



Royal College of
General Practitioners

RSC Communicable and Respiratory Disease Report for England

Key Statistics:

Week Number/Year.....23/2016
Week Starting - Ending.....06/06/2016 - 12/06/2016
No. of Practices.....141
Population..... 1313197

National (England)

- **Allergic Rhinitis** : increased from **21.2** in week 22 to **74.3** in week 23.
- **Asthma** : increased from **9.5** in week 22 to **11.7** in week 23.
- **Common Cold & URTI NOS** : was unchanged at **56.8** in week 22 compared with **55.1** in week 23.
- **Infectious Intestinal Diseases (IID)** : increased from **9.7** in week 22 to **10.4** in week 23.
- **Respiratory System Diseases** : increased from **211.1** in week 22 to **289.3** in week 23.

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

- **Allergic Rhinitis** : increased from **24.4** in week 22 to **79.3** in week 23 in the London region, increased from **21.3** in week 22 to **60.5** in week 23 in the North region, increased from **18.3** in week 22 to **89.5** in week 23 in the South region, and increased from **21.6** in week 22 to **70.2** in week 23 in the Midlands And East region.
- **Asthma** : increased from **7.5** in week 22 to **14.6** in week 23 in the London region, decreased from **11.3** in week 22 to **10.2** in week 23 in the North region, increased from **9.4** in week 22 to **10.8** in week 23 in the South region, and increased from **8.7** in week 22 to **11.9** in week 23 in the Midlands And East region.
- **Common Cold & URTI NOS** : was unchanged at **82.3** in week 22 compared with **84.1** in week 23 in the London region, decreased from **55.5** in week 22 to **46.6** in week 23 in the North region, decreased from **46.0** in week 22 to **42.1** in week 23 in the South region, and increased from **42.7** in week 22 to **54.1** in week 23 in the Midlands And East region.
- **Infectious Intestinal Diseases (IID)** : increased from **9.5** in week 22 to **11.5** in week 23 in the London region, increased a little from **12.8** in week 22 to **13.2** in week 23 in the North region, increased from **7.8** in week 22 to **8.6** in week 23 in the South region, and was unchanged at **6.4** in week 22 compared with **6.4** in week 23 in the Midlands And East region.
- **Respiratory System Diseases** : increased from **235.5** in week 22 to **311.6** in week 23 in the London region, increased from **213.0** in week 22 to **280.5** in week 23 in the North region, increased from **196.5** in week 22 to **271.1** in week 23 in the South region, and increased from **198.1** in week 22 to **306.9** in week 23 in the Midlands And East region.

Comment:

Hay fever / allergic rhinitis is near or at its seasonally expected peak. The rate of presentations was highest for people aged 5-24.

Other conditions are at or around seasonally expected levels.

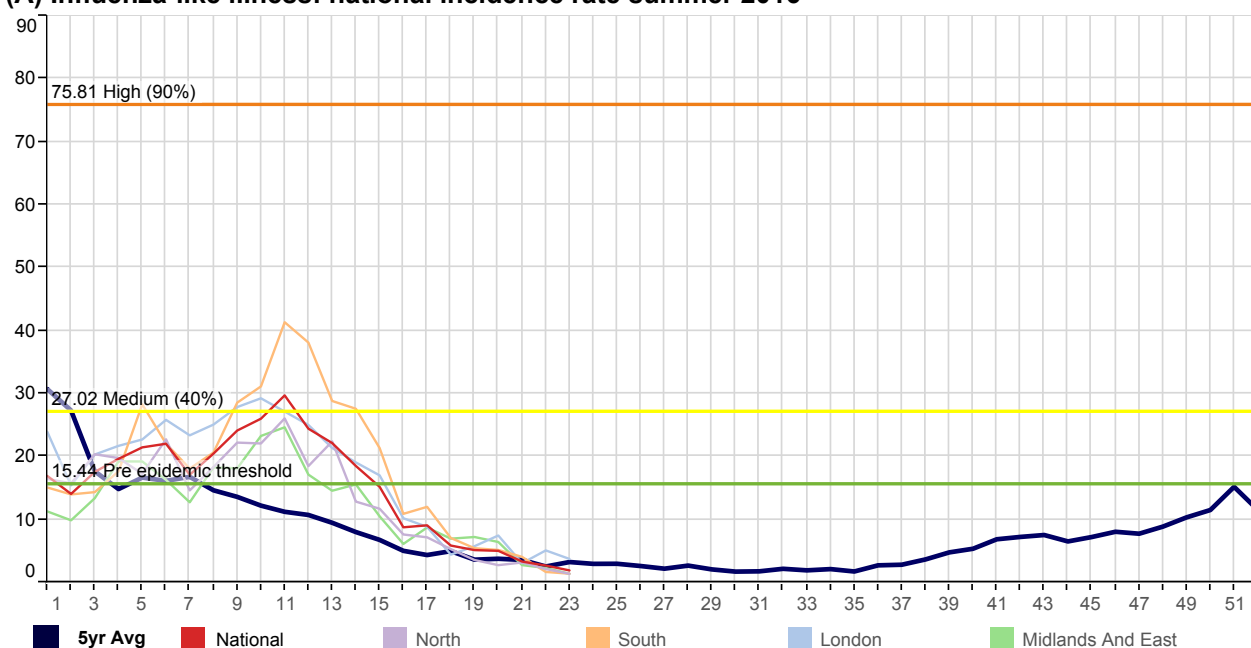
Spring/Summer Focus 2016

Please see page 13 for explanatory notes on the data.

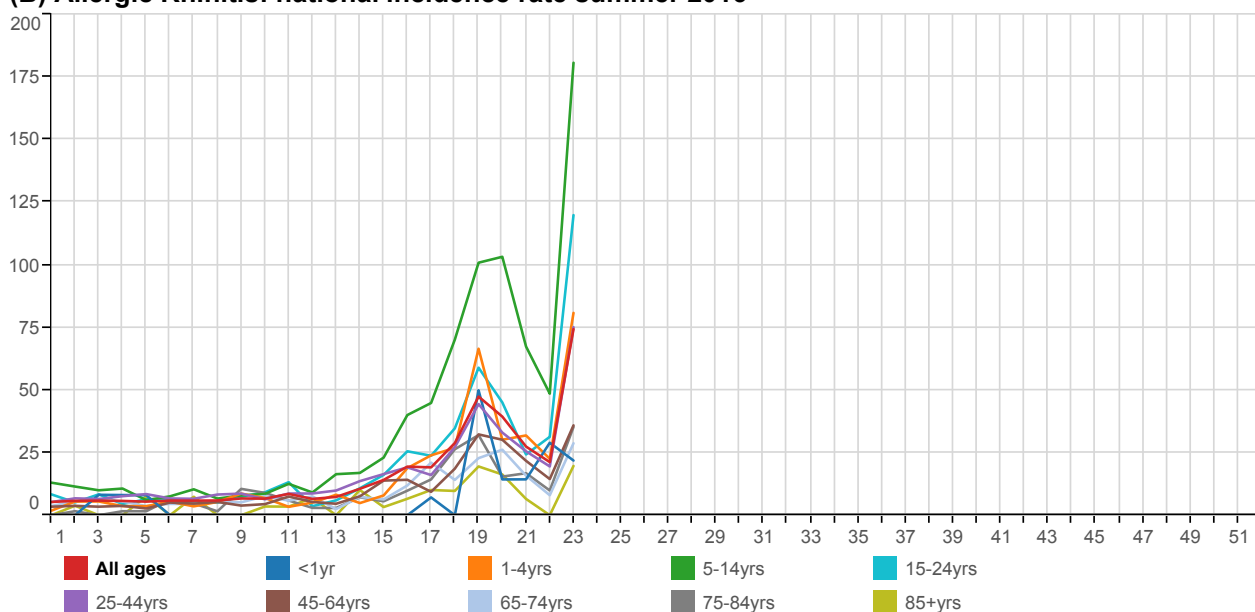
Weekly influenza-like illness and bronchitis incidence rates per 100,000 persons

