



Royal College of
General Practitioners

RSC Communicable and Respiratory Disease Report for England

Key Statistics:

Week Number/Year.....01/2016
Week Starting - Ending.....04/01/2016 - 10/01/2016
No. of Practices.....104
Population.....985827

National (England)

- **Acute Bronchitis** : increased from **99.7** in week 53 to **139.1** in week 1.
- **Asthma** : increased from **10.7** in week 53 to **18.8** in week 1.
- **Common Cold & URTI NOS** : increased from **97.7** in week 53 to **149.6** in week 1.
- **Influenza Like illness** : increased from **9.6** in week 53 to **16.1** in week 1.
- **Respiratory System Diseases** : increased from **300.6** in week 53 to **472.3** in week 1.

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

- **Acute Bronchitis** : increased from **60.4** in week 53 to **96.2** in week 1 in the London region, increased from **116.9** in week 53 to **148.3** in week 1 in the North region, increased from **98.9** in week 53 to **121.8** in week 1 in the South region, and increased from **119.0** in week 53 to **185.1** in week 1 in the Midlands And East region.
- **Asthma** : increased from **9.5** in week 53 to **17.4** in week 1 in the London region, increased from **10.6** in week 53 to **19.2** in week 1 in the North region, increased from **13.4** in week 53 to **24.4** in week 1 in the South region, and increased from **8.9** in week 53 to **15.0** in week 1 in the Midlands And East region.
- **Common Cold & URTI NOS** : increased from **105.4** in week 53 to **157.5** in week 1 in the London region, increased from **95.0** in week 53 to **151.8** in week 1 in the North region, increased from **92.8** in week 53 to **155.5** in week 1 in the South region, and increased from **98.9** in week 53 to **133.7** in week 1 in the Midlands And East region.
- **Influenza Like illness** : increased from **11.0** in week 53 to **22.8** in week 1 in the London region, increased from **8.8** in week 53 to **16.7** in week 1 in the North region, increased from **8.7** in week 53 to **13.0** in week 1 in the South region, and increased from **10.2** in week 53 to **11.1** in week 1 in the Midlands And East region.
- **Respiratory System Diseases** : increased from **255.5** in week 53 to **429.4** in week 1 in the London region, increased from **327.5** in week 53 to **491.5** in week 1 in the North region, increased from **291.7** in week 53 to **449.9** in week 1 in the South region, and increased from **320.3** in week 53 to **509.0** in week 1 in the Midlands And East region.

Comment:

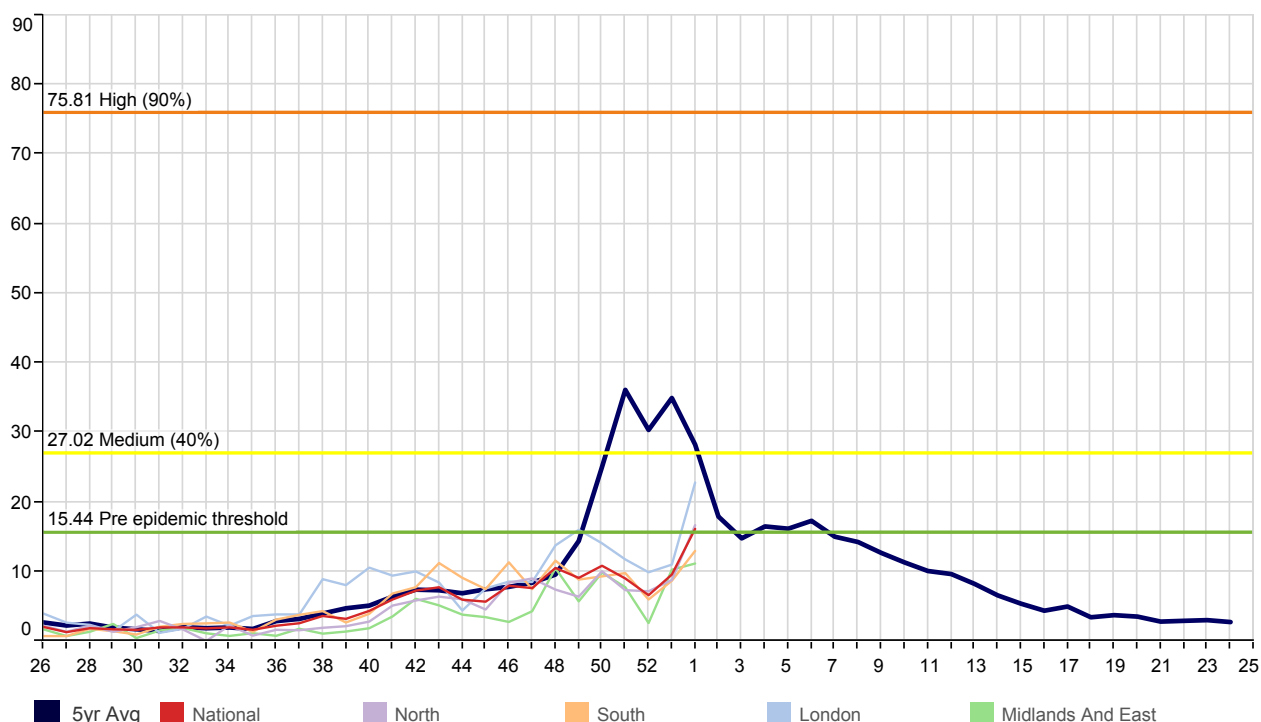
Presentations of all respiratory illnesses increased returning to at or just above seasonally expected levels. Rates of presentation to RCGP RSC practices were also influenced by this week's data coming from the first full working week since the Christmas and New Year holiday closures.

