



Royal College of  
General Practitioners  
Research and Surveillance Centre

## RSC Communicable and Respiratory Disease Report for England

### Key Statistics:

Week Number/Year.....05/2019  
Week Starting - Ending.....28/01/2019 - 03/02/2019  
No. of Practices.....234  
Population.....2335267

### National (England)

- **Acute Bronchitis** : was unchanged at **90.6** in week 4 compared with **88.0** in week 5.
- **Asthma** : decreased from **17.8** in week 4 to **15.7** in week 5.
- **Common Cold** : increased a little from **127.5** in week 4 to **132.4** in week 5.
- **Influenza-Like illness** : increased from **17.5** in week 4 to **19.7** in week 5.
- **Respiratory System Diseases** : was unchanged at **369.3** in week 4 compared with **370.5** in week 5.

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

- **Acute Bronchitis** : increased a little from **65.7** in week 4 to **68.0** in week 5 in the London region, decreased from **113.7** in week 4 to **103.1** in week 5 in the North region, was unchanged at **75.9** in week 4 compared with **76.8** in week 5 in the South region, and increased a little from **107.0** in week 4 to **111.9** in week 5 in the Midlands And East region.
- **Asthma** : increased from **14.3** in week 4 to **18.5** in week 5 in the London region, decreased from **19.9** in week 4 to **16.6** in week 5 in the North region, decreased from **19.1** in week 4 to **13.1** in week 5 in the South region, and increased from **15.0** in week 4 to **15.8** in week 5 in the Midlands And East region.
- **Common Cold** : increased a little from **167.2** in week 4 to **175.5** in week 5 in the London region, was unchanged at **132.0** in week 4 compared with **133.6** in week 5 in the North region, was unchanged at **100.6** in week 4 compared with **103.3** in week 5 in the South region, and increased from **125.1** in week 4 to **139.5** in week 5 in the Midlands And East region.
- **Influenza-Like illness** : was unchanged at **18.1** in week 4 compared with **17.6** in week 5 in the London region, was unchanged at **18.4** in week 4 compared with **18.0** in week 5 in the North region, increased from **18.4** in week 4 to **21.7** in week 5 in the South region, and increased from **13.1** in week 4 to **22.0** in week 5 in the Midlands And East region.
- **Respiratory System Diseases** : increased from **358.2** in week 4 to **377.2** in week 5 in the London region, decreased a little from **415.7** in week 4 to **400.0** in week 5 in the North region, was unchanged at **326.1** in week 4 compared with **322.1** in week 5 in the South region, and increased from **381.7** in week 4 to **415.0** in week 5 in the Midlands And East region.

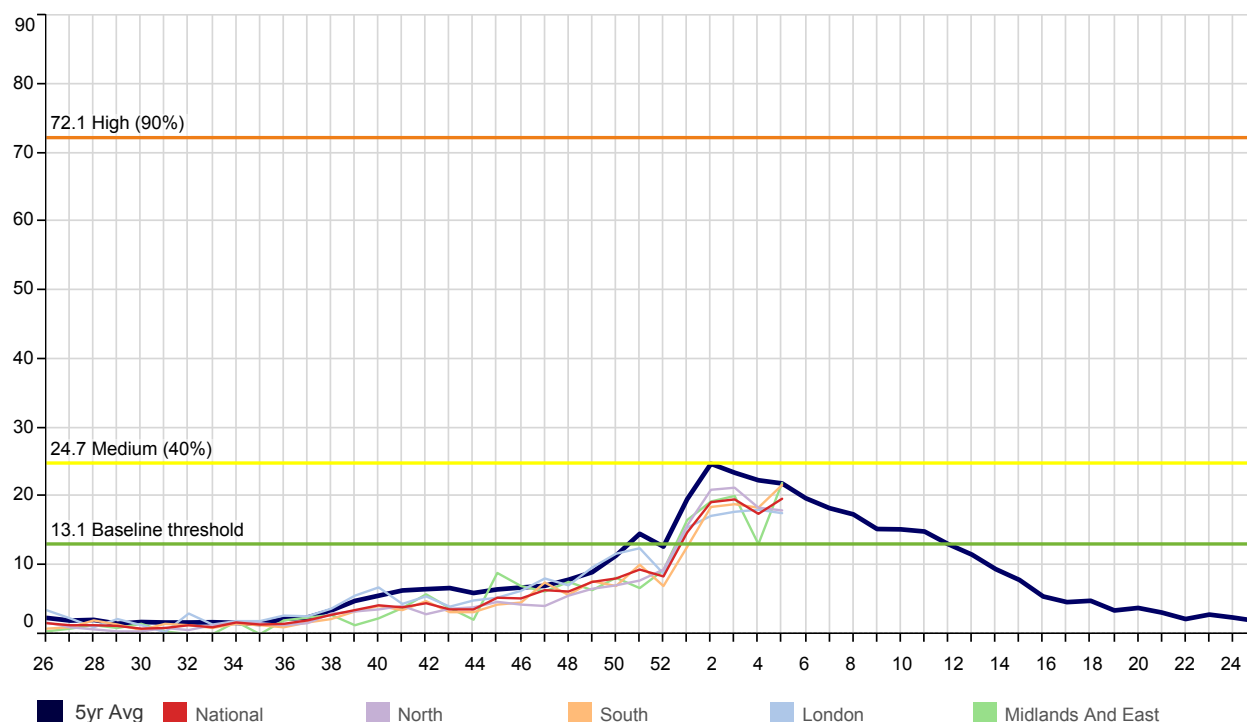
### Comment:

Presentations of respiratory are similar to the previous week and are at or below those anticipated at this time of year.

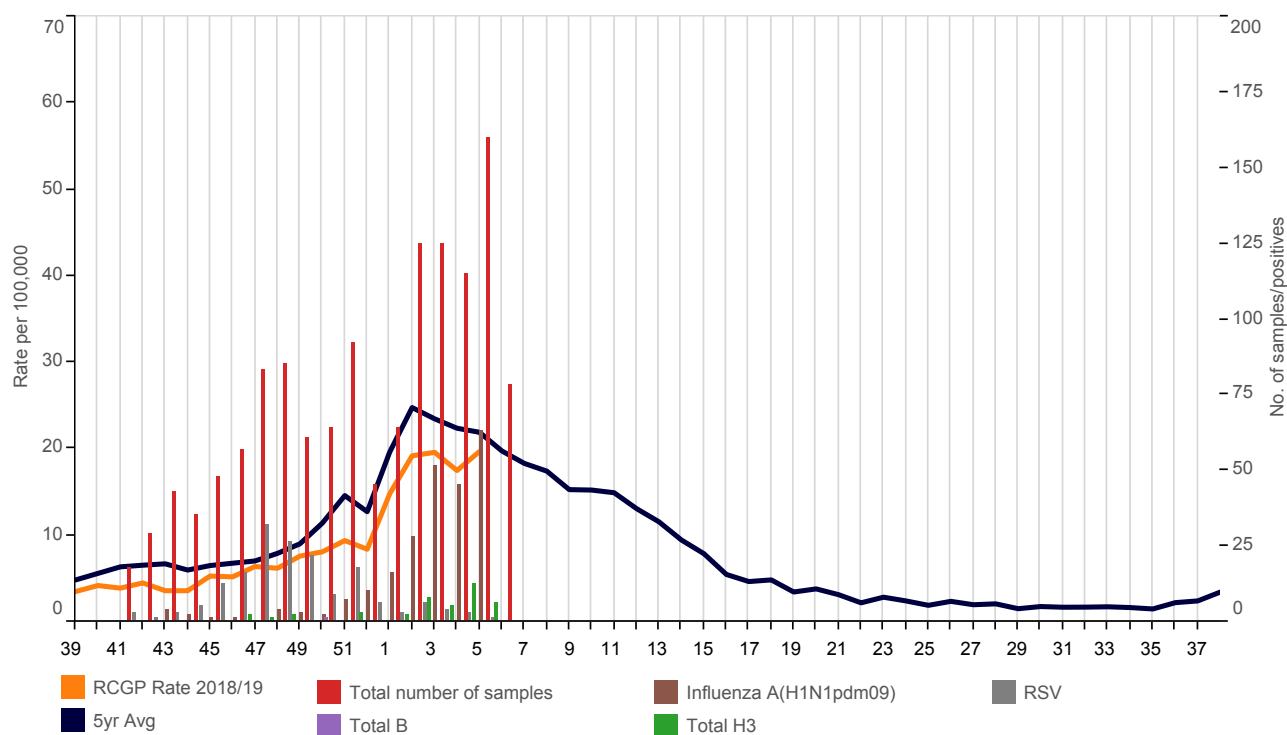
## Winter Focus 2018/19

Please see page 13 for explanatory notes on the data.