	Bronchitis	Influenza-like illness		Influenza-like illness	Bronchitis
<1yr	173.7	0.0	London	5.1	41.7
1-4yrs	77.2	0.0	North	2.1	48.9
5-14yrs	18.2	0.7	South	1.7	43.8
15-24yrs	17.6	3.4	Midlands And East	2.3	57.8
25-44yrs	25.7	3.9	National	2.7	47.4
45-64yrs	42.1	3.6			
65-74yrs	81.4	1.6			
75-84yrs	132.6	0.0			
85+yrs	237.3	0.0			
All ages	47.4	2.7			

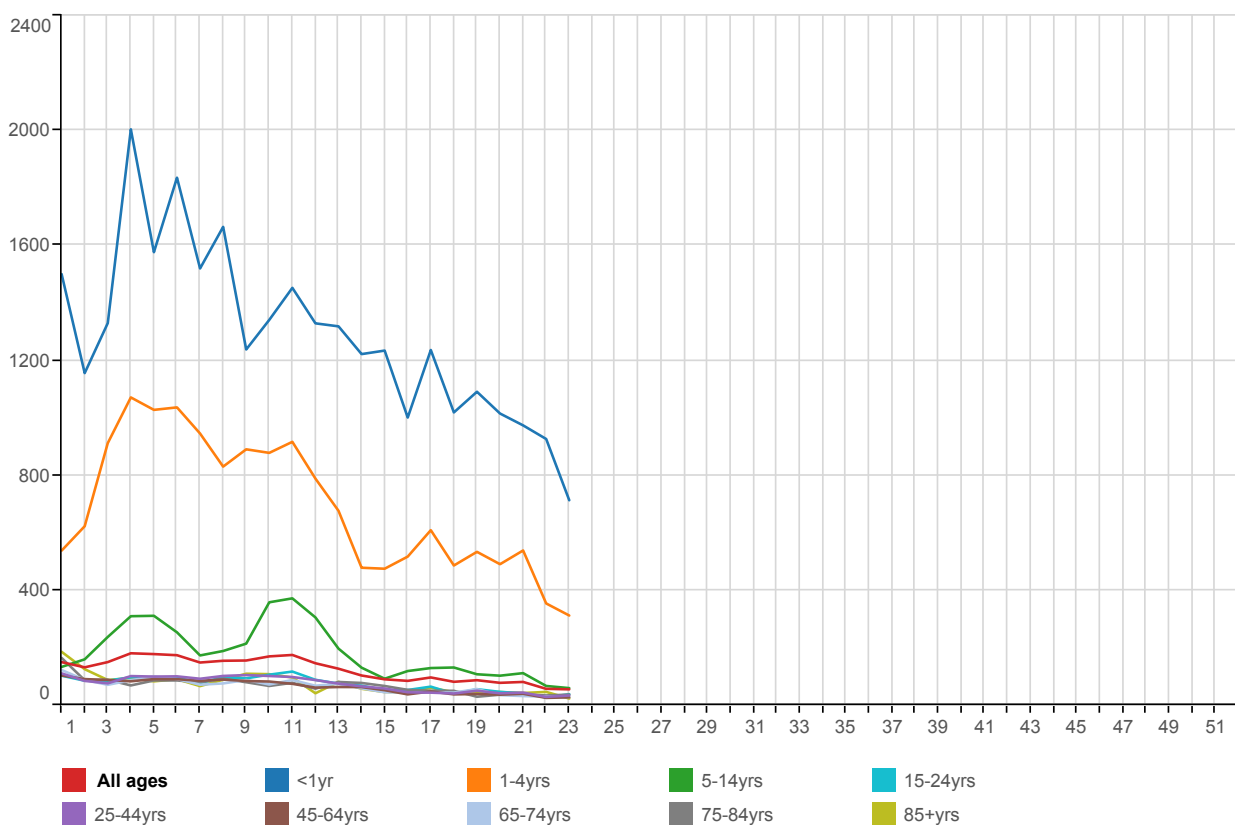
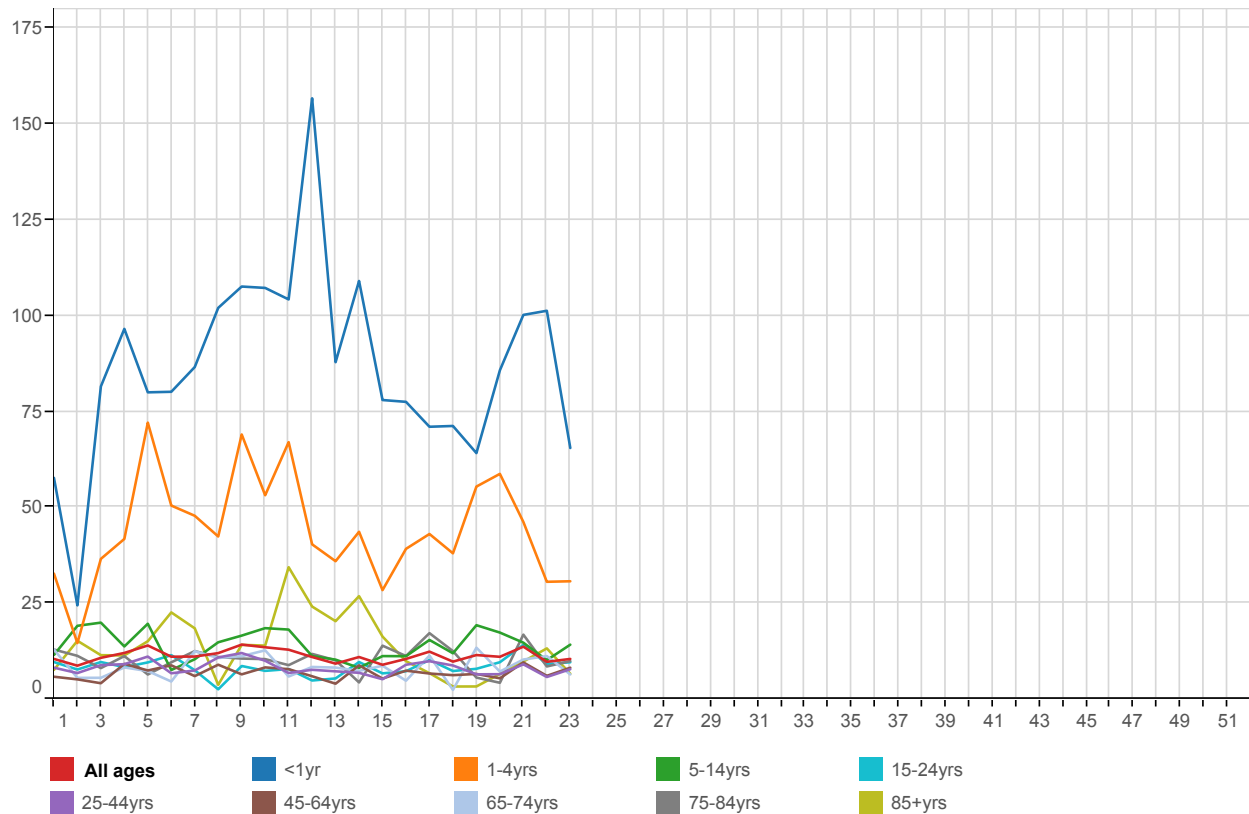
(A) Influenza-like illness: national incidence rate summer 2016*



(B) Allergic Rhinitis: national incidence rate summer 2016*



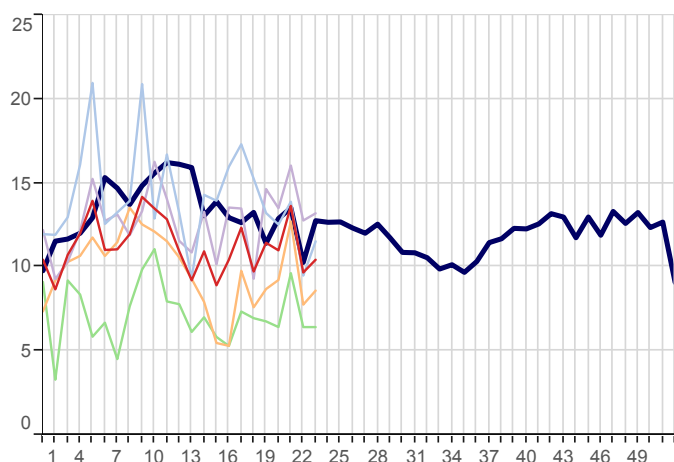
* The thresholds used are the agreed RCGP/ Public Health England levels for 2016. The rolling average line (blue) is based on 5 year historic RCGP RSC level.

