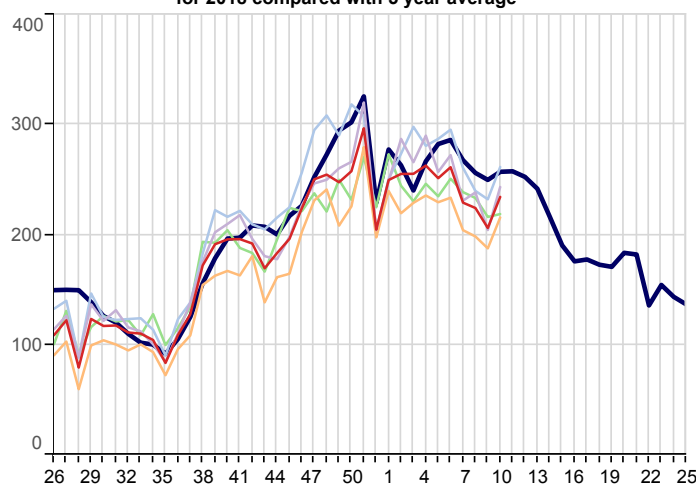
**Strep Sore Throat, Scarletina and Peritonsillar Abscess (ICD10: A38,J020,J36)**  
Weekly incidence (per 100,000 all ages) by region for 2017  
for 2018 compared with 5 year average



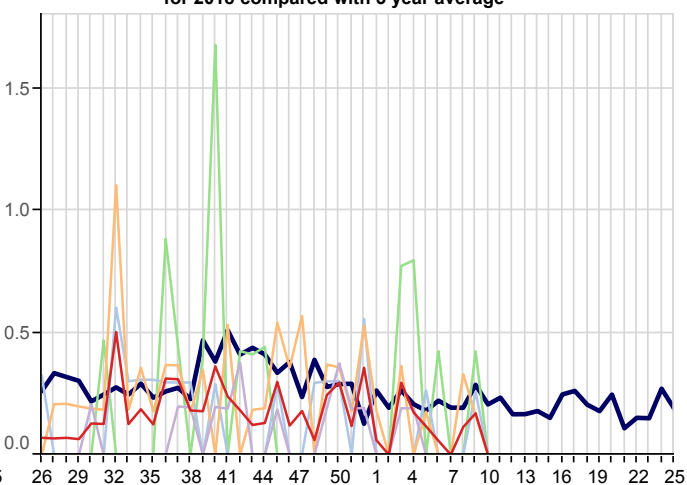
**Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



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



**Whooping Cough (ICD10: A37)**  
Weekly incidence (per 100,000 all ages) by region for 2017  
for 2018 compared with 5 year average

