



Royal College of
General Practitioners

RSC Communicable and Respiratory Disease Report for England

Key Statistics:

Week Number/Year.....38/2016
Week Starting - Ending.....19/09/2016 - 25/09/2016
No. of Practices.....151
Population.....1461151

National (England)

- **Allergic Rhinitis** : decreased from 7.8 in week 37 to 6.8 in week 38.
- **Asthma** : increased from 14.6 in week 37 to 15.9 in week 38.
- **Common Cold & URTI NOS** : increased from 49.5 in week 37 to 74.9 in week 38.
- **Infectious Intestinal Diseases (IID)** : was unchanged at 9.7 in week 37 compared with 9.5 in week 38.
- **Respiratory System Diseases** : increased from 201.9 in week 37 to 228.4 in week 38.

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

- **Allergic Rhinitis** : decreased from 13.2 in week 37 to 9.0 in week 38 in the London region, decreased a little from 6.3 in week 37 to 6.0 in week 38 in the North region, decreased from 6.9 in week 37 to 6.0 in week 38 in the South region, and increased from 5.3 in week 37 to 7.2 in week 38 in the Midlands And East region.
- **Asthma** : decreased from 15.5 in week 37 to 12.9 in week 38 in the London region, increased from 12.6 in week 37 to 16.6 in week 38 in the North region, increased from 14.4 in week 37 to 17.4 in week 38 in the South region, and decreased from 17.4 in week 37 to 16.0 in week 38 in the Midlands And East region.
- **Common Cold & URTI NOS** : increased from 58.9 in week 37 to 103.0 in week 38 in the London region, increased from 51.7 in week 37 to 78.0 in week 38 in the North region, increased from 37.0 in week 37 to 54.6 in week 38 in the South region, and increased from 56.3 in week 37 to 70.6 in week 38 in the Midlands And East region.
- **Infectious Intestinal Diseases (IID)** : was unchanged at 10.0 in week 37 compared with 10.3 in week 38 in the London region, increased from 10.6 in week 37 to 12.2 in week 38 in the North region, decreased from 8.9 in week 37 to 7.1 in week 38 in the South region, and decreased from 9.3 in week 37 to 8.0 in week 38 in the Midlands And East region.
- **Respiratory System Diseases** : increased from 197.0 in week 37 to 244.1 in week 38 in the London region, increased from 214.1 in week 37 to 242.8 in week 38 in the North region, increased from 176.2 in week 37 to 196.7 in week 38 in the South region, and increased a little from 232.2 in week 37 to 239.8 in week 38 in the Midlands And East region.

Comment:

The rate of respiratory conditions continued to increase this week, though this remains in line with seasonally expected levels.

Most other conditions are at or below seasonally expected levels.

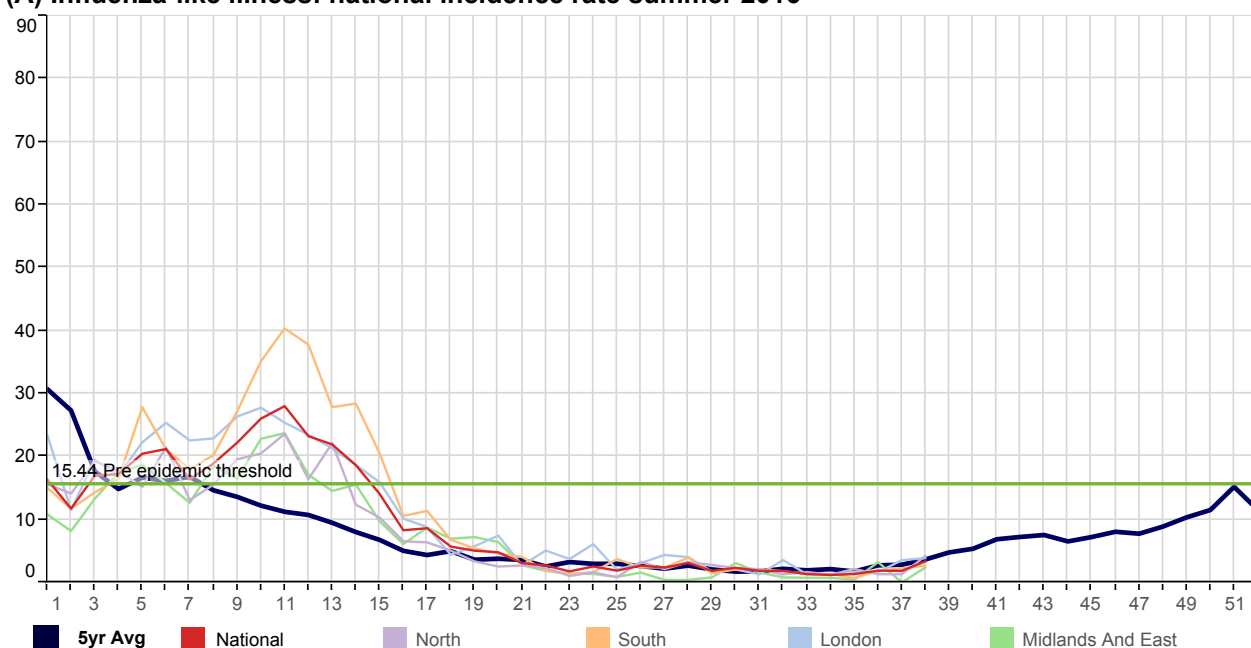
Spring/Summer Focus 2016

Please see page 13 for explanatory notes on the data.

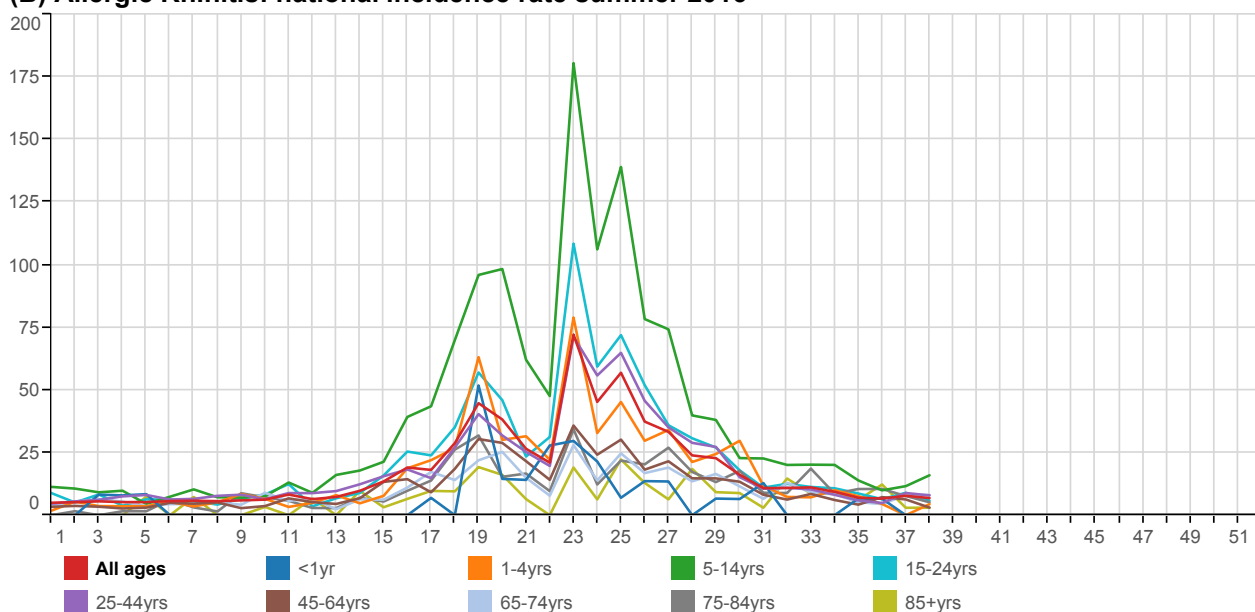
Weekly influenza-like illness and bronchitis incidence rates per 100,000 persons