(C) Common Cold & URTI NOS : national incidence rate 2016 by age group***(D) Infectious Intestinal Diseases : national incidence rate 2016 by age group***

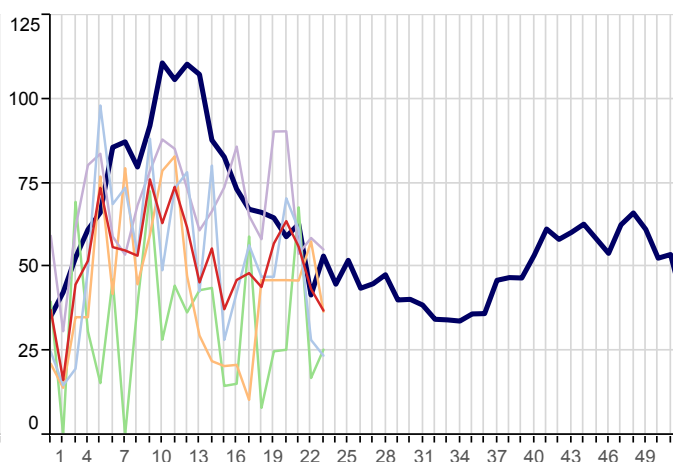
1. Water & Food Borne Disorders:

5yr Avg National London North South Midlands And East

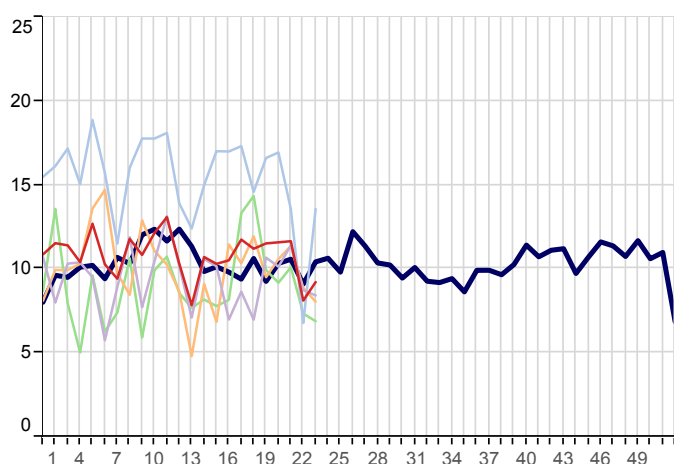
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **all ages**) by regions
for 2015 compared with 5 year average



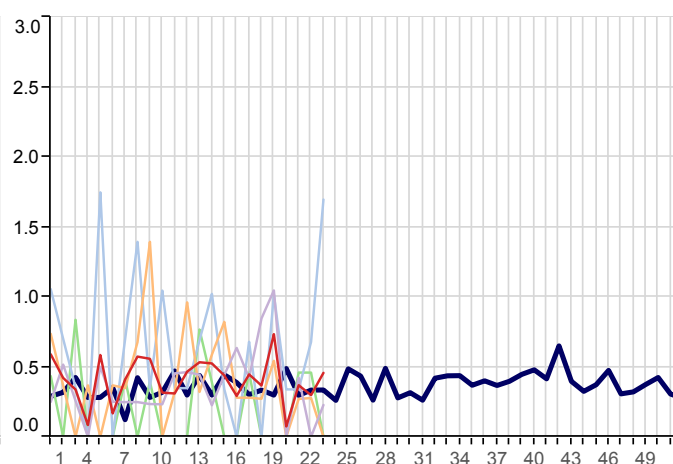
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **0-4 years**) by regions
for 2015 compared with 5 year average



Non-Infective Enteritis & Colitis (ICD10: K50-K52)
Weekly incidence (per 100,000 **all ages**) by region
for 2015 compared with 5 year average



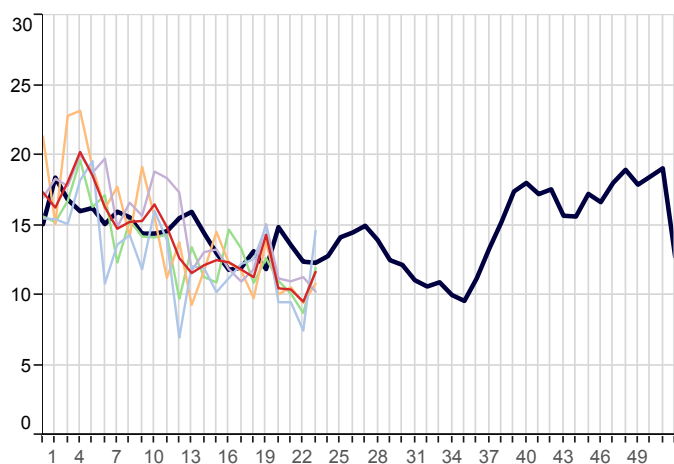
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 **all ages**) by region
for 2015 compared with 5 year average



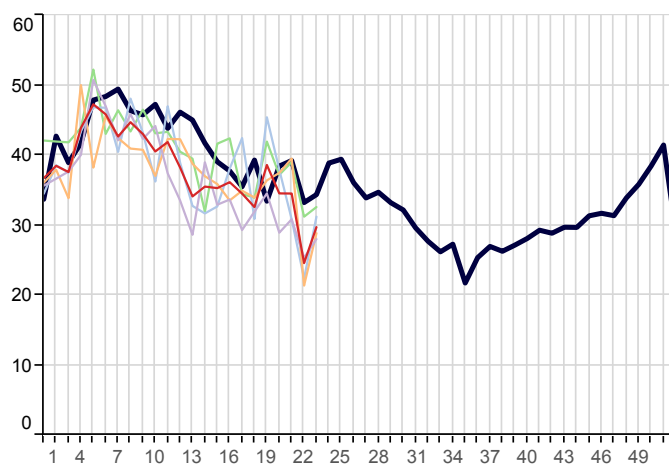
2. Environmentally Sensitive Disorders:

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

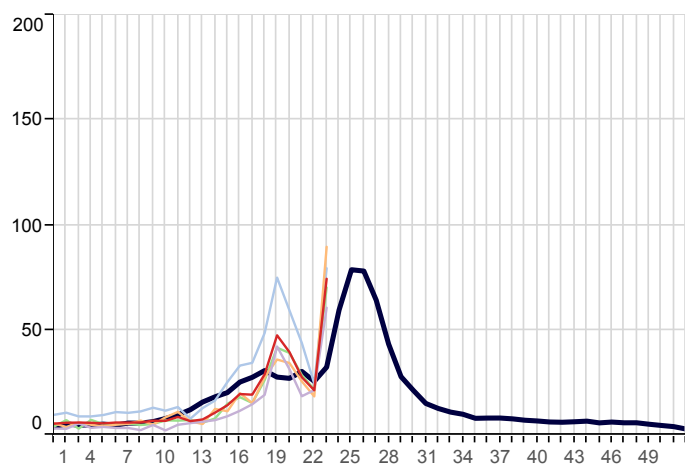
Asthma (ICD10: J45-J46)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