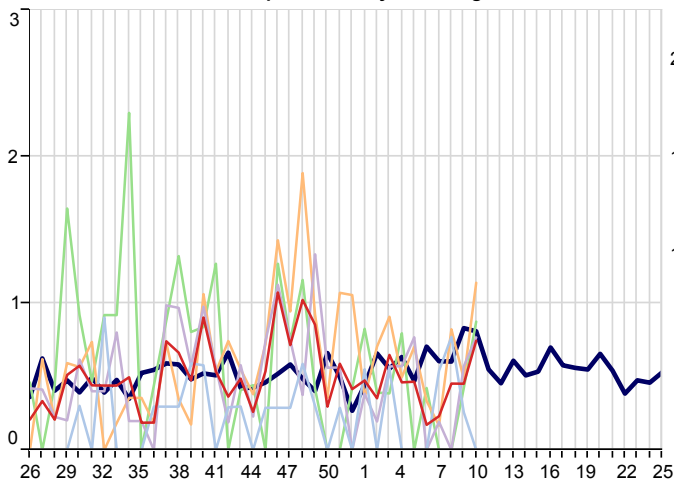




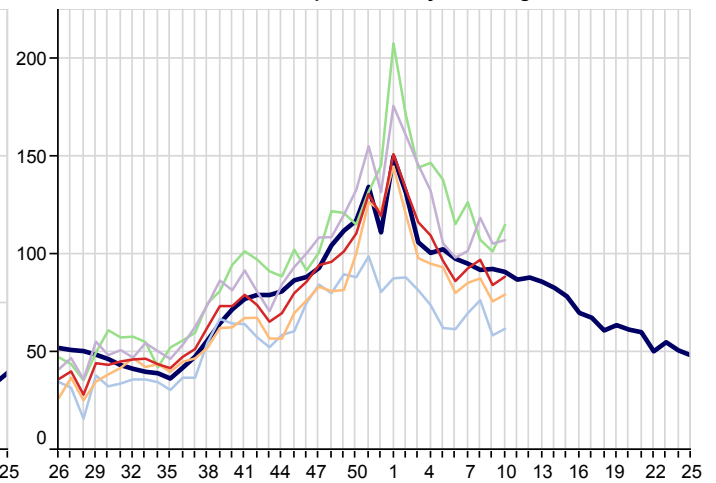
### 3. Respiratory Infections(Continued):

5yr Avg   National   London   North   South   Midlands And East

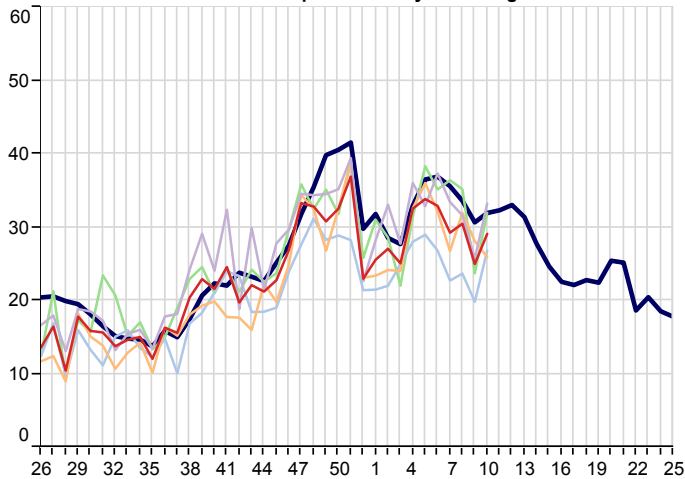
**Infectious Mononucleosis (ICD10: B27)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



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



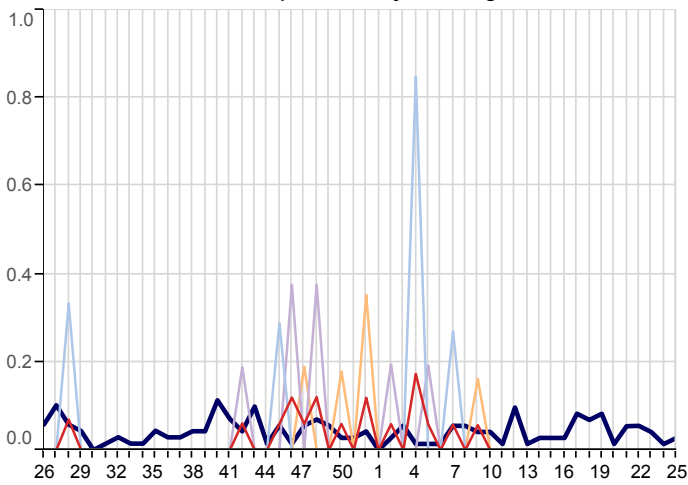
**Acute Otitis Media (ICD10: H650-H651,H660,H669)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