	Bronchitis	Influenza-like illness		Influenza-like illness	Bronchitis
<1yr	111.1	0.0	London	3.9	36.4
1-4yrs	81.2	1.5	North	4.2	57.0
5-14yrs	19.0	0.0	South	2.7	45.7
15-24yrs	21.1	4.2	Midlands And East	2.4	56.3
25-44yrs	31.0	5.5	National	3.4	49.0
45-64yrs	53.2	4.1			
65-74yrs	66.2	0.7			
75-84yrs	120.1	0.0			
85+yrs	203.8	3.0			
All ages	49.0	3.4			

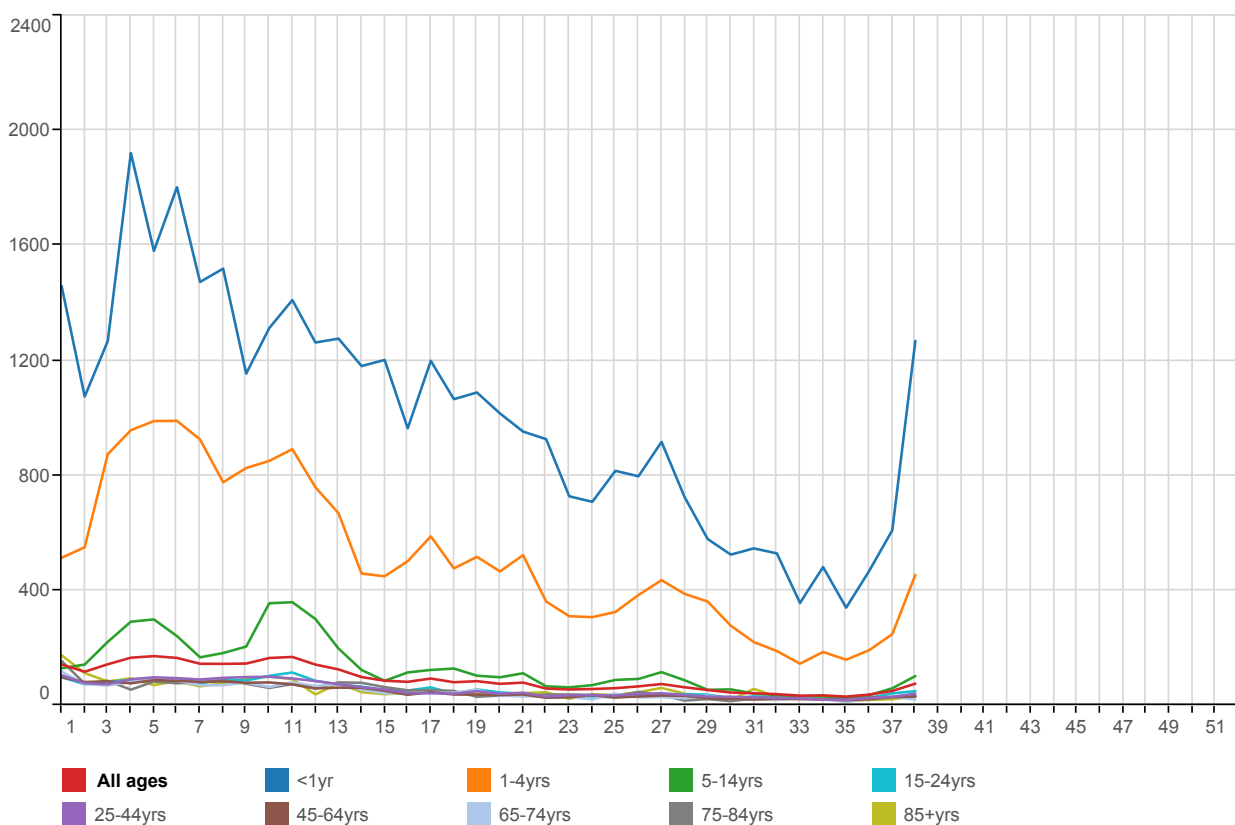
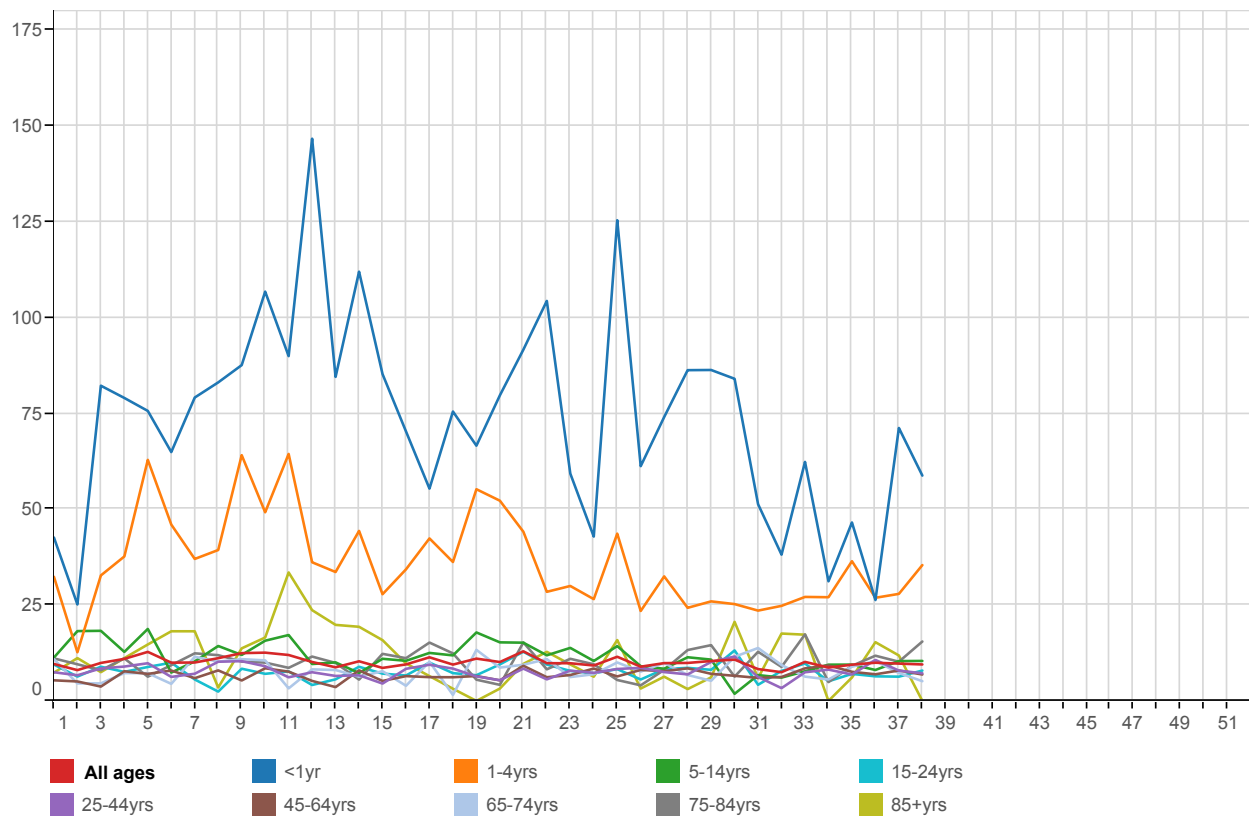
(A) Influenza-like illness: national incidence rate summer 2016*



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



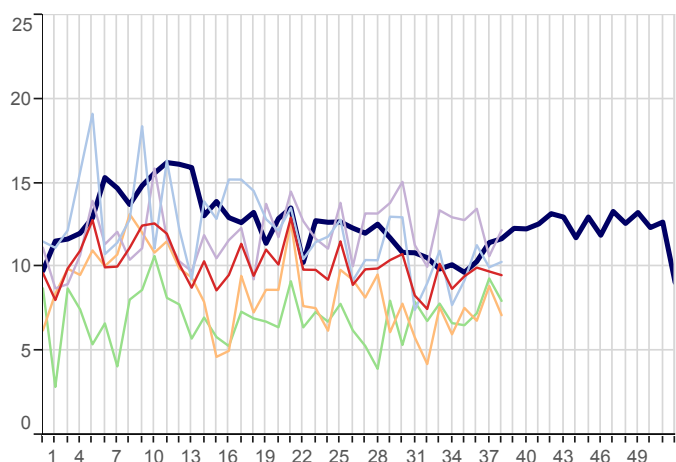
* The thresholds used are the agreed RCGP/ Public Health England levels for 2016. The rolling average line (blue) is based on 5 year historic RCGP RSC level.

