



Royal College of  
General Practitioners

## RSC Communicable and Respiratory Disease Report for England

### Key Statistics:

Week Number/Year.....38/2018  
Week Starting - Ending.....17/09/2018 - 23/09/2018  
No. of Practices.....190  
Population.....1981737

#### National (England)

- **Allergic Rhinitis** : decreased from **4.5** in week 37 to **4.2** in week 38.
- **Asthma** : increased from **12.2** in week 37 to **16.1** in week 38.
- **Common Cold** : increased from **54.8** in week 37 to **71.7** in week 38.
- **Infectious Intestinal Diseases (IID)** : increased from **8.2** in week 37 to **9.7** in week 38.
- **Respiratory System Diseases** : increased from **194.2** in week 37 to **229.8** in week 38.

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

- **Allergic Rhinitis** : decreased from **7.2** in week 37 to **6.4** in week 38 in the London region, increased from **4.1** in week 37 to **4.4** in week 38 in the North region, decreased from **4.0** in week 37 to **3.6** in week 38 in the South region, and decreased from **3.1** in week 37 to **2.4** in week 38 in the Midlands And East region.
- **Asthma** : increased from **10.5** in week 37 to **18.1** in week 38 in the London region, increased from **13.9** in week 37 to **17.1** in week 38 in the North region, increased from **12.0** in week 37 to **16.2** in week 38 in the South region, and decreased a little from **11.6** in week 37 to **11.2** in week 38 in the Midlands And East region.
- **Common Cold** : increased from **69.2** in week 37 to **94.5** in week 38 in the London region, increased from **64.9** in week 37 to **79.9** in week 38 in the North region, increased from **41.3** in week 37 to **55.4** in week 38 in the South region, and increased from **48.7** in week 37 to **63.9** in week 38 in the Midlands And East region.
- **Infectious Intestinal Diseases (IID)** : increased from **9.8** in week 37 to **14.1** in week 38 in the London region, was unchanged at **10.1** in week 37 compared with **10.0** in week 38 in the North region, increased from **6.6** in week 37 to **7.1** in week 38 in the South region, and increased from **6.1** in week 37 to **9.8** in week 38 in the Midlands And East region.
- **Respiratory System Diseases** : increased from **195.2** in week 37 to **233.9** in week 38 in the London region, increased from **242.5** in week 37 to **275.6** in week 38 in the North region, increased from **163.1** in week 37 to **197.6** in week 38 in the South region, and increased from **175.4** in week 37 to **213.9** in week 38 in the Midlands And East region.

### Comment:

Presentations of many respiratory and other conditions have increased this week and are in line with those anticipated at this time of year.

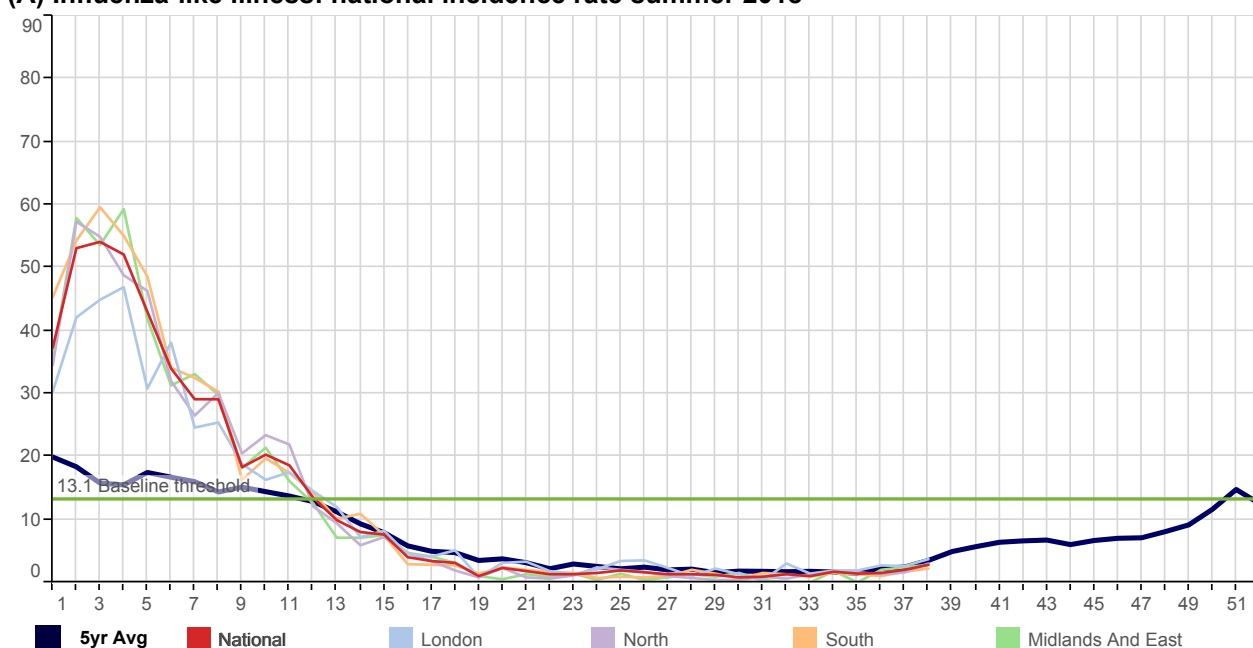
## Spring/Summer Focus 2018

Please see page 13 for explanatory notes on the data.

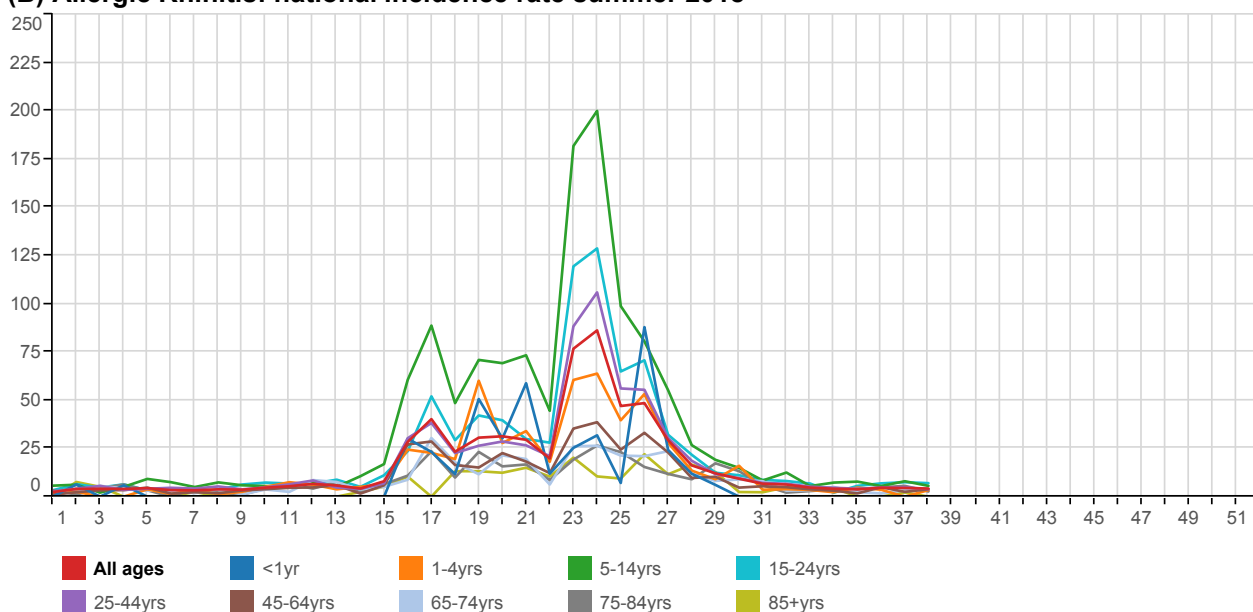
### Weekly influenza-like illness and bronchitis incidence rates per 100,000 persons