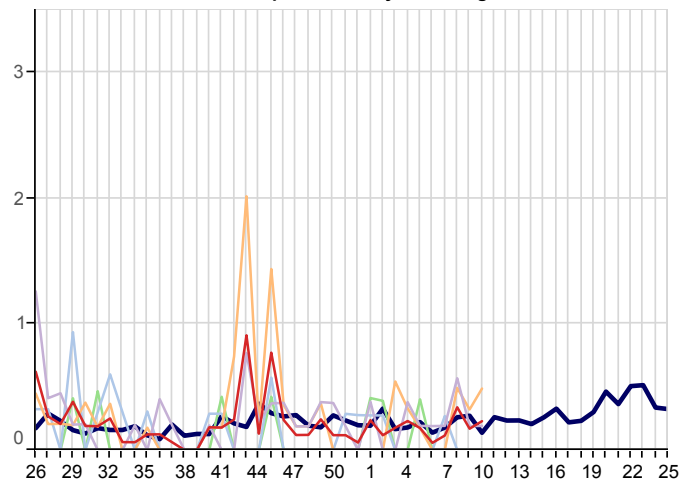
## 4. Vaccine Sensitive Disorders

5yr Avg   National   London   North   South   Midlands And East

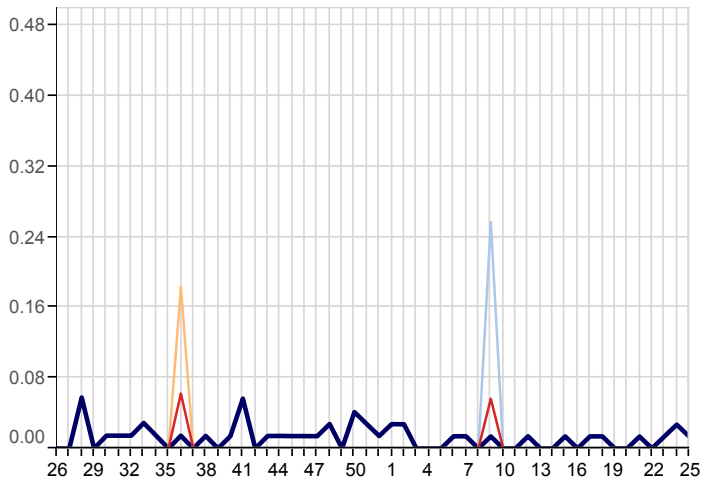
**Measles (ICD10: B05)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