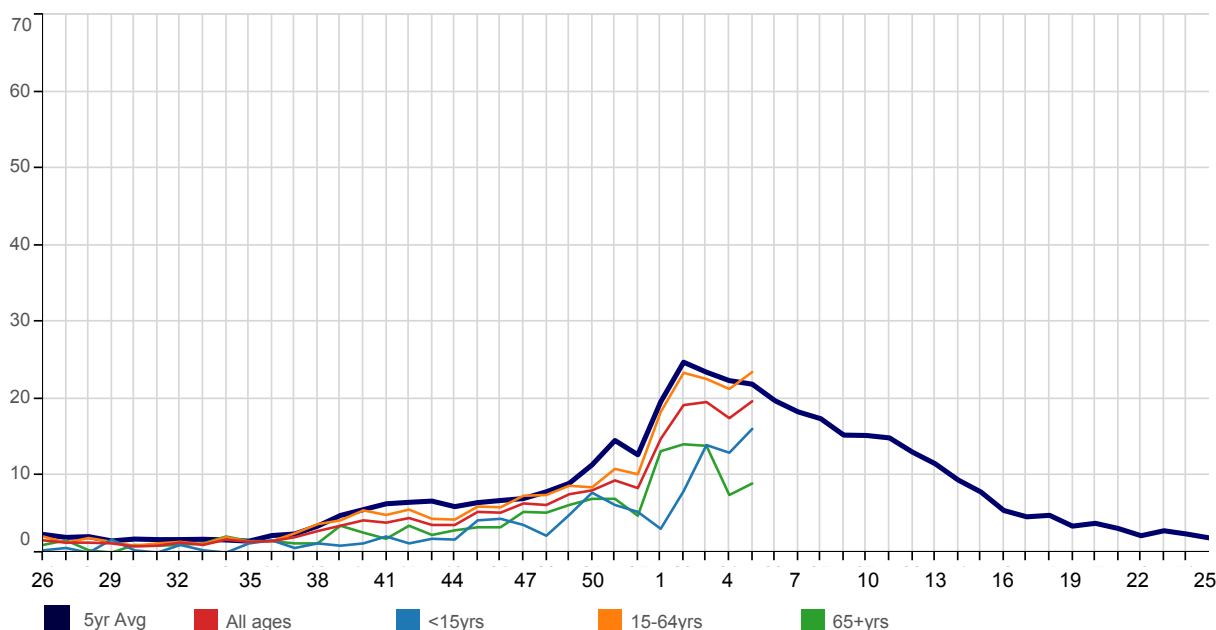
### (A) Influenza-like illness: incidence rate winter 2018/19\*



### (B) RCGP/PHE RSV and Influenza Virology Swab Surveillance 2018/19(all ages, gender & regions combined)\*



\* The thresholds used are the agreed RCGP/ Public Health England levels for 2018/19. The rolling average line (blue) is based on 5 year historic RCGP RSC level.

**(C) Influenza-like illness: national incidence rate 2018/2019 by age group\*****(D) Influenza-like illness: national incidence rate 2018/2019 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	1.2	2.1	1.2	1.8	1.7	4.2	4.4	3.6	2.2	4.9	7.8	6.2	5.3	3.1	8.0	14.0	13.0
15-64yrs	5.5	4.9	5.6	4.4	4.3	6.0	5.9	7.4	7.5	8.7	8.5	10.9	10.2	18.3	23.4	22.6	21.3
65+yrs	2.6	1.8	3.5	2.3	2.9	3.3	3.3	5.3	5.2	6.2	7.0	7.0	4.8	13.2	14.1	13.9	7.5
All ages	4.2	3.9	4.5	3.6	3.6	5.3	5.2	6.4	6.2	7.6	8.1	9.4	8.4	14.8	19.2	19.6	17.5

	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<15yrs	16.10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
15-64yrs	23.50	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
65+yrs	9.00	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
All ages	19.70	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Table 2	Below Threshold <sup>1</sup>	Threshold to Medium <sup>2</sup>	Medium to High <sup>3</sup>	High to Very High <sup>4</sup>	Above Very High <sup>5</sup>
0-14	<10.8	10.8 to <16.5	16.5 to <50.4	50.4 to <82.4	82.4+
15-64	<14.6	14.6 to <28.9	28.9 to <69.6	69.6 to <102.7	102.7+
65+	<11.7	11.7 to <17.6	17.6 to <43.6	43.6 to <65.1	65.1+
All Ages	<13.1	13.1 to <24.7	24.7 to <72.1	72.1 to <115.6	115.6+

**Threshold levels**

<sup>1</sup>Below baseline threshold

<sup>2</sup>baseline threshold breach to < 40th percentile

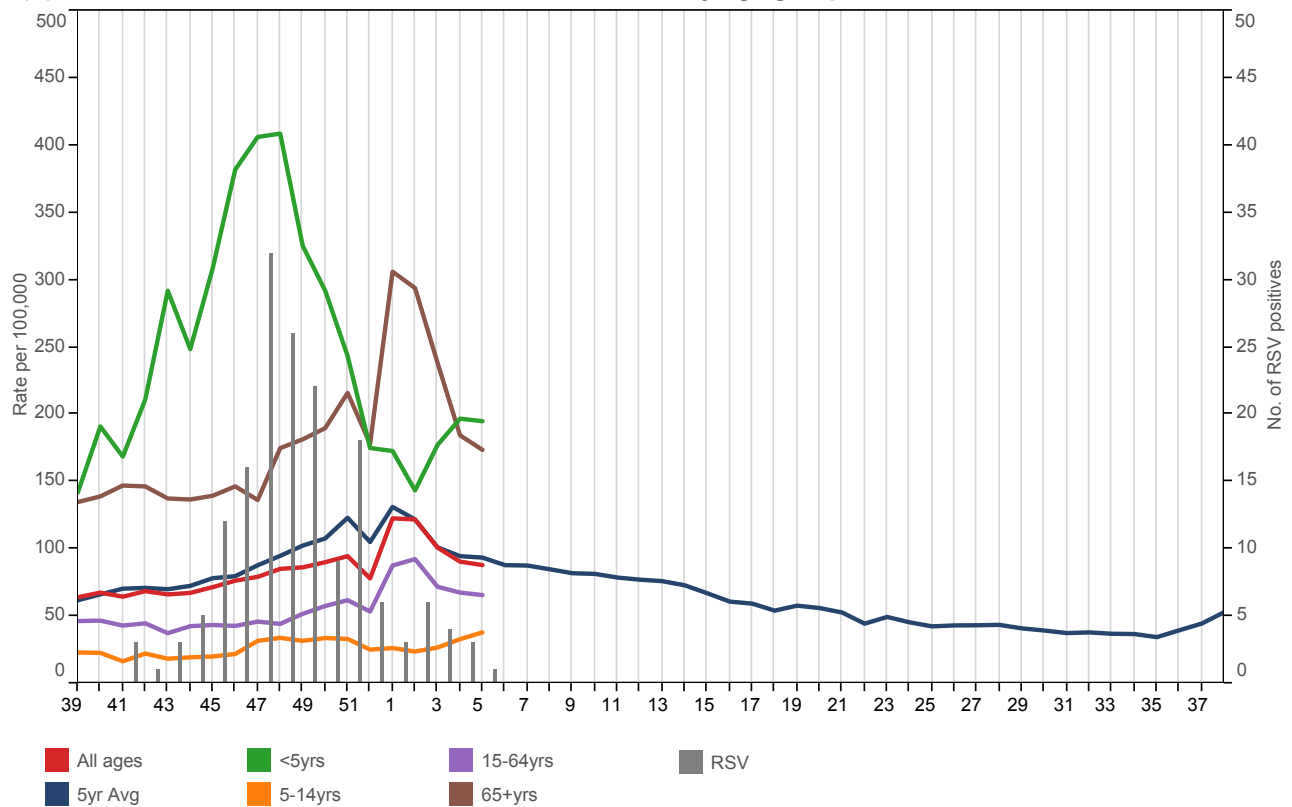
<sup>3</sup>40th to <90th percentile

<sup>4</sup>90th to <97.5th percentile

<sup>5</sup>97.5th+ percentile

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

	Influenza-like illness	Acute Bronchitis		Influenza-like illness	Acute Bronchitis
<1yr	4.5	305.1	London	17.6	68.0
1-4yrs	24.9	171.5	North	18.0	103.1
5-14yrs	13.7	38.0	South	21.7	76.8
15-24yrs	16.8	24.9	Midlands And East	22.0	111.9
25-44yrs	25.6	55.8	National	19.7	88.0
45-64yrs	24.3	96.8			
65-74yrs	10.1	123.8			
75-84yrs	7.0	181.3			
85+yrs	9.3	356.9			
All ages	19.7	88.0			