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

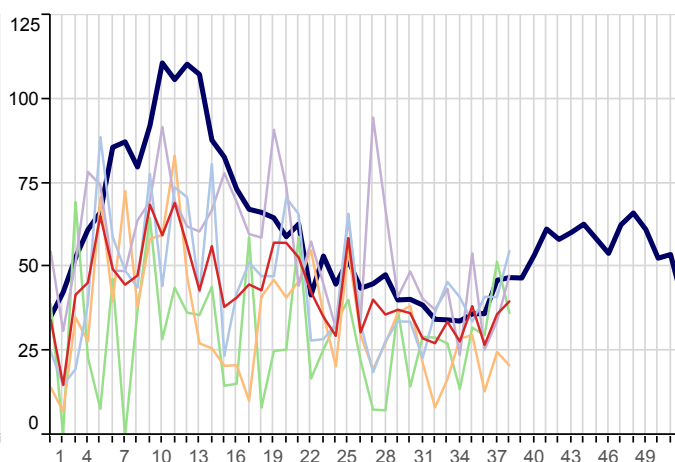
1. Water & Food Borne Disorders:

5yr Avg National London North South Midlands And East

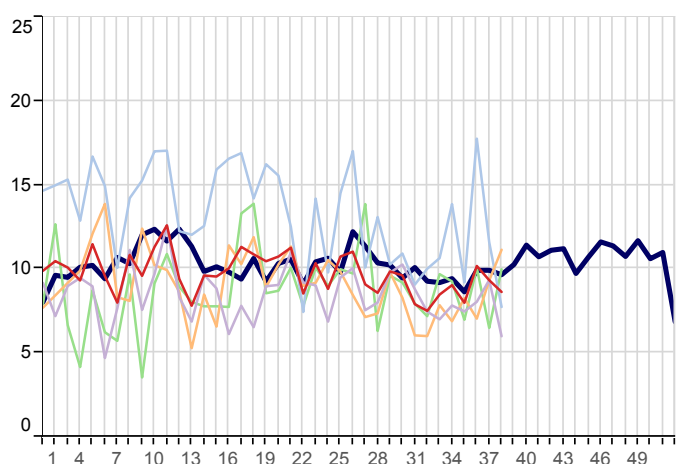
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **all ages**) by regions
for 2016 compared with 5 year average



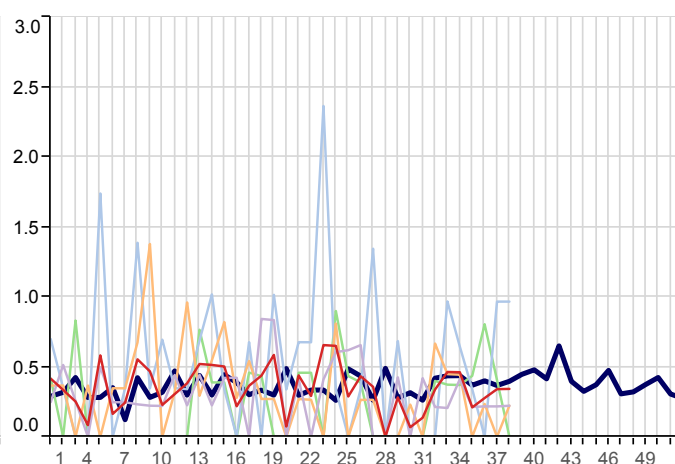
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **0-4 years**) by regions
for 2016 compared with 5 year average



Non-Infective Enteritis & Colitis (ICD10: K50-K52)
Weekly incidence (per 100,000 **all ages**) by region
for 2016 compared with 5 year average



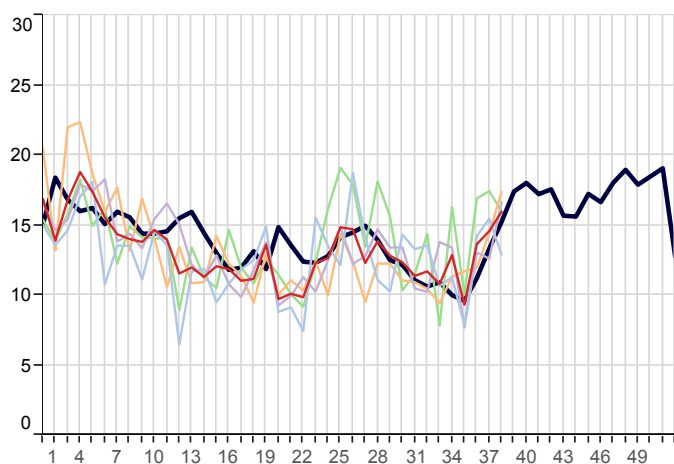
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 **all ages**) by region
for 2016 compared with 5 year average



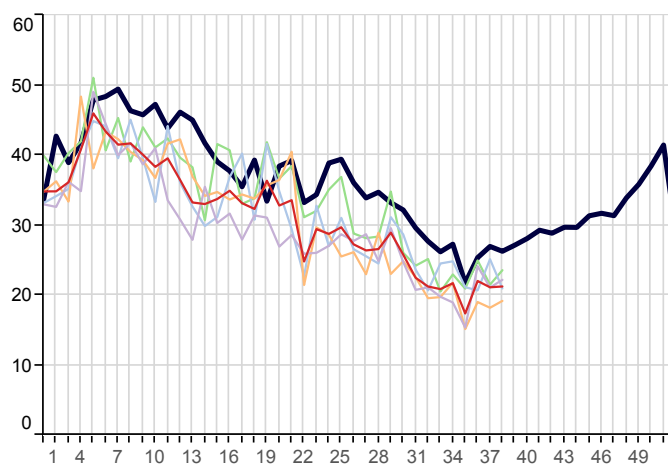
2. Environmentally Sensitive Disorders:

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

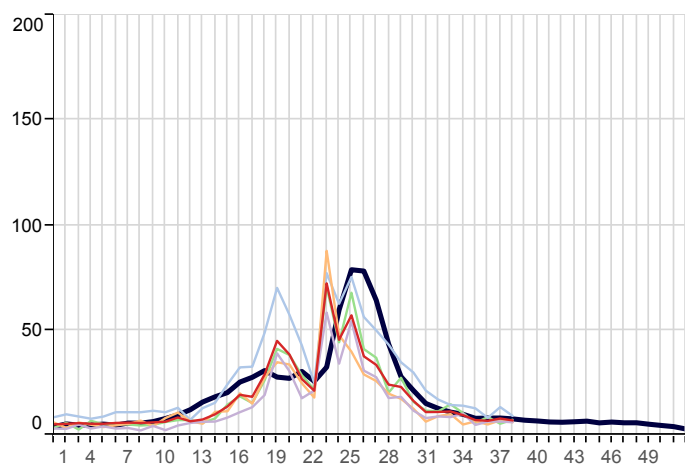
Asthma (ICD10: J45-J46)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