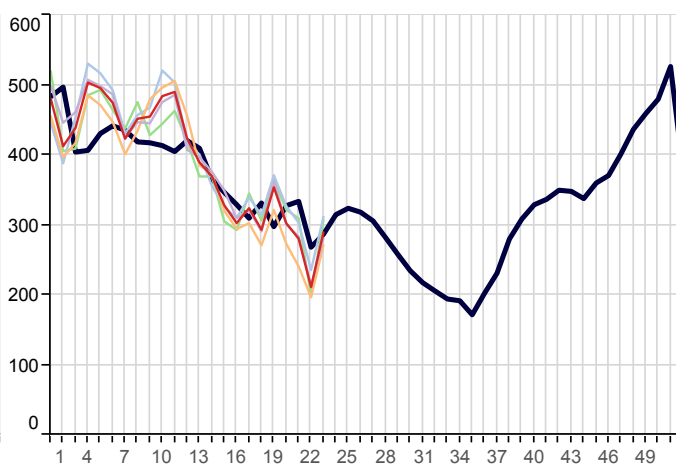
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



Hayfever/Allergic Rhinitis (ICD10: J30)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



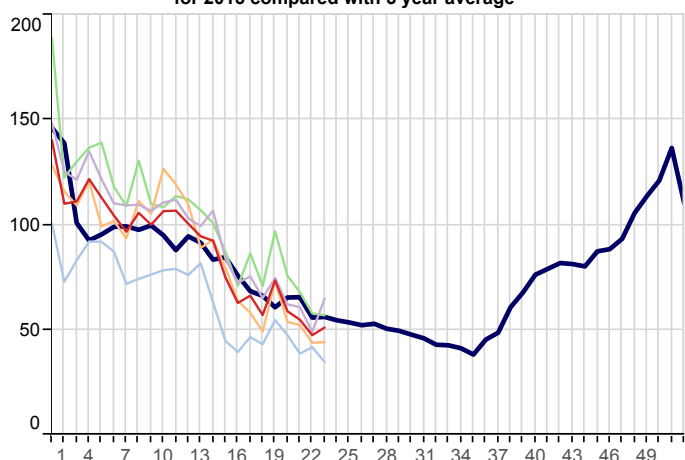
Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



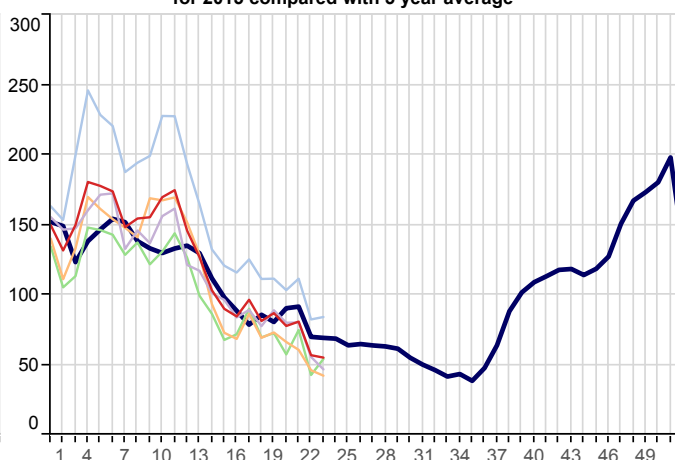
3. Respiratory Infections:

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

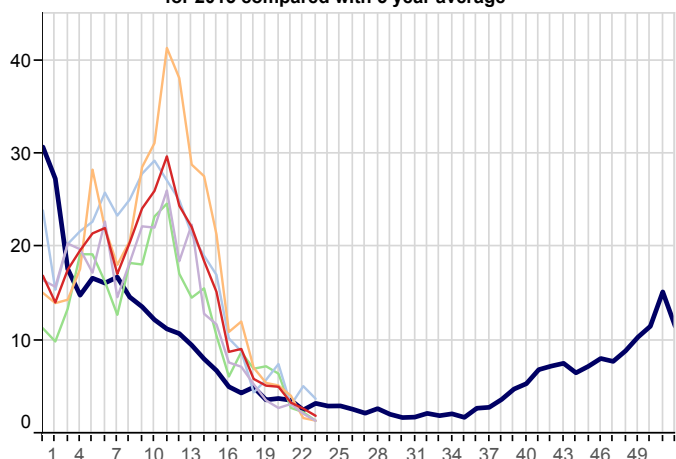
Acute Bronchitis (ICD10: J20-J21,J40)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



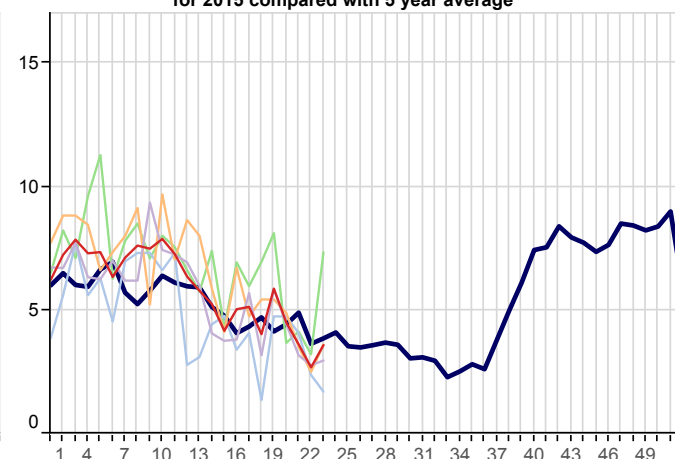
Common Cold (ICD10: J00,J06)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



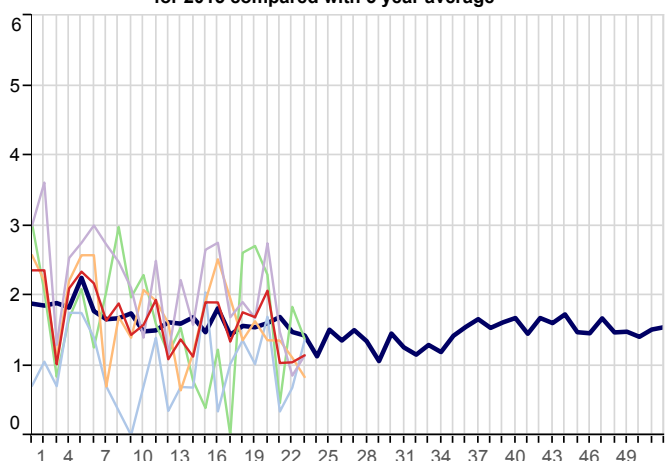
Influenza-Like Illness (ICD10: J09-J11)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



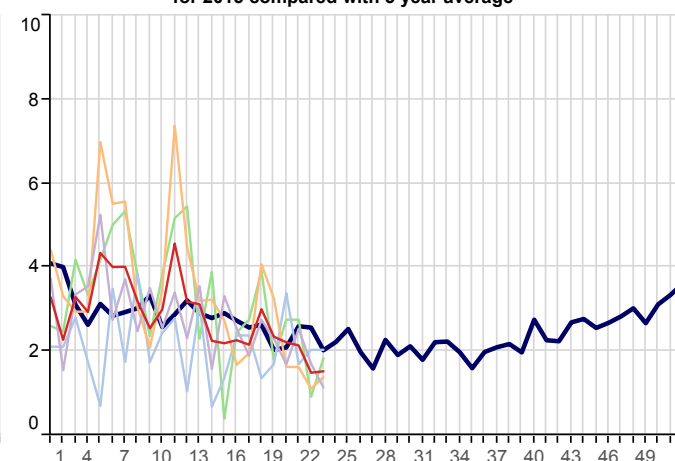
Acute Laryngitis/Tracheitis (ICD10: J04)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