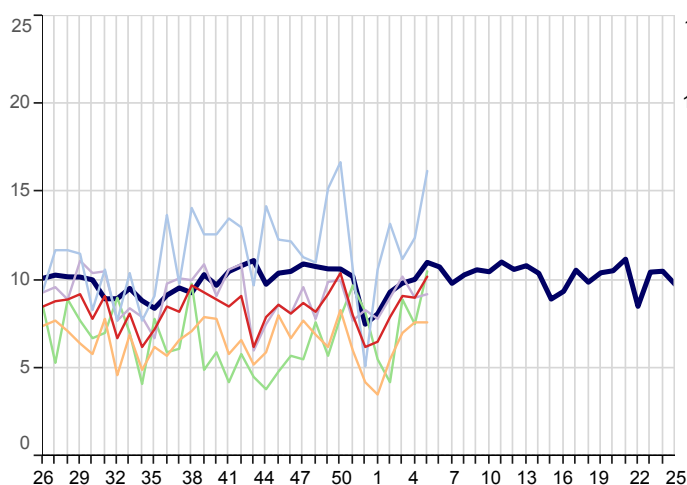
**(E) Acute Bronchitis: national incidence rate 2018/2019 by age group\*****Weekly Influenza-like illness and Acute Bronchitis incidence rates per 100,000 persons**

	Influenza-like illness	Acute Bronchitis
<5yrs	21.3	195.0
5-14yrs	13.7	38.0
15-64yrs	23.5	65.7
65+yrs	9.0	173.7
All ages	19.7	88.0

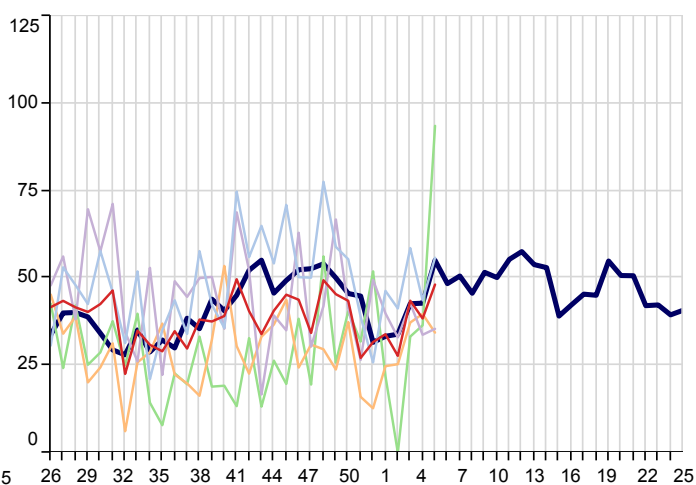
# 1. Water & Food Borne Disorders:

5yr Avg   National   London   North   South   Midlands And East

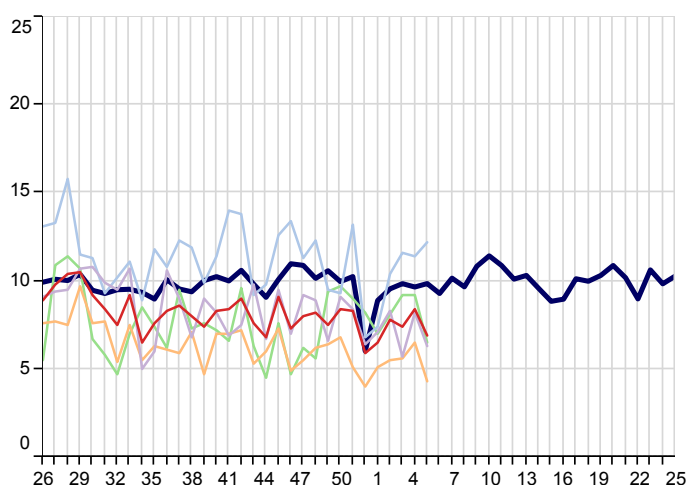
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **all ages**) by regions  
for 2018/19 compared with 5 year average



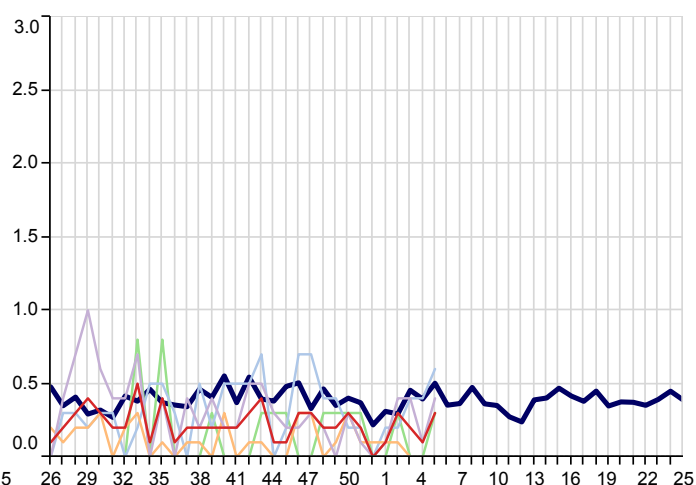
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **0-4 years**) by regions  
for 2018/19 compared with 5 year average



**Non-Infective Enteritis & Colitis (ICD10: K50-K52)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



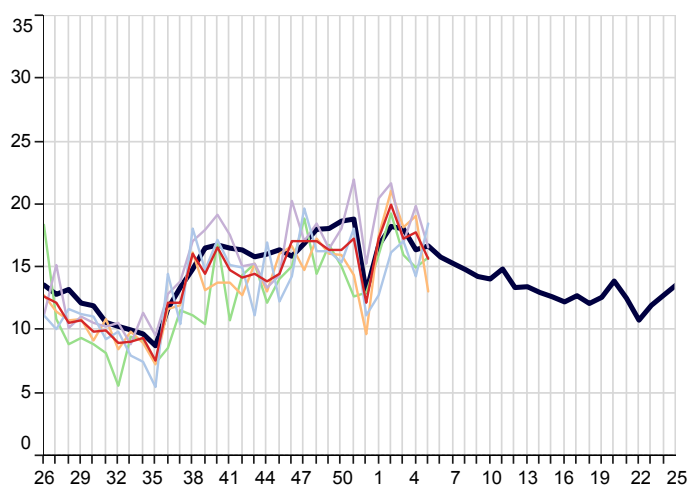
**Viral Hepatitis (ICD10: B15-B19)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



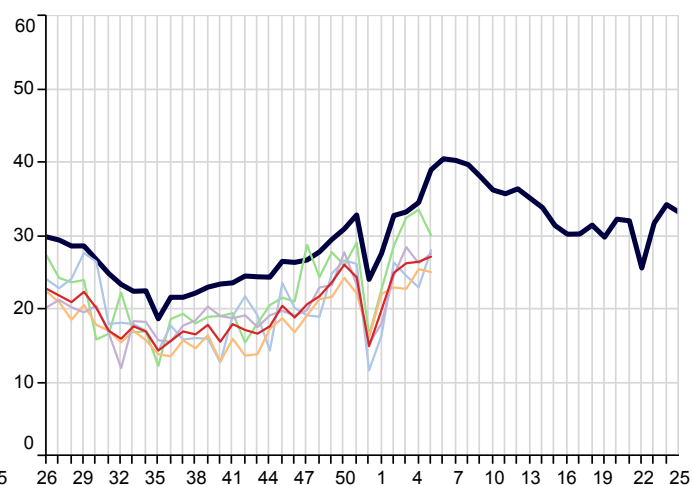
## 2. Environmentally Sensitive Disorders:

5yr Avg   National   London   North   South   Midlands And East

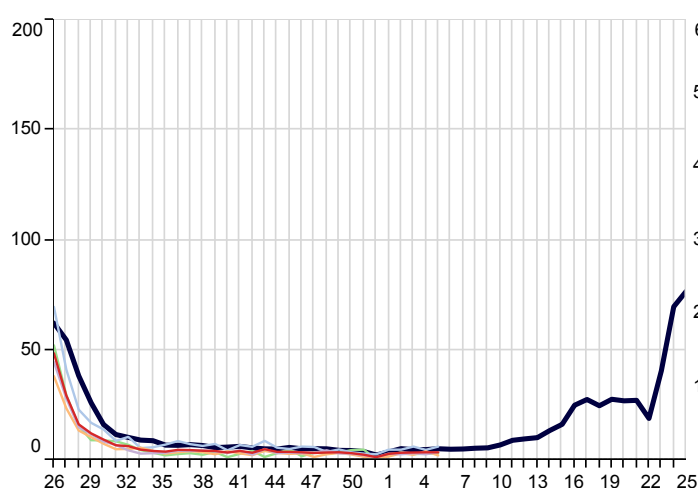
**Asthma (ICD10: J45-J46)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