Influenza-like illness		Acute Bronchitis	Influenza-like illness		Acute Bronchitis
<1yr	0.0	195.0	London	3.7	38.2
1-4yrs	0.0	113.4	North	3.0	74.5
5-14yrs	1.7	15.6	South	2.2	48.9
15-24yrs	3.3	23.4	Midlands And East	2.8	53.4
25-44yrs	4.1	33.3	National	2.8	54.7
45-64yrs	3.4	51.1			
65-74yrs	1.1	81.2			
75-84yrs	0.9	129.5			
85+yrs	2.2	261.7			
All ages	2.8	54.7			

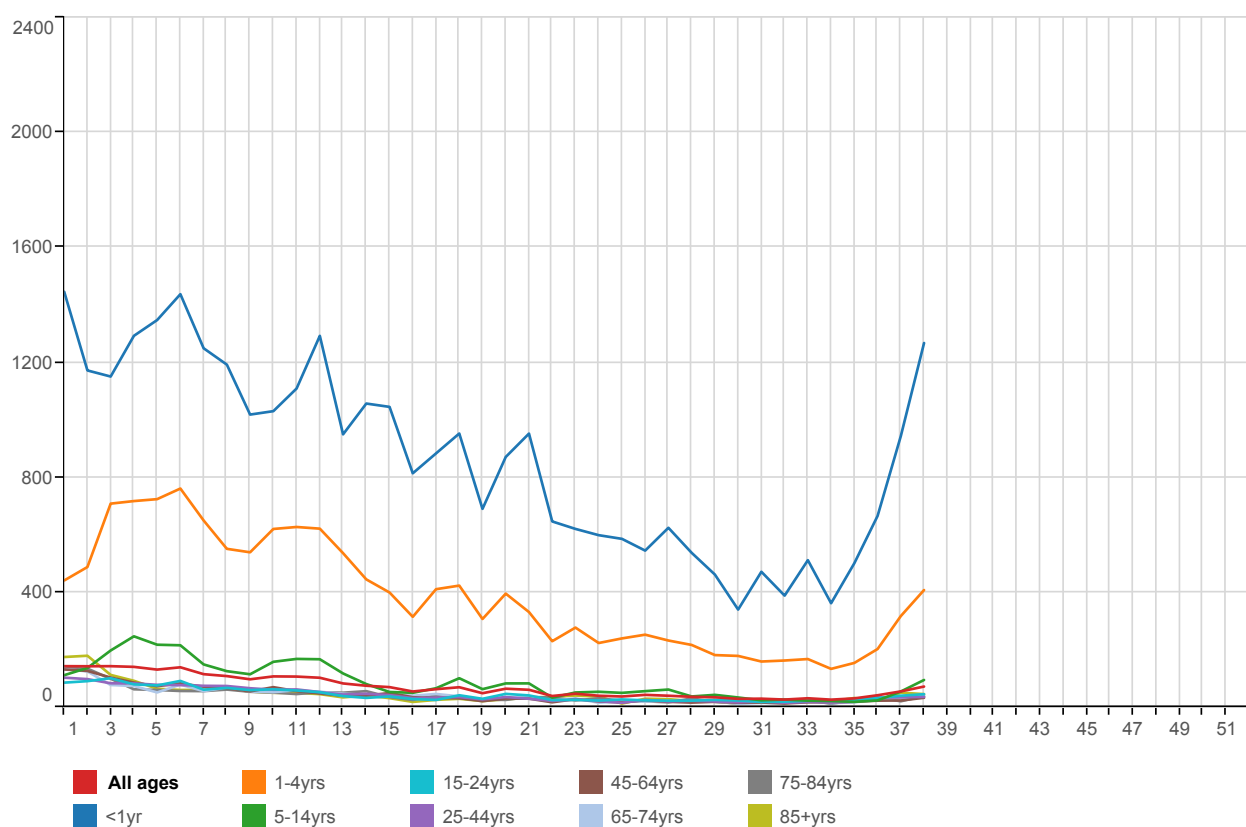
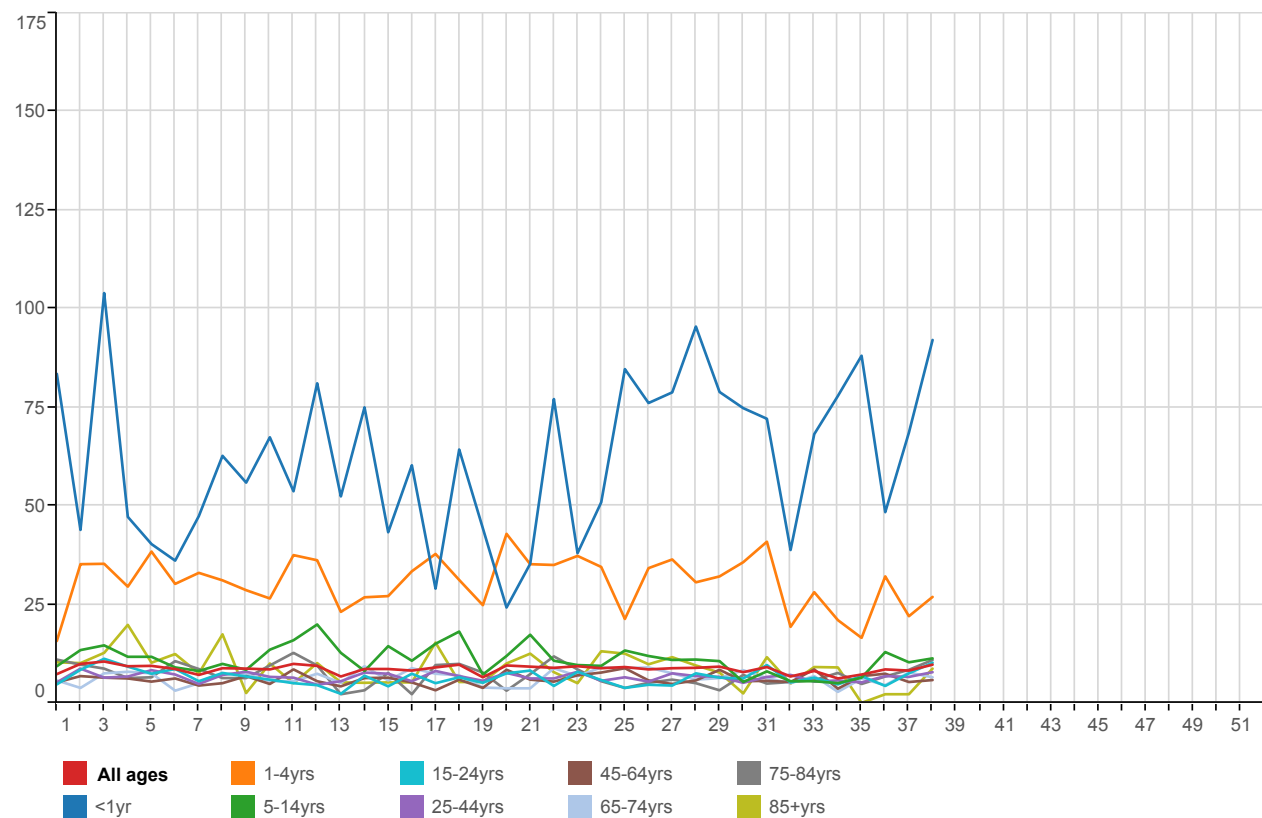
#### (A) Influenza-like illness: national incidence rate summer 2018\*



