Royal College of General Practitioners

RSC Communicable and Respiratory Disease Report for England

Key Statistics:

Week Number/Year…………….. 43/2019
Week Starting - Ending………… 21/10/2019 - 27/10/2019
No. of Practices…………………. 286
Population………………..……...... 3,024,196

National (England)
- **Acute Bronchitis :** was unchanged at **72.2** in week 42 compared with **73.3** in week 43.
- **Asthma :** decreased from **15.3** in week 42 to **14.2** in week 43.
- **Common Cold :** was unchanged at **90.4** in week 42 compared with **88.1** in week 43.
- **Influenza Like illness :** increased from **5.5** in week 42 to **6.2** in week 43.
- **Respiratory System Diseases :** was unchanged at **301.5** in week 42 compared with **296.1** in week 43.

Regional (North, South, London and Midlands and East)
- **Acute Bronchitis :** increased from **45.7** in week 42 to **49.5** in week 43 in the London region, was unchanged at **98.2** in week 42 compared with **100.2** in week 43 in the North region, increased a little from **61.5** in week 42 to **64.5** in week 43 in the South region, and decreased from **86.7** in week 42 to **79.0** in week 43 in the Midlands And East region.
- **Asthma :** decreased from **13.8** in week 42 to **12.7** in week 43 in the London region, was unchanged at **18.2** in week 42 compared with **18.0** in week 43 in the North region, decreased from **14.9** in week 42 to **12.2** in week 43 in the South region, and increased from **12.7** in week 42 to **14.6** in week 43 in the Midlands And East region.
- **Common Cold :** decreased from **114.2** in week 42 to **105.0** in week 43 in the London region, was unchanged at **98.9** in week 42 compared with **96.6** in week 43 in the North region, increased a little from **65.7** in week 42 to **68.7** in week 43 in the South region, and was unchanged at **104.2** in week 42 compared with **103.9** in week 43 in the Midlands And East region.
- **Influenza Like illness :** decreased from **6.2** in week 42 to **5.8** in week 43 in the London region, increased from **6.5** in week 42 to **8.9** in week 43 in the North region, increased from **4.5** in week 42 to **5.3** in week 43 in the South region, and decreased from **5.3** in week 42 to **4.1** in week 43 in the Midlands And East region.
- **Respiratory System Diseases :** decreased a little from **278.2** in week 42 to **268.5** in week 43 in the London region, was unchanged at **364.6** in week 42 compared with **360.7** in week 43 in the North region, was unchanged at **254.4** in week 42 compared with **254.6** in week 43 in the South region, and was unchanged at **334.2** in week 42 compared with **328.1** in week 43 in the Midlands And East region.
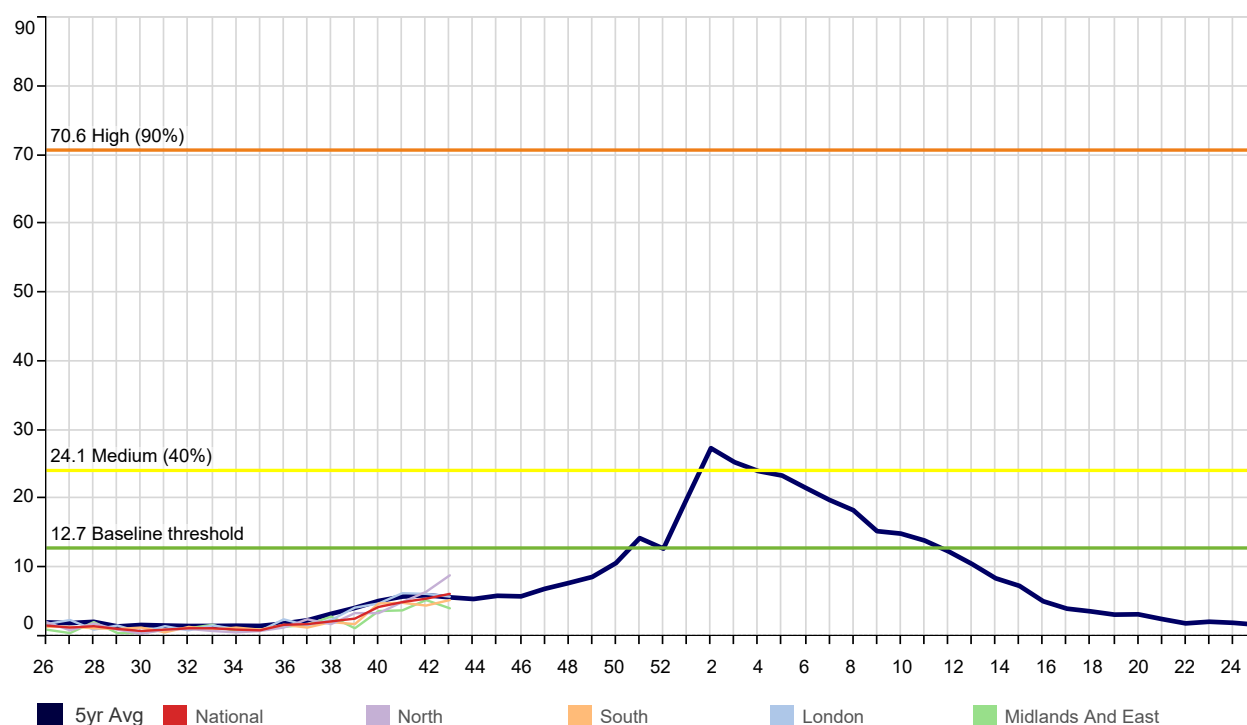
Comment:

Presentations in respiratory system diseases this week were similar to the previous week and in line with those anticipated at this time of year.
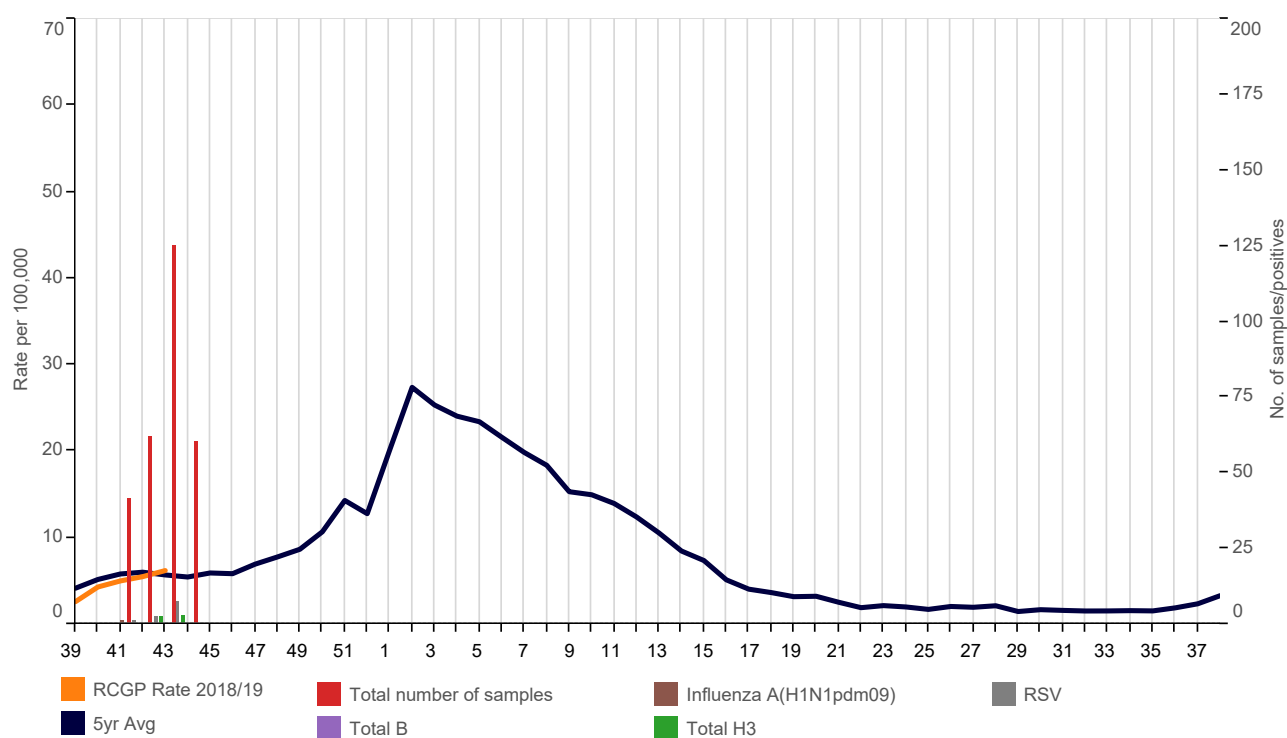
Winter Focus 2018/19

Please see page 13 for explanatory notes on the data.