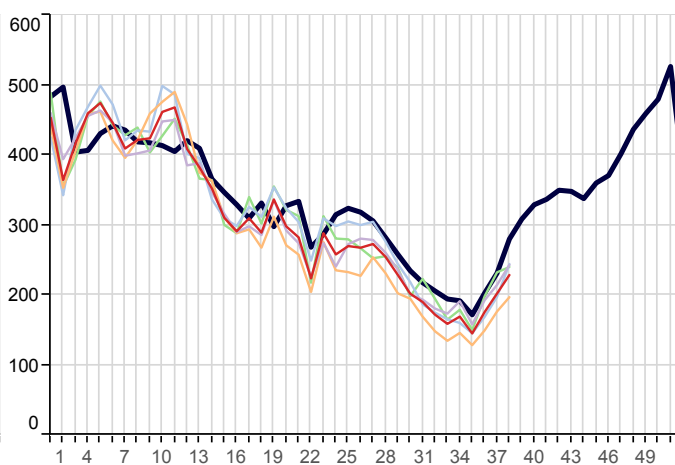
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



Hayfever/Allergic Rhinitis (ICD10: J30)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



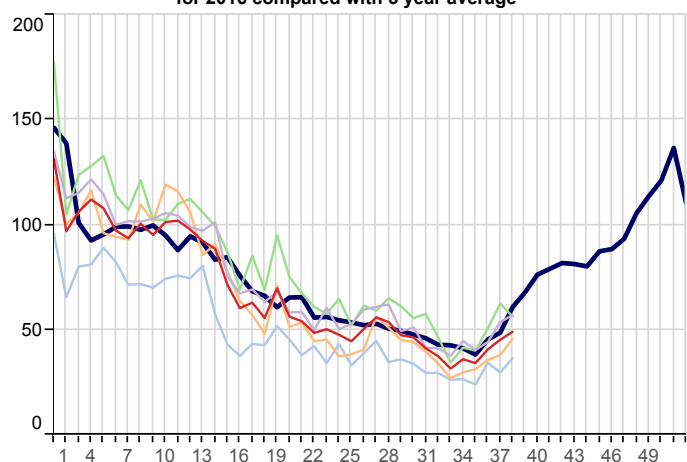
Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



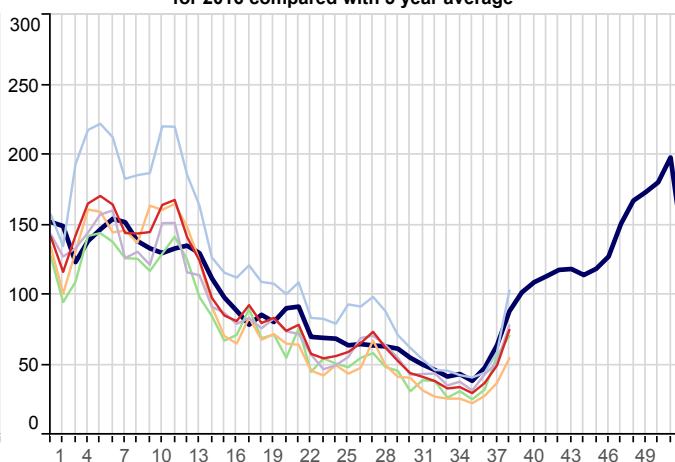
3. Respiratory Infections:

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

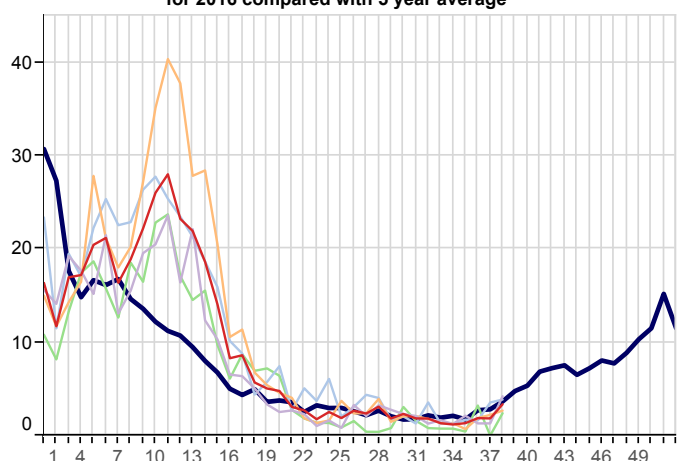
Acute Bronchitis (ICD10: J20-J21,J40)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



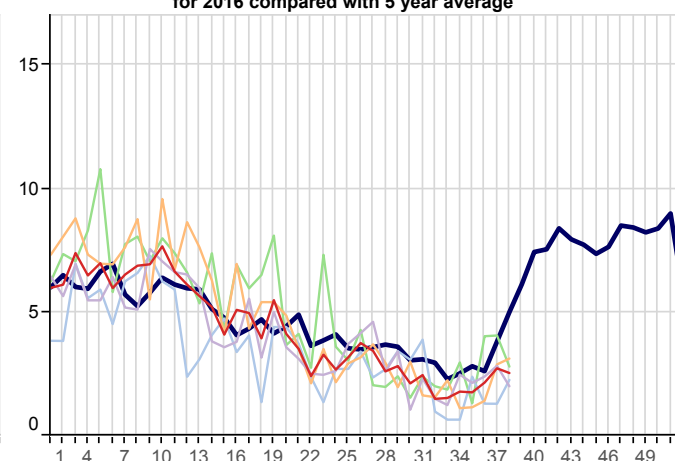
Common Cold (ICD10: J00,J06)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



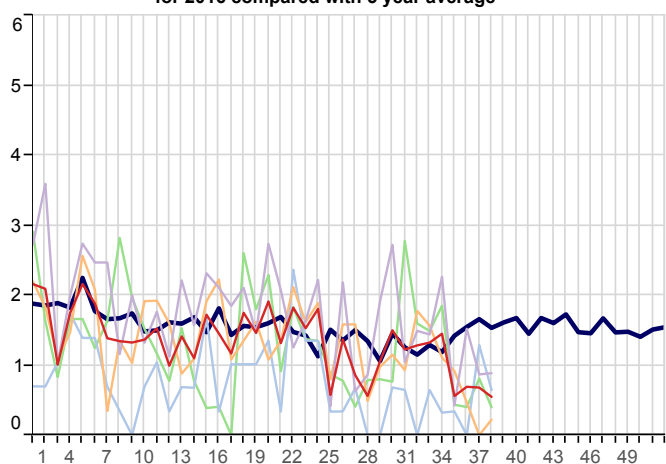
Influenza-Like Illness (ICD10: J09-J11)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



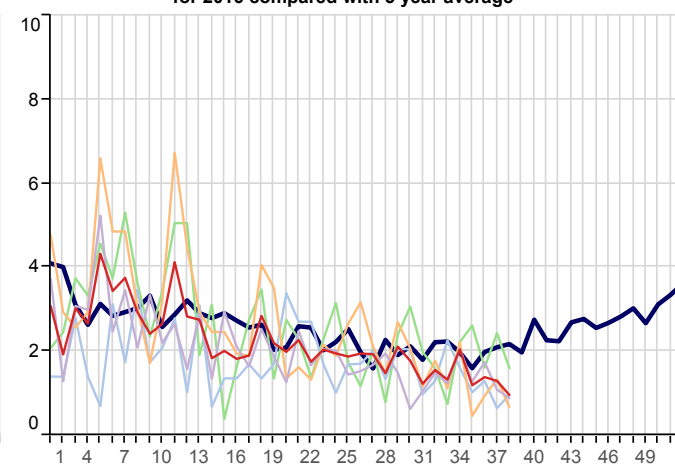
Acute Laryngitis/Tracheitis (ICD10: J04)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