#### (B) Allergic Rhinitis: national incidence rate summer 2018\*



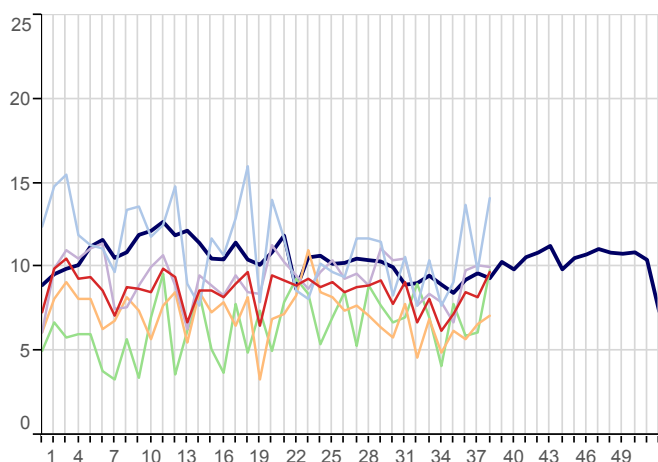
\* The thresholds used are the agreed RCGP/ Public Health England levels for 2017/18. The rolling average line (blue) is based on 5 year historic RCGP RSC level.

**(C) Common Cold & URTI NOS : national incidence rate 2018 by age group\*****(D) Infectious Intestinal Diseases : national incidence rate 2018 by age group\***

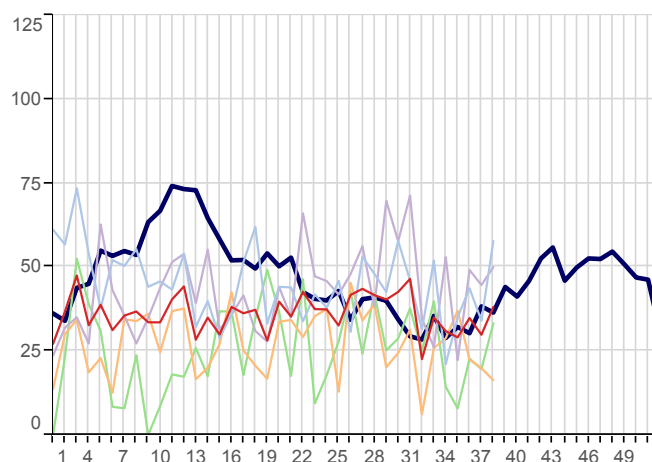
# 1. Water & Food Borne Disorders:

5yr Avg   National   London   North   South   Midlands And East

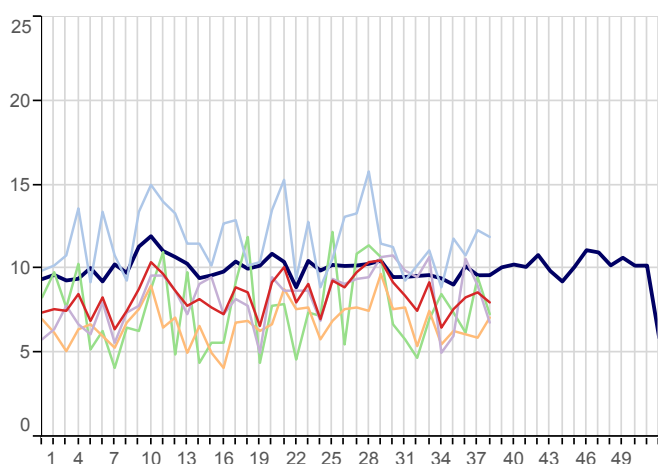
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **all ages**) by regions  
for 2018 compared with 5 year average



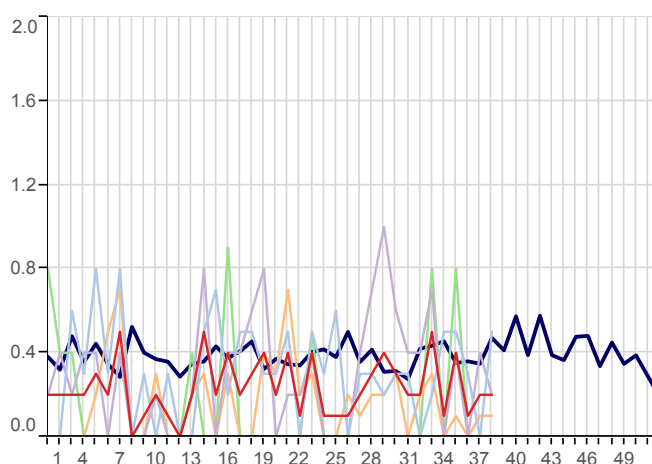
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **0-4 years**) by regions  
for 2018 compared with 5 year average



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



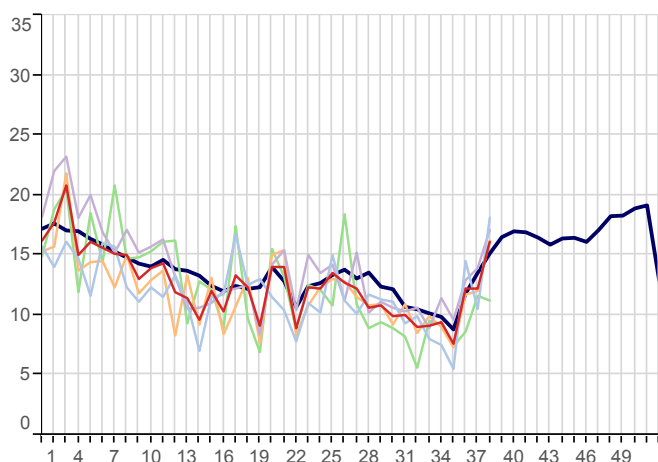
**Viral Hepatitis (ICD10: B15-B19)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



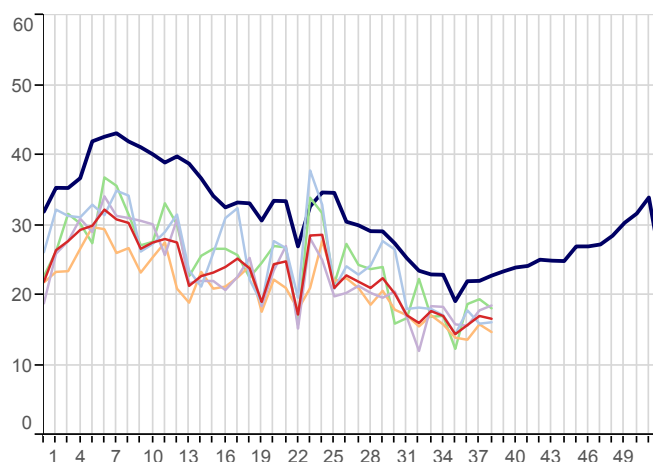
## 2. Environmentally Sensitive Disorders:

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

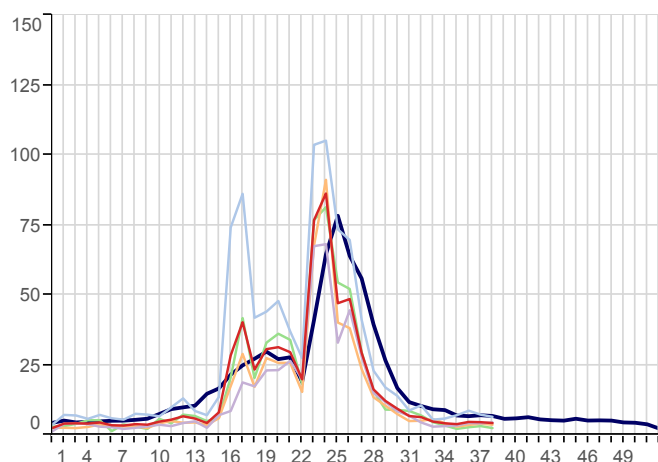
**Asthma (ICD10: J45-J46)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



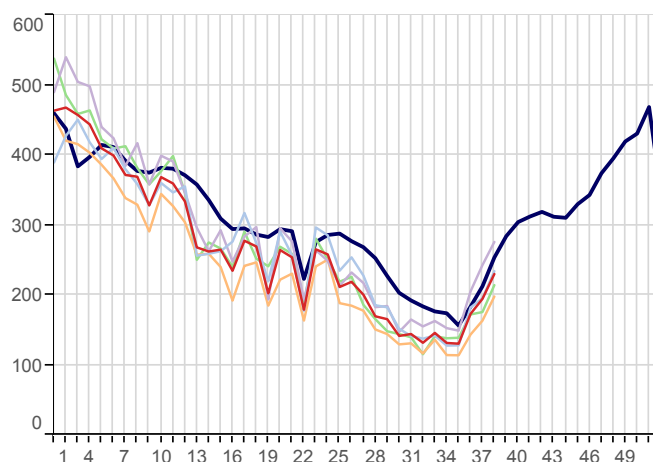
**Disorders of Conjunctiva (ICD10: H10-H13)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



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



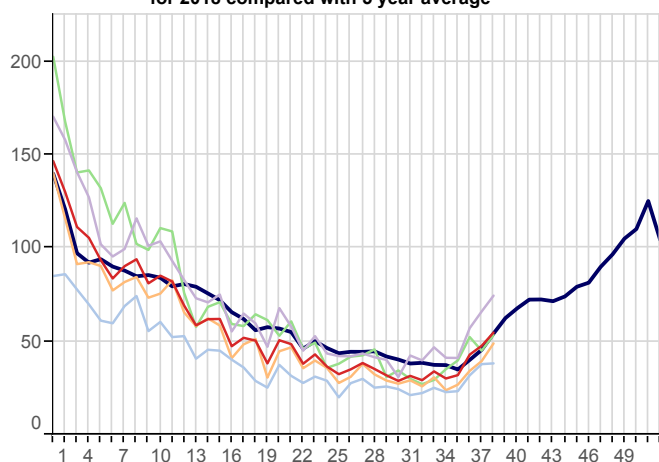
**Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



### 3. Respiratory Infections:

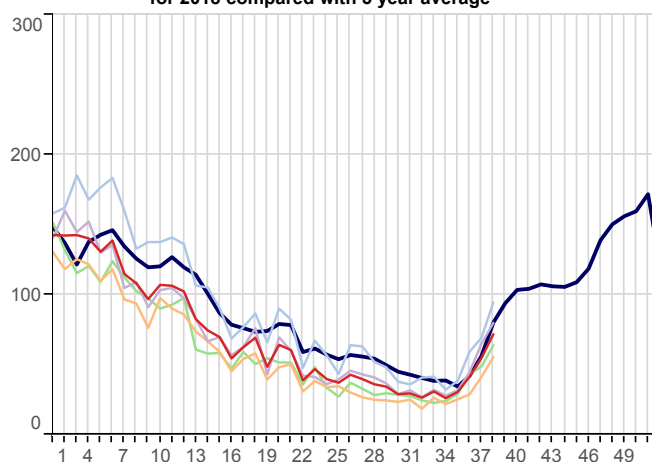
5yr Avg   National   London   North

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

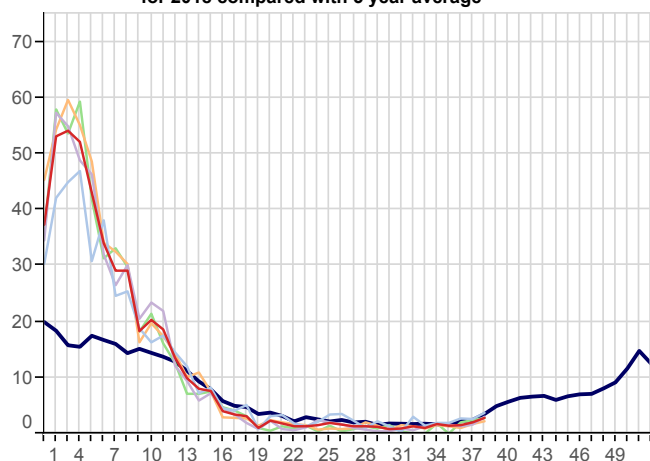


South   Midlands And East

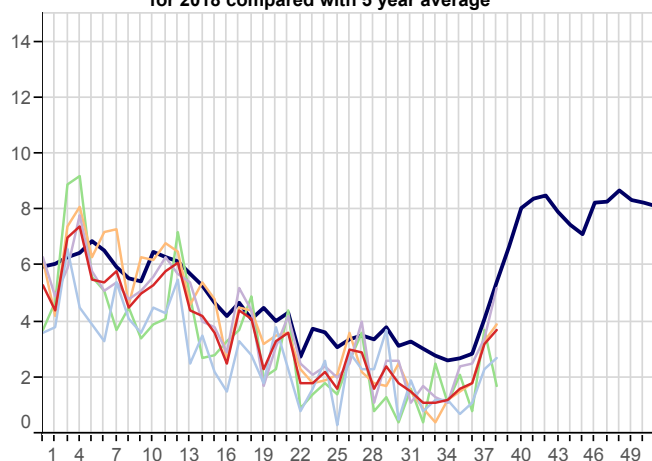
**Common Cold (ICD10: J00,J06)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



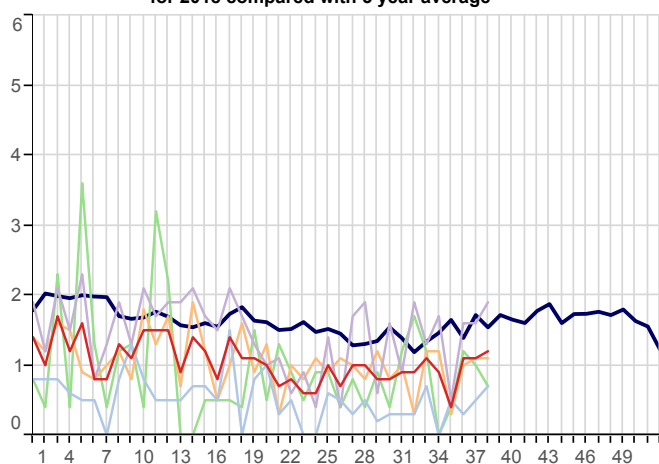
**Influenza-Like Illness (ICD10: J09-J11)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



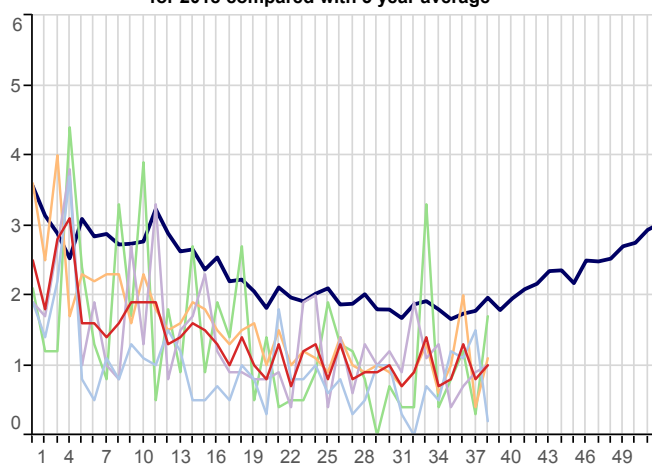
**Acute Laryngitis/Tracheitis (ICD10: J04)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