(A) Influenza-like illness: incidence rate winter 2019/20*

(B) RCGP/PHE RSV and Influenza Virology Swab Surveillance 2019/20(all ages, gender & regions combined)*

* The thresholds used are the agreed RCGP/ Public Health England levels for 2019/20. The rolling average line(blue) is based on 5 year historic RCGP RSC level.

(C) Influenza-like illness: national incidence rate 2019/2020 by age group*

Legend: 5yr Avg | All ages | <15yrs | 15-64yrs | 65+yrs
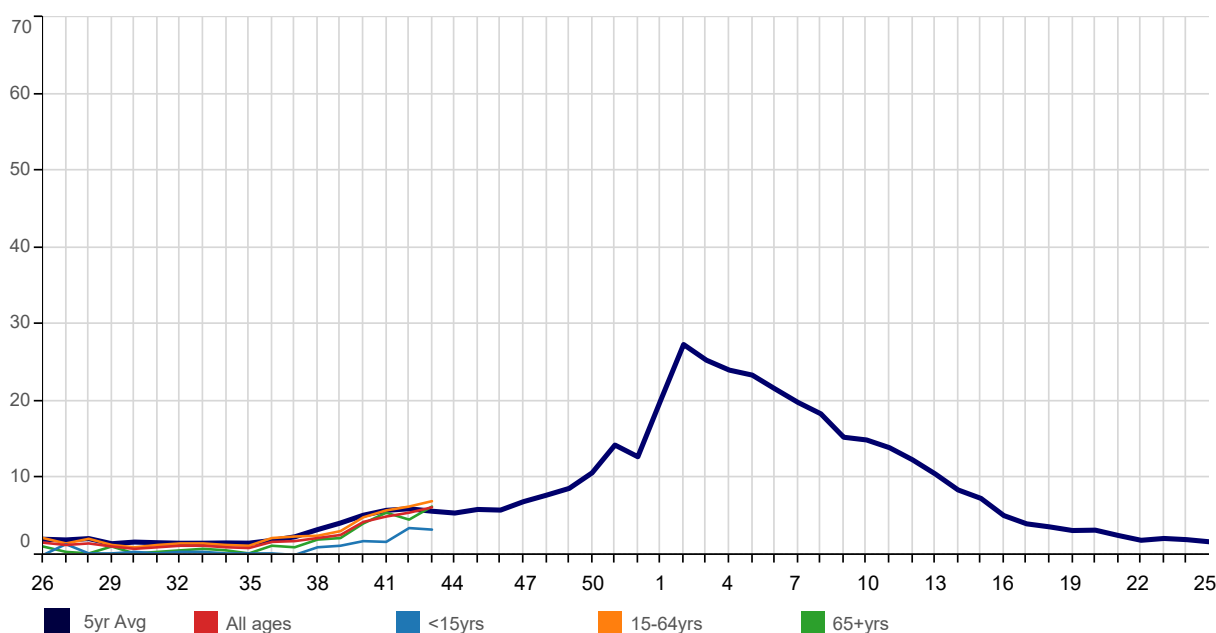
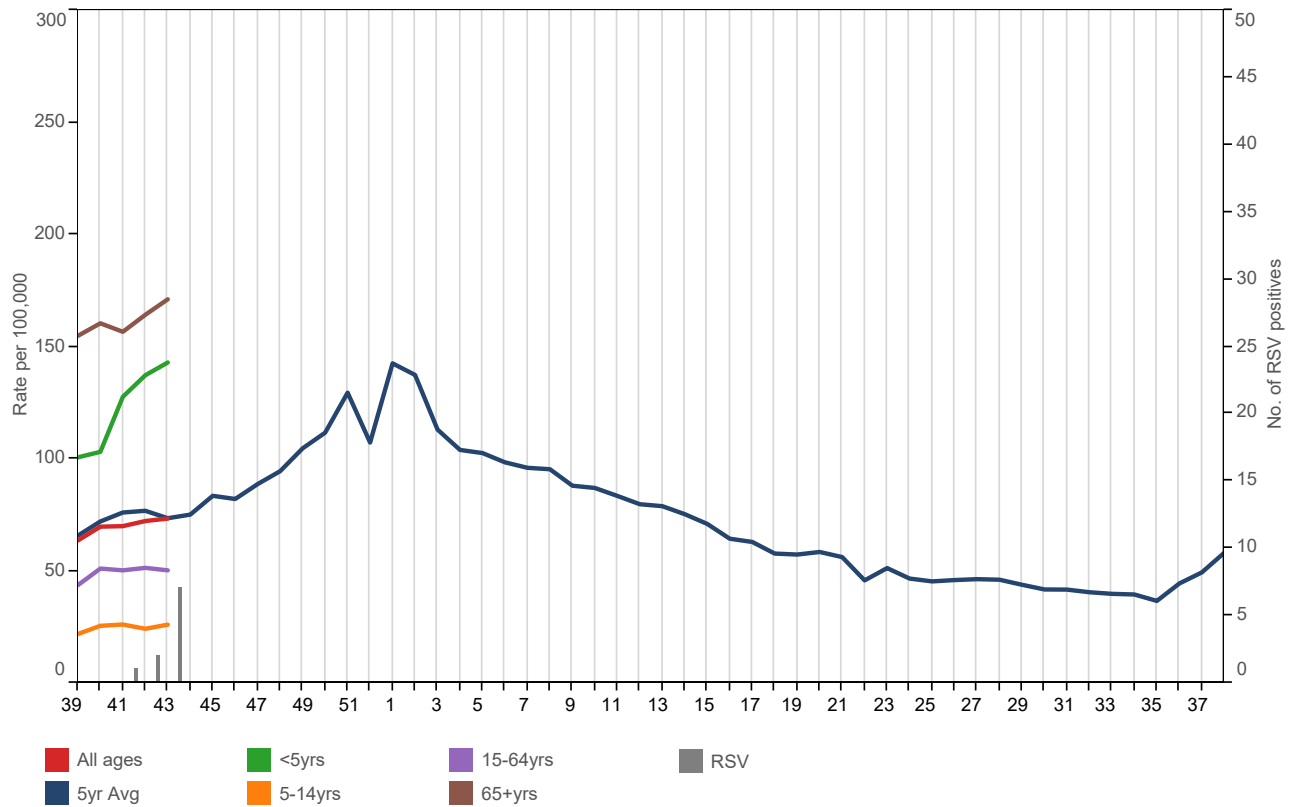## (D) Influenza-like illness: national incidence rate 2019/2020 by age group*

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	1.8	1.7	3.5	3.3													
15-64yrs	4.9	5.8	6.3	7.0													
65+yrs	4.1	5.5	4.6	6.3													
All ages	4.3	5.0	5.5	6.2													

	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<15yrs																
15-64yrs																
65+yrs																
All ages																

Table 2	Below Treshold[1]	Threshold to Medium[2]	Medium to High[3]	High to Very High[4]	Above Very High[5]
0-14	<10.7	10.7 to <18.1	18.1 to <49.9	49.9 to <78.1	78.1+
15-64	<14.8	14.8 to <28.9	28.9 to <69.6	69.6 to <102.7	102.7+
65+	<11.8	11.8 to <17.9	17.9 to <43.3	43.3 to <64.0	64.0+
All Ages	<12.7	12.7 to <24.1	24.1 to <70.6	70.6 to <113.6	113.6+

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

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

	Influenza-like illness	Bronchitis
<1yr	3.6	161.0
1-4yrs	5.2	139.1
5-14yrs	2.5	26.0
15-24yrs	5.6	26.1
25-44yrs	6.7	35.6
45-64yrs	7.9	78.1
65-74yrs	7.1	121.1
75-84yrs	5.2	181.5
85+yrs	5.6	340.5
All ages	6.2	73.3

	Influenza-like illness	Bronchitis
London	5.8	49.5
North	8.9	100.2
South	5.3	64.5
Midlands And East	4.1	79.0
National	6.2	73.3

