



RSC Communicable and Respiratory Disease Report for England

Key Statistics:

Week Number/Year..... 40/2020
 Week Starting - Ending..... 28/09/2020 - 04/10/2020
 No. of Practices..... 401
 Population..... 4,100,181

National (England)

- **Acute Bronchitis** : decreased from 3.9 in week 39 to 3.5 in week 40.
- **Asthma** : decreased from 11.4 in week 39 to 10.5 in week 40.
- **Common Cold** : decreased from 3.6 in week 39 to 2.1 in week 40.
- **Influenza-like illness** : was unchanged at 2.1 in week 39 and 2.1 in week 40.
- **Respiratory System Diseases** : decreased from 150.5 in week 39 to 134.7 in week 40.
- **COVID-19** : increased from 36.9 in week 39 to 39.3 in week 40.

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

- **Acute Bronchitis** : increased from 1.8 in week 39 to 3.4 in week 40 in the London region, decreased from 7.4 in week 39 to 4.5 in week 40 in the North region, increased from 2.9 in week 39 to 3.1 in week 40 in the South region, and was unchanged at 2.6 in week 39 and 2.6 in week 40 in the Midlands And East region.
- **Asthma** : decreased from 11.1 in week 39 to 8.4 in week 40 in the London region, decreased from 13.6 in week 39 to 11.6 in week 40 in the North region, increased from 10.6 in week 39 to 11.0 in week 40 in the South region, and decreased from 9.9 in week 39 to 9.8 in week 40 in the Midlands And East region.
- **Common Cold** : decreased from 5.0 in week 39 to 2.4 in week 40 in the London region, decreased from 3.0 in week 39 to 2.9 in week 40 in the North region, decreased from 3.8 in week 39 to 1.6 in week 40 in the South region, and decreased from 2.6 in week 39 to 1.6 in week 40 in the Midlands And East region.
- **Influenza-like illness** : decreased from 2.0 in week 39 to 1.0 in week 40 in the London region, increased from 2.7 in week 39 to 3.0 in week 40 in the North region, increased from 1.4 in week 39 to 2.2 in week 40 in the South region, and decreased from 2.8 in week 39 to 1.5 in week 40 in the Midlands And East region.
- **Respiratory System Diseases** : decreased from 141.2 in week 39 to 116.5 in week 40 in the London region, decreased from 186.2 in week 39 to 164.6 in week 40 in the North region, decreased from 134.4 in week 39 to 123.3 in week 40 in the South region, and decreased from 138.4 in week 39 to 128.4 in week 40 in the Midlands And East region.
- **COVID-19** : decreased from 29.6 in week 39 to 21.3 in week 40 in the London region, increased from 80.0 in week 39 to 92.6 in week 40 in the North region, was unchanged at 10.7 in week 39 and 10.7 in week 40 in the South region, and decreased from 37.4 in week 39 to 34.4 in week 40 in the Midlands And East region.

Comment:

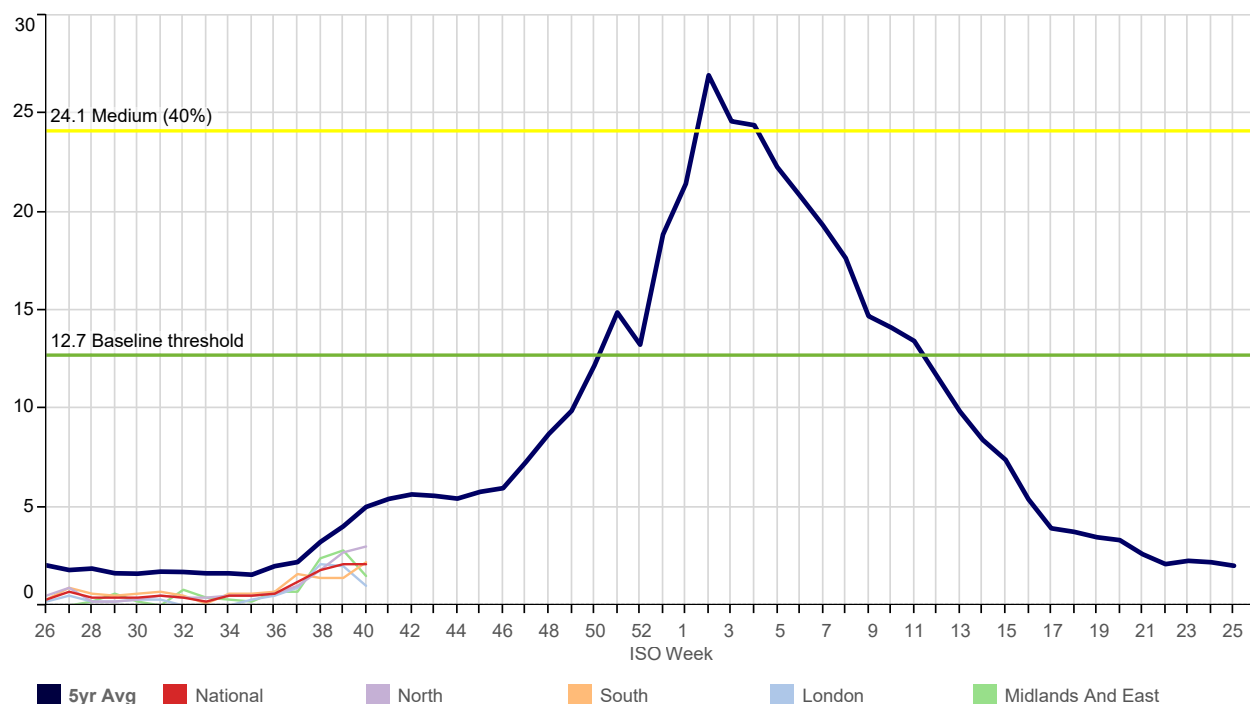
Overall presentations of respiratory diseases have decreased a little this week, and remain below seasonal levels for this time of year. However, the underlying trend is upwards with the return to school. Similarly, the underlying trend in COVID-19 incidence has been upwards since week 31, however delays in practices receiving results mean that recent data are an underestimate of COVID-19 incidence.

This report includes a virology update.

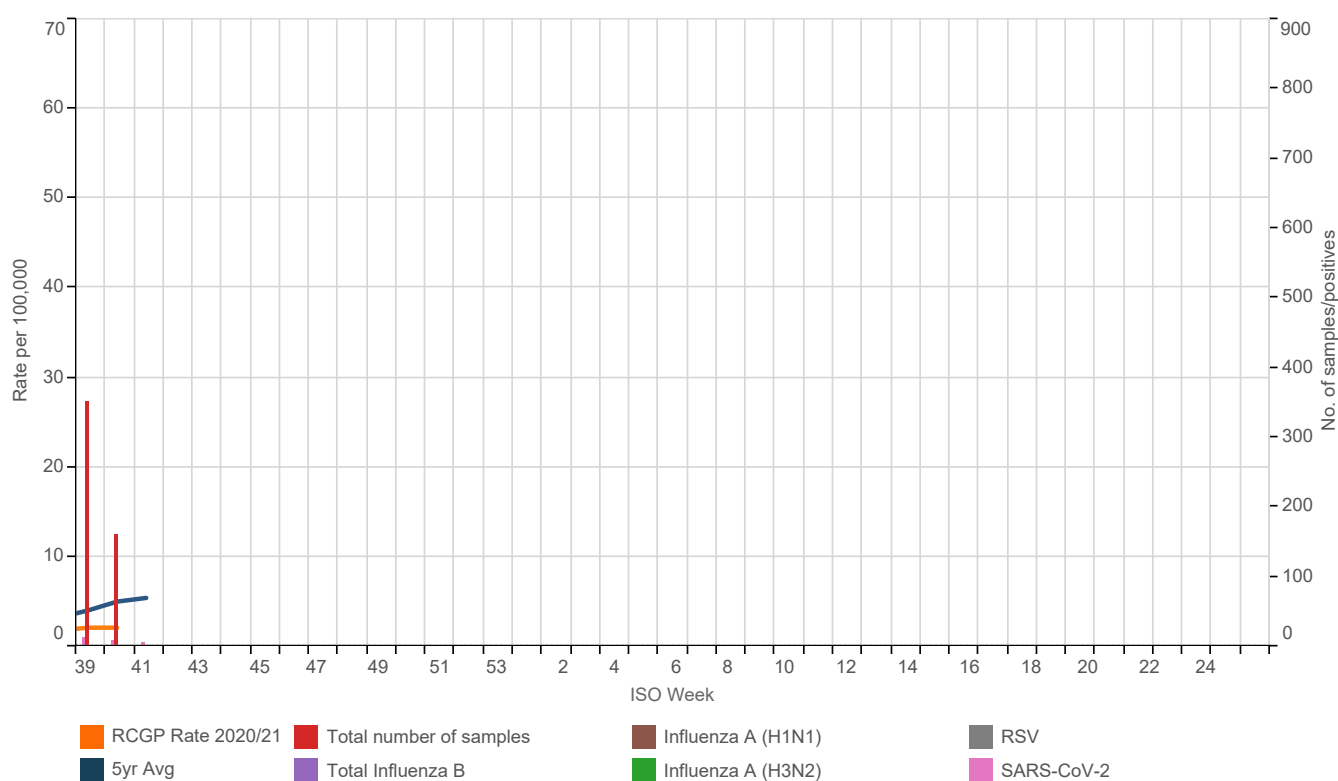
Winter Focus 2020/21

Please see page 15 for explanatory notes on the data.