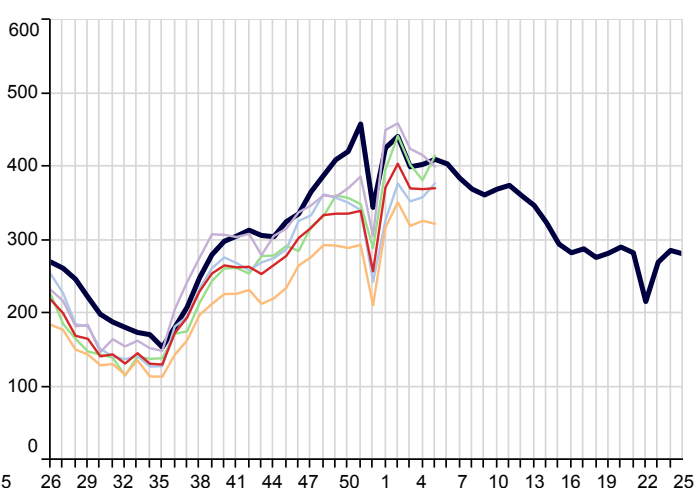
**Disorders of Conjunctiva (ICD10: H10-H13)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



**Hayfever/Allergic Rhinitis (ICD10: J30)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



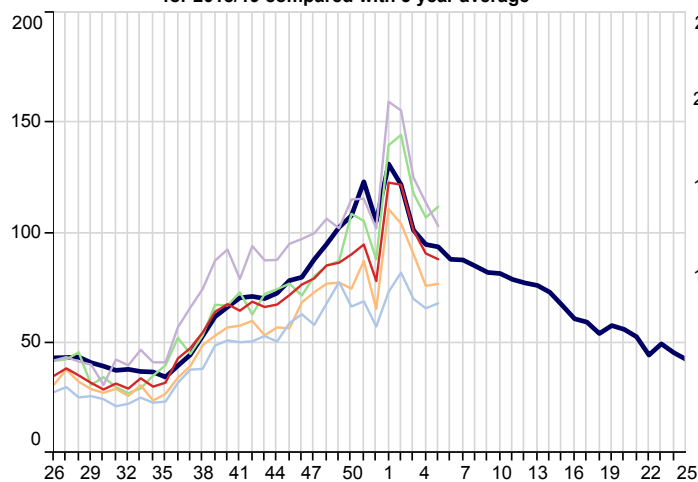
**Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



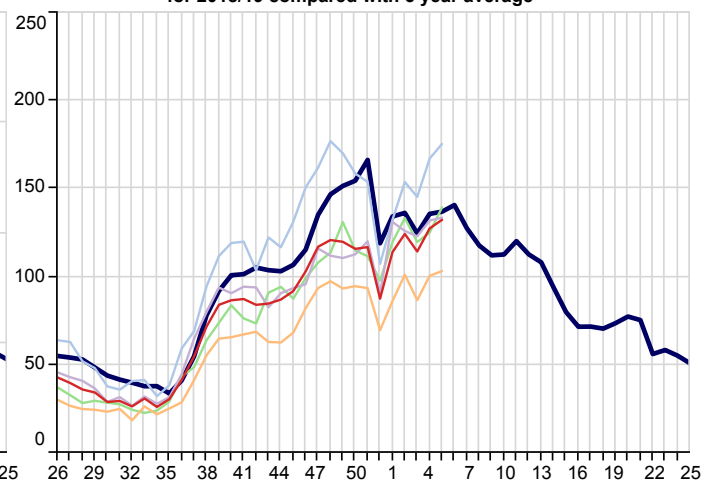
### 3. Respiratory Infections:

5yr Avg   National   London   North   South   Midlands And East

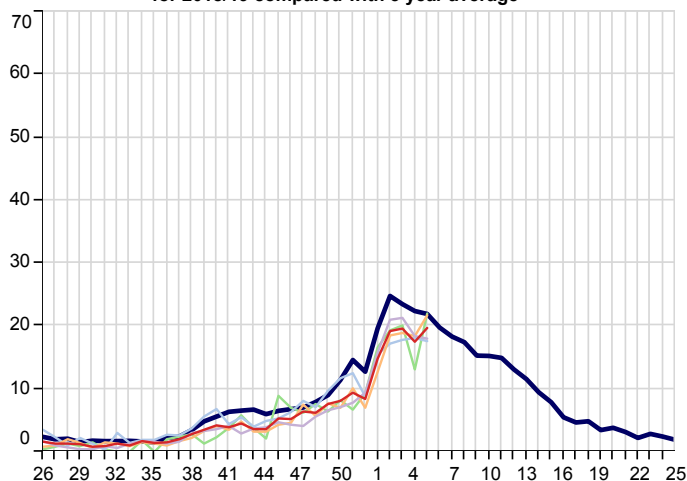
**Acute Bronchitis (ICD10: J20-J21,J40)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



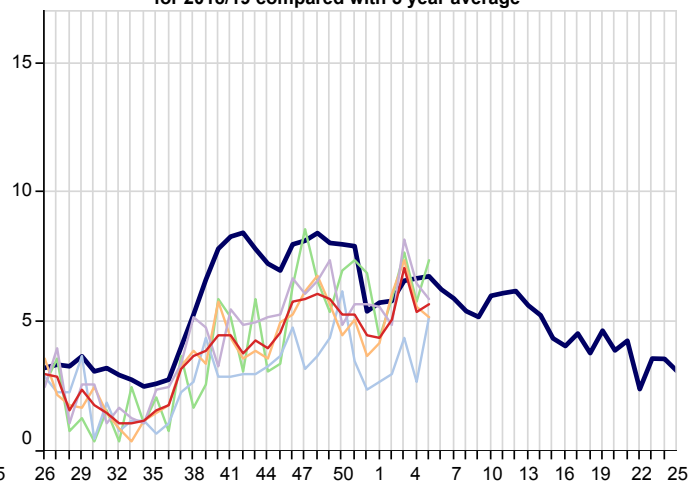
**Common Cold (ICD10: J00,J06)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



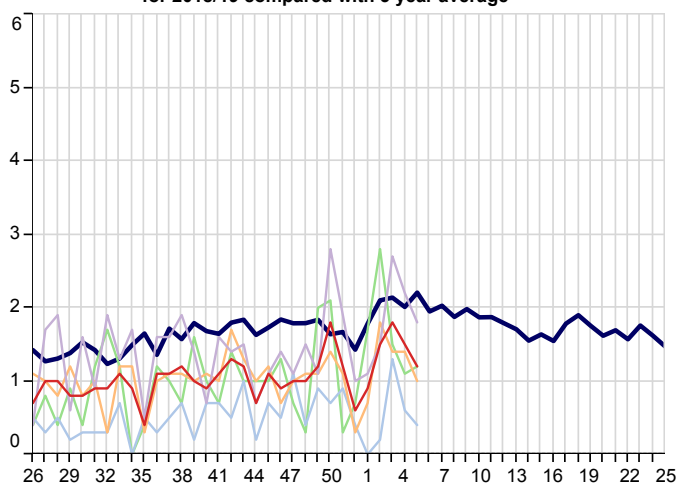
**Influenza-Like Illness (ICD10: J09-J11)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



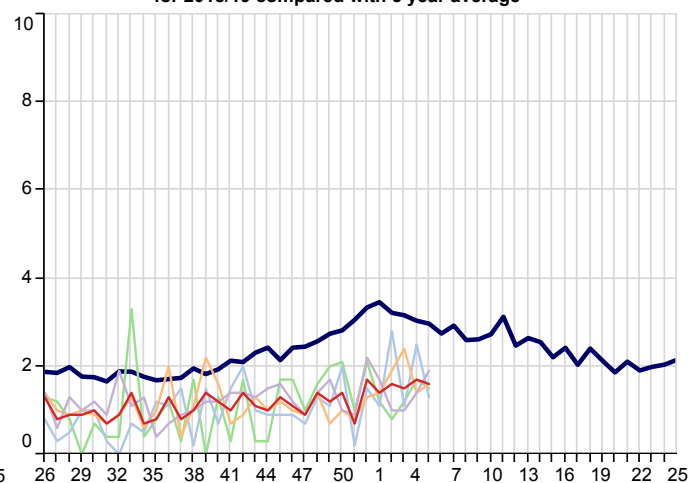
**Acute Laryngitis/Tracheitis (ICD10: J04)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