(E) Acute Bronchitis: national incidence rate 2019/2020 by age group*

Legend: All ages, <5yrs, 15-64yrs, RSV, 5yr Avg, 5-14yrs, 65+yrs

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

	Influenza-like illness	Bronchitis
<5yrs	4.9	142.9
5-14yrs	2.5	26.0
15-64yrs	7.0	50.2
65+yrs	6.3	171.1
All ages	6.2	73.3

1. Water & Food Borne Disorders:

Legend: ■ 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 2019/20 compared with 5 year average
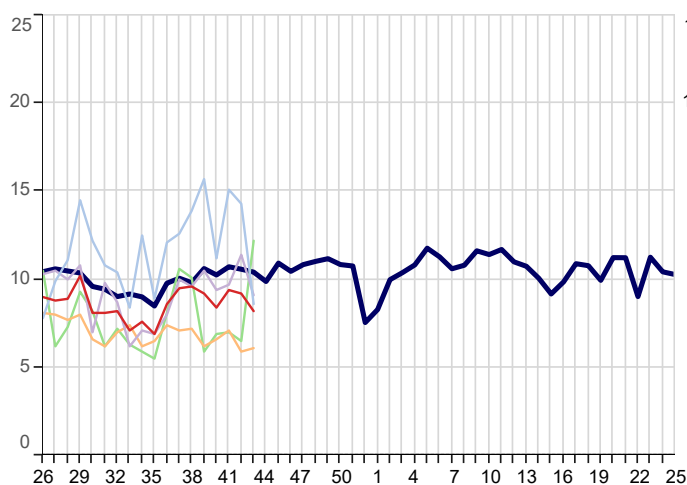
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 0-4 years) by regions
for 2019/20 compared with 5 year average
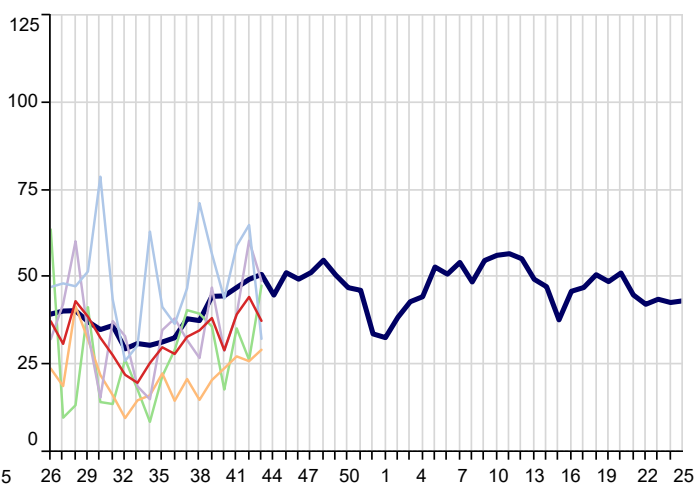
Non-Infective Enteritis & Colitis (ICD10: K50-K52)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average
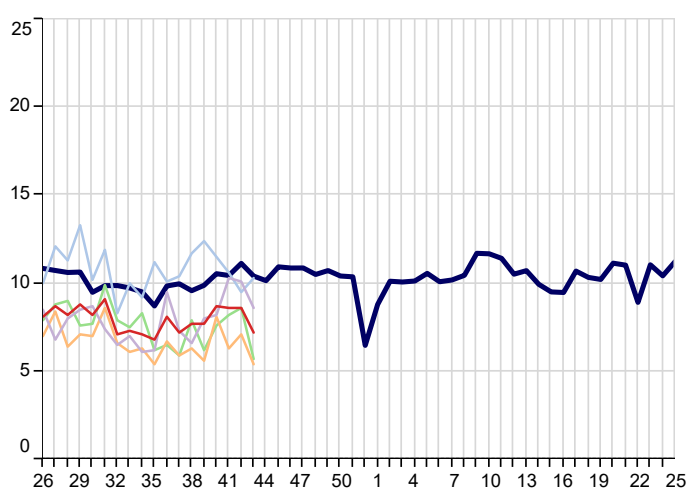
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average
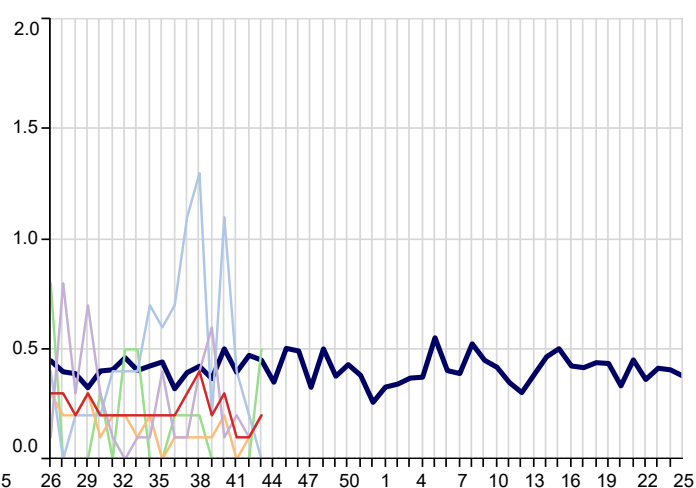
2. Environmentally Sensitive Disorders:

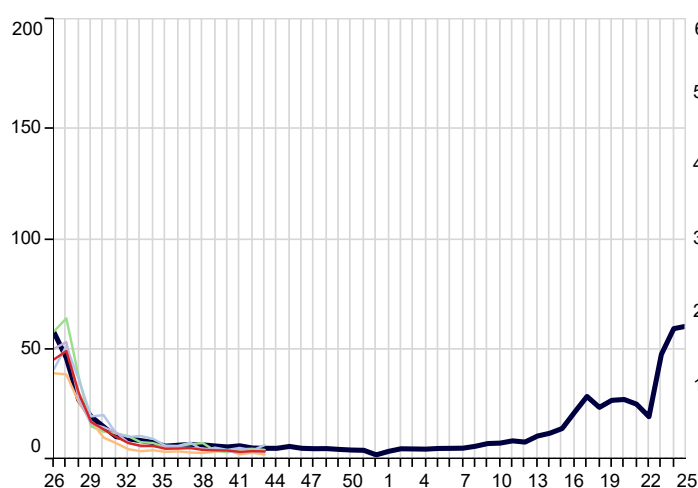**Legend:** 5yr Avg | National | London | North | South | Midlands And East