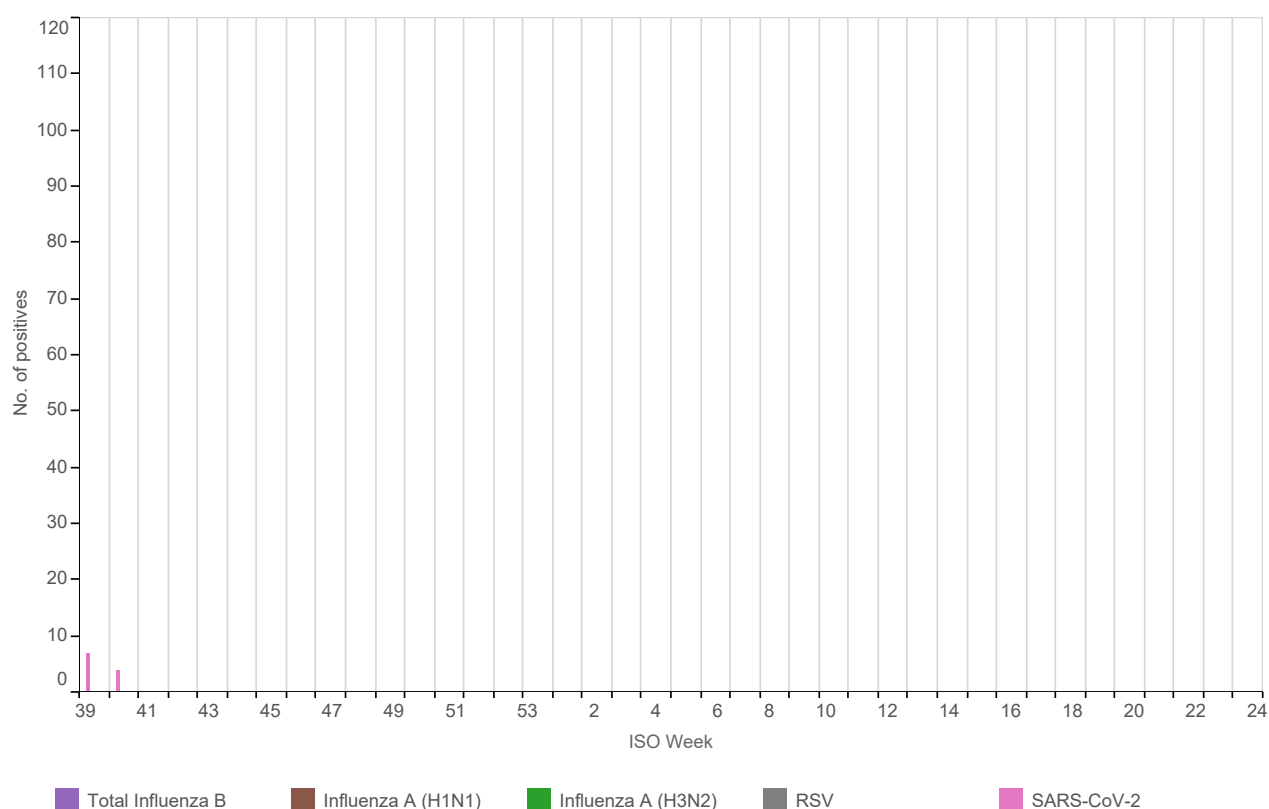
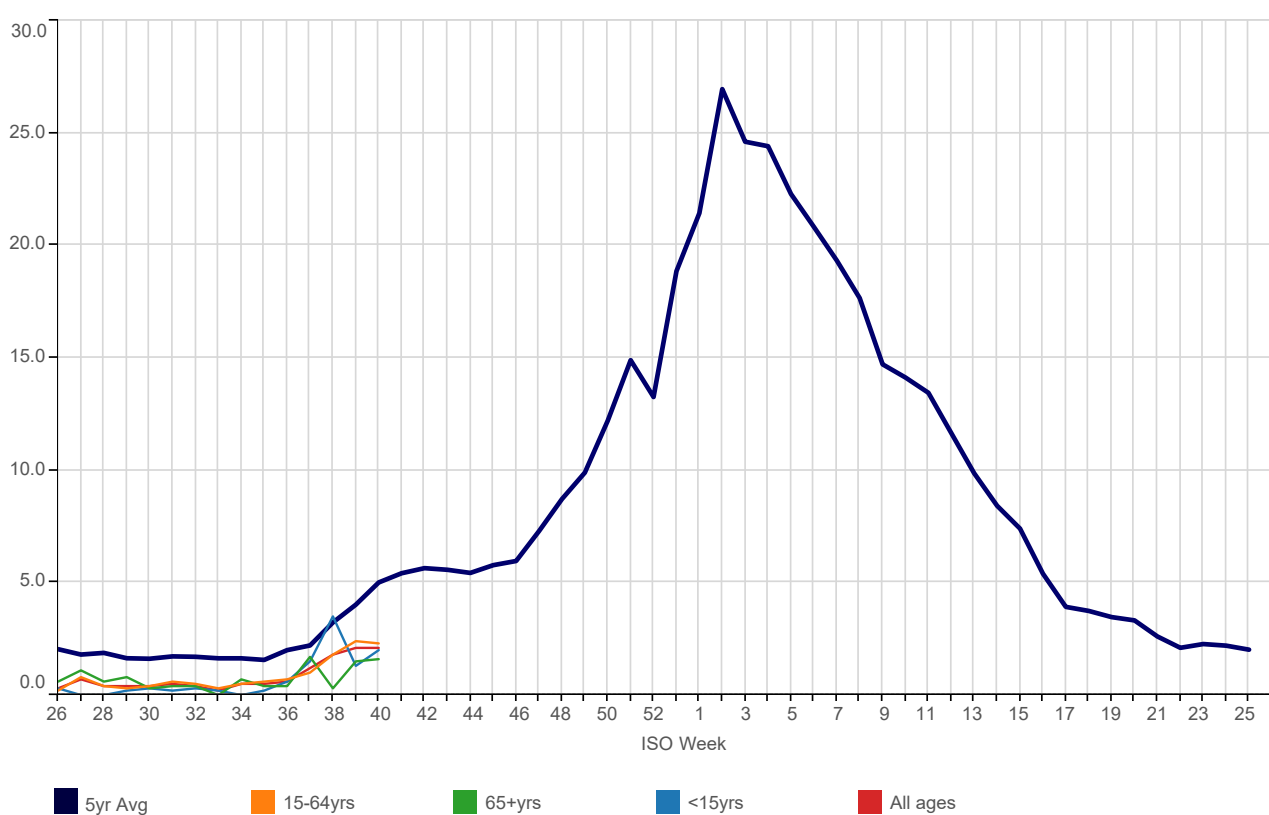
(A) Influenza-like illness: national incidence rate winter 2020/21 by region*