The overall rate of presentation of influenza-like illness (ILI) increased and just crossed the pre-epidemic threshold. The increase was greatest in London and the 15 to 64 year old age group.

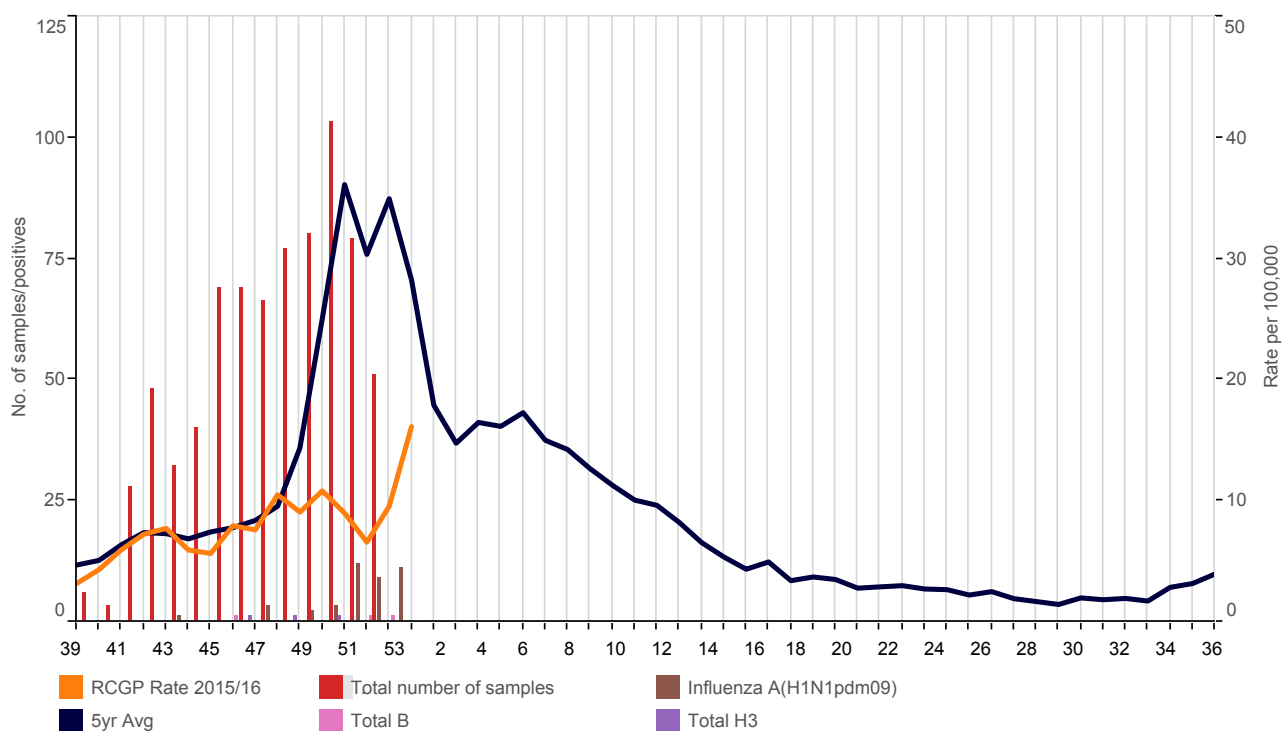
Winter Focus 2015/16

Please see page 13 for explanatory notes on the data.