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



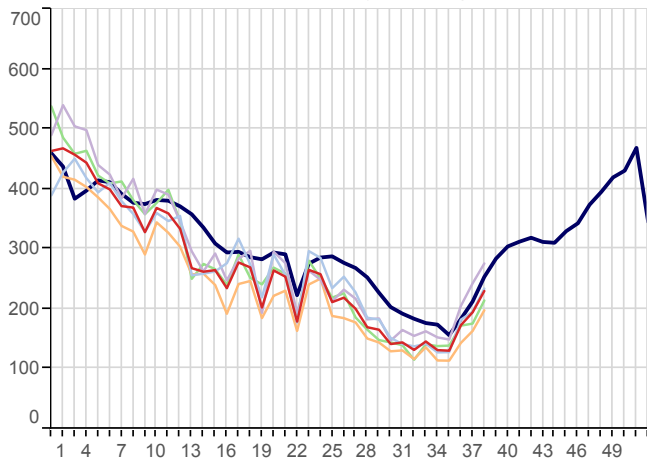
**Pneumonia/Pneumonitis (ICD10: J12-J18)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



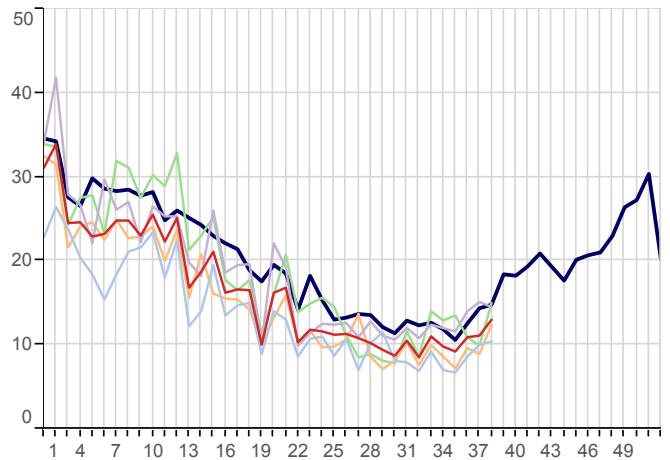
### 3. Respiratory Infections(Continued):

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

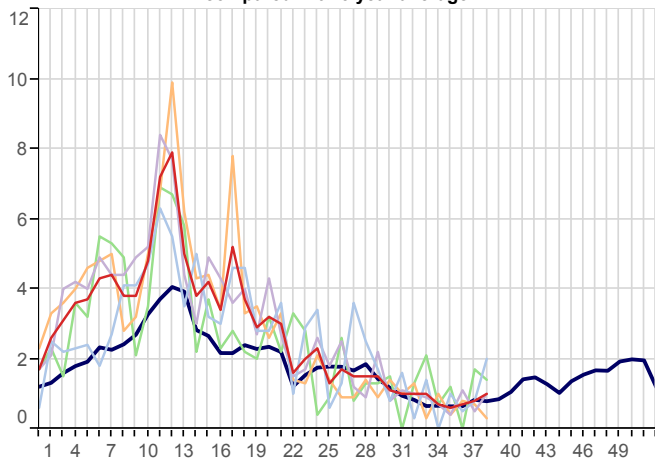
**Respiratory System Diseases (ICD10: J00-J99)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



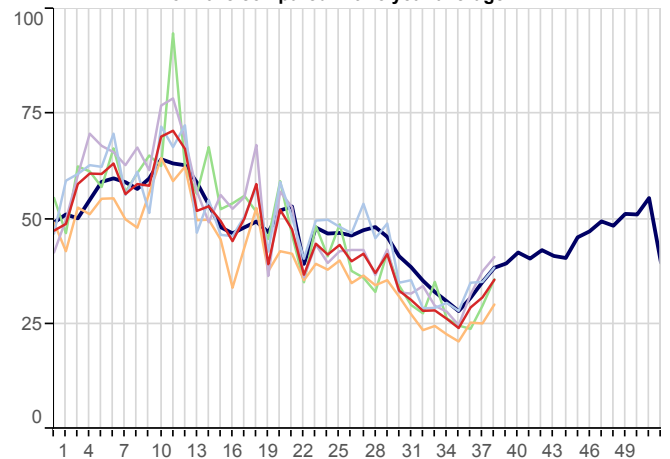
**Acute Sinusitis (ICD10: J01)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



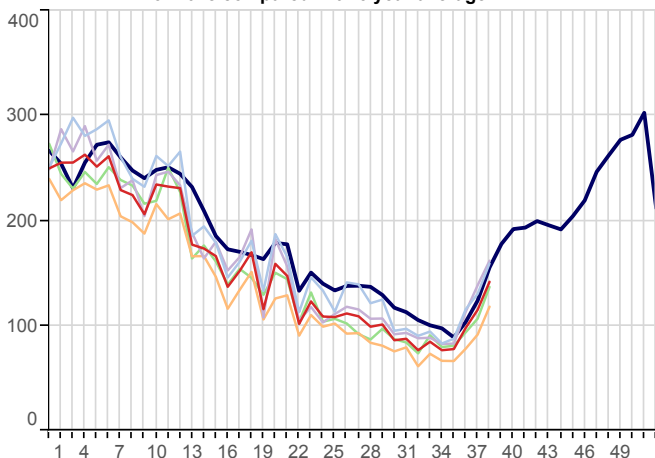
**Strep Sore Throat, Scarletina and Peritonsillar Abscess (ICD10: A38,J02,J36)**  
Weekly incidence (per 100,000 all ages) by region for 2018  
compared with 5 year average



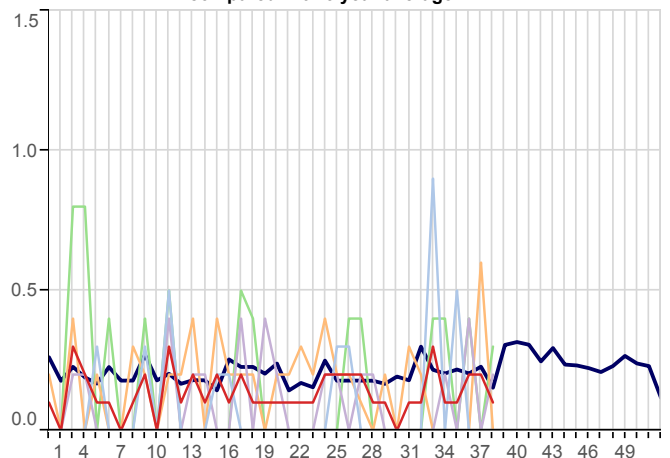
**Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