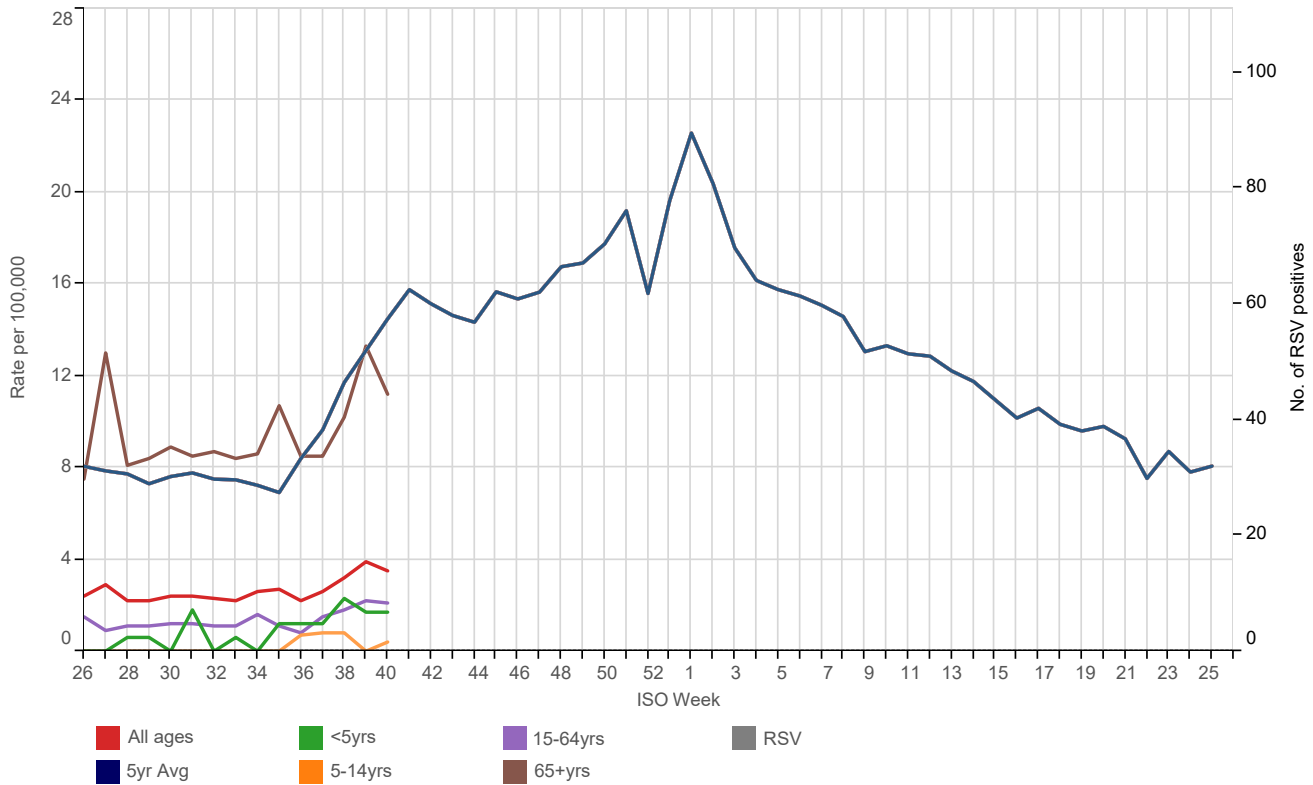


(B) RCGP/PHE RSV, Influenza and SARS-CoV-2 Virology Swab Surveillance 2020/21*

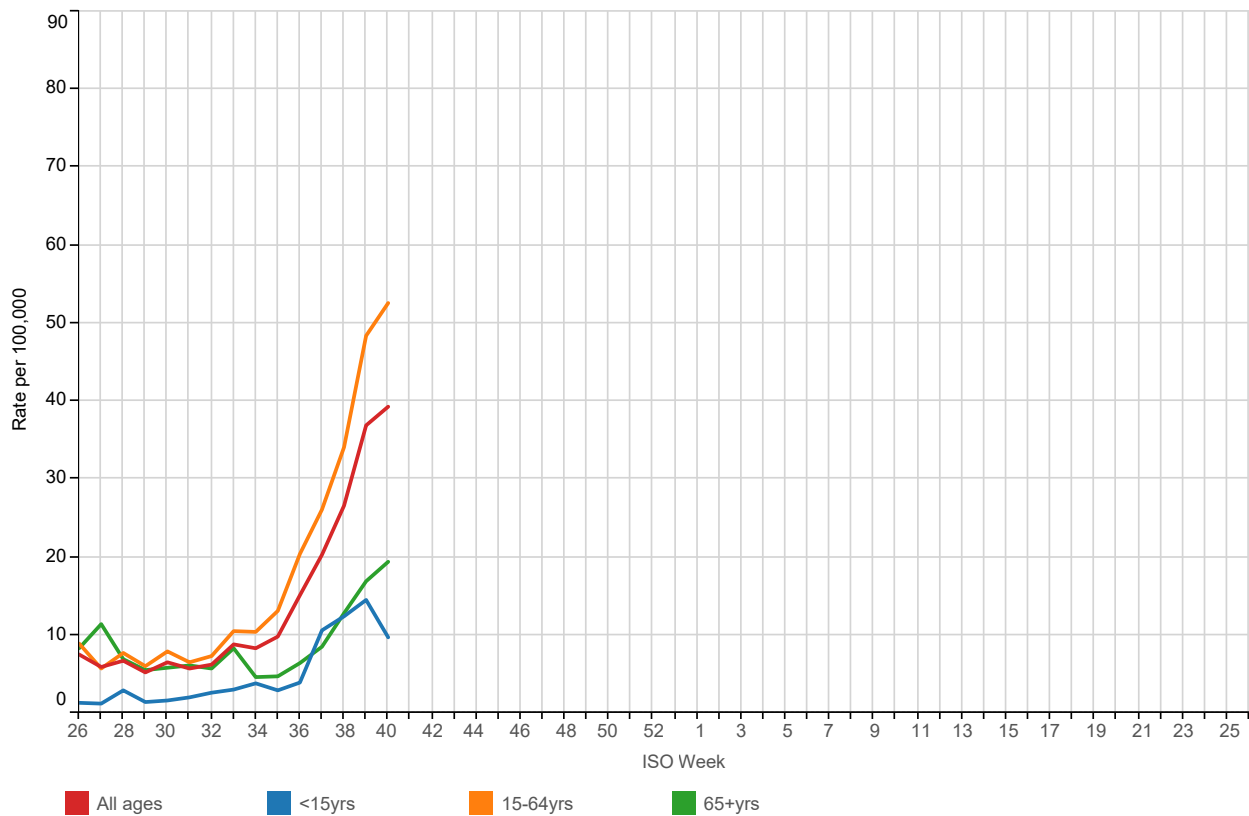
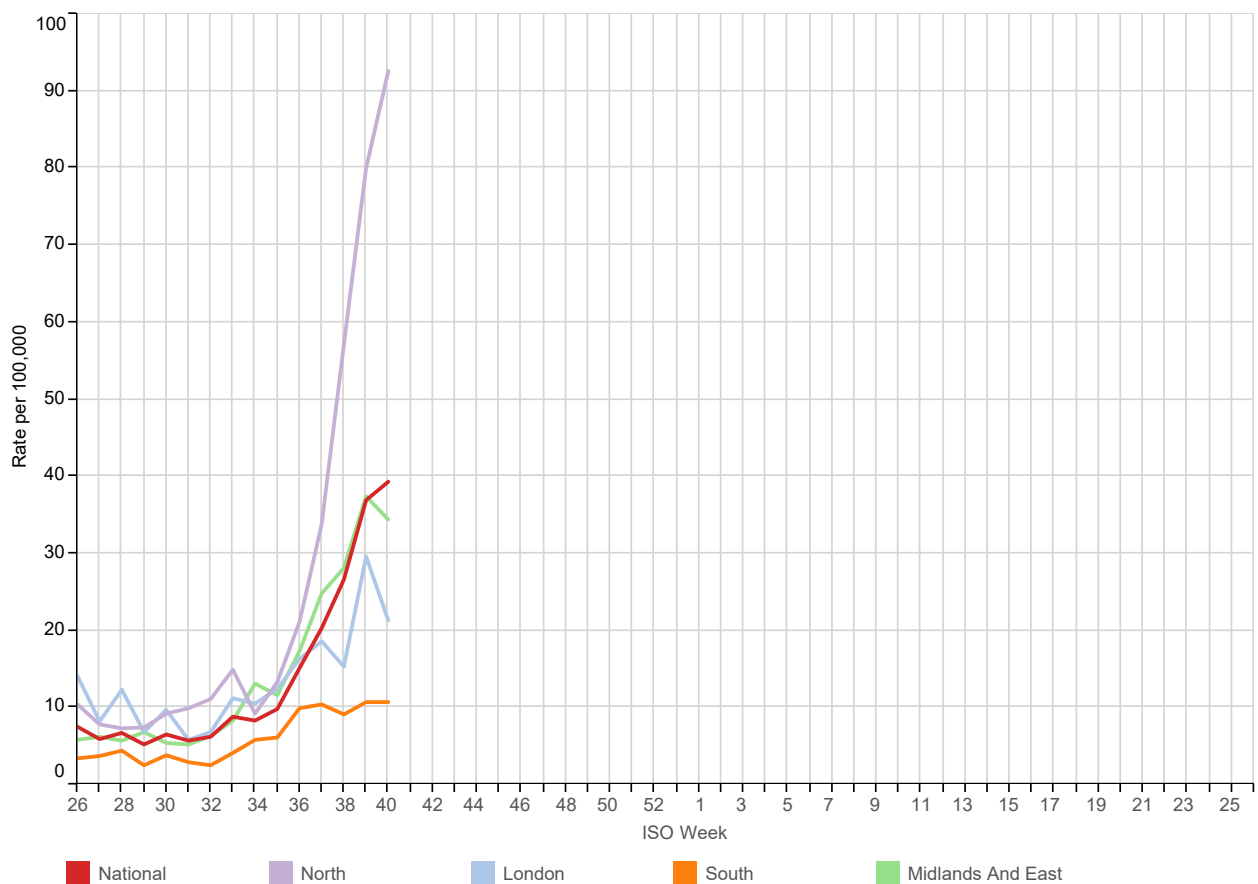


* The rolling average line (blue) is based on 5 year historic RCGP RSC level (Graph A). The weekly virology samples displayed are offset from the ISO Week (Graphs B & C).