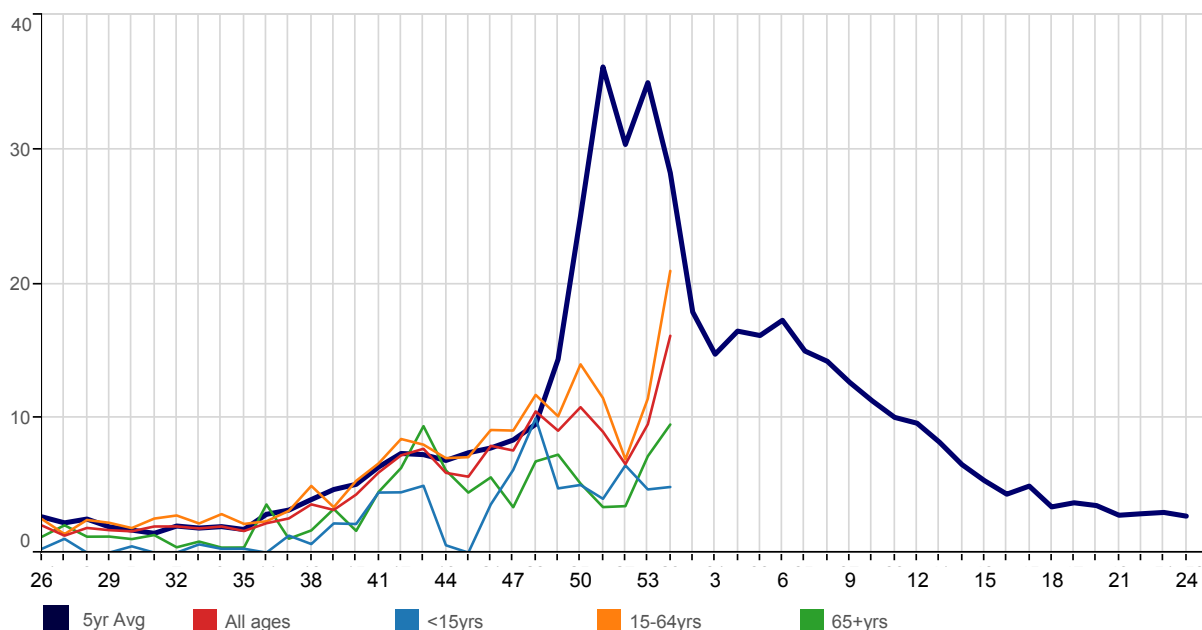
(A) Influenza-like illness: incidence rate winter 2015/16*



(B) RCGP/PHE Influenza Swabbing Surveillance 2015/16 (all ages, gender, & regions combined)*



* The thresholds used are the agreed RCGP/ Public Health England levels for 2015/16. The rolling average line (blue) is based on 5 year historic RCGP RSC level.

(C) Influenza-like illness: national incidence rate 2015/2016 by age group***(D) Influenza-like illness: national incidence rate 2015/2016 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	53	1	2	3
<15yrs	2.13	4.47	4.49	4.97	0.55	0.00	3.59	6.16	9.99	4.78	5.03	4.00	6.49	4.70	4.88		
15-64yrs	5.34	6.64	8.45	8.03	7.03	7.10	9.12	9.08	11.73	10.14	14.00	11.50	6.94	11.46	20.95		
65+yrs	1.62	4.51	6.29	9.41	6.11	4.47	5.60	3.38	6.79	7.29	5.14	3.39	3.46	7.17	9.53		
All ages	4.32	5.96	7.23	7.72	5.93	5.65	7.94	7.60	10.50	9.07	10.82	8.99	6.58	9.55	16.13		