Asthma (ICD10: J45-J46)
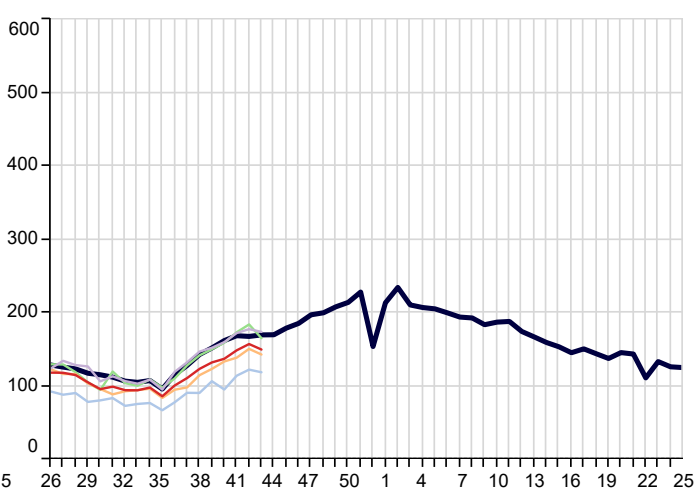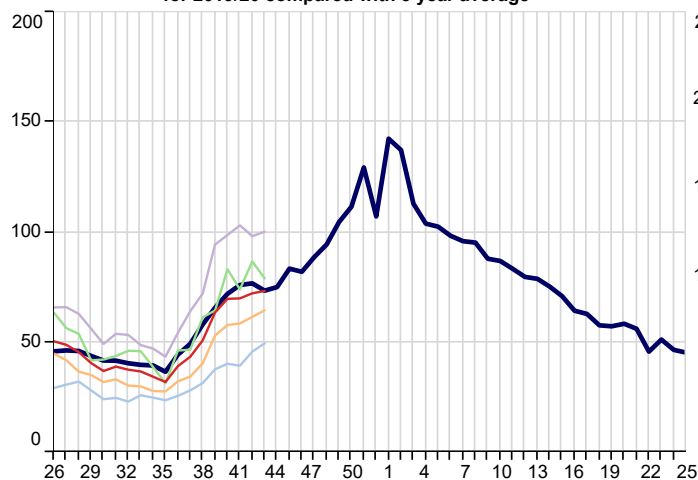Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average
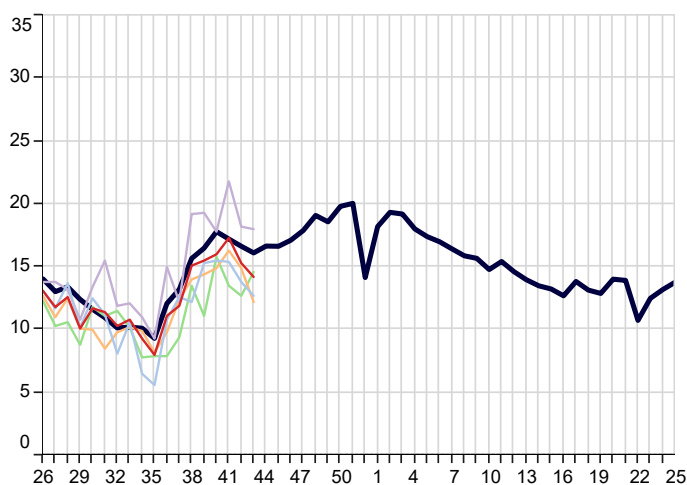
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average
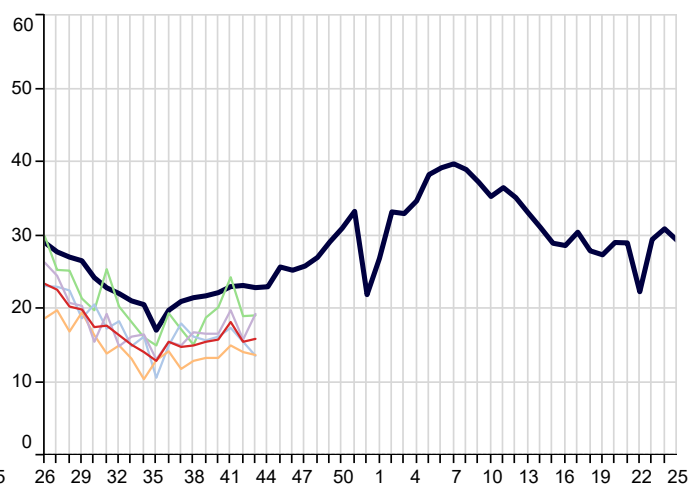
Hayfever/Allergic Rhinitis (ICD10: J30)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)
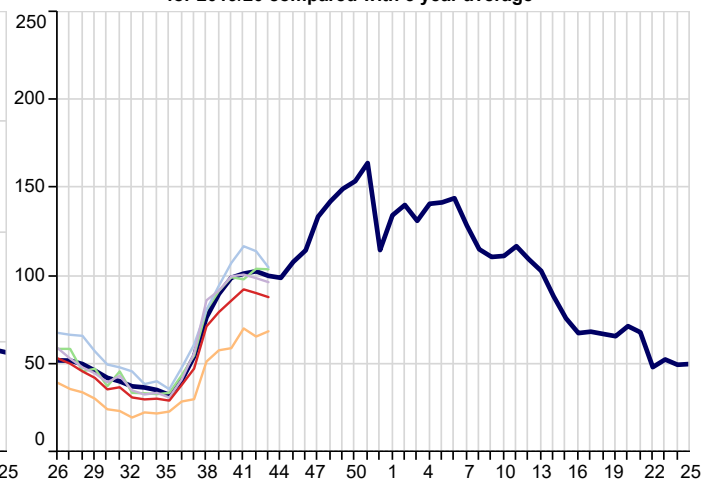Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

3. Respiratory Infections:

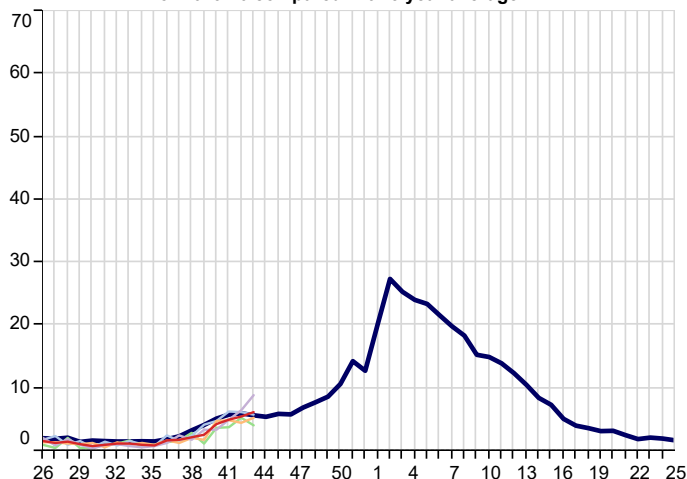**Legend:** ■ 5yr Avg ■ National ■ London ■ North ■ South ■ Midlands And East

Acute Bronchitis (ICD10: J20-J21,J40)
Weekly incidence (per 100,000 all ages) by region
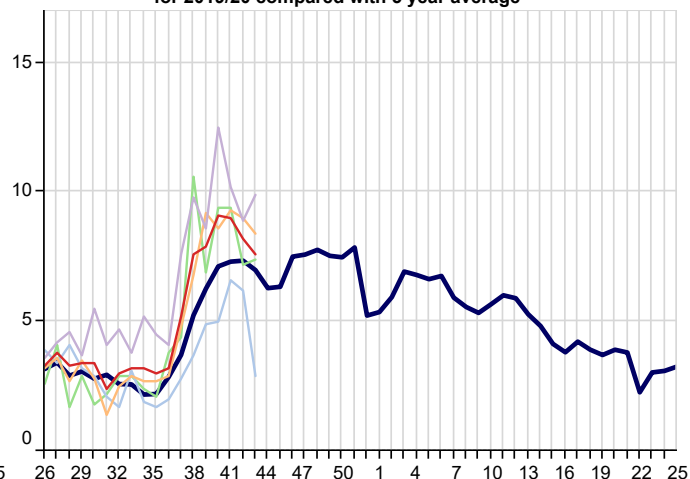for 2019/20 compared with 5 year average

Common Cold (ICD10: J00,J06)
Weekly incidence (per 100,000 all ages) by region
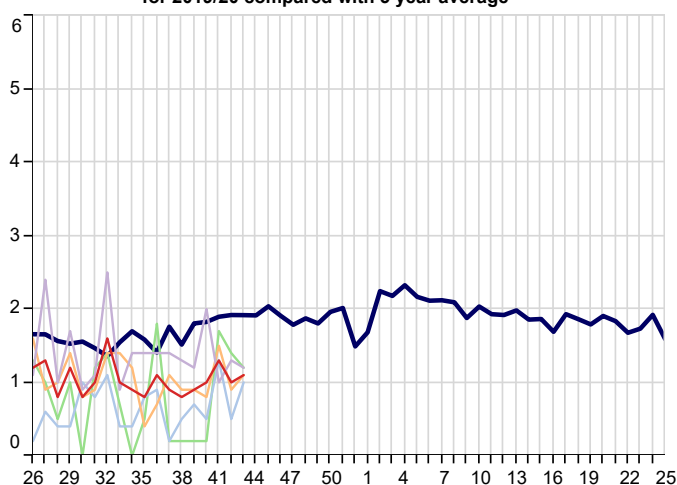for 2019/20 compared with 5 year average

Influenza-Like Illness (ICD10: J09-J11)
Weekly incidence (per 100,000 all ages) by region
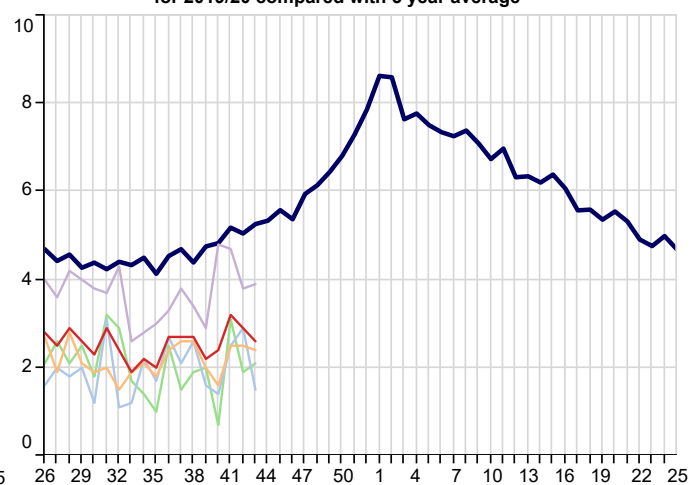for 2019/20 compared with 5 year average