(C) RCGP/PHE RSV, Influenza and SARS-CoV-2 Virology Swab Surveillance 2020/21 by viral strain***(D) Influenza-like illness: national incidence rate 2020/21 by age group***

(E) Acute Bronchitis: national incidence rate 2020/21 by age group***Weekly Influenza-like illness and Acute Bronchitis incidence rates per 100,000 persons**

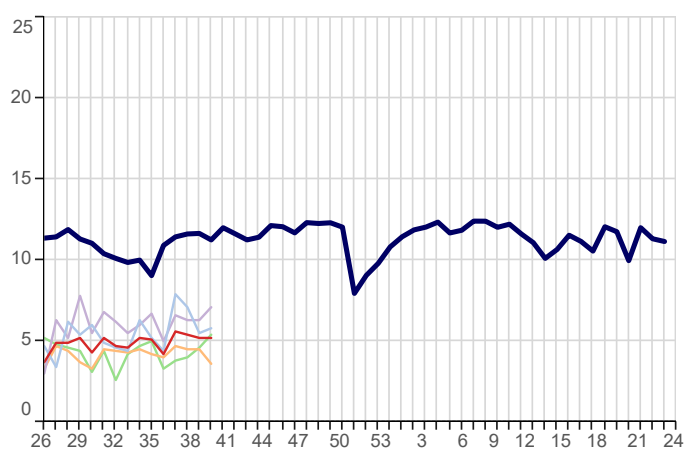
Influenza-like illness		Bronchitis	Influenza-like illness		Bronchitis
<1yr	2.7	0.0	London	1.0	3.4
1-4yrs	2.8	1.7	North	3.0	4.5
5-14yrs	1.6	0.4	South	2.2	3.1
15-24yrs	2.6	0.9	Midlands And East	1.5	2.6
25-44yrs	1.9	0.5	National	2.1	3.5
45-64yrs	2.6	4.3			
65-74yrs	1.8	11.7			
75-84yrs	0.8	11.4			
85+yrs	3.0	8.9			
All ages	2.1	3.5			

(F) COVID-19 : national incidence rate 2020/21 by age group***(G) COVID-19 : national incidence rate 2020/21 by region***

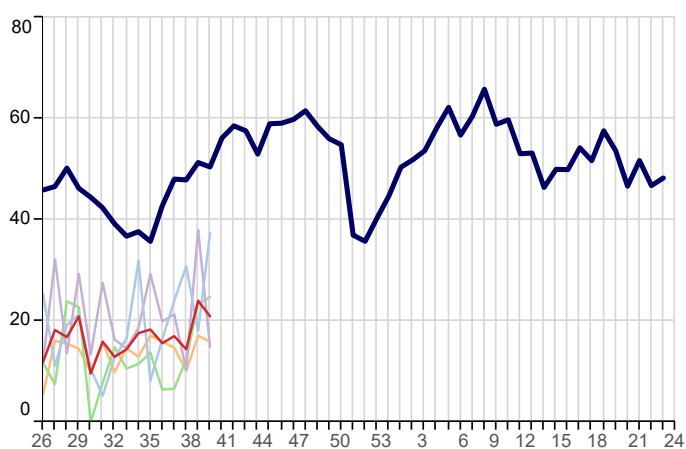
1. Water & Food Borne Disorders:

5yr Avg National London North South Midlands And East

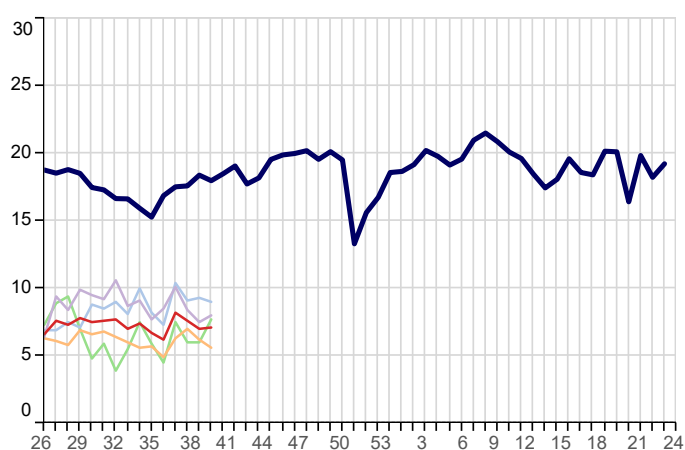
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **all ages**) by regions
for 2020/21 compared with 5 year average



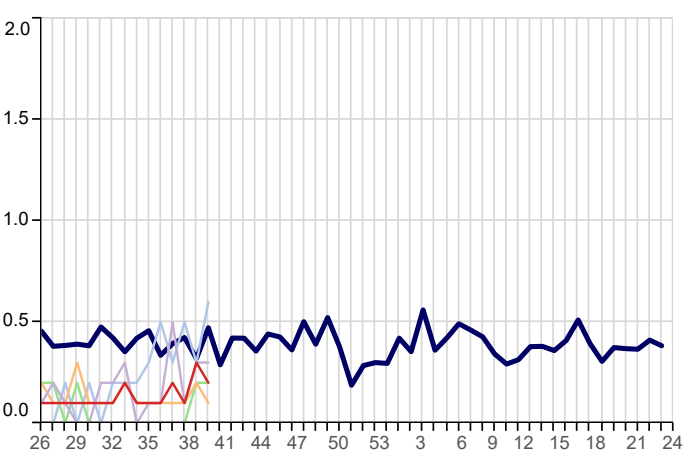
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **0-4 years**) by regions
for 2020/21 compared with 5 year average



Non-Infective Enteritis & Colitis (ICD10: K50-K52)
Weekly incidence (per 100,000 **all ages**) by region
for 2020/21 compared with 5 year average



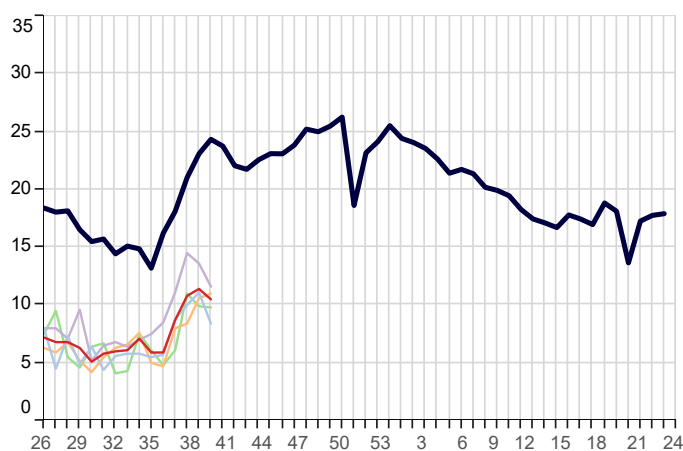
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 **all ages**) by region
for 2020/21 compared with 5 year average



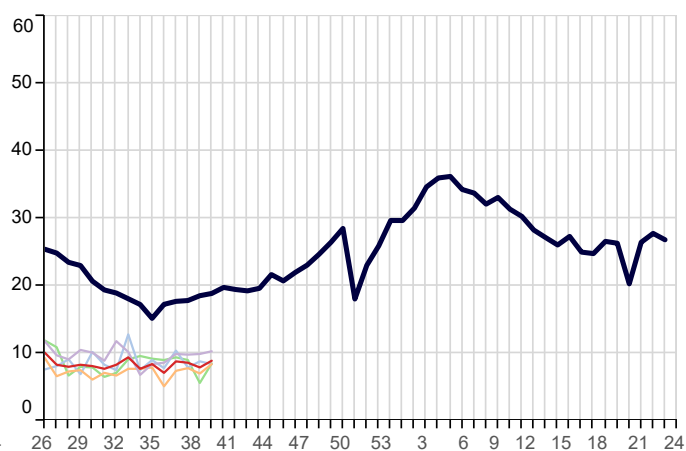
2. Environmentally Sensitive Disorders:

5yr Avg National London North South Midlands And East

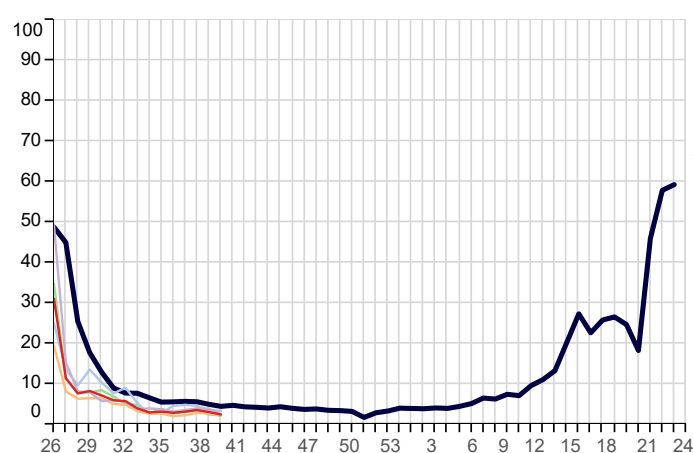
Asthma (ICD10: J45-J46)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



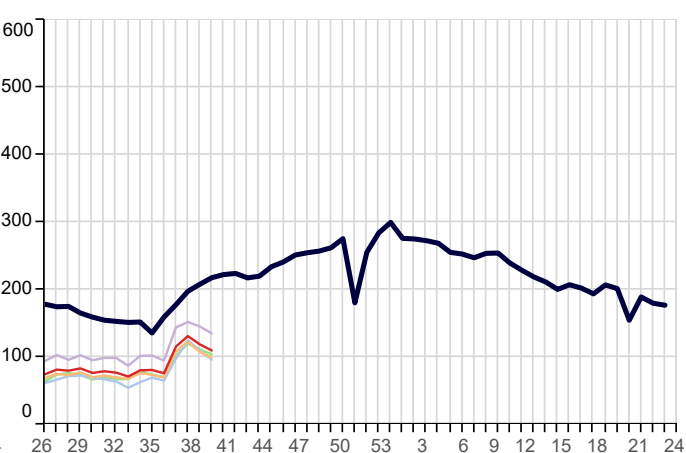
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Hayfever/Allergic Rhinitis (ICD10: J30)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