Pleurisy (ICD10: R091)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



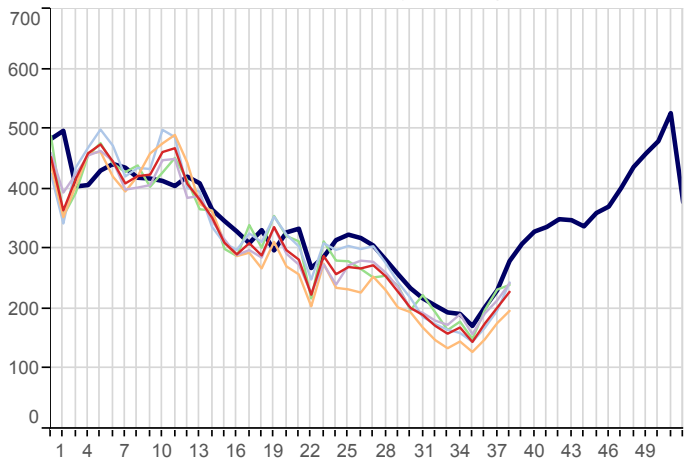
Pneumonia/Pneumonitis (ICD10: J12-J18)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



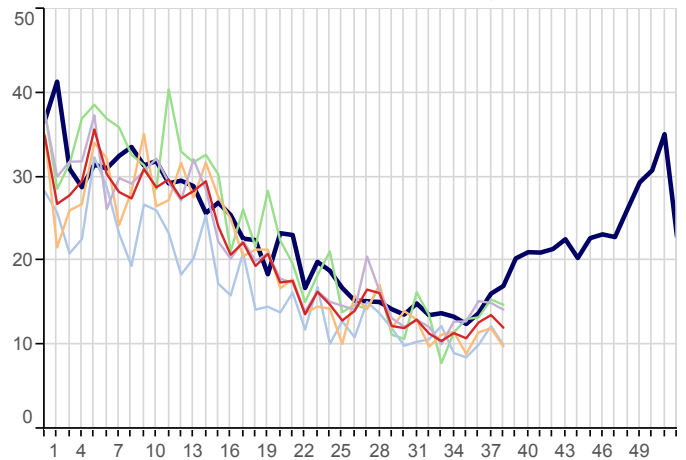
3. Respiratory Infections(Continued):

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

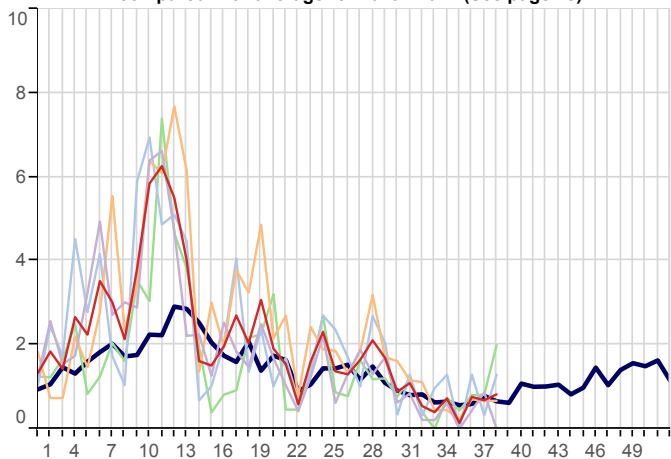
Respiratory System Diseases (ICD10: J00-J99)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



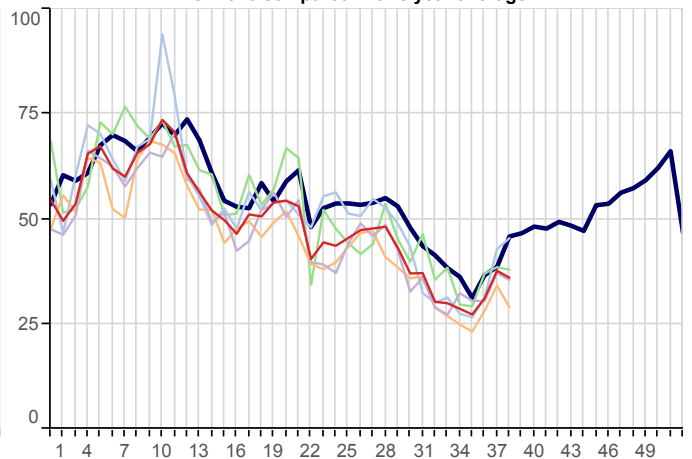
Acute Sinusitis (ICD10: J01)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



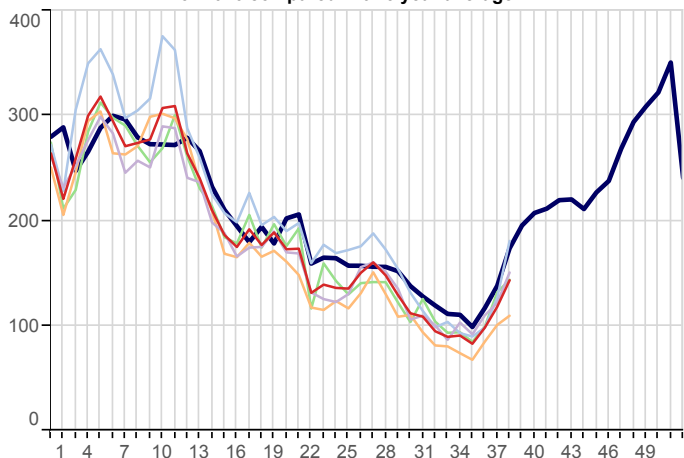
Strep Sore Throat, Scarletina and Peritonsillar Abscess (ICD10: A38,J02,J36)
Weekly incidence (per 100,000 all ages) by region for 2015
compared with average for 2010 - 2012 (See page 13)



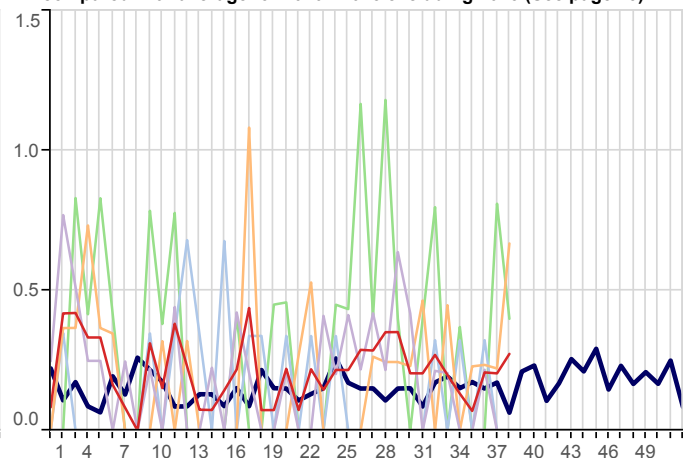
Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



Upper Respiratory Tract Infections (URTI)(ICD10: J00-J06)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



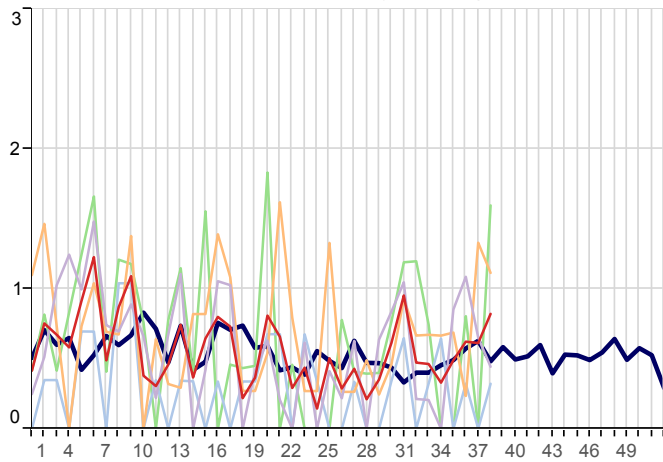
Whooping Cough (ICD10: A37)
Weekly incidence (per 100,000 all ages) by region for 2015
compared with average for 2010 - 2015 excluding 2013 (See page 13)