Pleurisy (ICD10: R091)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



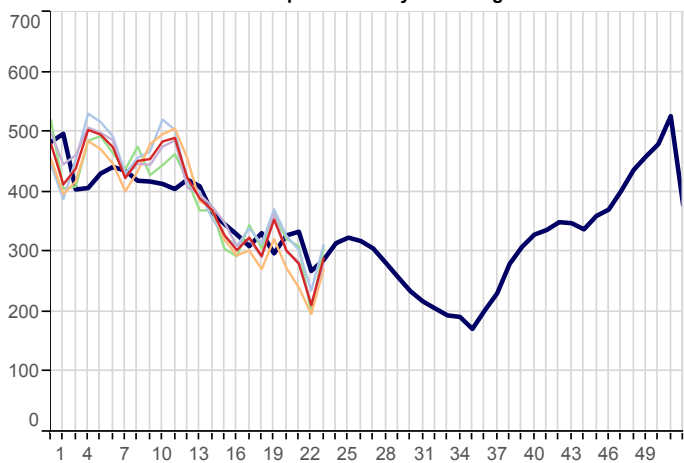
Pneumonia/Pneumonitis (ICD10: J12-J18)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



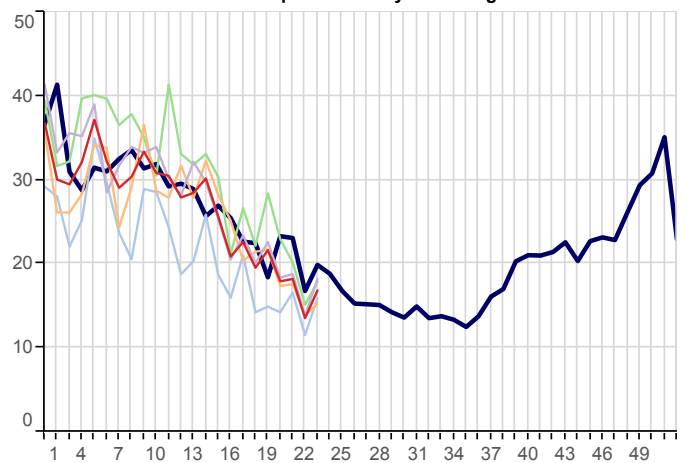
3. Respiratory Infections(Continued):

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

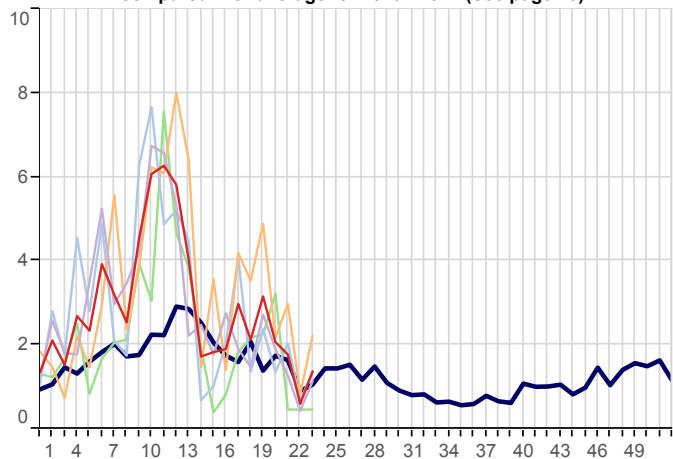
Respiratory System Diseases (ICD10: J00-J99)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



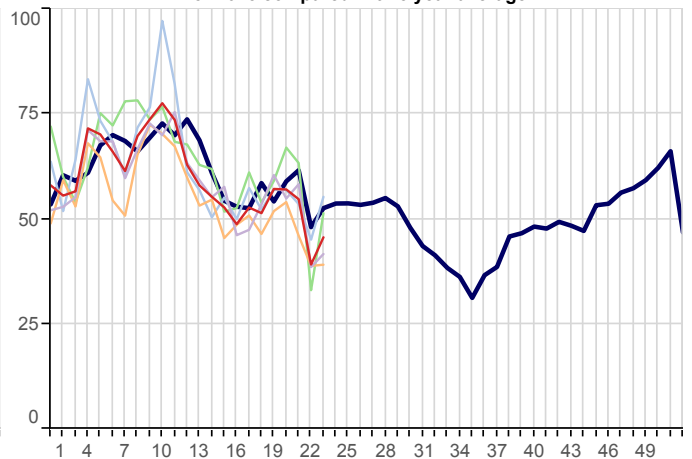
Acute Sinusitis (ICD10: J01)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



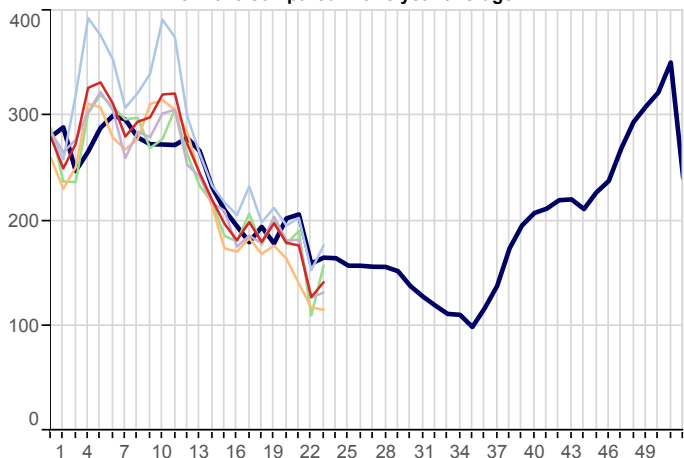
Strep Sore Throat, Scarletina and Peritonsillar Abscess (ICD10: A38,J02,J36)
Weekly incidence (per 100,000 all ages) by region for 2015
compared with average for 2010 - 2012 (See page 13)



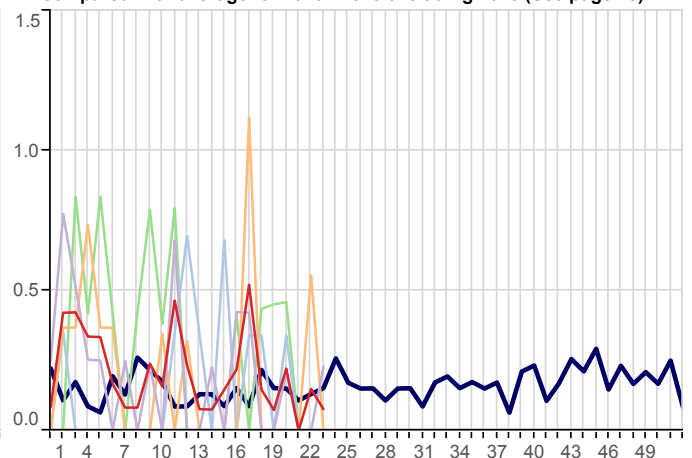
Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



Upper Respiratory Tract Infections (URTI)(ICD10: J00-J06)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



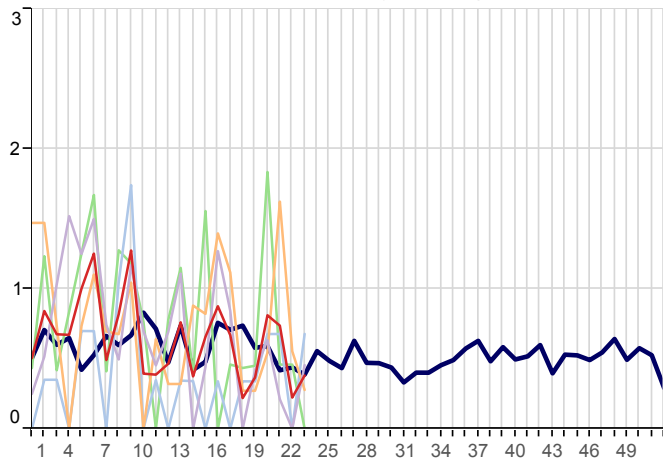
Whooping Cough (ICD10: A37)
Weekly incidence (per 100,000 all ages) by region for 2015
compared with average for 2010 - 2015 excluding 2013 (See page 13)