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



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



### 3. Respiratory Infections(Continued):

5yr Avg

National

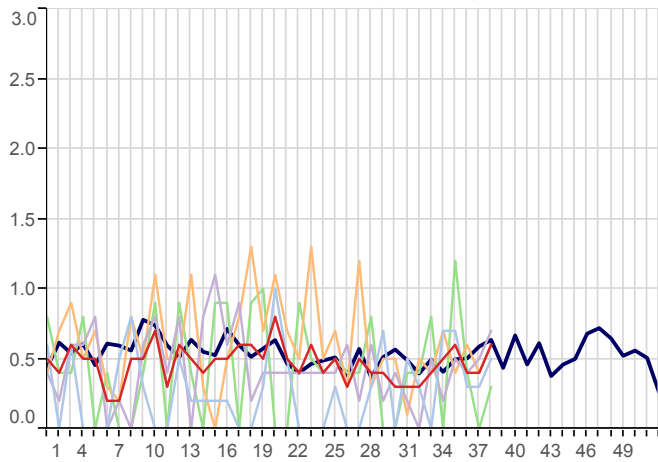
London

North

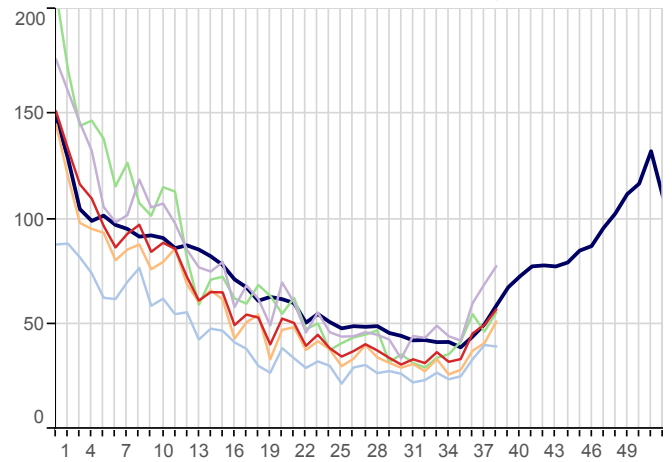
South

Midlands And East

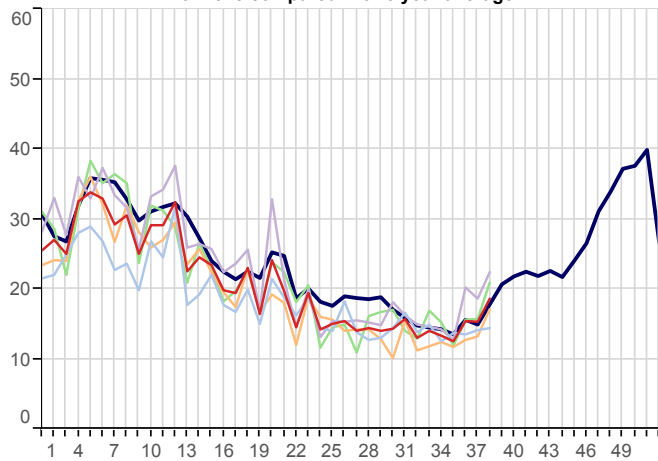
**Infectious Mononucleosis (ICD10: B27)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



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

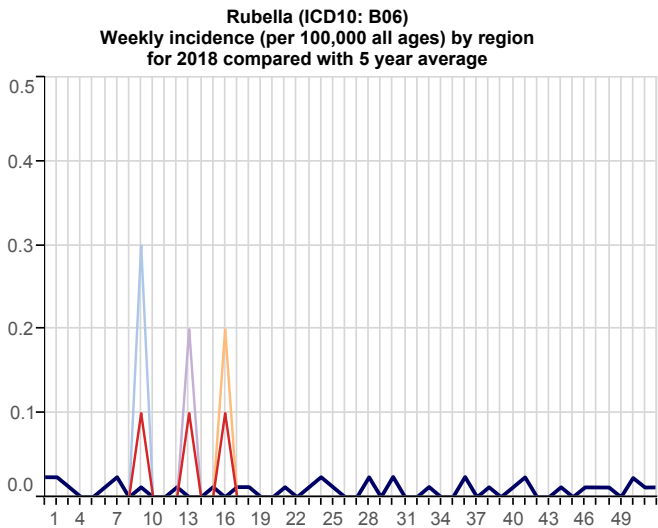
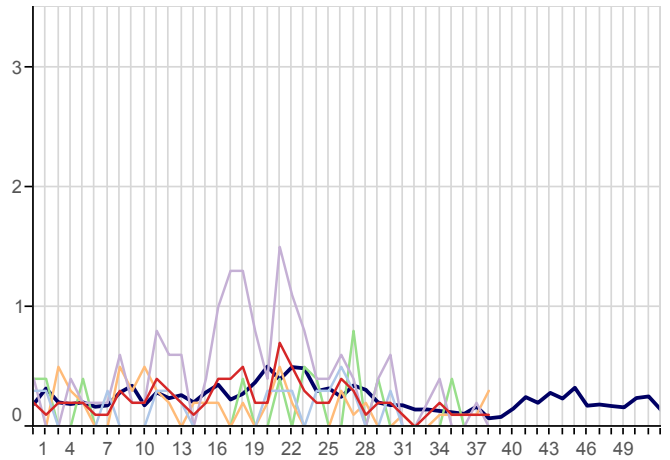
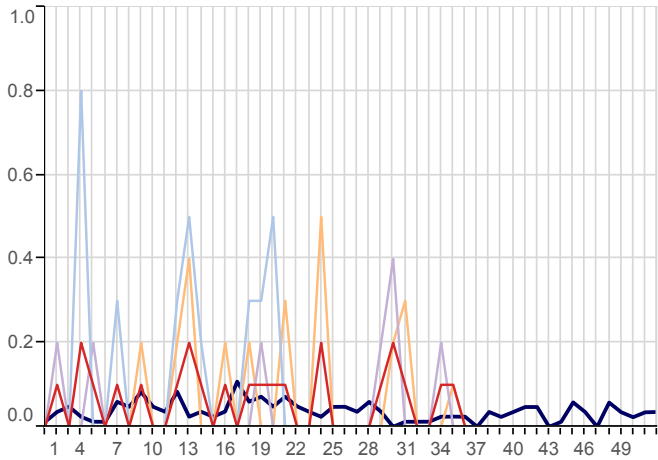


**Acute Otitis Media (ICD10: H650-H651,H660,H669)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average

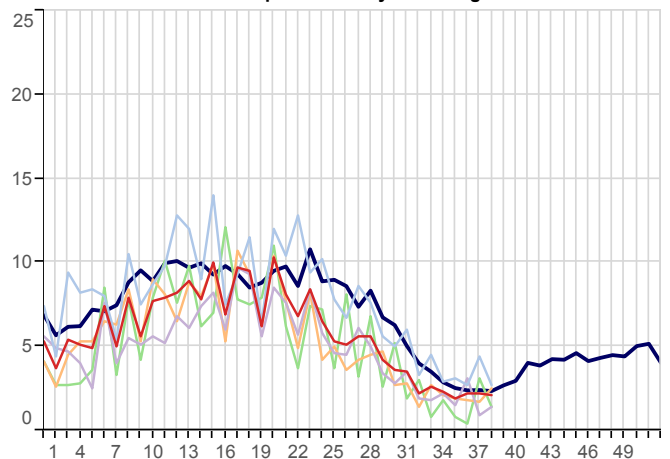
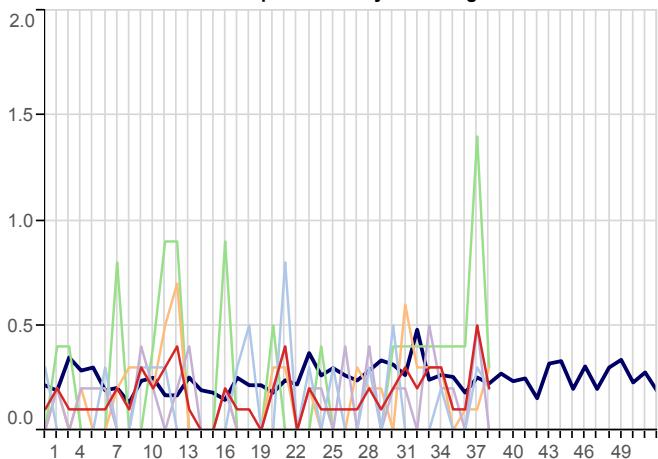