**Pleurisy (ICD10: R091)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



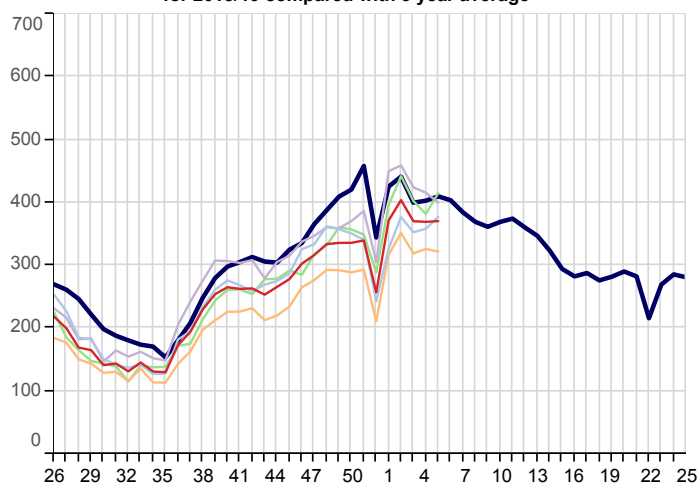
**Pneumonia/Pneumonitis (ICD10: J12-J18)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



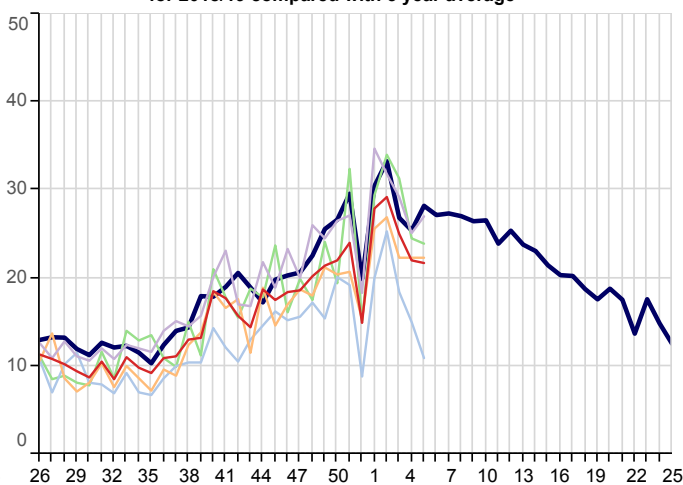
### 3. Respiratory Infections(Continued):

5yr Avg   National   London   North   South   Midlands And East

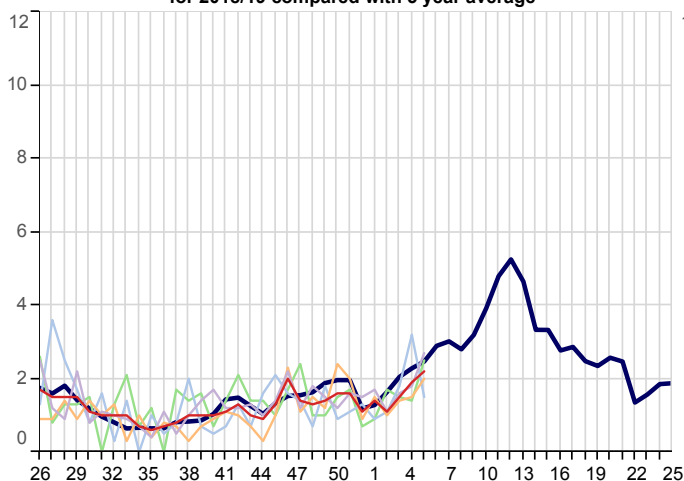
**Respiratory System Diseases (ICD10: J00-J99)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



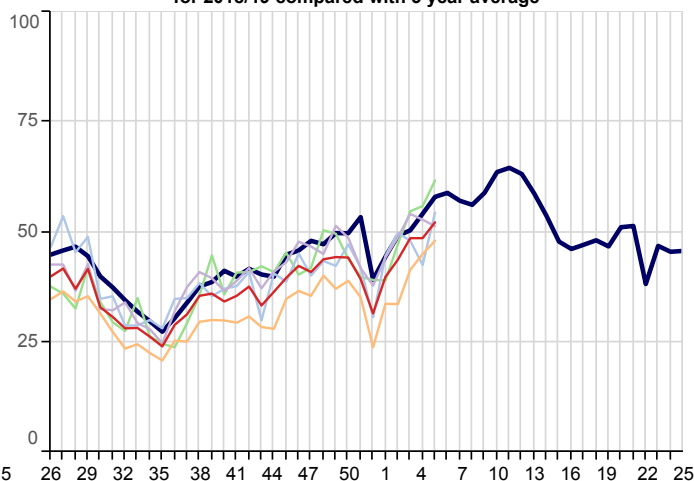
**Acute Sinusitis (ICD10: J01)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



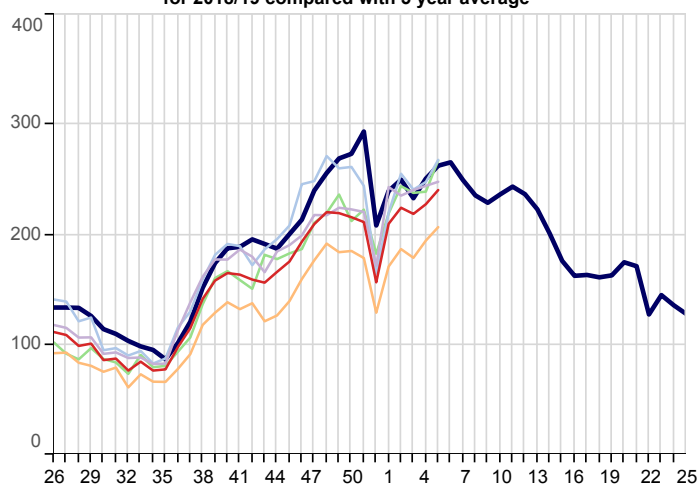
**Strep Sore Throat, Scarletina and Peritonsillar Abscess (ICD10: A38,J020,J36)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



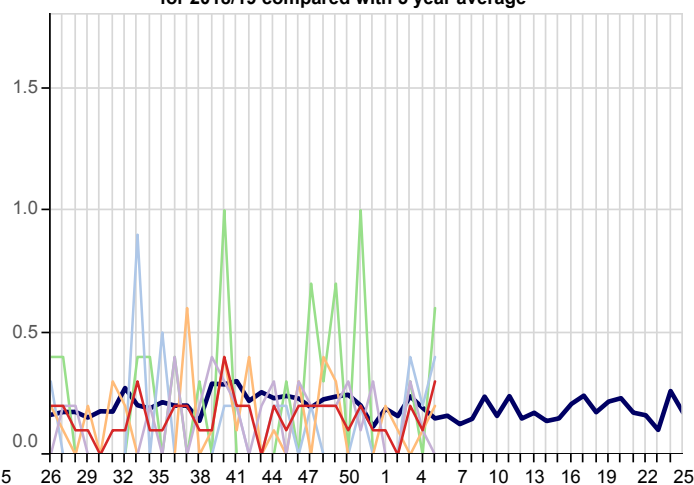
**Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



**Upper Respiratory Tract Infections (URTI)(ICD10: J00-J06)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



**Whooping Cough (ICD10: A37)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average

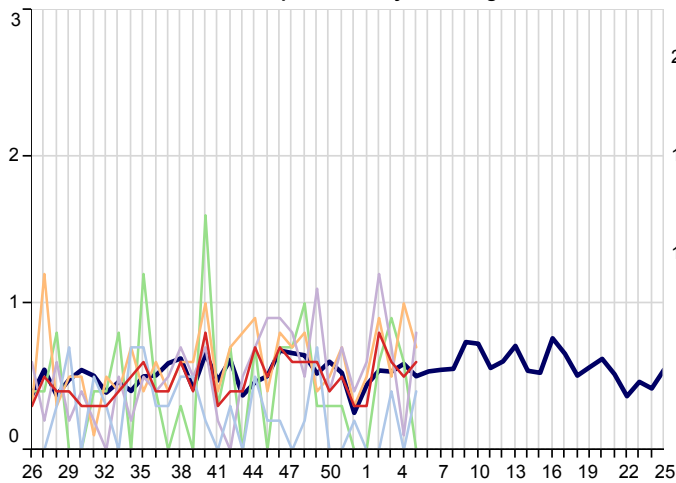




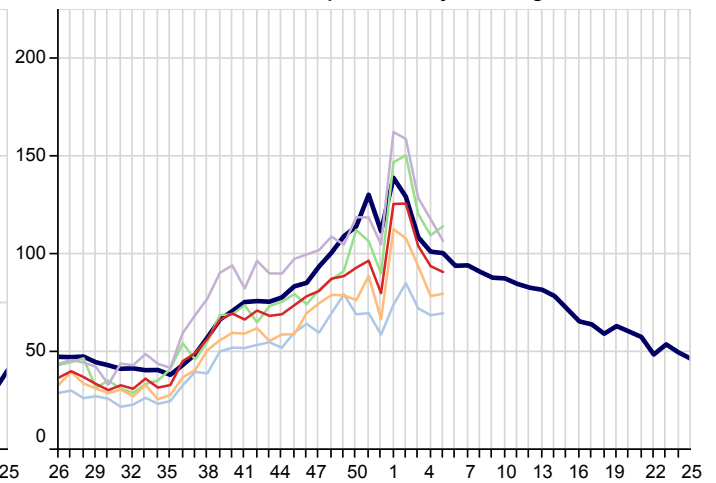
### 3. Respiratory Infections(Continued):