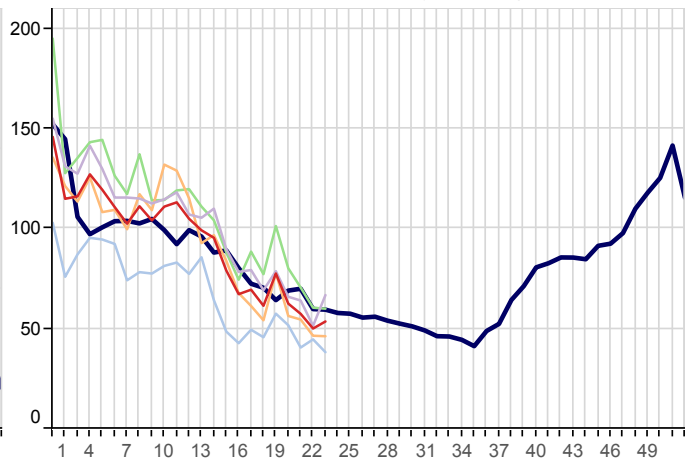
3. Respiratory Infections(Continued):

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

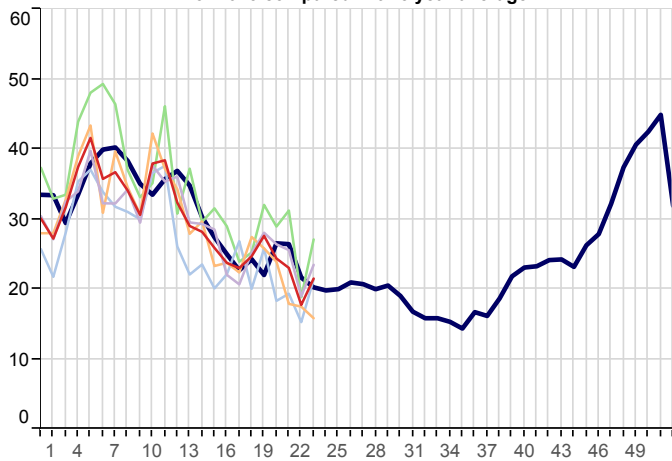
Infectious Mononucleosis (ICD10: B27)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



Lower Respiratory Tract Infections (LRTI)(ICD10: J20-J22)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



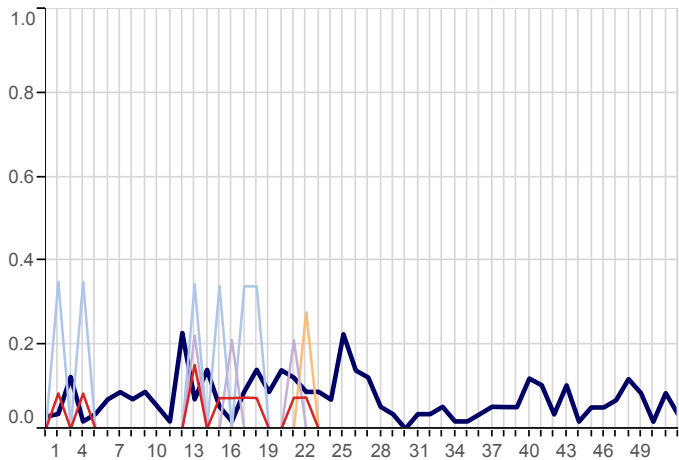
Acute Otitis Media (ICD10: H650-H651,H660,H669)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



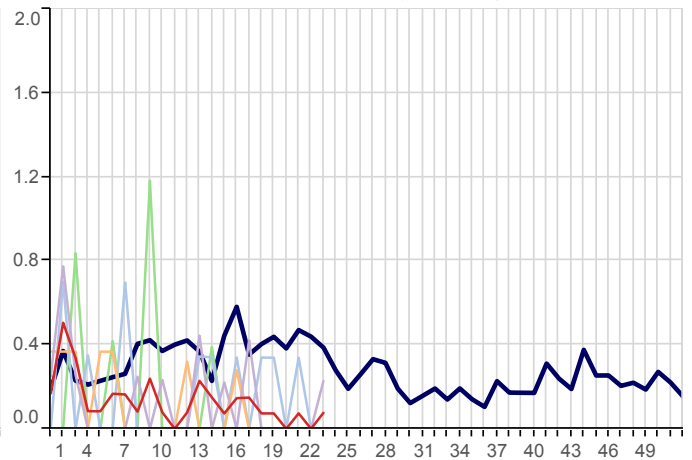
4. Vaccine Sensitive Disorders

5yr Avg National North South London Midlands And East

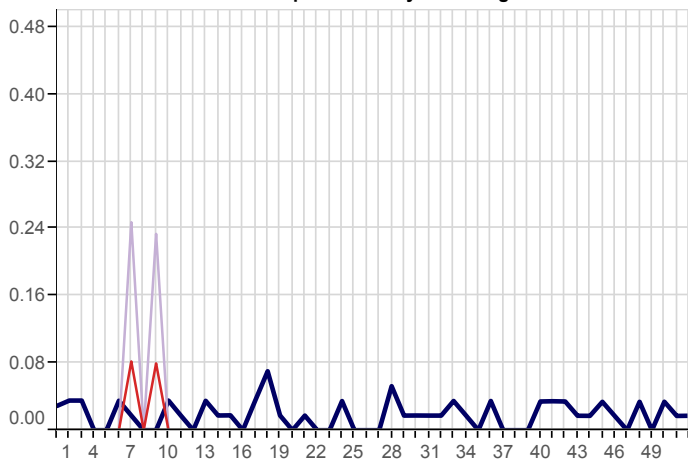
Measles (ICD10: B05)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



Mumps (ICD10: B26)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average

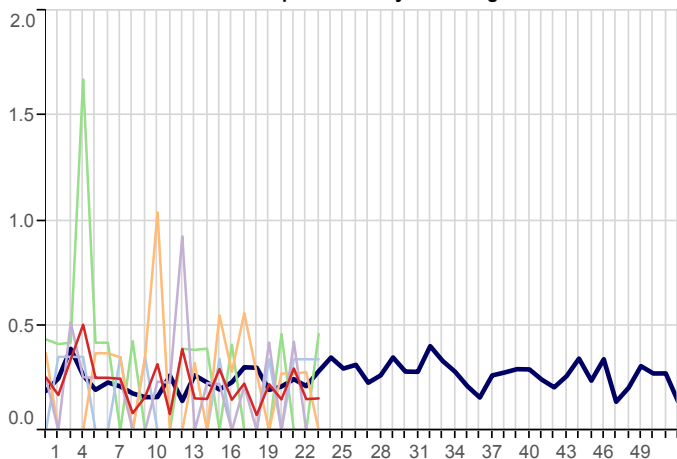


Rubella (ICD10: B06)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average

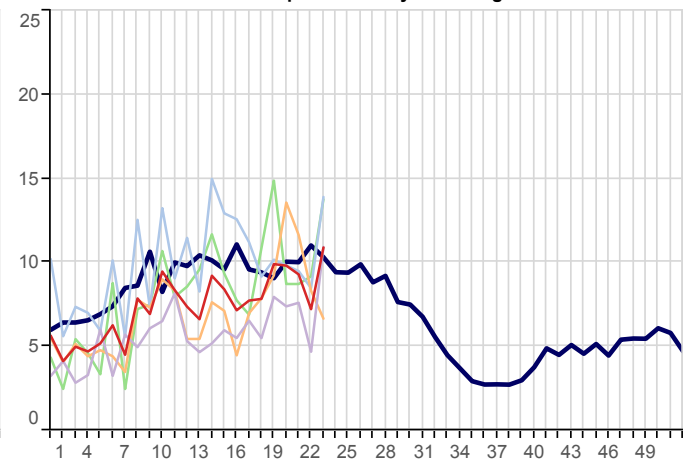


5. Skin Contagions

Bullous Dermatoses (ICD10: L10-L14)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