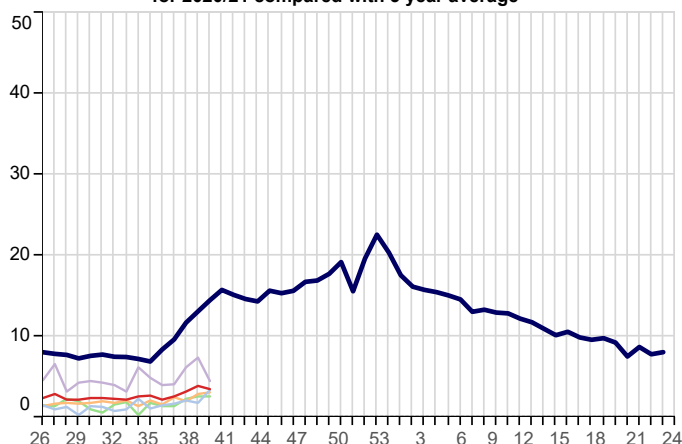
Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



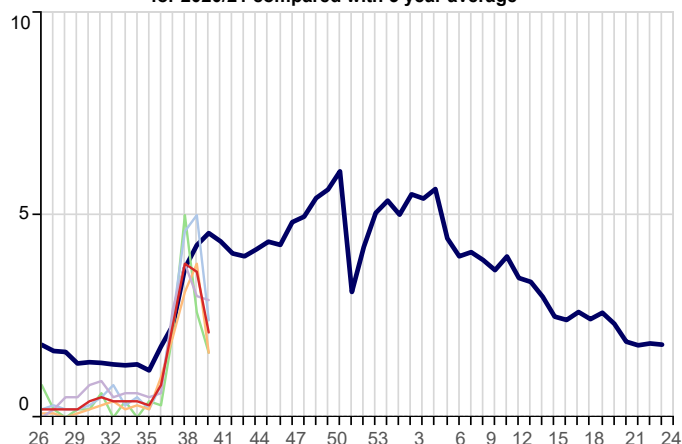
3. Respiratory Infections:

5yr Avg National London North South Midlands And East

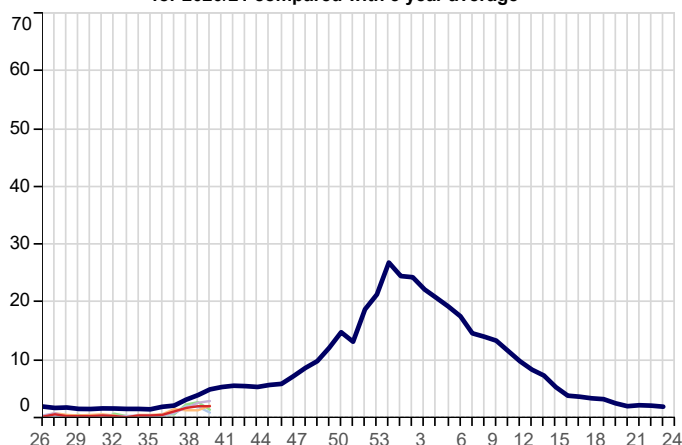
Acute Bronchitis (ICD10: J20-J21,J40)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



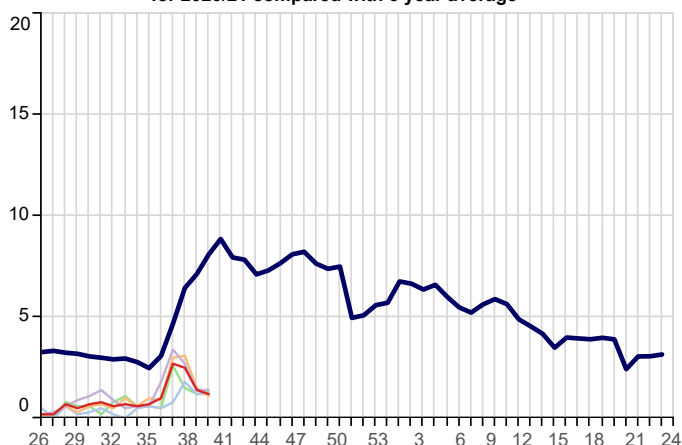
Common Cold (ICD10: J00,J06)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



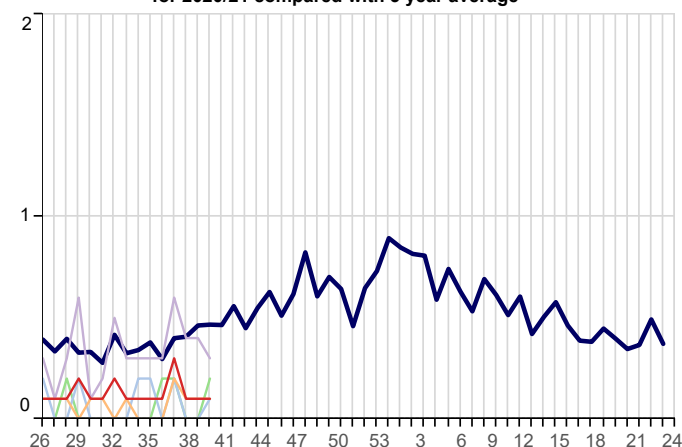
Influenza-like illness (ICD10: J09-J11)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



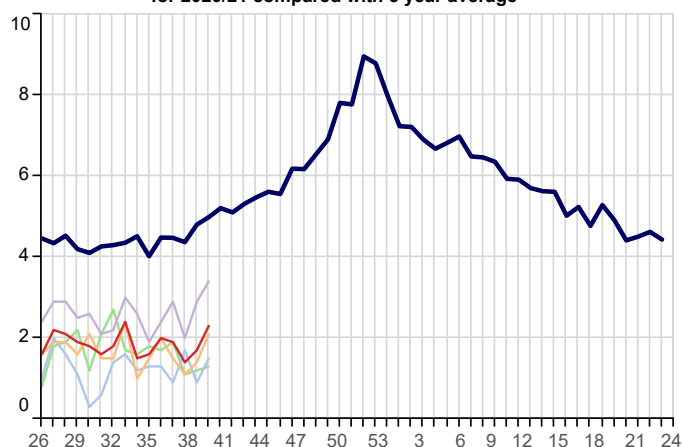
Acute Laryngitis/Tracheitis (ICD10: J04)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Pleurisy (ICD10: R091)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



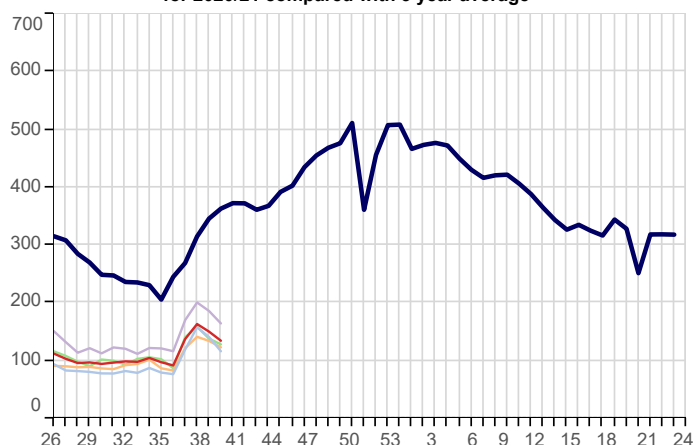
Pneumonia/Pneumonitis (ICD10: J12-J18)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



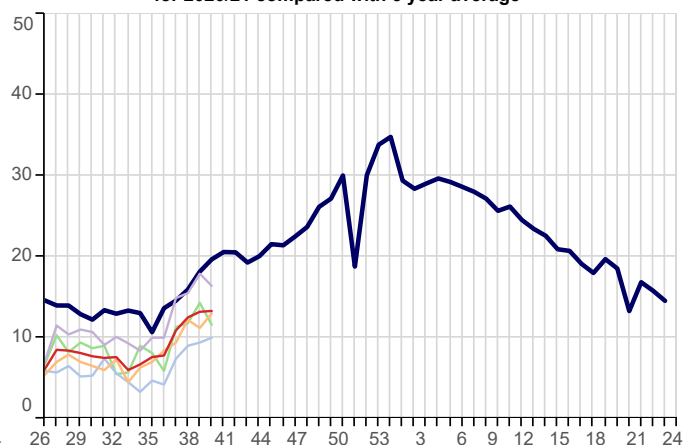
3. Respiratory Infections(Continued):