5yr Avg   National   London   North   South   Midlands And East

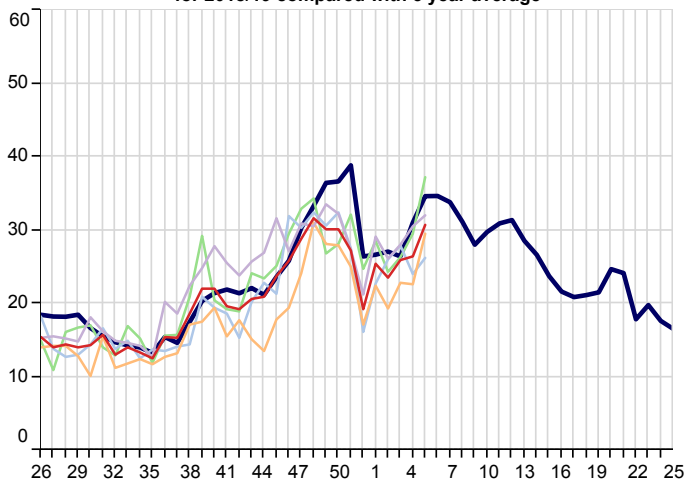
**Infectious Mononucleosis (ICD10: B27)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



**Lower Respiratory Tract Infections (LRTI)(ICD10: J20-J22)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



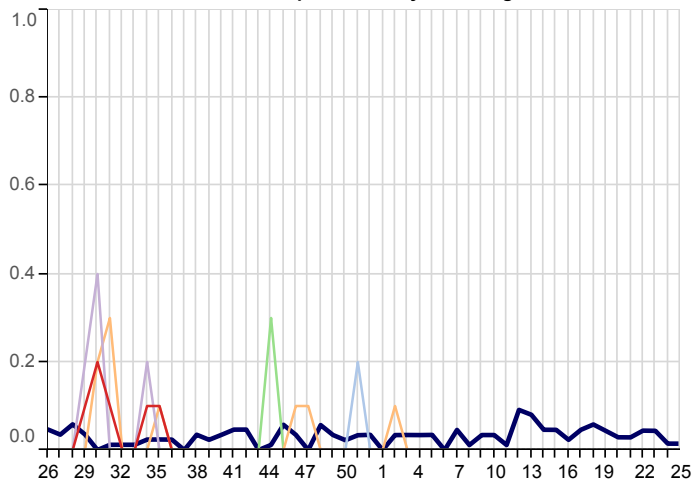
**Acute Otitis Media (ICD10: H650-H651,H660,H669)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



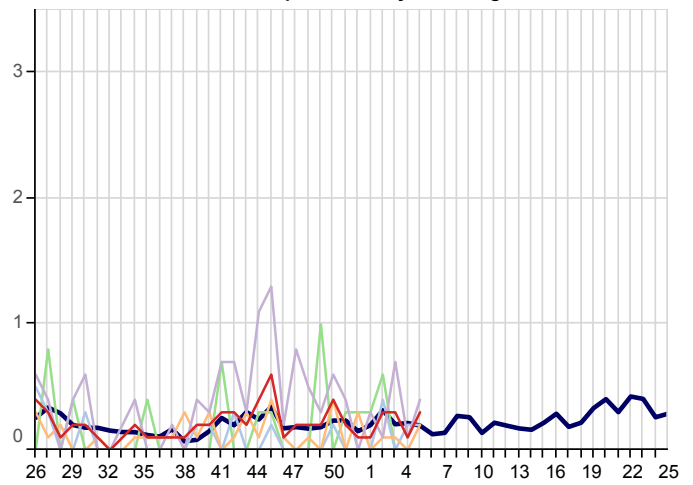
## 4. Vaccine Sensitive Disorders

5yr Avg   National   London   North   South   Midlands And East

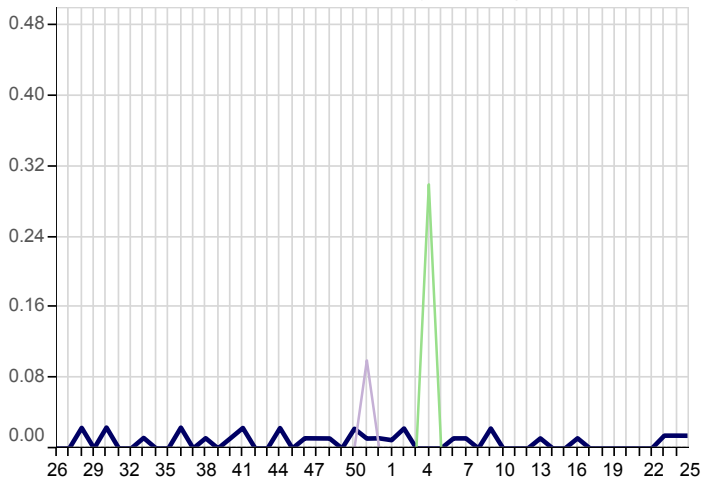
**Measles (ICD10: B05)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



**Mumps (ICD10: B26)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average

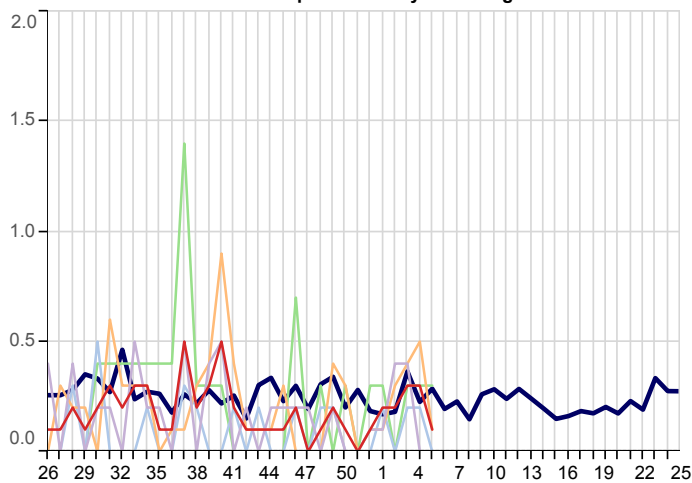


**Rubella (ICD10: B06)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average

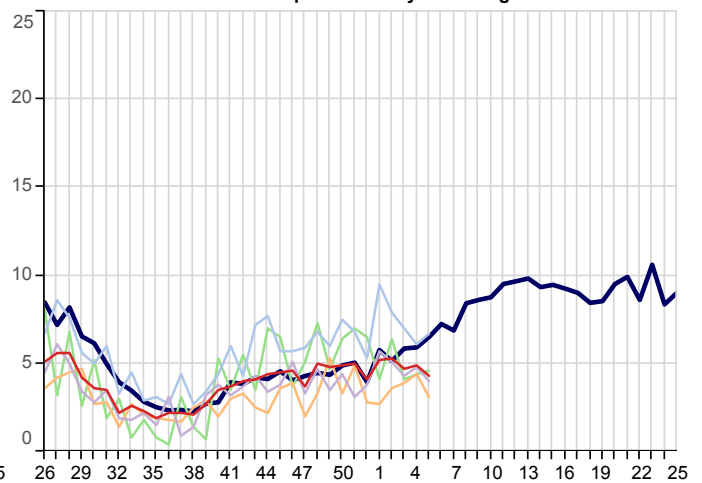


## 5. Skin Contagions

**Bullous Dermatoses (ICD10: L10-L14)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



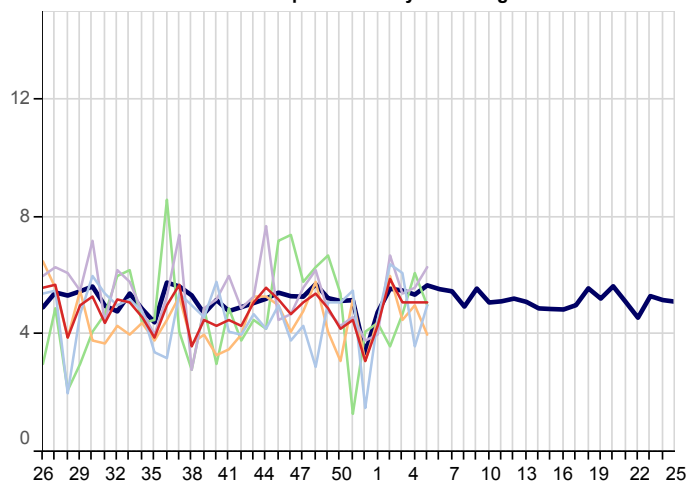
**Chickenpox (ICD10: B01)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