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

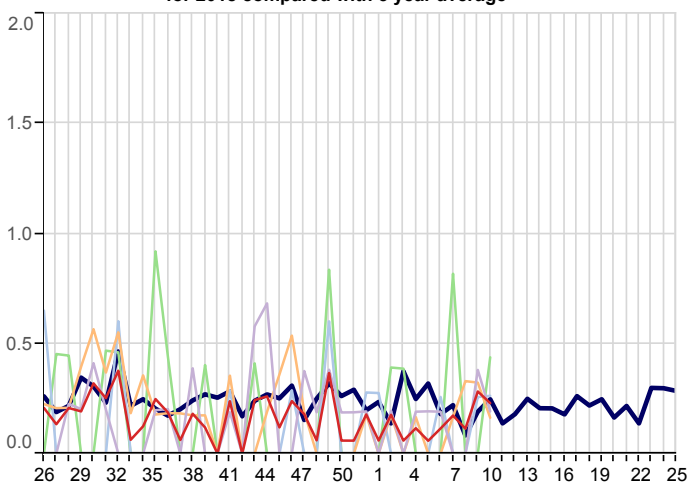


**Rubella (ICD10: B06)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average

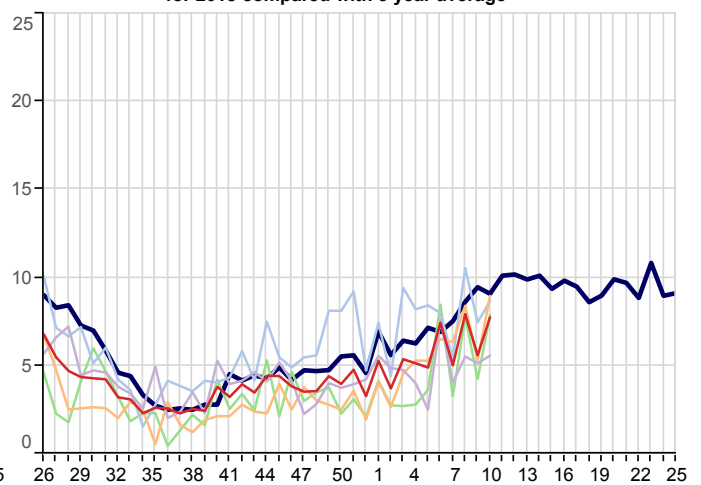


## 5. Skin Contagions

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



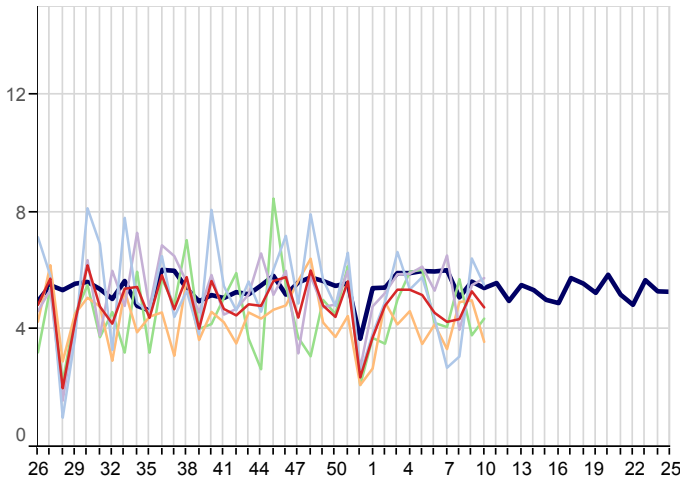
**Chickenpox (ICD10: B01)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



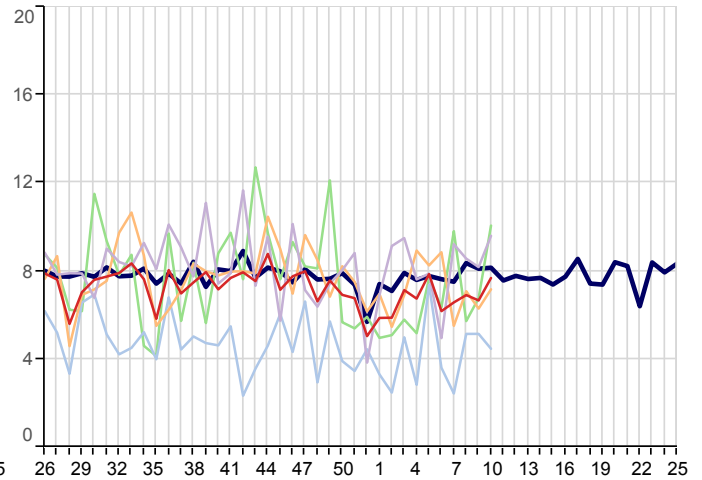
## 5. Skin Contagions (Continued)

5yr Avg   National   London   North   South   Midlands And East

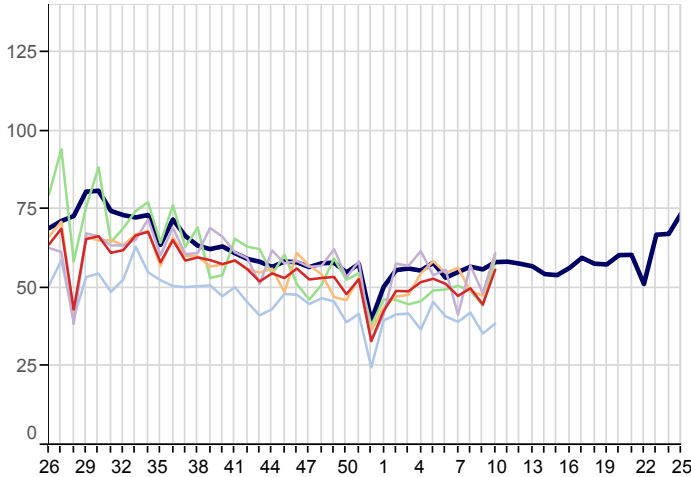
**Herpes Simplex (ICD10: B00)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



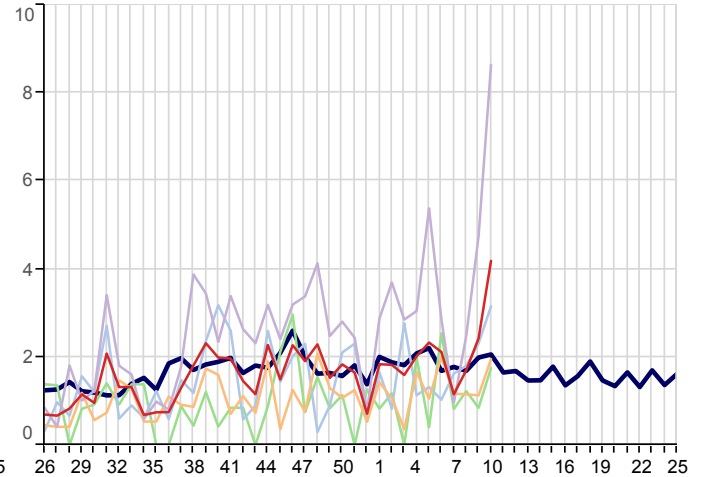
**Herpes Zoster (ICD10: B02)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