5yr Avg National London North South Midlands And East

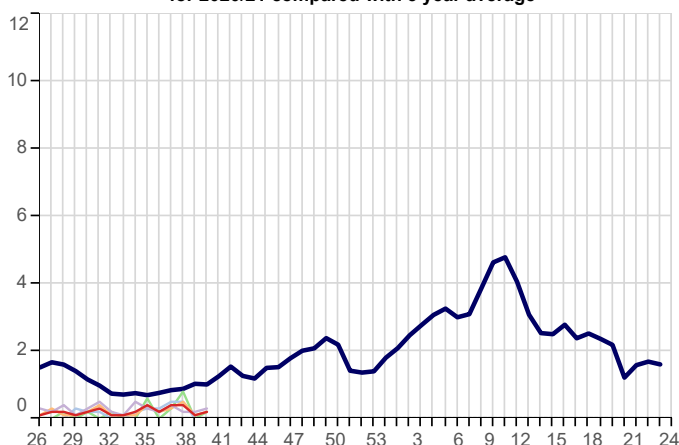
Respiratory System Diseases (ICD10: J00-J99)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



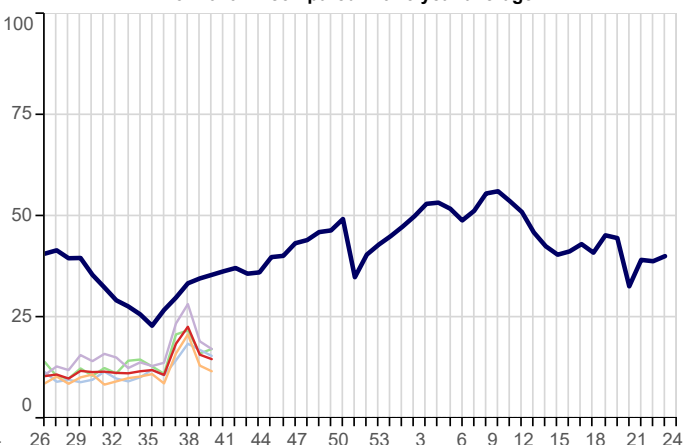
Acute Sinusitis (ICD10: J01)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



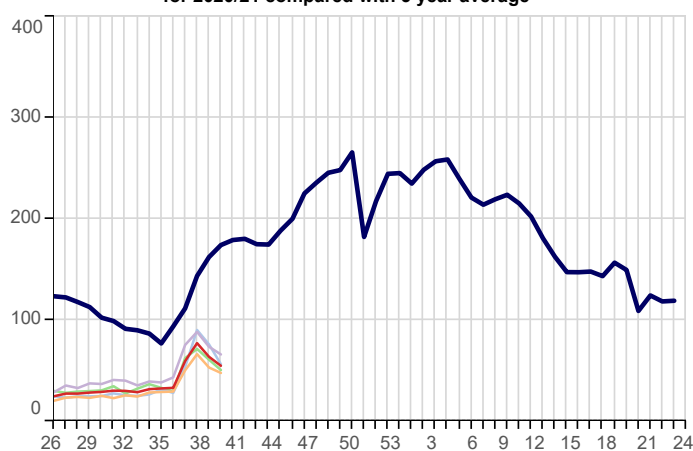
Strep Sore Throat, Scarletina and Peritonsillar Abscess (ICD10: A38,J02,J36)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



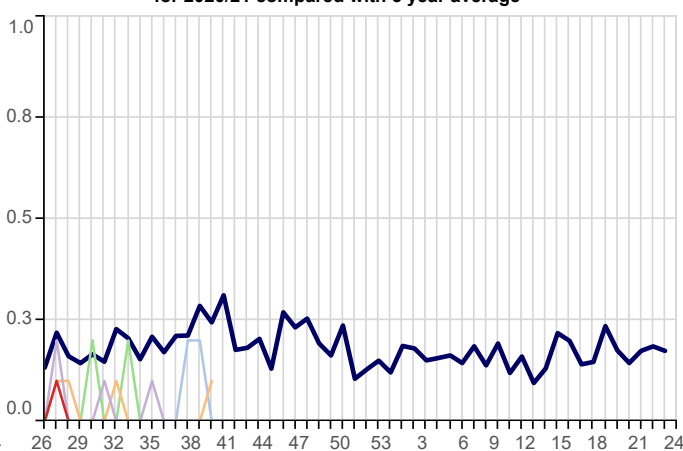
Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Upper Respiratory Tract Infections (URTI)(ICD10: J00-J06)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



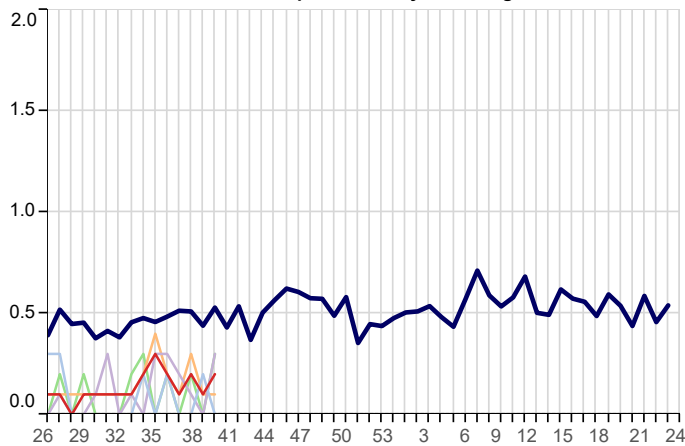
Whooping Cough (ICD10: A37)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



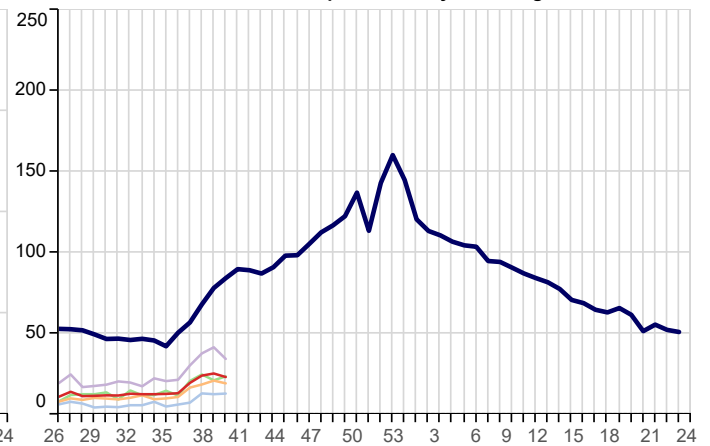
3. Respiratory Infections(Continued):

5yr Avg National London North South Midlands And East

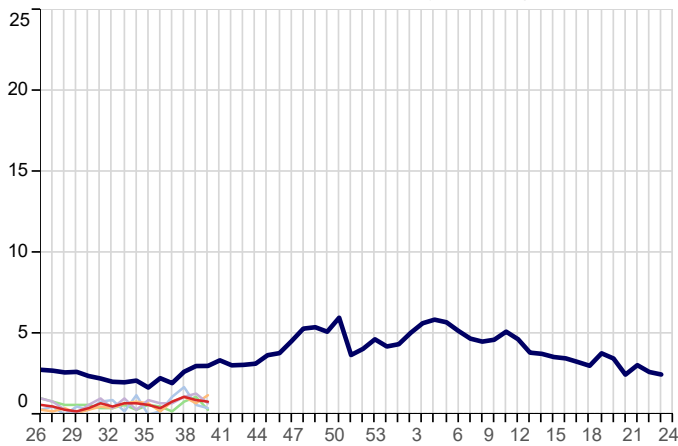
Infectious Mononucleosis (ICD10: B27)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Lower Respiratory Tract Infections (LRTI)(ICD10: J20-J22)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



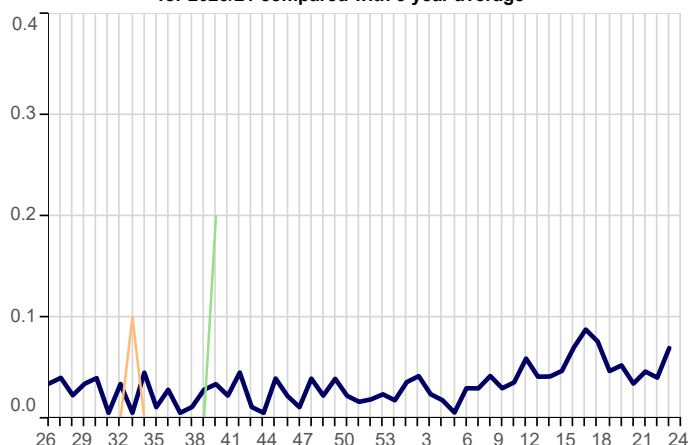
Acute Otitis Media (ICD10: H650-H651,H660,H669)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