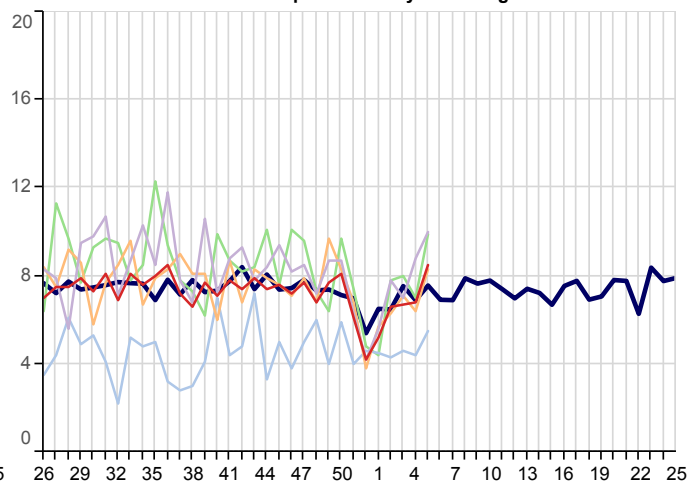
## 5. Skin Contagions (Continued)

5yr Avg   National   London   North   South   Midlands And East

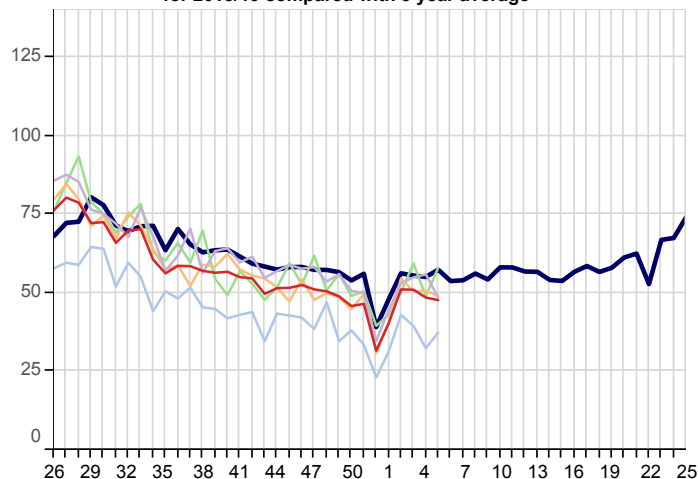
**Herpes Simplex (ICD10: B00)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



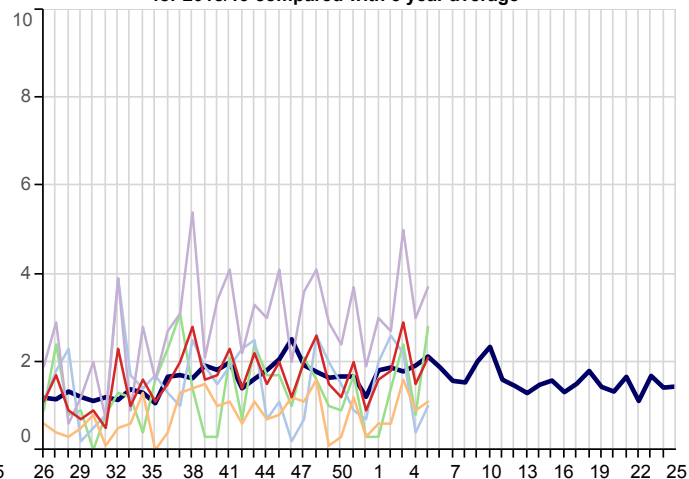
**Herpes Zoster (ICD10: B02)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



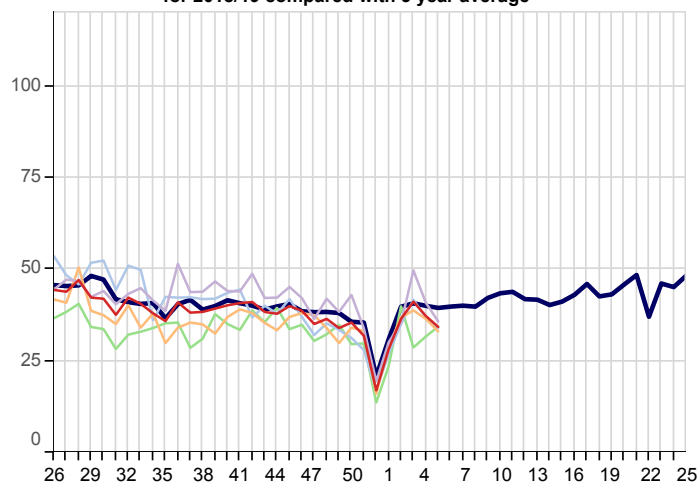
**Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



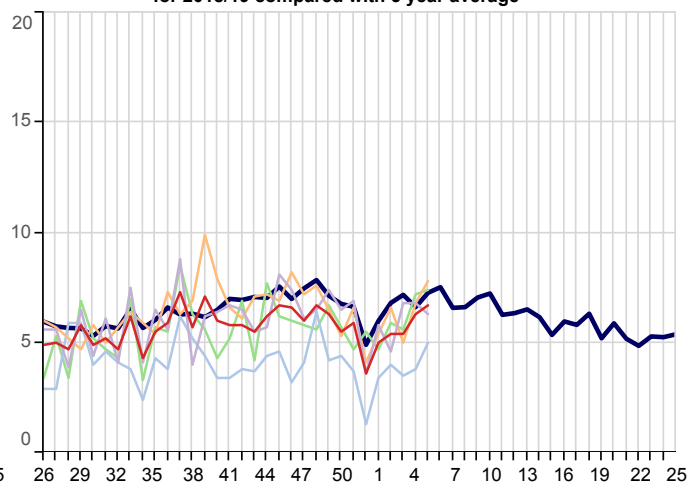
**Scabies (ICD10: B86)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



**Symptoms involving Skin & Oth Integument Tiss (ICD10: R20-R23)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



**Impetigo (ICD10: L01)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



## 6. Disorders Affecting the Nervous System

5yr Avg

National

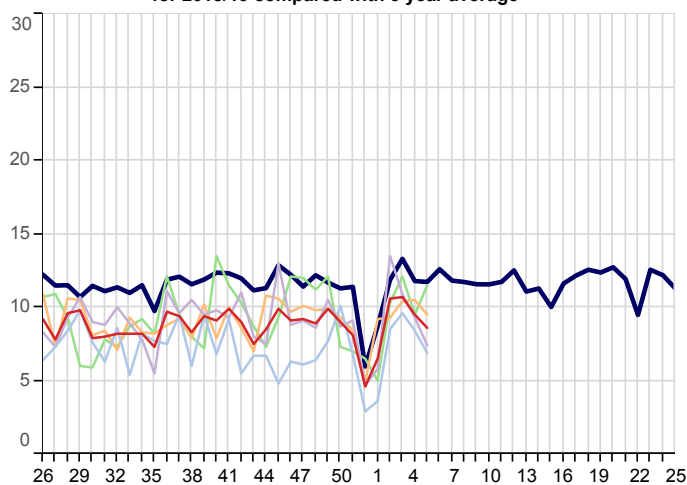
London

North

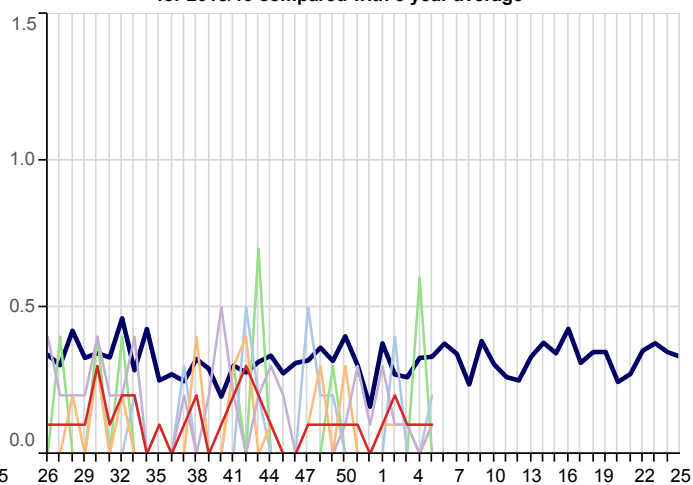
South

Midlands And East

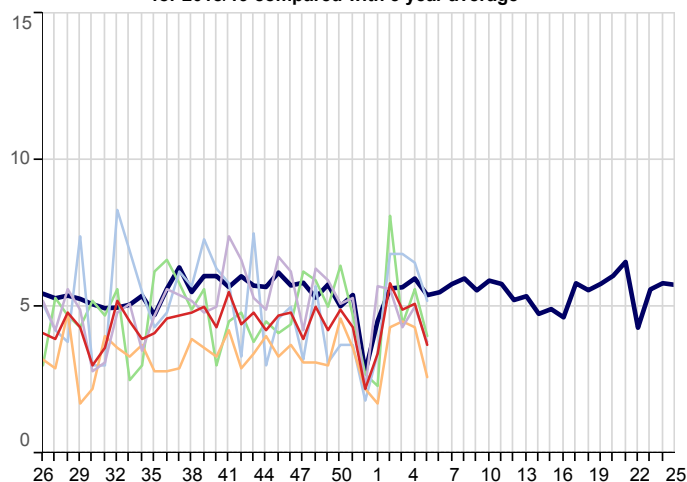
**Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