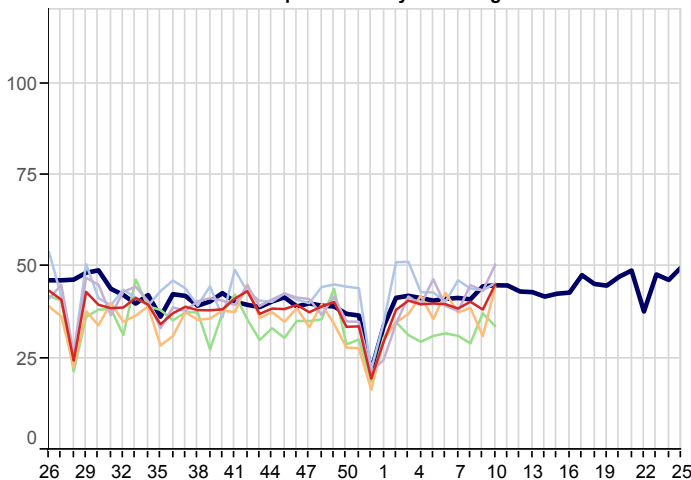
**Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



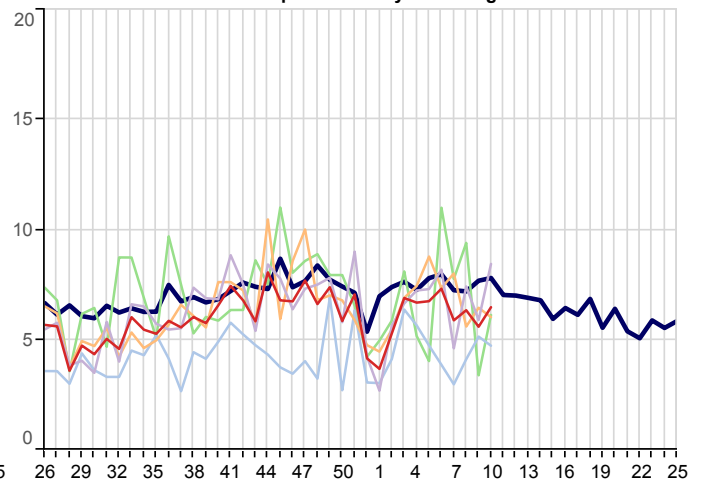
**Scabies (ICD10: B86)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



**Symptoms involving Skin & Oth Integument Tiss (ICD10: R20-R23)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



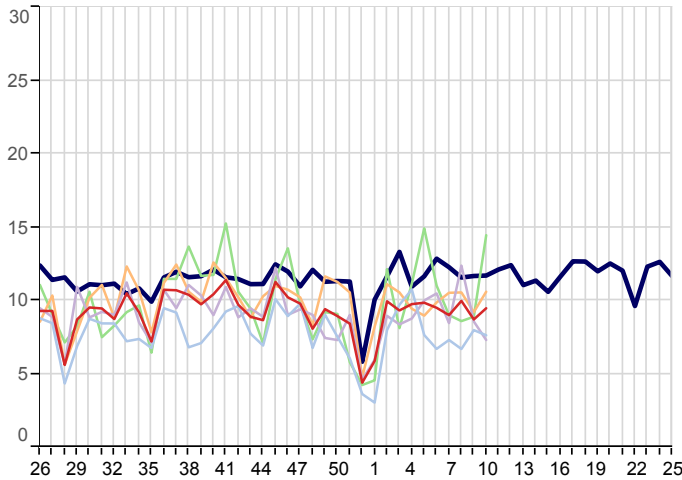
**Impetigo (ICD10: L01)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