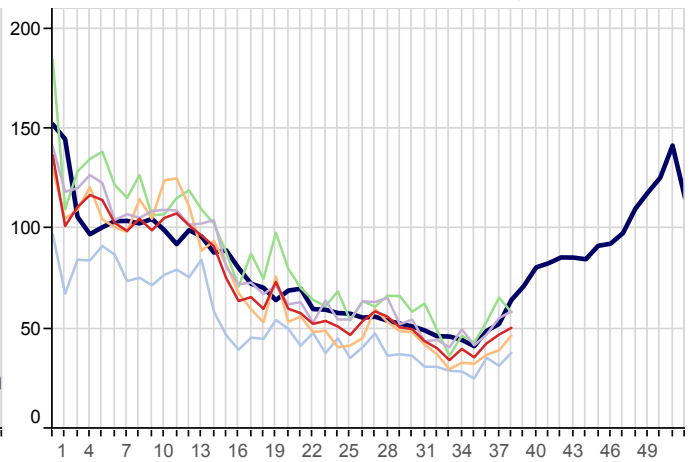
3. Respiratory Infections(Continued):

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

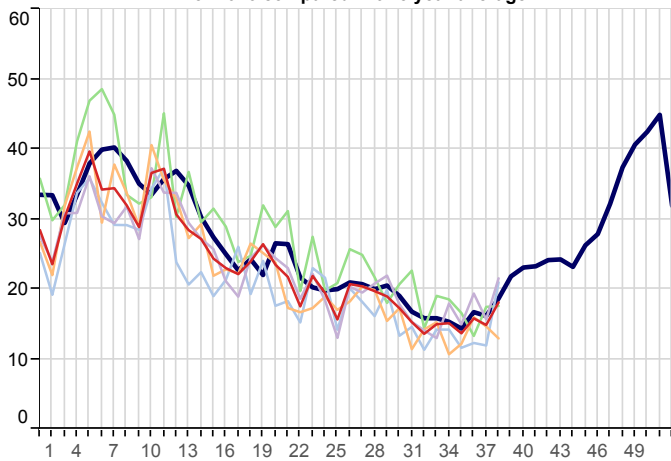
Infectious Mononucleosis (ICD10: B27)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



Lower Respiratory Tract Infections (LRTI)(ICD10: J20-J22)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



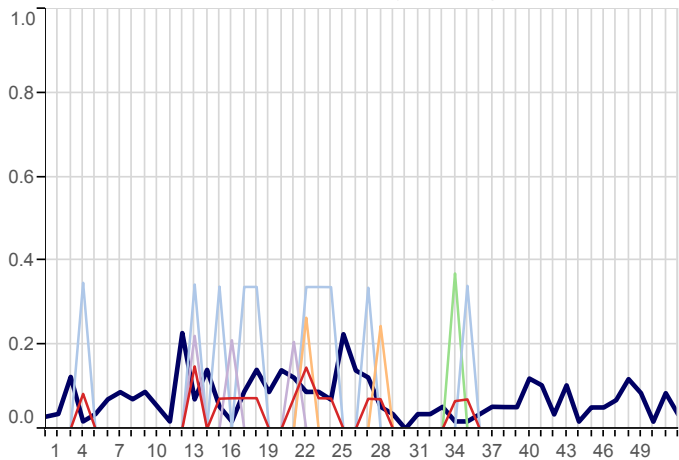
Acute Otitis Media (ICD10: H650-H651,H660,H669)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



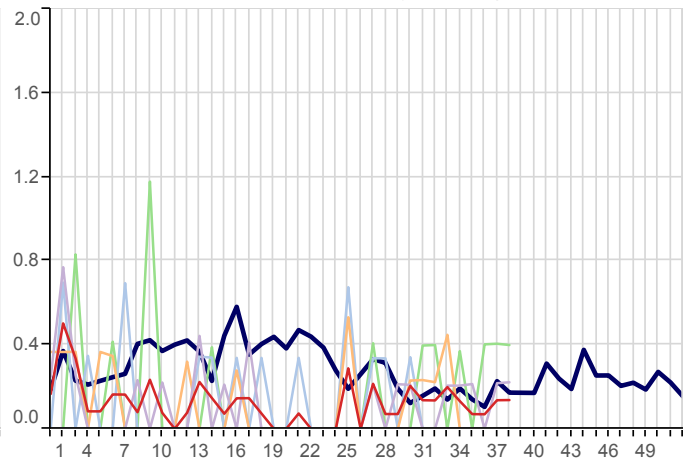
4. Vaccine Sensitive Disorders

5yr Avg National North South London Midlands And East

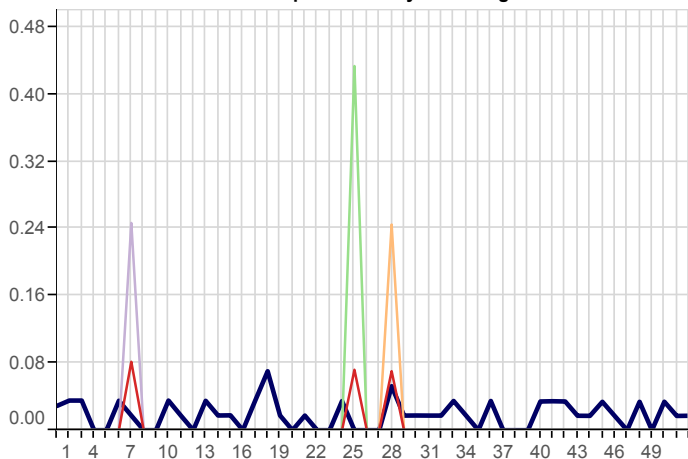
Measles (ICD10: B05)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



Mumps (ICD10: B26)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average

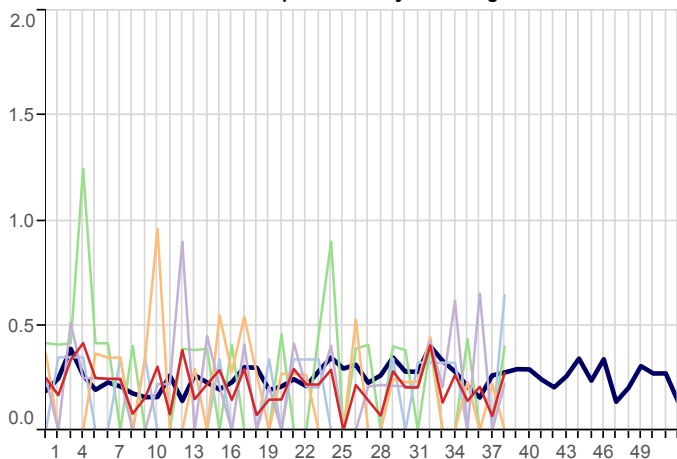


Rubella (ICD10: B06)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average

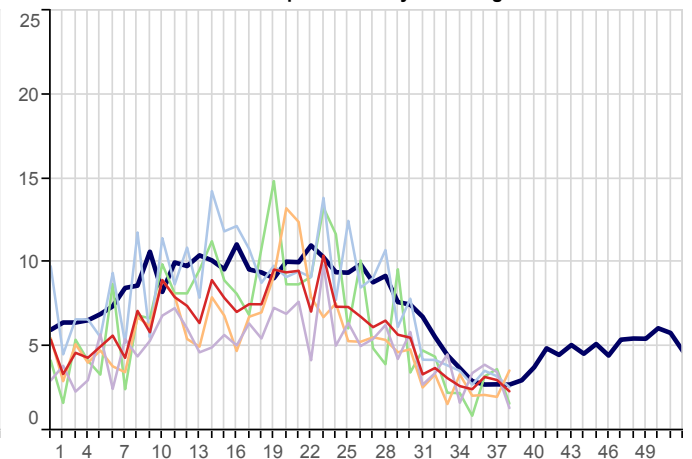


5. Skin Contagions

Bullous Dermatoses (ICD10: L10-L14)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