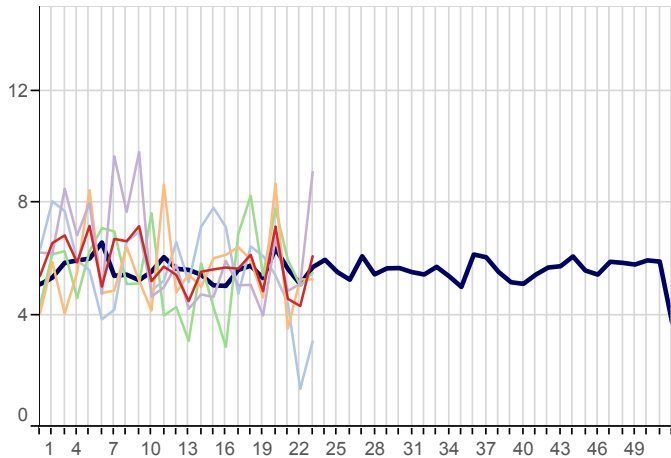
Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



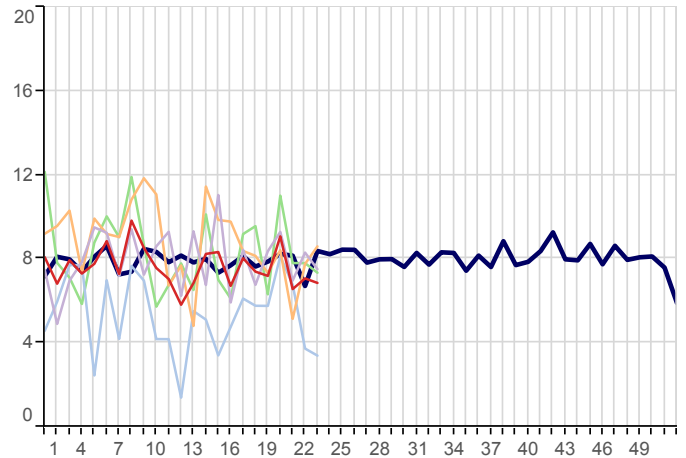
5. Skin Contagions (Continued)

5yr Avg National North South London Midlands And East

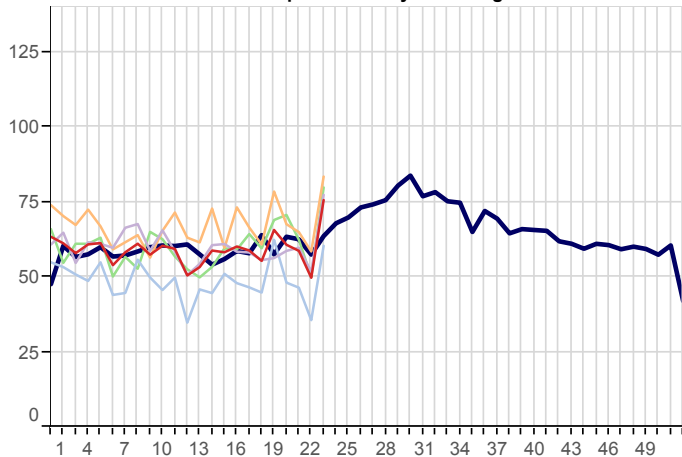
Herpes Simplex (ICD10: B00)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



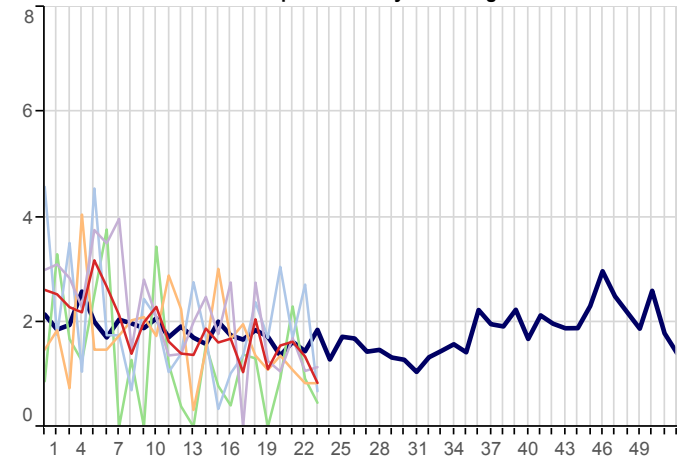
Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



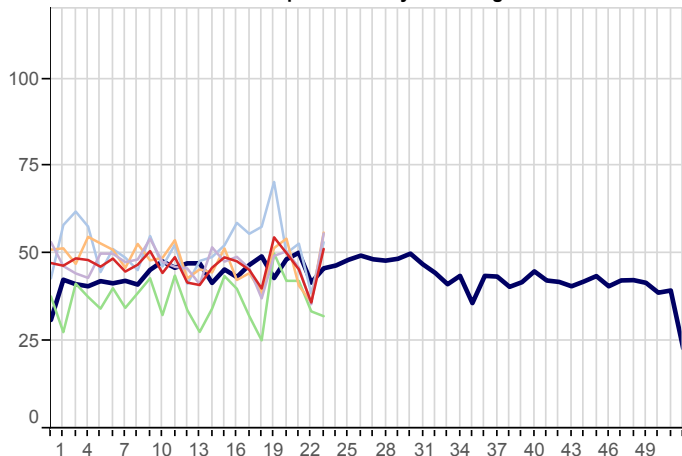
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



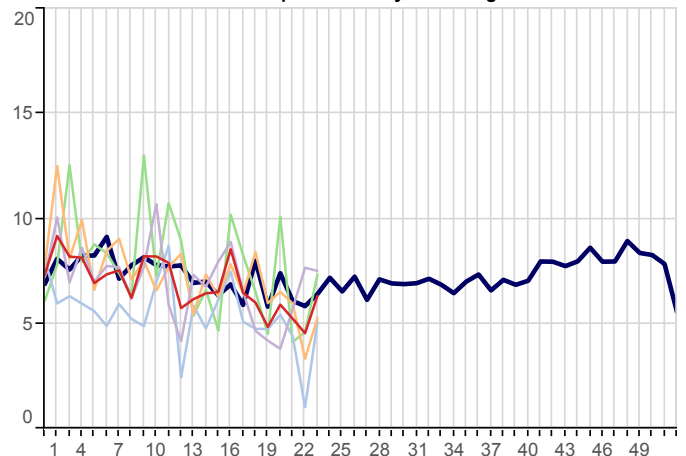
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



Symptoms involving Skin & Oth Integument Tiss (ICD10: R20-R23)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



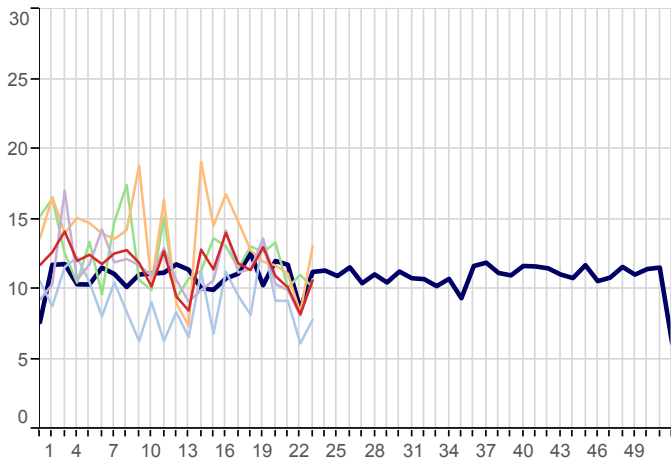
Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