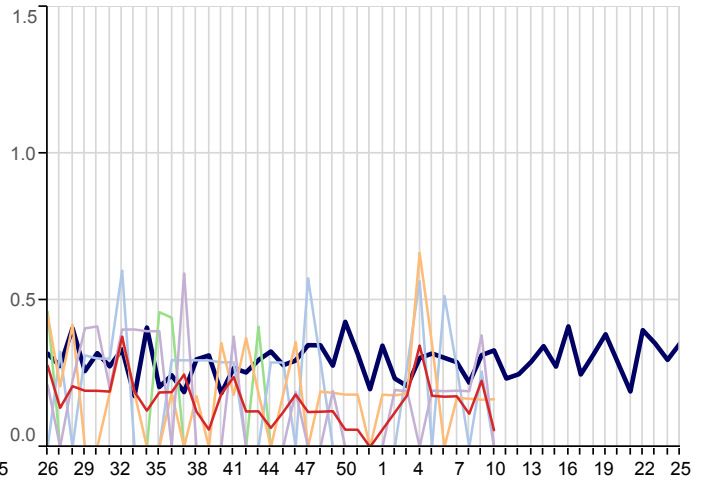
## 6. Disorders Affecting the Nervous System

5yr Avg   National   London   North   South   Midlands And East

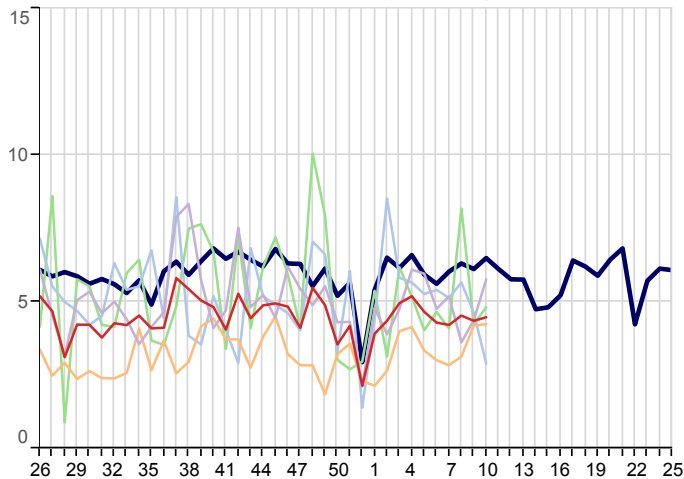
**Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



**Meningitis/Encephalitis (ICD10: A170-A171,A390,A38-A85,A87,G00-G05)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average