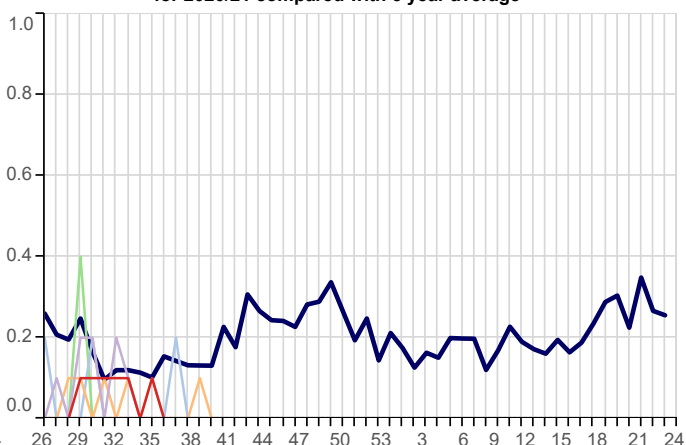
4. Vaccine Sensitive Disorders

5yr Avg National London North South Midlands And East

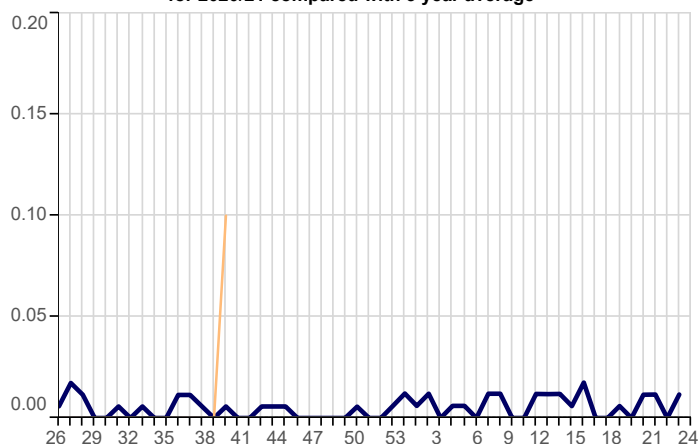
Measles (ICD10: B05)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Mumps (ICD10: B26)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average

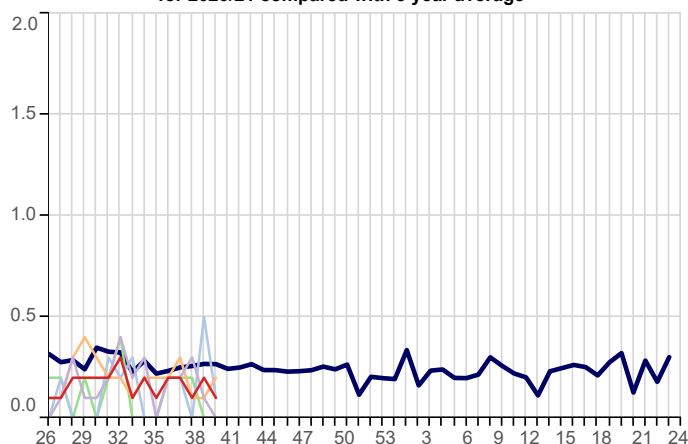


Rubella (ICD10: B06)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average

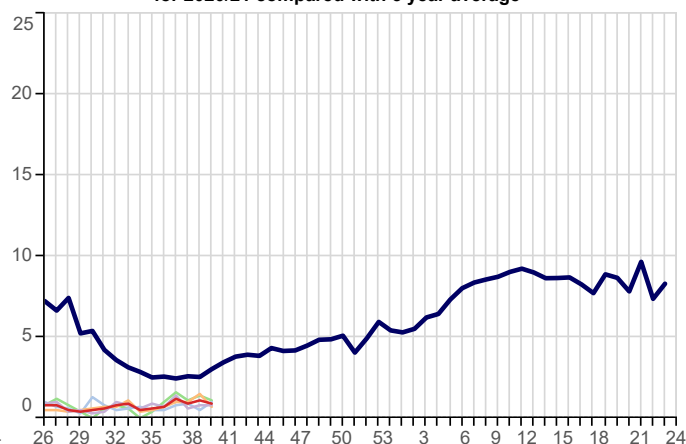


5. Skin Contagions

Bullous Dermatoses (ICD10: L10-L14)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



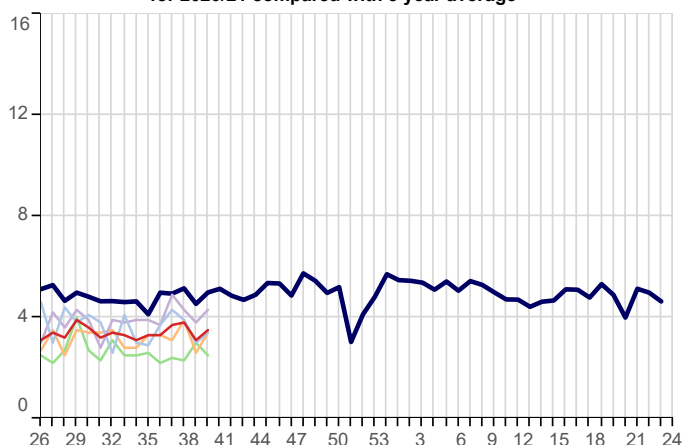
Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



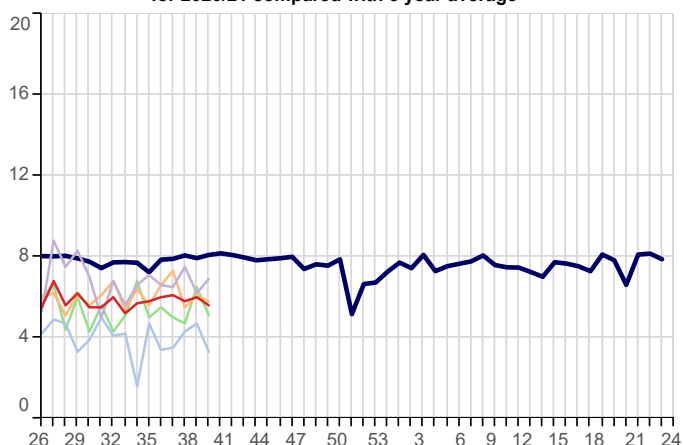
5. Skin Contagions (Continued)

5yr Avg National London North South Midlands And East

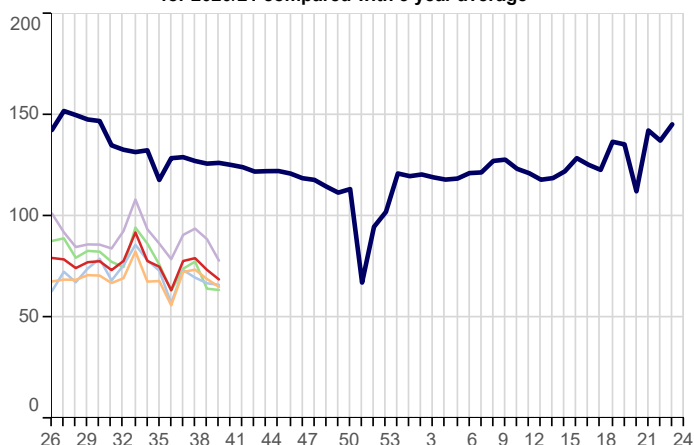
Herpes Simplex (ICD10: B00)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



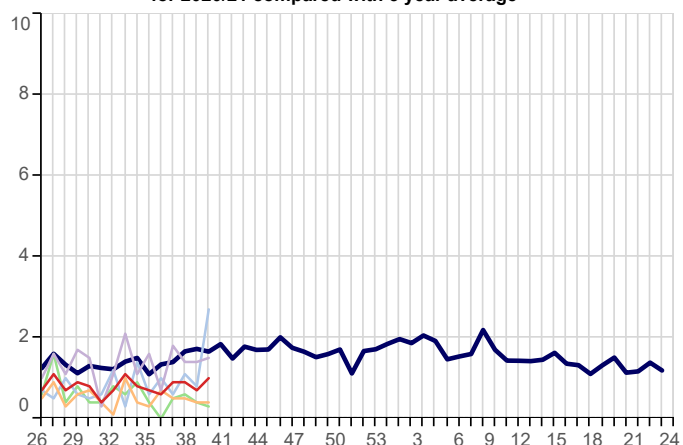
Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



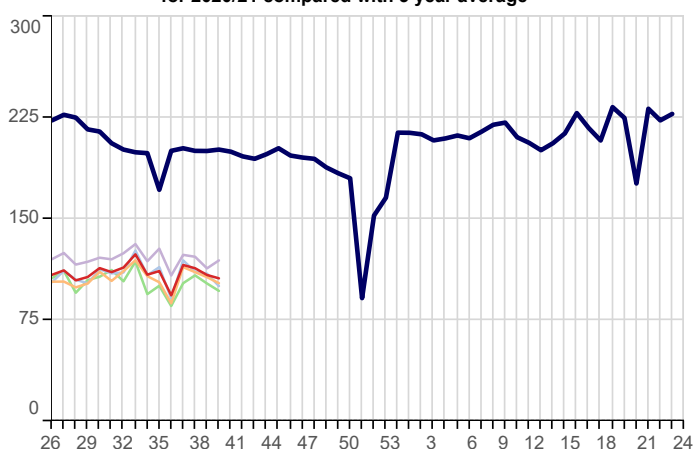
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



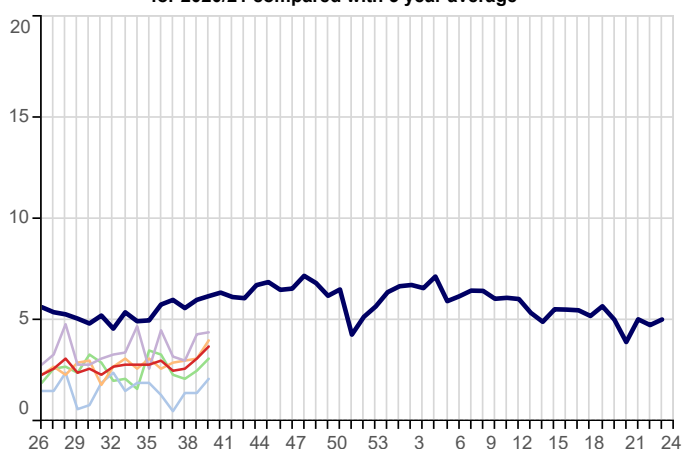
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Symptoms involving Skin & Oth Integument Tiss (ICD10: R20-R23)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