Acute Laryngitis/Tracheitis (ICD10: J04)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average

Pleurisy (ICD10: R091)
Weekly incidence (per 100,000 all ages) by region
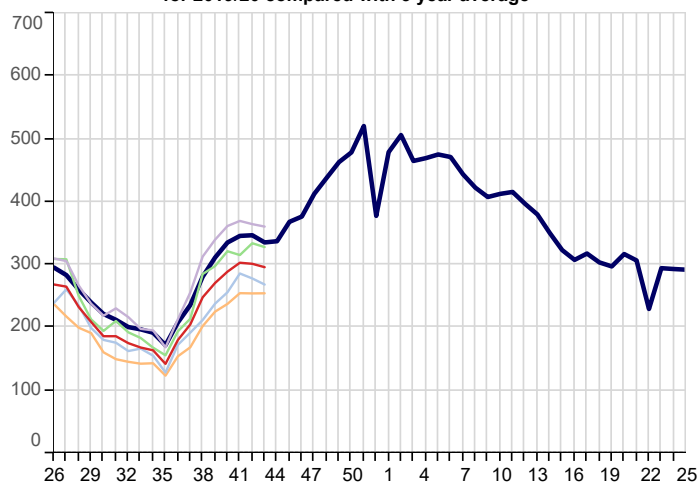for 2019/20 compared with 5 year average

Pneumonia/Pneumonitis (ICD10: J12-J18)
Weekly incidence (per 100,000 all ages) by region
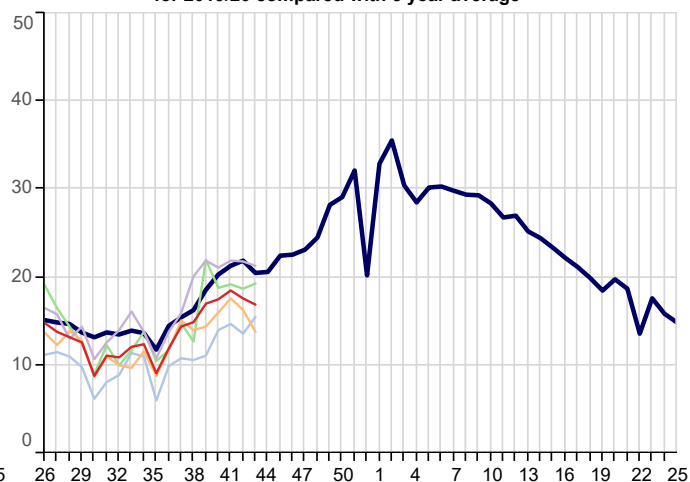for 2019/20 compared with 5 year average

3. Respiratory Infections(Continued):

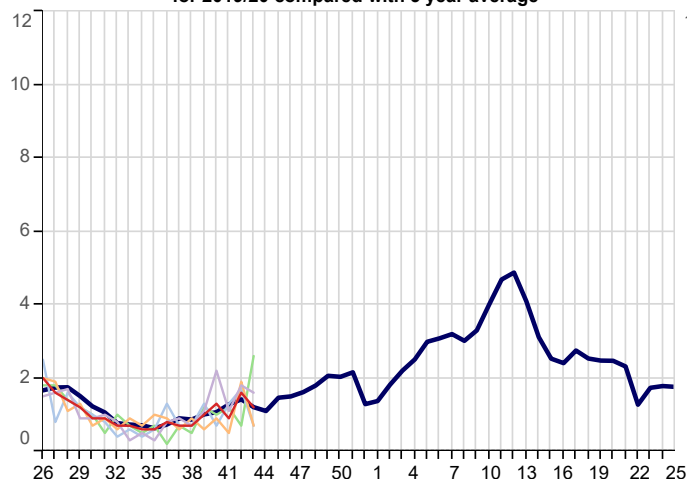**Legend:** 5yr Avg | National | London | North | South | Midlands And East

Respiratory System Diseases (ICD10: J00-J99)
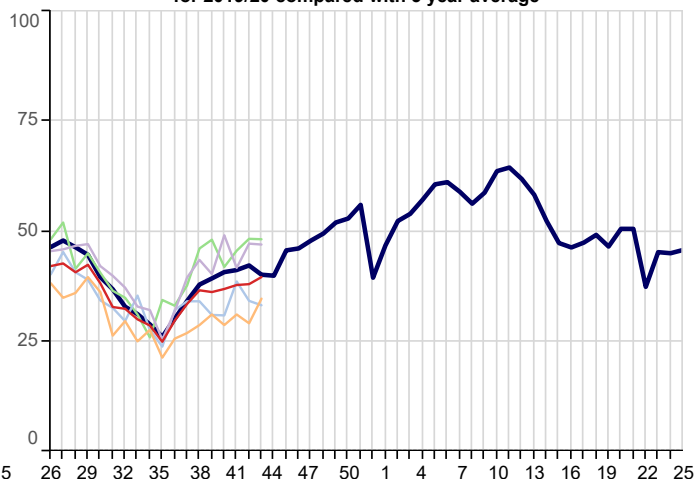Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

Acute Sinusitis (ICD10: J01)
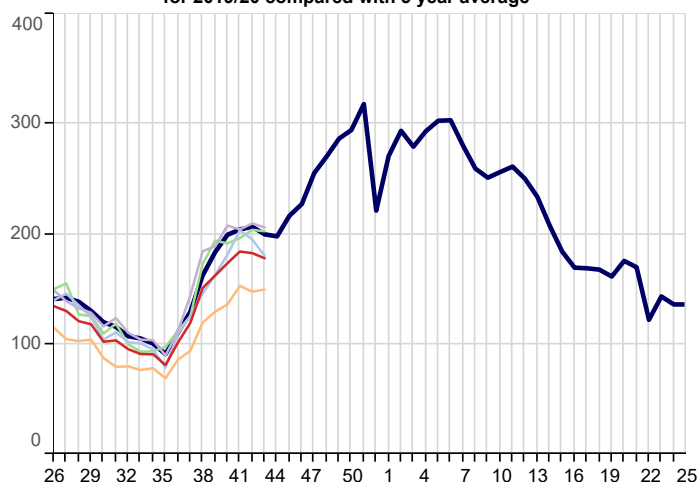Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

Strep Sore Throat, Scarlatina and Peritonsillar Abscess (ICD10: A38,J020,J36)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)
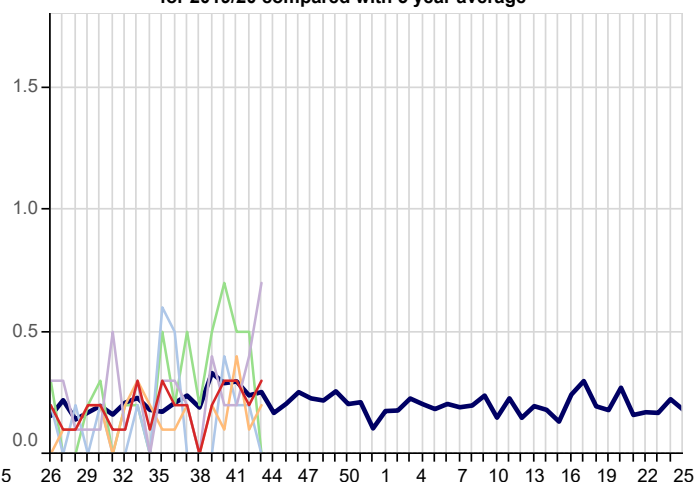Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

Upper Respiratory Tract Infections (URTI)(ICD10: J00-J06)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

Whooping Cough (ICD10: A37)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

3. Respiratory Infections(Continued):

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

Infectious Mononucleosis (ICD10: B27)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average

Lower Respiratory Tract Infections (LRTI)(ICD10: J20-J22)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average