## 4. Vaccine Sensitive Disorders



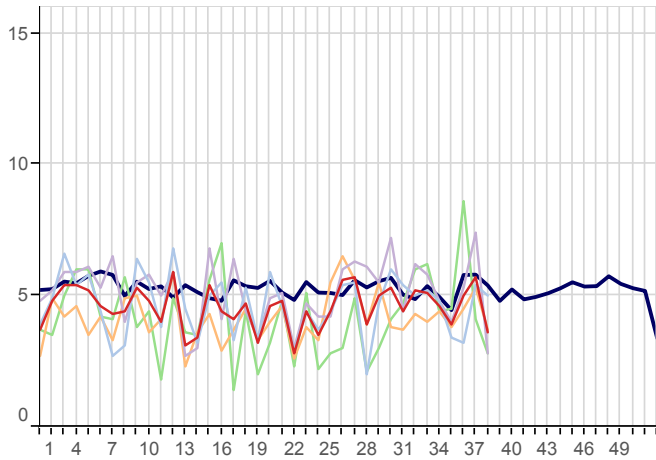
## 5. Skin Contagions



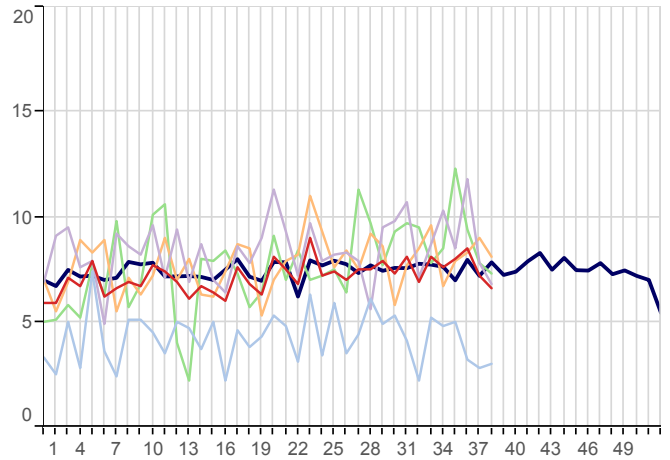
## 5. Skin Contagions (Continued)

5yr Avg   National   London   North   South   Midlands And East

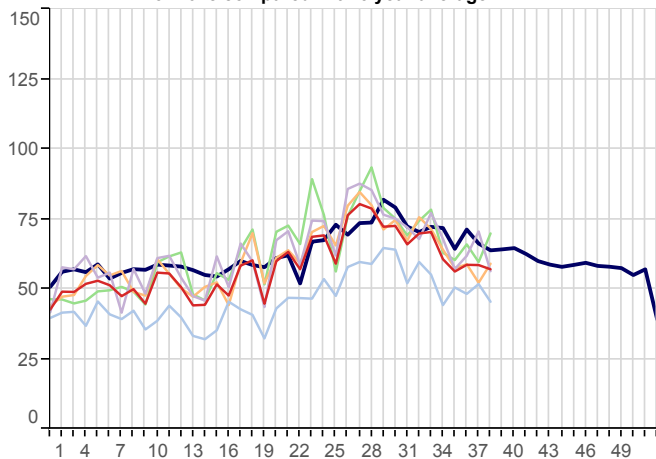
**Herpes Simplex (ICD10: B00)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



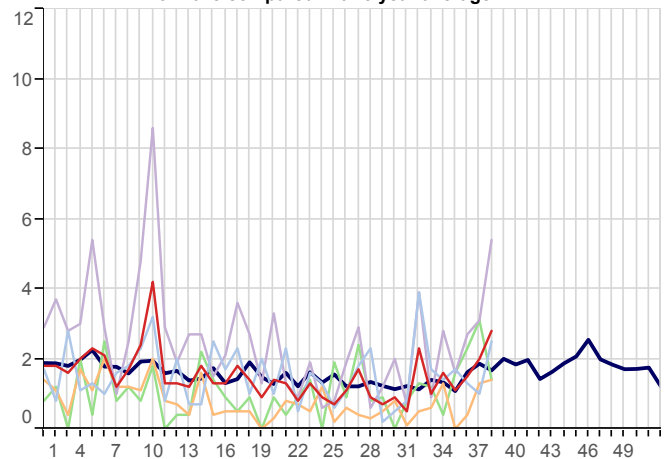
**Herpes Zoster (ICD10: B02)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



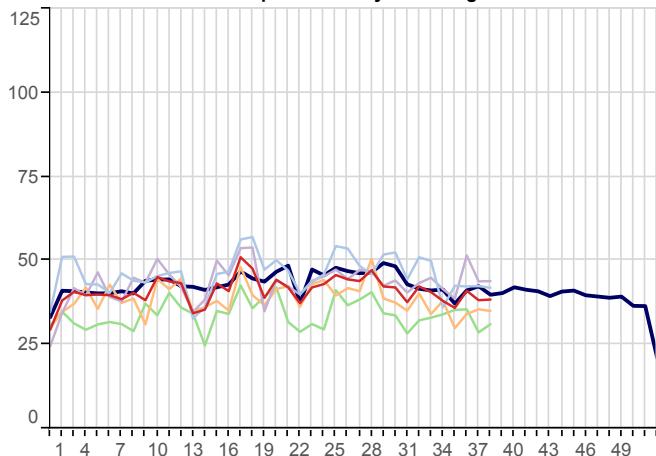
**Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



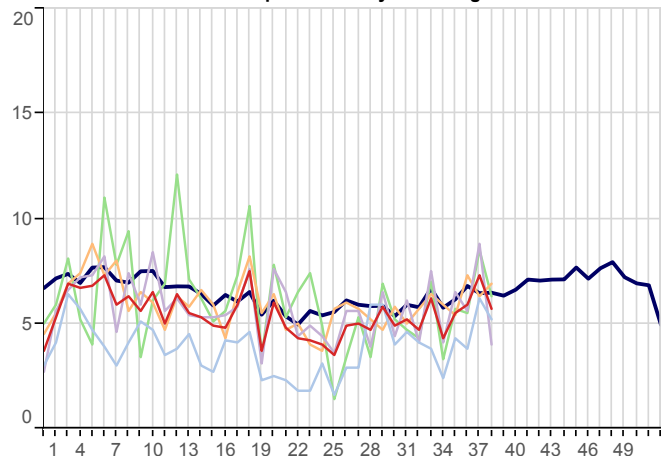
**Scabies (ICD10: B86)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



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



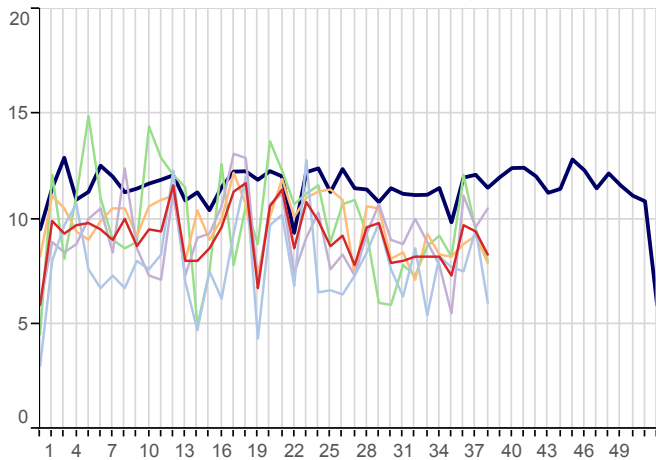
**Impetigo (ICD10: L01)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