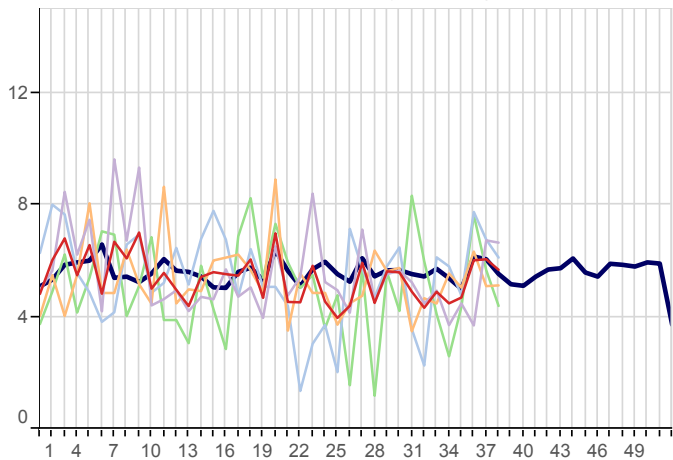
Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



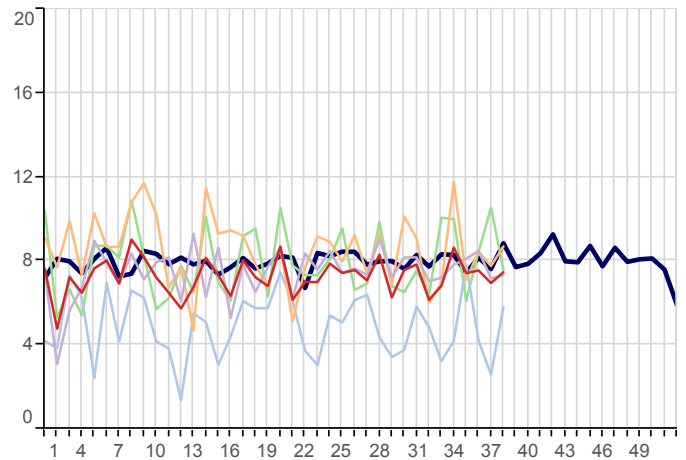
5. Skin Contagions (Continued)

5yr Avg National North South London Midlands And East

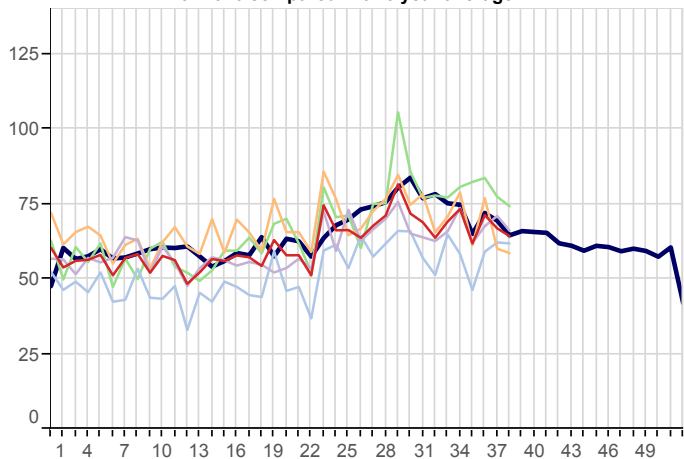
Herpes Simplex (ICD10: B00)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



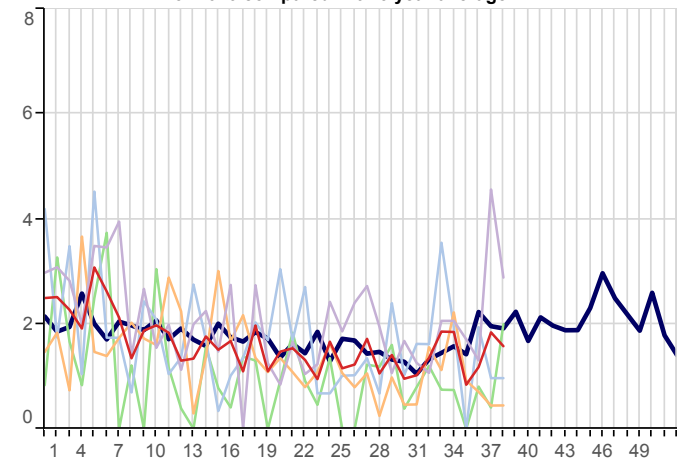
Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



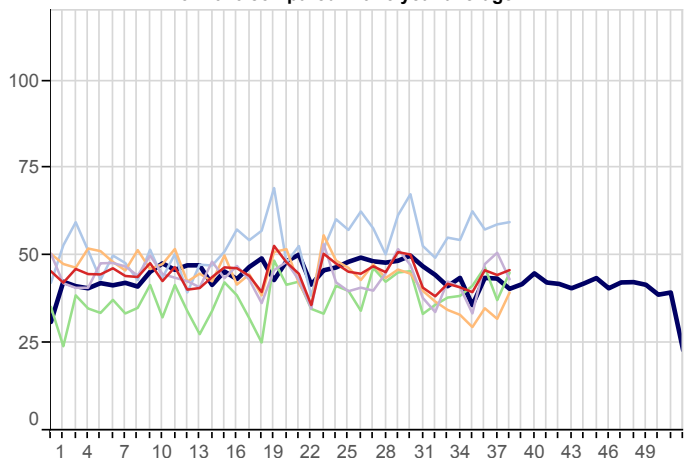
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



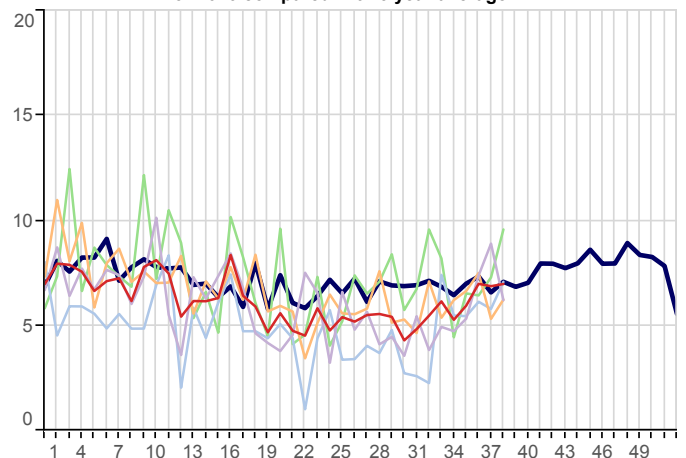
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



Symptoms involving Skin & Oth Integument Tiss (ICD10: R20-R23)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



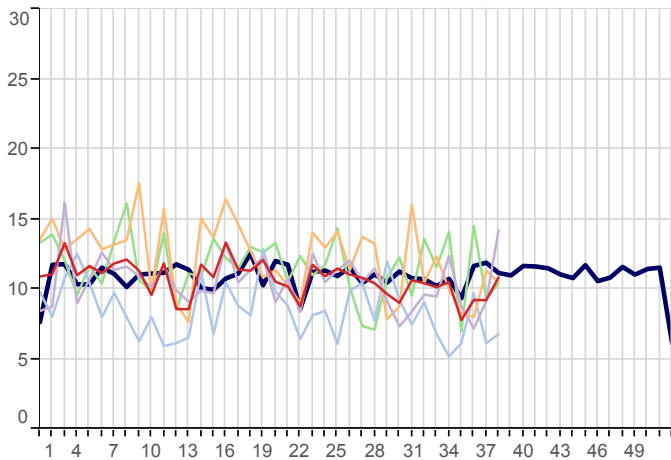
Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