Acute Otitis Media (ICD10: H650-H651,H660,H669)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 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 2019/20 compared with 5 year average
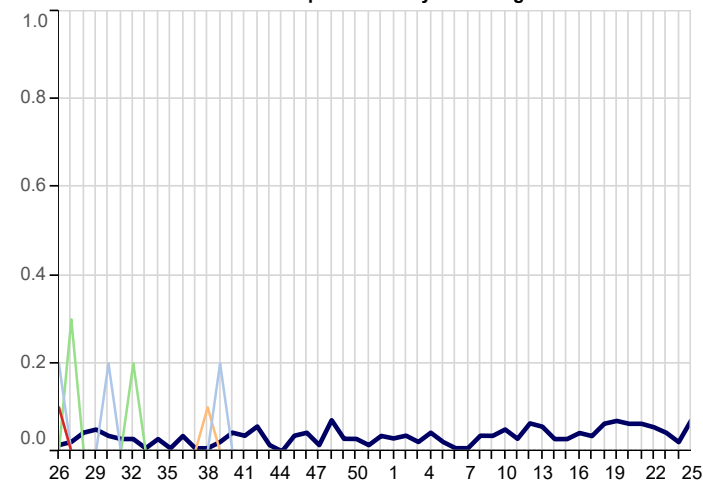
Mumps (ICD10: B26)
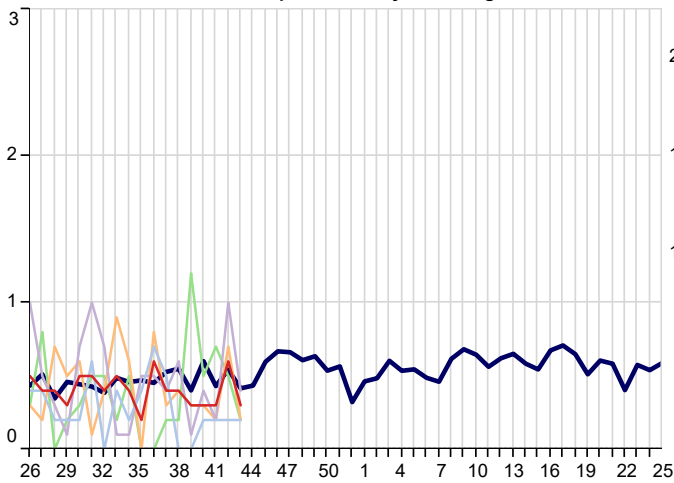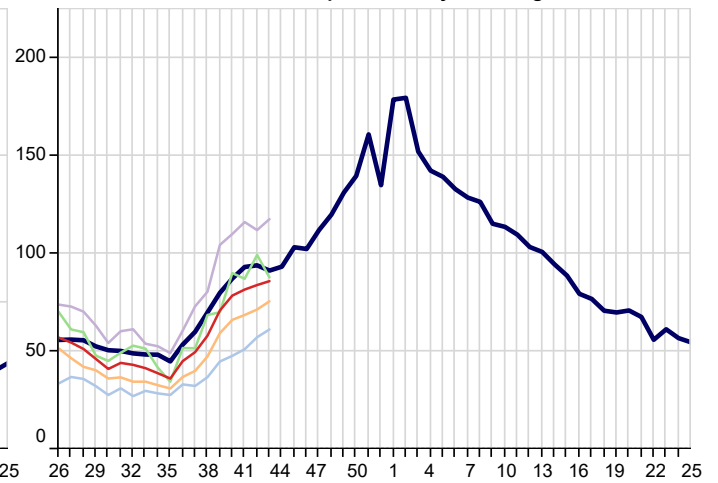**Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average**
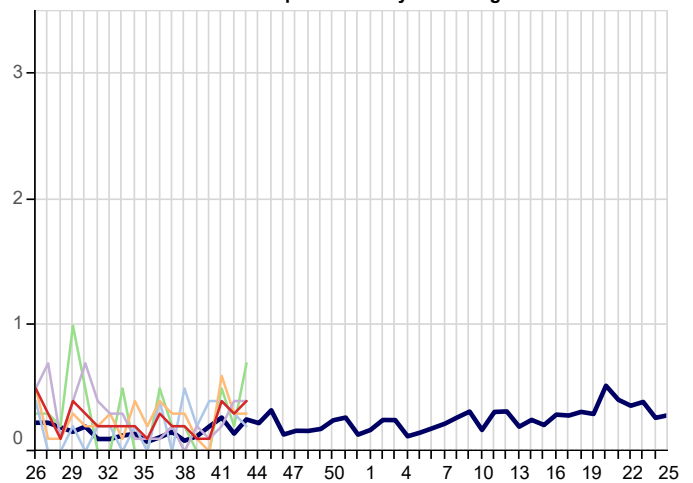
Rubella (ICD10: B06)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

5. Skin Contagions

Bullous Dermatoses (ICD10: L10-L14)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region for 2019/20 compared with 5 year average

5. Skin Contagions (Continued)

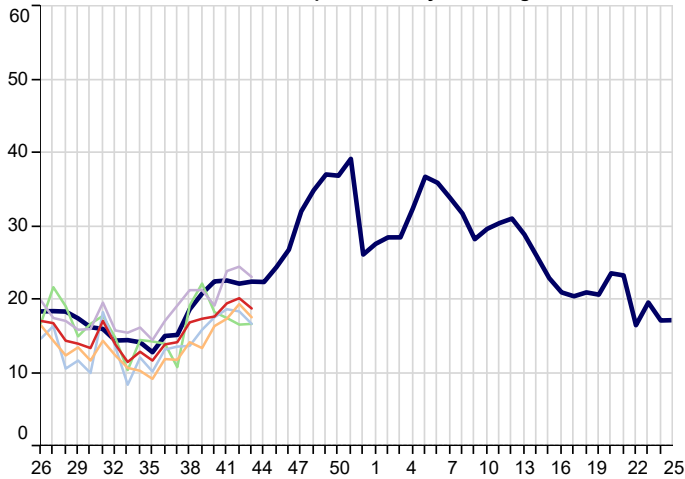**5yr Avg**   **National**   London   North   South   Midlands And East