## 6. Disorders Affecting the Nervous System

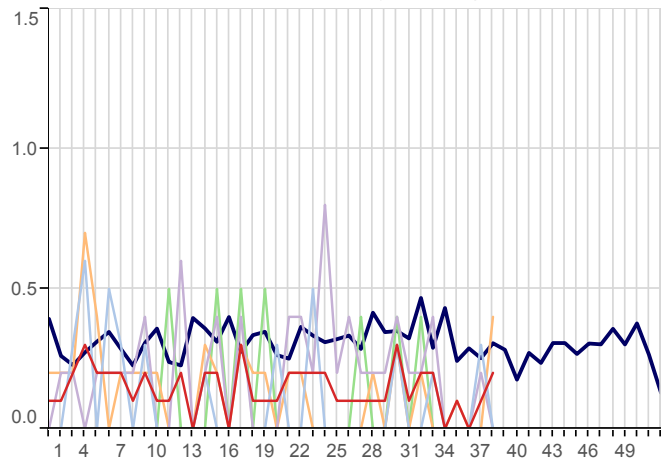
5yr Avg   National   London   North

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

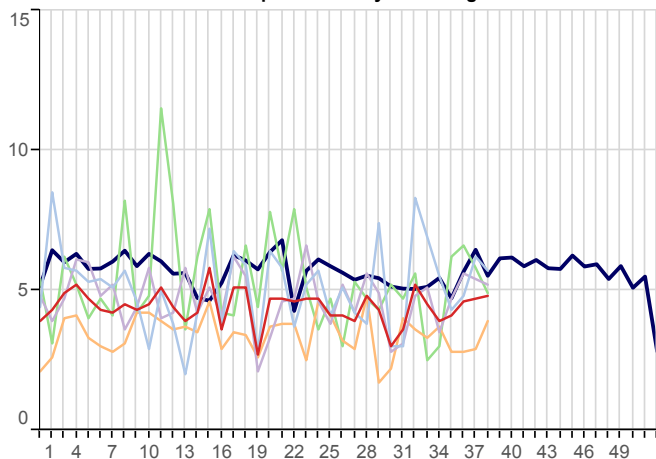


South   Midlands And East

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

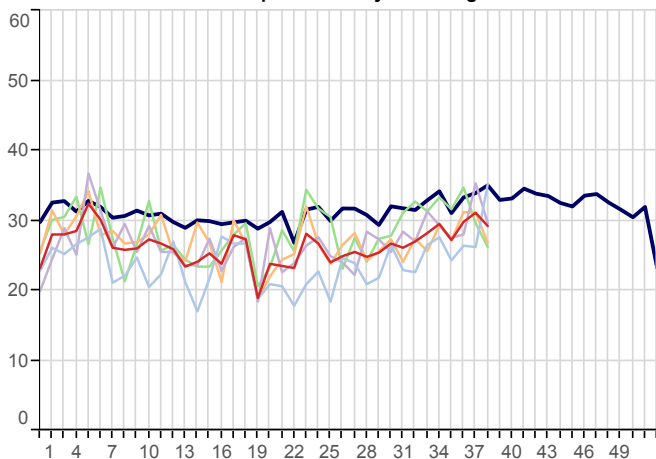


**Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)**  
Weekly incidence (per 100,000 all ages) by region  
for 2018 compared with 5 year average



## 7. Genitourinary System Disorders

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



## 8. Tabular Summary by Disease

Disease Name	Week beginning Week ending		17/09/2018 23/09/2018		10/09/2018 16/09/2018		03/09/2018 09/09/2018		27/08/2018 02/09/2018	
	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer	Rate	Numer
Acute Bronchitis	54.7	1,085	47.6	920	42.9	808	31.9	603		
Allergic Rhinitis	4.2	84	4.5	88	4.6	87	3.8	72		
Asthma	16.1	320	12.2	236	12.2	230	7.6	144		
Bullous Dermatoses	0.2	4	0.5	9	0.1	2	0.1	2		
Chickenpox	2.1	41	2.2	43	2.2	41	1.9	36		
Common Cold	71.7	1,420	54.8	1,060	41.4	780	30.5	577		
Conjunctival Disorders	16.6	329	17.0	328	15.7	296	14.4	272		
Herpes Simplex	3.6	71	5.7	111	5.0	95	3.9	73		
Herpes Zoster	6.6	130	7.2	140	8.5	160	8.0	152		
Impetigo	5.7	112	7.3	142	5.9	111	5.5	105		
Infectious Mononucleosis	0.6	11	0.4	7	0.4	8	0.6	12		
Influenza-like illness	2.8	56	2.0	38	1.5	29	1.4	26		
Infectious Intestinal Diseases	9.7	193	8.2	158	8.5	160	7.2	136		
Laryngitis and Tracheitis	3.7	74	3.2	62	1.8	33	1.6	31		
Lower Respiratory Tract Infections	56.9	1,128	49.5	958	45.4	855	33.2	628		
Measles	0.0	0	0.0	0	0.0	0	0.1	1		
Meningitis and Encephalitis	0.2	3	0.1	2	0.0	0	0.1	1		
Mumps	0.1	2	0.1	2	0.1	1	0.1	2		
Non-infective Enteritis and Colitis	8.0	159	8.6	167	8.3	157	7.6	143		
Otitis Media Acute	18.6	369	15.3	296	15.4	291	12.5	236		
Peripheral Nervous Disease	8.3	164	9.4	182	9.7	182	7.3	138		
Pleurisy	1.2	24	1.1	22	1.1	20	0.4	8		
Pneumonia and Pneumonitis	1.0	20	0.8	15	1.3	25	0.8	16		
Respiratory System Diseases	229.8	4,555	194.2	3,757	172.8	3,257	130.2	2,464		
Rubella	0.0	0	0.0	0	0.0	0	0.0	0		
Scabies	2.8	55	2.0	39	1.5	29	1.1	20		
Sinusitis	13.0	257	11.1	214	10.9	205	9.2	174		
Skin and Subcutaneous Tissue Infections	57.0	1,130	58.5	1,131	58.6	1,104	56.2	1,063		
Strep Throat and Peritonsillar Abscess	1.0	20	0.8	16	0.7	14	0.6	12		
Symptoms involving musculoskeletal	4.8	95	4.7	91	4.6	86	4.1	78		
Symptoms involving Respiratory and Chest	19.0	376	18.3	354	16.0	302	12.1	229		
Symptoms involving Skin and Integument Tissues	38.4	761	38.2	740	41.0	772	35.9	680		
Tonsillitis and acute Pharyngitis	35.5	704	31.3	605	28.9	545	24.0	455		
Upper Respiratory Tract Infections	141.7	2,809	115.0	2,225	97.8	1,843	77.6	1,468		
Urinary Tract Infections	29.2	579	31.1	602	29.8	562	27.2	515		
Viral Hepatitis	0.2	4	0.2	3	0.1	1	0.4	7		
Whooping Cough	0.1	2	0.2	4	0.2	3	0.1	2		
<b>Practice Count</b>		<b>190</b>		<b>186</b>		<b>181</b>		<b>178</b>		
<b>Denom</b>		<b>1,981,737</b>		<b>1,934,762</b>		<b>1,884,894</b>		<b>1,892,565</b>		

## 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 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.

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 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 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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