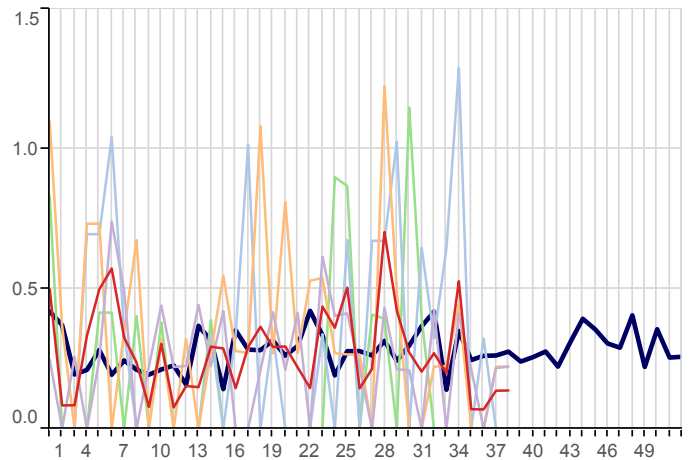
6. Disorders Affecting the Nervous System

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

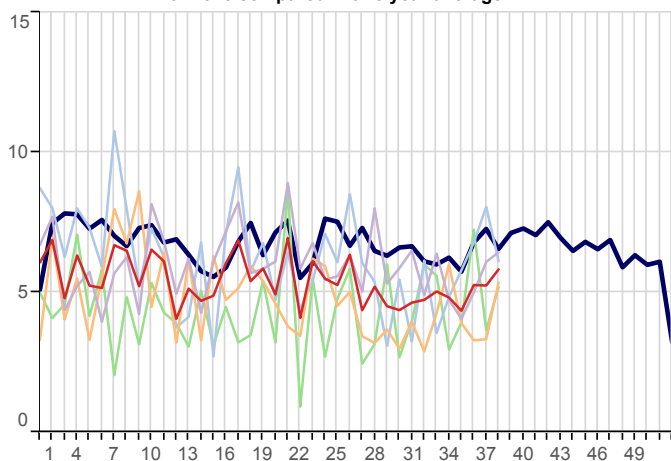
Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



Meningitis/Encephalitis (ICD10: A170-A171,A390,A38-A85,A87,G00-G05)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average

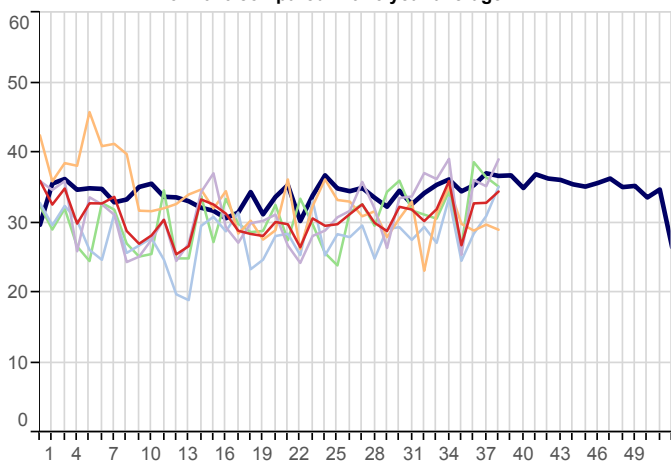


Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



7. Genitourinary System Disorders

Urinary Tract Infection/Cystitis (ICD10: N30,N390)
Weekly incidence (per 100,000 all ages) by region
for 2016 compared with 5 year average



8. Tabular Summary by Disease

Disease Name	Week beginning Week ending		19/09/2016 25/09/2016		12/09/2016 18/09/2016		05/09/2016 11/09/2016		29/08/2016 04/09/2016	
	Rate	Episodes	Rate	Episodes	Rate	Episodes	Rate	Episodes	Rate	Episodes
Allergic Rhinitis	6.8	100	7.8	114	6.6	96	7.0	100		
Asthma	15.9	233	14.6	214	13.6	197	9.3	133		
Acute Bronchitis	49.0	716	45.2	664	40.6	587	34.1	487		
Bullous Dermatoses	0.3	4	0.1	1	0.2	3	0.1	2		
Chickenpox	2.3	34	3.0	44	3.2	46	2.4	35		
Common Cold	74.9	1,094	49.5	727	36.9	533	29.7	424		
Conjunctival Disorders	21.2	310	21.1	310	22.0	318	17.4	248		
Herpes Simplex	5.7	83	6.1	89	6.0	87	4.7	67		
Herpes Zoster	7.5	109	6.9	102	7.5	109	7.4	106		
Impetigo	7.0	102	6.9	101	7.0	101	5.9	85		
Infectious Mononucleosis	0.8	12	0.6	9	0.6	9	0.5	7		
Influenza-like illness	3.4	49	1.8	27	1.9	27	1.3	19		
Infectious Intestinal Diseases	9.5	139	9.7	143	10.0	144	9.4	135		
Laryngitis and Tracheitis	2.5	37	2.7	40	2.1	31	1.7	25		
Lower Respiratory Tract Infections	50.5	738	47.1	692	42.8	618	35.8	511		
Measles	0.0	0	0.0	0	0.0	0	0.1	1		
Meningitis and Encephalitis	0.1	2	0.1	2	0.1	1	0.1	1		
Mumps	0.1	2	0.1	2	0.1	1	0.1	1		
Non-infective Enteritis and Colitis	8.6	126	9.3	137	10.2	147	8.0	114		
Otitis Media Acute	18.1	264	14.8	218	15.8	228	13.6	195		
Peripheral Nervous Disease	10.8	158	9.2	135	9.2	133	7.8	111		
Pleurisy	0.5	8	0.7	10	0.7	10	0.6	8		
Pneumonia and Pneumonitis	1.0	14	1.3	19	1.4	20	1.2	17		
Respiratory System Diseases	228.4	3,337	201.9	2,966	175.4	2,535	144.8	2,069		
Rubella	0.0	0	0.0	0	0.0	0	0.0	0		
Scabies	1.6	23	1.8	27	1.2	17	0.8	12		
Sinusitis	12.0	176	13.5	199	12.7	183	10.8	154		
Skin and Subcutaneous Tissue Infections	64.3	939	66.8	982	71.3	1,030	61.8	883		
Strep Throat and Peritonsillar Abscess	0.8	12	0.7	10	0.8	11	0.1	2		
Symptoms involving musculoskeletal	5.8	85	5.2	77	5.3	76	4.3	62		
Symptoms involving Respiratory and Chest	22.0	321	20.1	295	20.6	297	15.5	222		
Symptoms involving Skin and Integument Tissues	45.9	670	44.4	653	45.8	662	39.5	565		
Tonsillitis and acute Pharyngitis	36.0	526	37.6	553	31.1	449	27.2	389		
Upper Respiratory Tract Infections	143.1	2,091	117.9	1,732	98.0	1,416	82.7	1,181		
Urinary Tract Infections	34.4	503	32.8	482	32.7	473	26.7	382		
Viral Hepatitis	0.3	5	0.3	5	0.3	4	0.2	3		
Whooping Cough	0.3	4	0.2	3	0.2	3	0.1	1		
Practice Count		151		151		150		148		
Denom		1,461,151		1,469,161		1,445,247		1,428,697		

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 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 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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