Herpes Simplex (ICD10: B00)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average
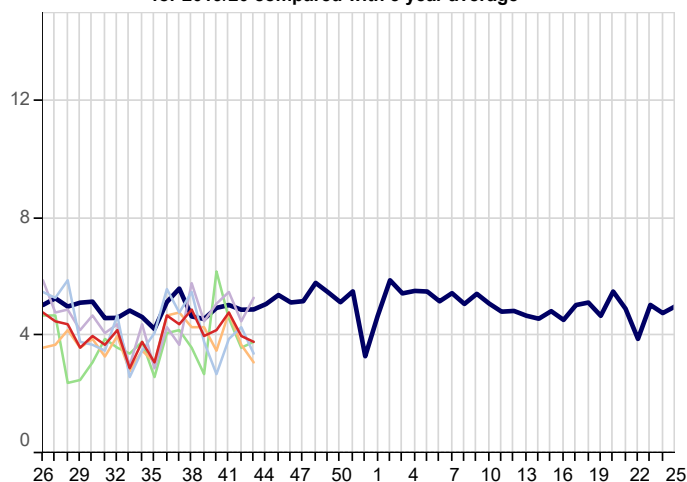
Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average
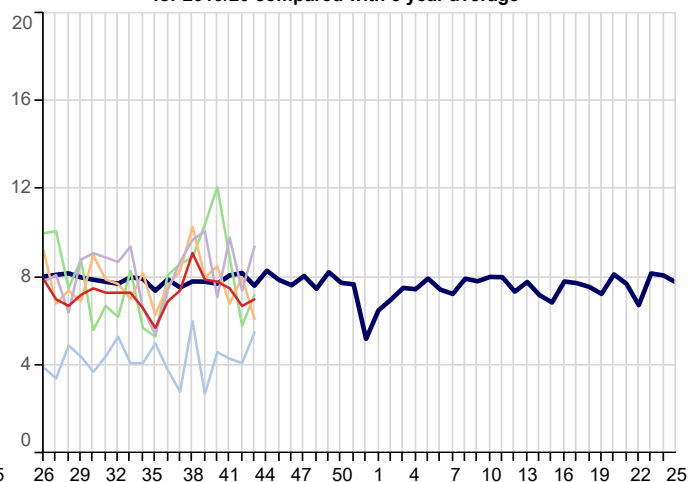
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average
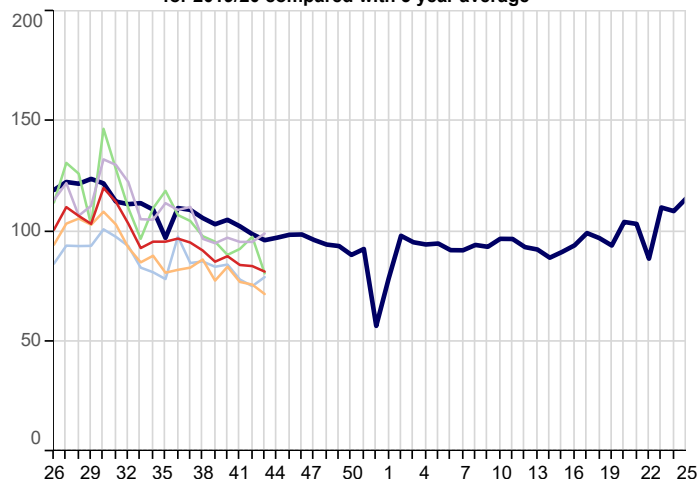
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average
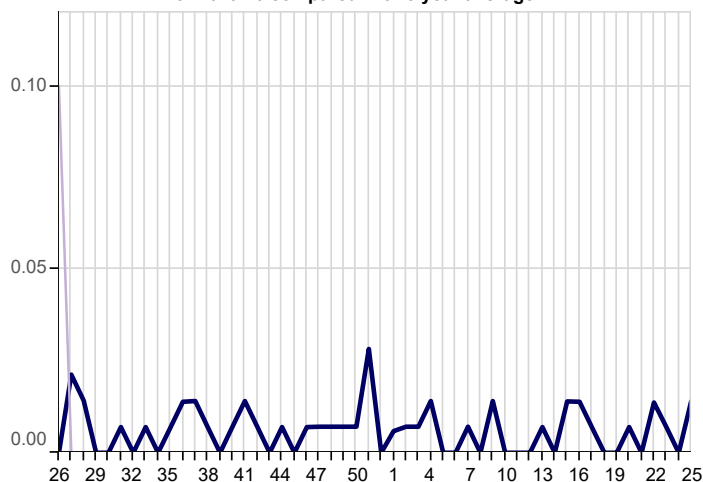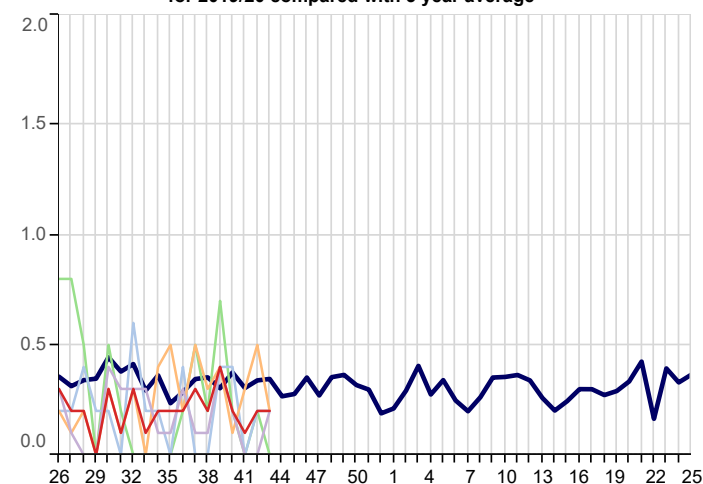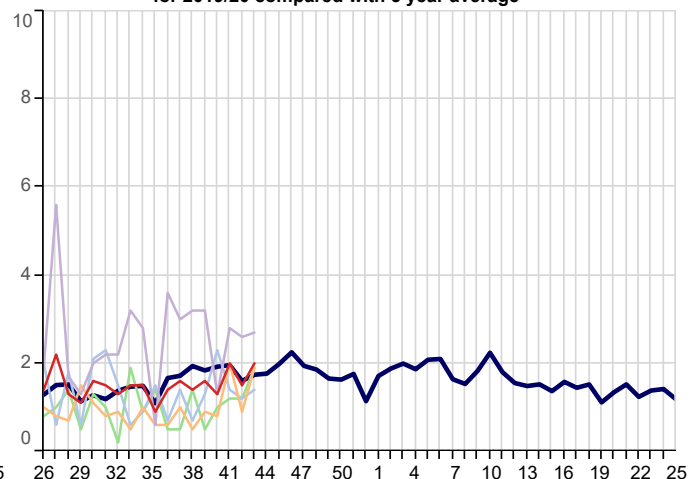
Symptoms involving Skin & Oth Integument Tiss (ICD10: R20-R23)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average
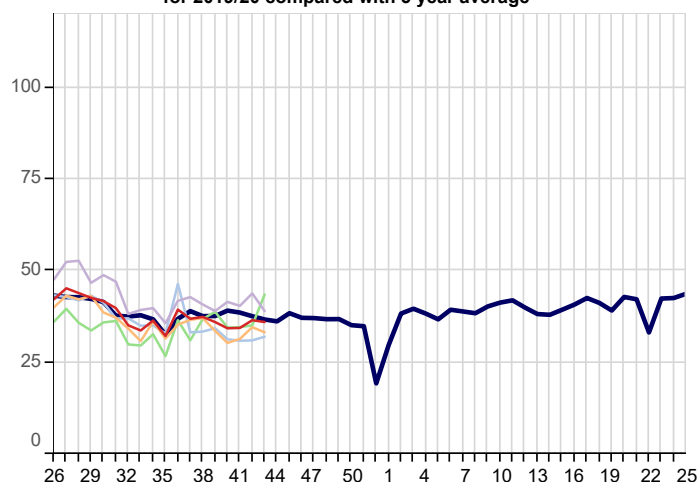
Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region
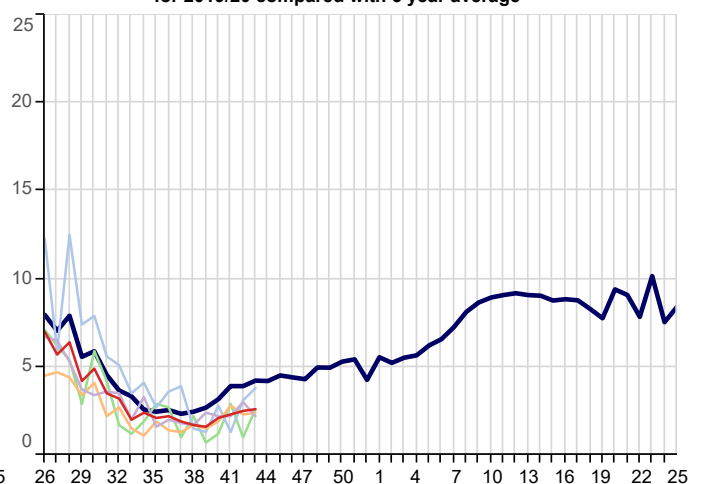**for 2019/20 compared with 5 year average**
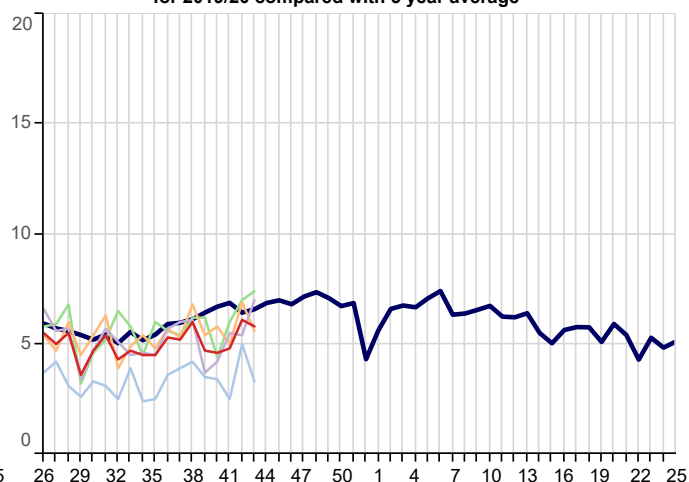
6. Disorders Affecting the Nervous System