**Meningitis/Encephalitis (ICD10: A170-A171,A390,A38-A85,A87,G00-G05)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average

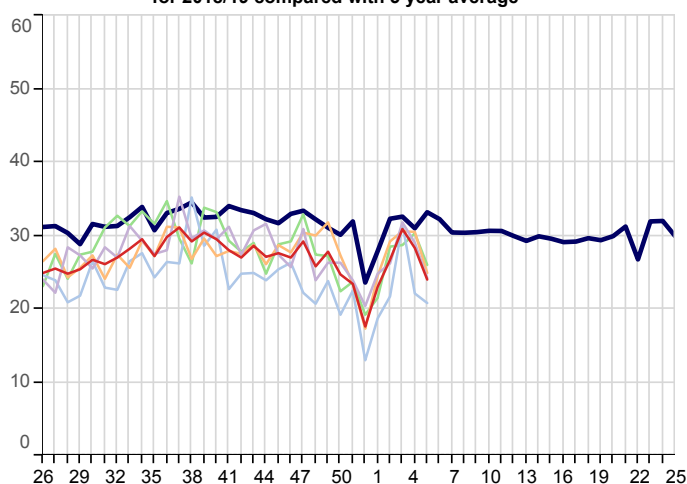


**Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



## 7. Genitourinary System Disorders

**Urinary Tract Infection/Cystitis (ICD10: N30,N390)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018/19 compared with 5 year average



## 8. Tabular Summary by Disease

Disease Name	Week beginning Week ending		28/01/2019 03/02/2019		21/01/2019 27/01/2019		14/01/2019 20/01/2019		07/01/2019 13/01/2019	
	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Acute Bronchitis	88.0	2,056	90.6	2,174	101.1	2,321	121.9	2,863		
Allergic Rhinitis	3.5	82	3.5	83	3.4	78	3.3	77		
Asthma	15.7	366	17.8	427	17.3	397	20.0	470		
Bullous Dermatoses	0.1	2	0.3	6	0.3	8	0.2	5		
Chickenpox	4.3	101	4.9	117	4.7	107	5.3	125		
Common Cold	132.4	3,093	127.5	3,058	114.4	2,627	124.4	2,921		
Conjunctival Disorders	27.2	635	26.5	635	26.3	605	25.0	588		
Herpes Simplex	5.1	118	5.1	122	5.1	118	5.9	139		
Herpes Zoster	8.5	198	6.8	164	6.7	154	6.6	155		
Impetigo	6.7	157	6.3	150	5.4	123	5.4	126		
Infectious Mononucleosis	0.6	14	0.5	11	0.6	14	0.8	18		
Influenza-like illness	19.7	461	17.5	421	19.6	450	19.2	450		
Infectious Intestinal Diseases	10.2	239	9.0	216	9.1	209	7.9	186		
Laryngitis and Tracheitis	5.7	134	5.4	129	7.1	163	5.1	119		
Lower Respiratory Tract Infections	91.0	2,126	94.0	2,254	104.3	2,396	126.0	2,959		
Measles	0.0	0	0.0	0	0.0	0	0.0	1		
Meningitis and Encephalitis	0.1	3	0.1	2	0.1	2	0.2	4		
Mumps	0.3	6	0.1	2	0.3	6	0.3	6		
Non-infective Enteritis and Colitis	6.9	160	8.4	202	7.4	169	7.8	182		
Otitis Media Acute	30.7	716	26.4	634	25.9	595	23.5	552		
Peripheral Nervous Disease	8.6	201	9.5	229	10.7	245	10.6	249		
Pleurisy	1.2	27	1.5	35	1.8	41	1.5	36		
Pneumonia and Pneumonitis	1.6	38	1.7	40	1.5	35	1.6	38		
Respiratory System Diseases	370.5	8,652	369.3	8,861	370.3	8,504	403.9	9,483		
Rubella	0.0	0	0.0	1	0.0	0	0.0	0		
Scabies	2.1	50	1.5	35	2.9	66	1.8	42		
Sinusitis	21.7	506	22.0	529	25.0	574	29.2	686		
Skin and Subcutaneous Tissue Infections	47.7	1,114	48.5	1,163	51.0	1,171	51.1	1,200		
Strep Throat and Peritonsillar Abscess	2.2	51	1.9	46	1.5	35	1.1	27		
Symptoms involving musculoskeletal	3.7	87	5.1	123	4.9	112	5.8	136		
Symptoms involving Respiratory and Chest	20.3	473	20.8	500	20.9	479	24.3	571		
Symptoms involving Skin and Integument Tissues	34.3	801	37.3	894	41.2	947	36.5	858		
Tonsillitis and acute Pharyngitis	52.2	1,220	48.6	1,167	48.6	1,115	43.7	1,025		
Upper Respiratory Tract Infections	240.6	5,618	227.7	5,463	218.9	5,027	224.5	5,271		
Urinary Tract Infections	24.0	560	28.3	680	30.9	709	26.7	626		
Viral Hepatitis	0.3	7	0.1	3	0.2	5	0.3	6		
Whooping Cough	0.3	6	0.1	3	0.2	5	0.0	1		
<b>Practice Count</b>	<b>234</b>		<b>239</b>		<b>229</b>		<b>232</b>			
<b>Denom</b>	<b>2,335,267</b>		<b>2,399,130</b>		<b>2,296,469</b>		<b>2,347,986</b>			

## FURTHER INFORMATION:

### About the report

#### Winter focus

The first two pages of data within this report focus on Influenza-Like Illness, in order to provide information about the on set of seasonal influenza and early warning of any epidemic.

#### Rate calculation

Each weekly incidence rate is presented per 100,000 population. All presentations are for males and females, and for all age groups, unless otherwise stated.

The denominator used for this report is taken from our most recent extract of data from GP practice systems, and includes all patients currently registered with eligible practices. The denominator varies week-on-week as patients register and deregister; it may also be the case that all patients from an individual practice are excluded because of problems with the data extraction from that practice in a specific week. As stated above, patients who have withheld consent for data-sharing are excluded.

In addition to the national rate, we present data for the four NHS England regions: North; Midlands and East; South; and London.

#### Five-year averages

Weekly rates are set against the five-year average, calculated from data for the calendar years 2013-2017. Previously we reported against a ten-year average. The change to a five-year average was made because longer-term trends in the incidence of disease have led to weekly rates for certain diseases becoming increasingly divergent from their ten-year average. The use of five-year averages lessens this effect and enables more meaningful comparison.

#### Threshold calculation for Influenza-Like Illness (ILI)

We are now using the Moving Epidemic Method (MEM) to calculate threshold and intensity levels for Influenza-Like Illness. MEM works by identifying seasonal epidemic peaks and then calculates thresholds and intensity levels based on the pre and post epidemic values. This allows us to report the severity of ILI against multiple thresholds, rather than a simple comparison with the five-year average as the wide variation in ILI year on year, especially during the seasonal peak, makes the average less representative.

In addition to the All Ages thresholds, we have also calculated thresholds for three age bands: those aged under 15, 15-64 year olds and those aged 65 and over. ILI incidence rates vary among different age groups, and the age-specific thresholds allow us to highlight epidemics where ILI disproportionately affects a particular age group.

This methodology is used by the European Centre for Disease Prevention and Control to standardise reporting of influenza activity across Europe, and is also in use by Public Health England. Full details of the methodology can be found in: Vega *et al.* (2012) Influenza surveillance in Europe: establishing epidemic thresholds by the moving epidemic method. Influenza and Other Respiratory Viruses 7(4), 546-558. For ease of graphical representation, the final threshold (Very High) is not included in Graph A, page 2, but it is part of Table 3, page 3.

Both the *all-ages* thresholds and the *age-specific* thresholds are shown in Table 2, page 3. Ten years of data were used for *all-ages* and *age-specific* thresholds calculation (winter seasons 2005/06- 2015/16 excluding 2009/10).