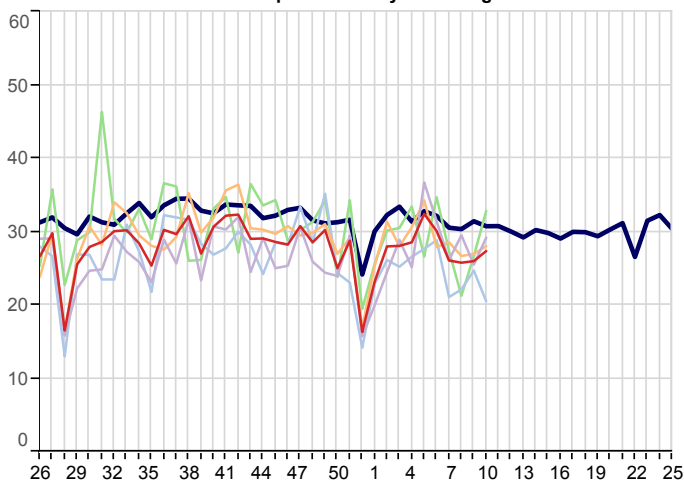


**Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



## 7. Genitourinary System Disorders

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



## 8. Tabular Summary by Disease

Disease Name	Week beginning Week ending		05/03/2018 11/03/2018		26/02/2018 04/03/2018		19/02/2018 25/02/2018		12/02/2018 18/02/2018	
	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Acute Bronchitis	85.2	1,487	81.1	1,437	94.0	1,661	90.3	1,567		
Allergic Rhinitis	4.7	82	3.6	64	3.8	67	3.3	58		
Asthma	13.9	243	13.0	231	15.0	265	15.1	262		
Bullous Dermatoses	0.2	4	0.3	5	0.1	2	0.2	3		
Chickenpox	7.7	135	5.6	99	7.9	140	5.0	87		
Common Cold	107.0	1,867	96.9	1,717	108.1	1,910	114.8	1,992		
Conjunctival Disorders	27.5	480	26.6	471	30.3	535	30.8	535		
Herpes Simplex	4.8	83	5.3	94	4.4	77	4.3	74		
Herpes Zoster	7.7	134	6.7	118	6.9	122	6.6	114		
Impetigo	6.5	113	5.6	99	6.3	112	5.9	102		
Infectious Mononucleosis	0.7	13	0.5	8	0.5	8	0.2	4		
Influenza-like illness	20.3	354	18.3	325	29.1	514	29.1	505		
Infectious Intestinal Diseases	8.5	148	8.7	154	8.8	156	7.1	124		
Laryngitis and Tracheitis	5.3	93	5.0	88	4.5	80	5.8	101		
Lower Respiratory Tract Infections	88.6	1,546	84.3	1,494	97.2	1,718	92.9	1,611		
Measles	0.0	0	0.1	1	0.0	0	0.1	1		
Meningitis and Encephalitis	0.1	1	0.2	4	0.1	2	0.2	3		
Mumps	0.2	4	0.2	3	0.3	6	0.1	2		
Non-infective Enteritis and Colitis	10.4	182	8.8	155	7.5	132	6.4	111		
Otitis Media Acute	29.1	507	25.0	442	30.5	538	29.2	507		
Peripheral Nervous Disease	9.5	165	8.7	154	10.0	176	9.0	156		
Pleurisy	1.5	26	1.1	20	1.3	23	0.8	14		
Pneumonia and Pneumonitis	1.9	34	1.9	33	1.6	29	1.4	25		
Respiratory System Diseases	368.2	6,422	327.8	5,807	368.8	6,515	371.3	6,442		
Rubella	0.0	0	0.1	1	0.0	0	0.0	0		
Scabies	4.2	73	2.4	43	1.7	30	1.2	20		
Sinusitis	25.5	444	23.0	408	24.8	438	24.8	431		
Skin and Subcutaneous Tissue Infections	55.8	973	44.7	792	49.9	881	47.4	823		
Strep Throat and Peritonsillar Abscess	4.8	84	3.8	67	3.8	68	4.4	76		
Symptoms involving musculoskeletal	4.5	78	4.3	77	4.5	80	4.2	73		
Symptoms involving Respiratory and Chest	24.3	423	20.3	360	22.8	403	21.7	377		
Symptoms involving Skin and Integument Tissues	45.1	786	38.2	677	40.4	713	38.5	668		
Tonsillitis and acute Pharyngitis	69.6	1,214	57.9	1,026	58.3	1,030	55.9	970		
Upper Respiratory Tract Infections	234.4	4,088	206.1	3,651	224.3	3,962	229.1	3,975		
Urinary Tract Infections	27.3	477	26.0	460	25.8	455	26.1	452		
Viral Hepatitis	0.2	3	0.1	1	0.0	0	0.5	9		
Whooping Cough	0.0	0	0.2	3	0.1	2	0.0	0		
<b>Denom</b>	<b>1,744,291</b>		<b>1,771,280</b>		<b>1,766,716</b>		<b>1,734,861</b>			
<b>Practice Count</b>	<b>166</b>		<b>169</b>		<b>170</b>		<b>166</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 2012-2016. 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/clinical-and-research/our-programmes/research-and-surveillance-centre.aspx>

### Our data extraction process and information governance

Data are extracted twice weekly from practice systems by Apollo Medical Software Solutions on the RCGP's behalf. Patients who have withheld consent for data sharing are excluded from the extraction process.

Data are pseudonymised as close to source as possible. Data are held on secure servers at the RCGP data and analytics hub in the Section of Clinical Medicine and Ageing at the University of Surrey. Both Apollo and the University of Surrey are Registered and compliant with the Data Protection Act and fully compliant with all relevant NHS Digital data information governance best practice.

### What the data is used for

The RCGP RSC has been providing reports weekly about health and disease, called the Weekly Returns Service (WRS) since 1964. The WRS monitors the number of patients consulting with new episodes of illness classified by diagnosis in England and provides weekly incidence rates per 100,000 population for these new episodes of illness. It is the key primary care element of the national disease monitoring systems run by Public Health England. The bulletin can be found at the following URL:

<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/clinical-and-research/our-programmes/research-and-surveillance-centre.aspx>

### 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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