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 2019/20 compared with 5 year average
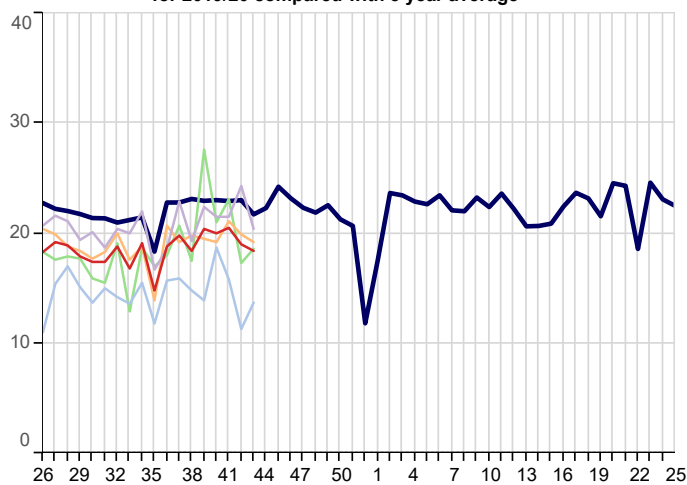
Meningitis/Encephalitis(ICD10: A170-A171,A390,A38-A85,A87,G00-G05)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average
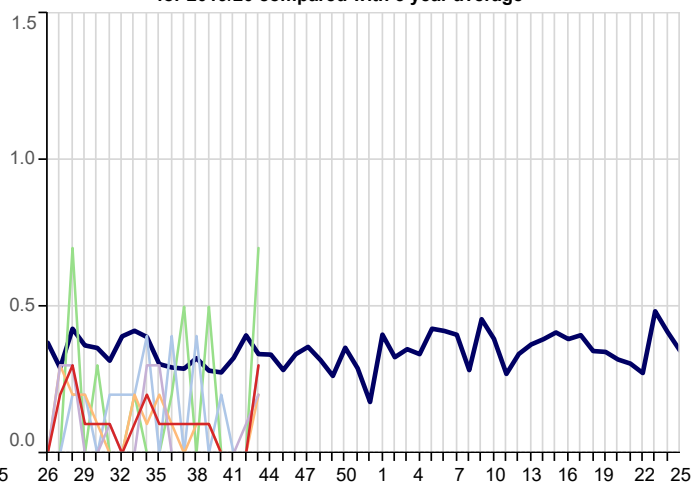
Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average
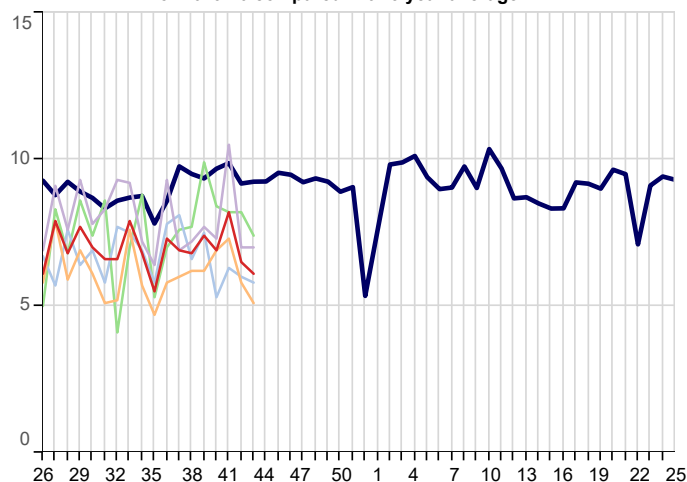

7. Genitourinary System Disorders

Urinary Tract Infection/Cystitis (ICD10: N30,N390)
Weekly incidence (per 100,000 all ages) by region
for 2019/20 compared with 5 year average

8. Tabular Summary by Disease
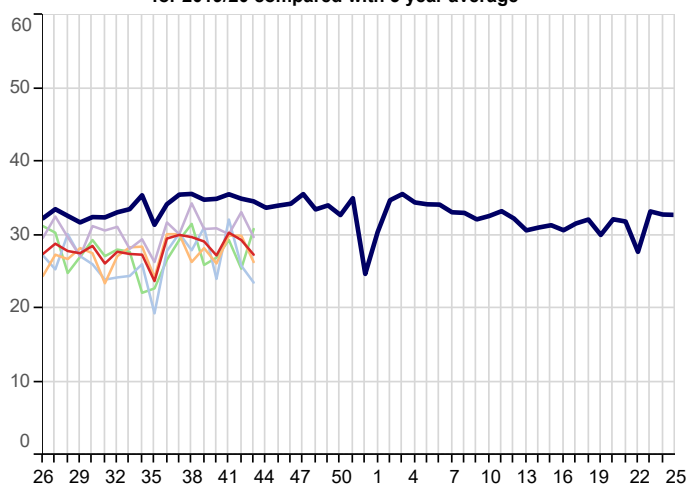
Week beginning Week ending	21/10/2019 27/10/2019		14/10/2019 20/10/2019		07/10/2019 13/10/2019		30/09/2019 06/10/2019	
Disease Name	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Allergic Rhinitis	3.6	110	3.7	106	3.4	96	4.0	113
Asthma	14.2	429	15.3	438	17.3	488	16.0	455
Bronchitis	73.3	2,216	72.2	2,071	69.9	1,971	69.7	1,983
Bullous Dermatoses	0.2	5	0.2	7	0.1	3	0.2	6
Chickenpox	2.6	80	2.5	71	2.3	66	2.1	59
Common Cold	88.1	2,664	90.4	2,593	92.5	2,609	86.1	2,452
Conjunctival Disorders	15.9	482	15.5	446	18.2	514	15.8	450
Herpes Simplex	3.8	116	4.0	116	4.8	135	4.2	119
Herpes Zoster	7.0	213	6.7	193	7.5	211	7.8	223
Impetigo	5.8	175	6.1	175	4.8	135	4.6	132
Infectious Mononucleosis	0.3	8	0.6	18	0.3	8	0.3	9
Influenza-like illness	6.2	188	5.5	158	5.0	142	4.3	121
Infectious Intestinal Diseases	8.2	249	9.2	264	9.4	265	8.4	238
Laryngitis and Tracheitis	7.6	230	8.2	234	9.0	255	9.1	259
Lower Respiratory Tract Infections	86.0	2,600	84.0	2,409	81.7	2,305	78.6	2,237
Measles	0.0	0	0.0	0	0.0	0	0.0	0
Meningitis and Encephalitis	0.3	9	0.0	1	0.0	0	0.0	1
Mumps	0.4	11	0.3	9	0.4	12	0.1	3
Non-infective Enteritis and Colitis	7.2	219	8.6	248	8.6	242	8.7	249
Otitis Media Acute	18.8	568	20.2	580	19.5	551	17.7	504
Peripheral Nervous Disease	18.4	557	19.0	546	20.5	577	20.0	569
Pleurisy	1.1	34	1.0	29	1.3	37	1.0	28
Pneumonia and Pneumonitis	2.6	79	2.9	82	3.2	91	2.4	67
Respiratory System Diseases	296.1	8,955	301.5	8,651	303.2	8,551	289.0	8,225
Rubella	0.0	0	0.0	0	0.0	0	0.0	0
Scabies	2.0	61	1.5	43	2.0	57	1.3	37
Sinusitis	16.9	512	17.6	506	18.5	522	17.5	497
Skin and Subcutaneous Tissue Infections	81.7	2,471	84.2	2,416	84.7	2,389	88.7	2,524
Strep Throat and Peritonsillar Abscess	1.2	36	1.6	47	0.9	26	1.3	36
Symptoms involving musculoskeletal	6.1	183	6.5	187	8.2	230	6.9	197
Symptoms involving Respiratory and Chest	149.7	4,527	157.2	4,511	148.6	4,190	137.1	3,902
Symptoms involving Skin and Integument Tissues	36.0	1,088	36.5	1,047	34.4	969	34.3	977
Tonsillitis and acute Pharyngitis	39.6	1,197	38.0	1,089	37.8	1,066	36.9	1,050
Upper Respiratory Tract Infections	178.0	5,384	182.6	5,240	184.1	5,193	173.5	4,938
Urinary Tract Infections	27.3	826	29.3	841	30.3	855	27.2	773
Viral Hepatitis	0.2	6	0.1	3	0.1	4	0.3	9
Whooping Cough	0.3	8	0.2	7	0.3	9	0.3	8
Practice Count		**286**		**279**		**275**		**277**
Denom		**3,024,196**		**2,869,525**		**2,820,097**		**2,846,472**

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 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)

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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