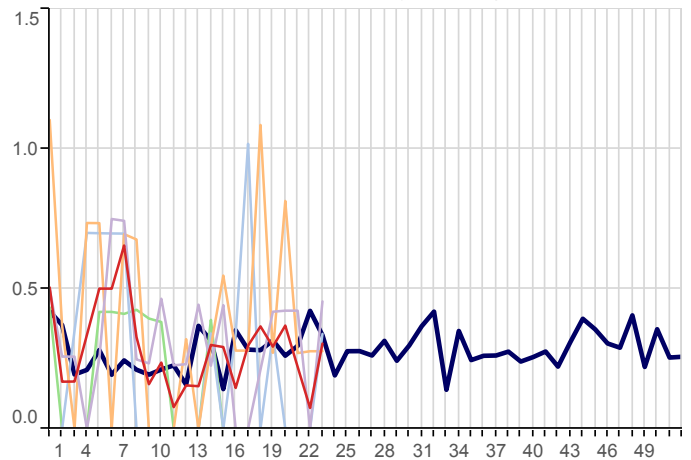
6. Disorders Affecting the Nervous System

5yr Avg National North South London Midlands And East

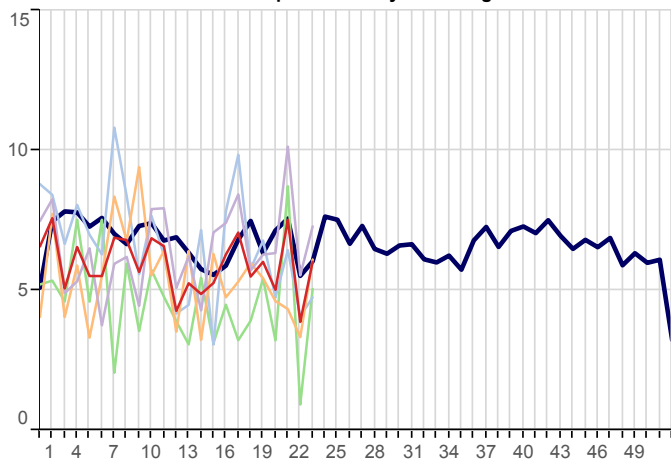
Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



Meningitis/Encephalitis (ICD10: A170-A171, A390, A38-A85, A87, G00-G05)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average

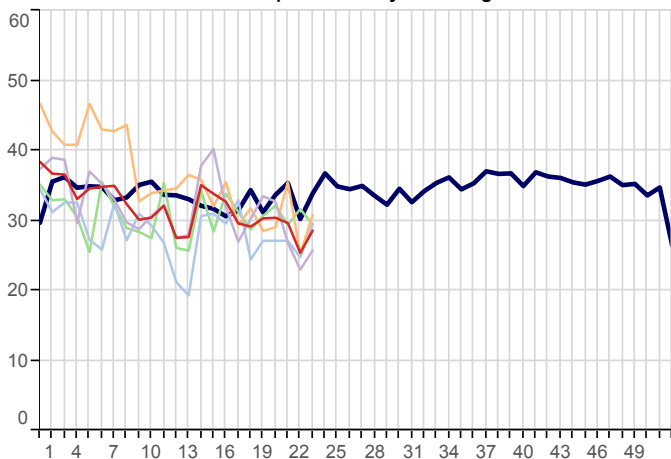


Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



7. Genitourinary System Disorders

Urinary Tract Infection/Cystitis (ICD10: N30,N390)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



8. Tabular Summary by Disease

Disease Name	Week beginning Week ending		06/06/2016 12/06/2016		30/05/2016 05/06/2016		23/05/2016 29/05/2016		16/05/2016 22/05/2016	
	Rate	Episodes	Rate	Episodes	Rate	Episodes	Rate	Episodes	Rate	Episodes
Allergic Rhinitis	74.3	976	21.2	285	27.4	372	39.4	534		
Asthma	11.7	153	9.5	128	10.4	141	10.5	142		
Acute Bronchitis	51.0	670	47.4	637	54.8	743	58.8	797		
Bullous Dermatoses	0.2	2	0.1	2	0.3	4	0.1	2		
Chickenpox	10.9	143	7.2	97	9.3	126	9.8	133		
Common Cold	55.1	723	56.8	763	80.8	1,096	77.7	1,053		
Conjunctival Disorders	29.7	390	24.6	330	34.5	468	34.5	468		
Herpes Simplex	6.1	80	4.3	58	4.6	62	7.2	97		
Herpes Zoster	6.9	90	7.1	95	6.6	89	9.1	123		
Impetigo	6.3	83	4.5	61	5.2	71	5.9	80		
Infectious Mononucleosis	0.4	5	0.2	3	0.7	10	0.8	11		
Influenza-like illness	1.9	25	2.7	36	3.3	45	5.0	68		
Infectious Intestinal Diseases	10.4	137	9.7	130	13.6	185	11.0	149		
Laryngitis and Tracheitis	3.6	47	2.7	36	3.6	49	4.5	61		
Lower Respiratory Tract Infections	53.7	705	50.1	674	57.5	780	62.6	849		
Measles	0.0	0	0.1	1	0.1	1	0.0	0		
Meningitis and Encephalitis	0.3	4	0.1	1	0.2	3	0.4	5		
Mumps	0.1	1	0.0	0	0.1	1	0.0	0		
Non-infective Enteritis and Colitis	9.2	121	8.1	109	11.6	158	11.6	157		
Otitis Media Acute	21.5	282	17.7	238	23.0	312	24.3	330		
Peripheral Nervous Disease	10.6	139	8.2	110	10.1	137	10.9	148		
Pleurisy	1.1	15	1.0	14	1.0	14	2.1	28		
Pneumonia and Pneumonitis	1.5	20	1.5	20	2.1	29	2.2	30		
Respiratory System Diseases	289.3	3,799	211.1	2,837	280.1	3,800	302.3	4,098		
Rubella	0.0	0	0.0	0	0.0	0	0.0	0		
Scabies	0.8	11	1.3	18	1.6	22	1.5	21		
Sinusitis	16.8	221	13.5	182	18.2	247	17.9	243		
Skin and Subcutaneous Tissue Infections	75.6	993	49.7	668	58.7	796	60.7	823		
Strep Throat and Peritonsillar Abscess	1.4	18	0.6	8	1.8	24	2.1	28		
Symptoms involving musculoskeletal	6.0	79	3.9	52	7.5	102	5.0	68		
Symptoms involving Respiratory and Chest	18.9	248	15.2	204	20.8	282	26.0	352		
Symptoms involving Skin and Integument Tissues	51.3	674	36.0	484	45.5	617	50.2	680		
Tonsillitis and acute Pharyngitis	45.6	599	39.1	526	54.7	742	57.0	773		
Upper Respiratory Tract Infections	141.3	1,856	127.1	1,708	176.3	2,392	178.9	2,425		
Urinary Tract Infections	28.6	375	25.4	341	29.6	402	30.4	412		
Viral Hepatitis	0.5	6	0.3	4	0.4	5	0.1	1		
Whooping Cough	0.1	1	0.1	2	0.0	0	0.2	3		
Practice Count	141		142		143		143			
Denom	1,313,197		1,344,014		1,356,655		1,355,805			

FURTHER INFORMATION:

About the report

Summer focus

The first two pages of data within this report focus on the weekly incidence rates of Influenza-Like Illness, Allergic Rhinitis, Common Cold, and Infectious Intestinal Diseases.

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. 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 2011-2015. 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.

For two diseases, years with exceptionally high incidence have been excluded from the averages: for Whooping Cough, data from 2012 has been excluded; for Strep Sore Throat, Scarletina and Peritonsillar Abscess, data from 2013 and 2014 have been excluded so that similar rates in the future will appear as exceptional rather than normal in 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.

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.

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, relevance 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 Systems 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 HSCIC and NHS 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 from the Health Research Authority (HRA), and, where relevant, HRA Confidential Advisory Group (CAG) 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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