6. Disorders Affecting the Nervous System

5yr Avg

National

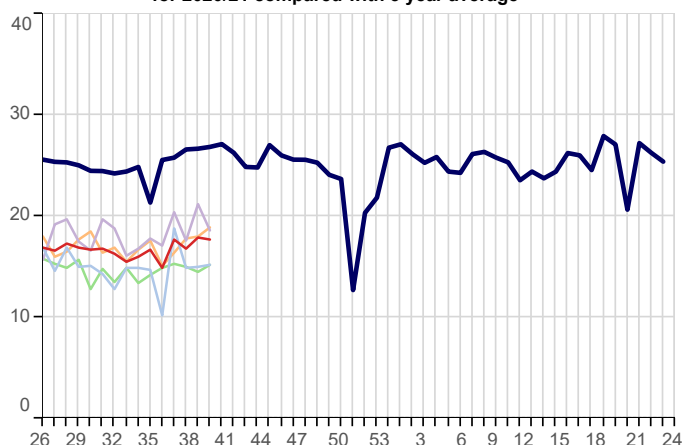
London

North

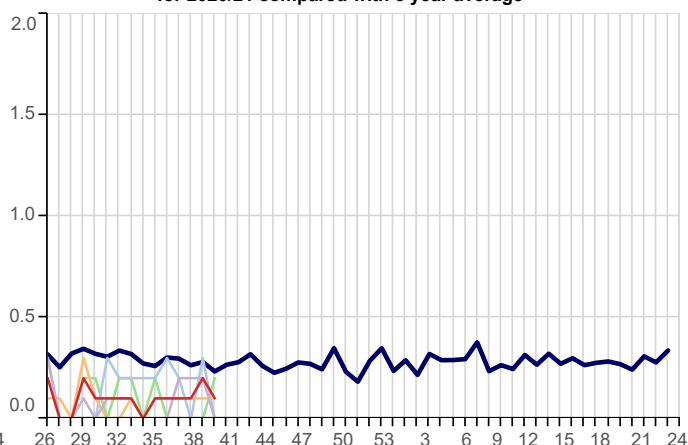
South

Midlands And East

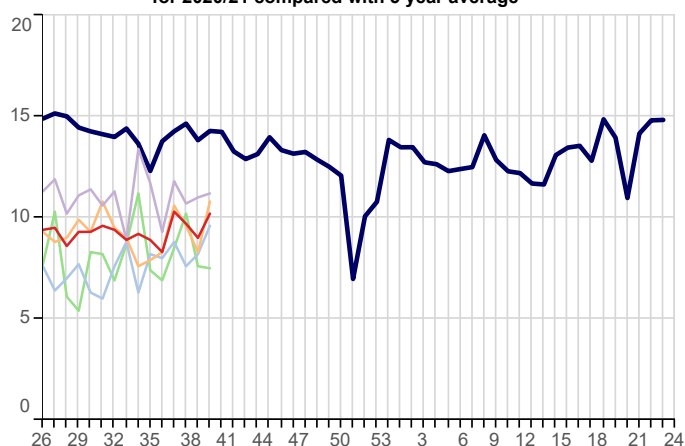
Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



Meningitis/Encephalitis (ICD10: A170-A171,A390,A38-A85,A87,G00-G05)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average

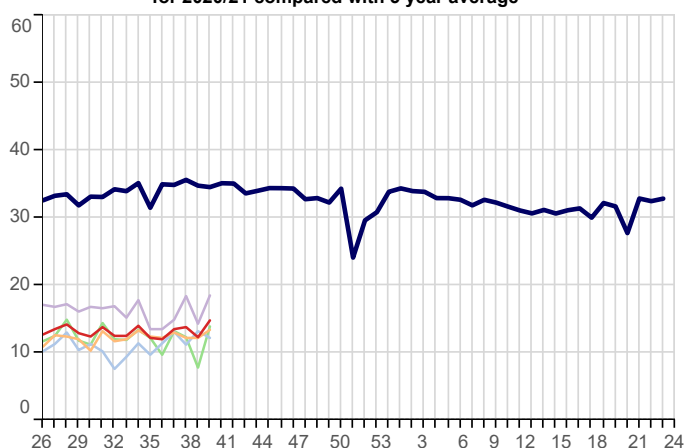


Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



7. Genitourinary System Disorders

Urinary Tract Infection/Cystitis (ICD10: N30,N390)
Weekly incidence (per 100,000 all ages) by region
for 2020/21 compared with 5 year average



8. Tabular Summary by Disease

Disease Name	Week beginning Week ending		28/09/2020 04/10/2020		21/09/2020 27/09/2020		14/09/2020 20/09/2020		07/09/2020 13/09/2020	
	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Allergic Rhinitis	2.5	102	3.1	125	3.6	144	3.2	127		
Asthma	10.5	432	11.4	456	10.8	433	8.7	348		
Bronchitis	3.5	144	3.9	157	3.2	130	2.6	105		
Bullous Dermatoses	0.1	4	0.2	6	0.1	5	0.2	9		
Chickenpox	0.9	35	1.1	44	0.9	36	1.2	47		
Common Cold	2.1	87	3.6	144	3.8	154	2.3	91		
Conjunctival Disorders	8.9	366	7.9	316	8.6	344	8.8	352		
Herpes Simplex	3.5	144	3.1	122	3.8	152	3.7	147		
Herpes Zoster	5.6	229	6.0	238	5.8	231	6.1	244		
Impetigo	3.7	150	3.1	122	2.6	105	2.5	100		
Infectious Mononucleosis	0.2	7	0.1	3	0.2	7	0.1	3		
Influenza-like illness	2.1	88	2.1	82	1.8	72	1.2	47		
Infectious Intestinal Diseases	5.2	214	5.2	207	5.4	215	5.6	223		
Laryngitis and Tracheitis	1.2	50	1.4	55	2.5	101	2.7	107		
Lower Respiratory Tract Infections	23.2	952	25.4	1,015	24.1	966	19.6	781		
Measles	0.0	1	0.0	0	0.0	0	0.0	0		
Meningitis and Encephalitis	0.1	3	0.2	6	0.1	3	0.1	4		
Mumps	0.0	0	0.0	1	0.0	0	0.0	1		
Non-infective Enteritis and Colitis	7.1	292	7.0	280	7.6	304	8.2	326		
Otitis Media Acute	0.8	33	0.9	36	1.1	46	0.8	30		
Peripheral Nervous Disease	17.7	724	17.9	715	16.8	675	17.7	706		
Pleurisy	0.1	6	0.1	5	0.1	6	0.3	12		
Pneumonia and Pneumonitis	2.3	93	1.7	68	1.4	58	1.9	74		
Respiratory System Diseases	134.7	5,523	150.5	6,012	163.6	6,568	137.6	5,478		
Rubella	0.0	1	0.0	0	0.0	0	0.0	0		
Scabies	1.0	43	0.7	29	0.9	35	0.9	35		
Sinusitis	13.3	544	13.2	527	12.5	503	10.9	432		
Skin and Subcutaneous Tissue Infections	68.8	2,819	73.5	2,935	79.3	3,183	77.9	3,103		
Strep Throat and Peritonsillar Abscess	0.2	7	0.1	3	0.4	18	0.4	14		
Symptoms involving musculoskeletal	10.2	420	9.0	358	9.7	388	10.3	412		
Symptoms involving Respiratory and Chest	109.9	4,505	119.0	4,755	131.2	5,269	115.7	4,605		
Symptoms involving Skin and Integument Tissues	106.0	4,347	108.5	4,332	113.5	4,557	115.9	4,614		
Tonsillitis and acute Pharyngitis	14.7	603	15.8	632	22.7	910	18.5	738		
Upper Respiratory Tract Infections	54.9	2,249	63.8	2,548	77.3	3,104	59.6	2,374		
Urinary Tract Infections	14.8	605	12.3	491	13.8	553	13.5	539		
Viral Hepatitis	0.2	10	0.3	10	0.1	5	0.2	9		
Whooping Cough	0.0	1	0.0	1	0.0	1	0.0	0		
Practice Count		401		386		393		388		
Denom		4,100,181		3,994,125		4,014,997		3,981,414		

FURTHER INFORMATION:

About the report

Winter focus

The first two pages of data within this report focus on Influenza-like illness and COVID-19, in order to provide information about seasonal influenza and early warnings 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 2014-2018. 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 2006/07- 2016/17 excluding 2009/10).

About the Royal College of General Practitioners (RCGP) Research and Surveillance Centre (RSC)

Acknowledgement:

Staff from the Data Science department at the National Physical Laboratory (<https://www.npl.co.uk/data-science>) assisted in the provision of and extension of the primary care national surveillance reports during the 2020 SARS-CoV-2 pandemic; as well as adding resilience.

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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