	4	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 Threshold ¹	Threshold to Medium ²	Medium to High ³	High to Very High ⁴	Above Very High ⁵
0-14	<11.27	11.27 to <17.9	17.9 to <58.44	58.44 to <98.59	98.59+
15-64	<14.74	14.75 to <28.13	28.13 to <65.85	65.85 to <95.9	95.9+
65+	<11.06	11.06 to <14.6	14.6 to <34.24	34.24 to <49.91	49.91+
All Ages	<15.44	15.44 to <27.02	27.02 to <75.81	75.81 to <119.61	119.61+

Threshold levels

¹Below pre-epidemic threshold

²Pre-epidemic threshold breach to < 40th percentile

³40th to <90th percentile

⁴90th to <97.5th percentile

⁵97.5th+ percentile

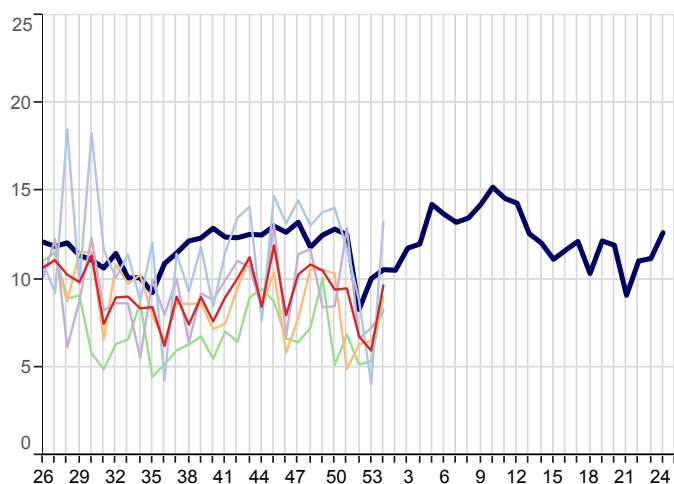
Weekly influenza-like illness and bronchitis incidence rates per 100,000 persons

Influenza-like illness		Acute Bronchitis		Influenza-like illness		Acute Bronchitis	
<1yr	0.0		364.2	London	22.8		96.2
1-4yrs	6.6		139.1	North	16.7		148.3
5-14yrs	4.6		40.8	South	13.0		121.8
15-24yrs	16.1		48.3	Midlands And East	11.1		185.1
25-44yrs	21.0		72.3	National	16.1		139.1
45-64yrs	22.2		156.1				
65-74yrs	12.3		244.6				
75-84yrs	5.8		441.0				
85+yrs	8.9		590.2				
All ages	16.1		139.1				

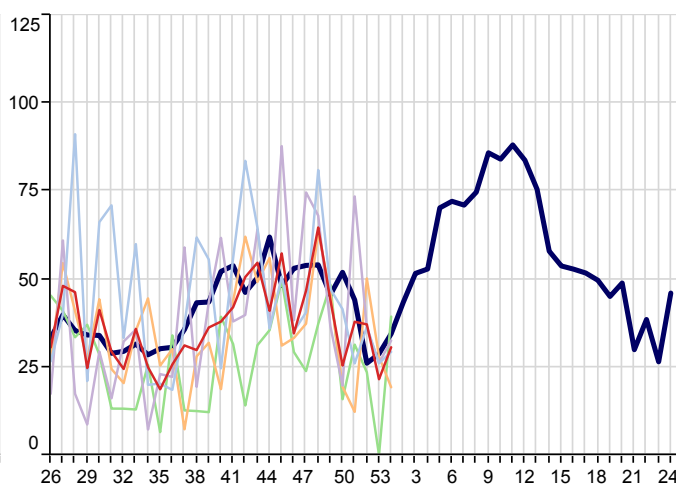
1. Water & Food Borne Disorders:

5yr Avg National London North South Midlands And East

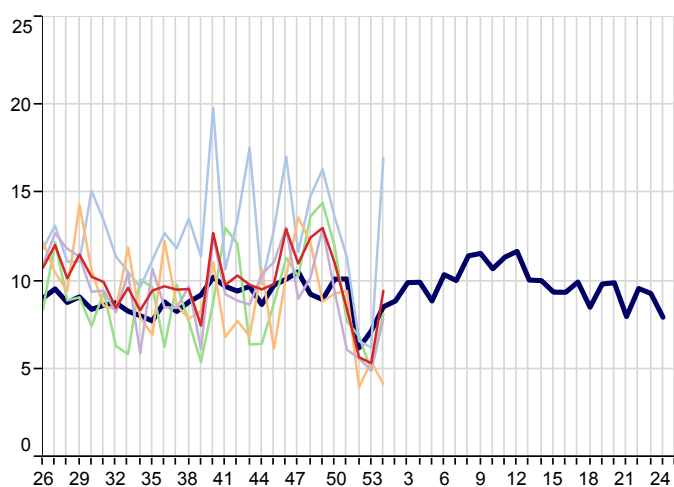
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **all ages**) by regions
for 2015 compared with 5 year average



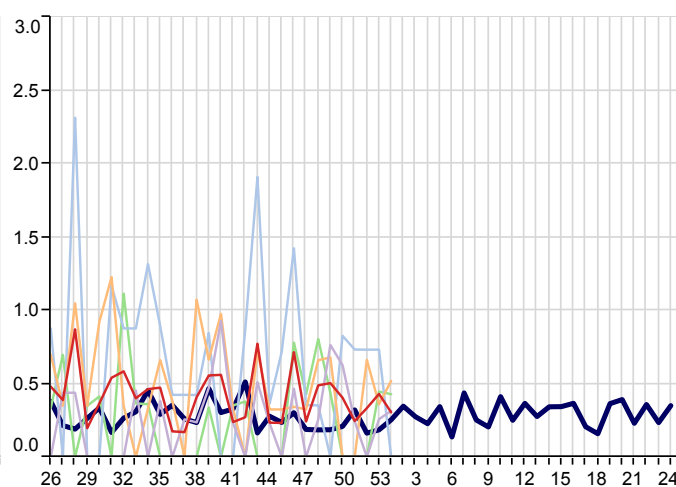
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **0-4 years**) by regions
for 2015 compared with 5 year average



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



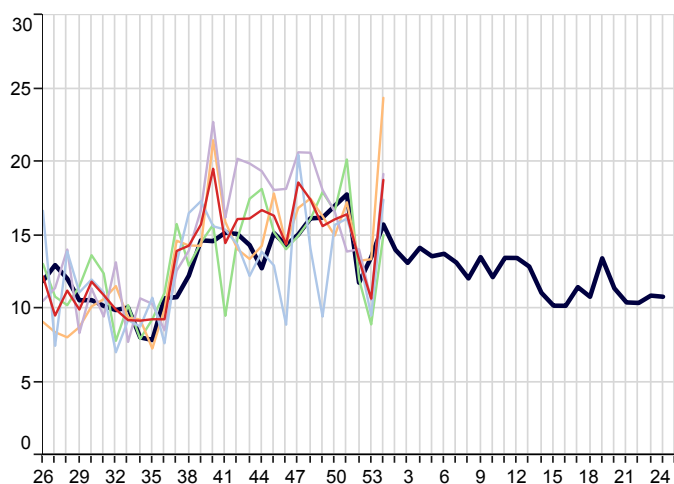
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 **all ages**) by region
for 2015 compared with 5 year average



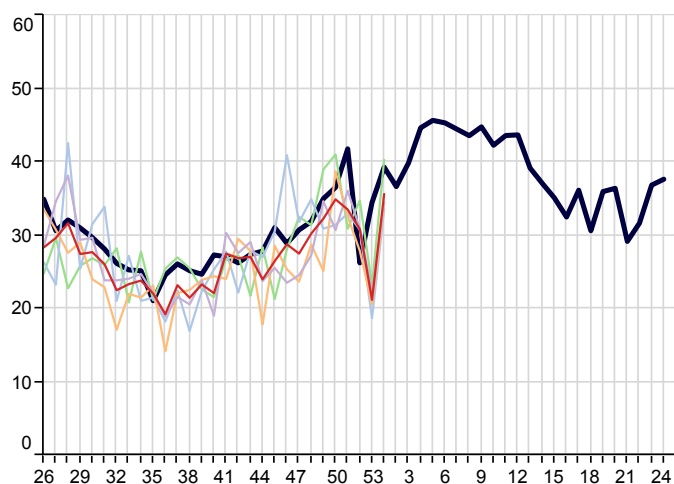
2. Environmentally Sensitive Disorders:

5yr Avg National London North South Midlands And East

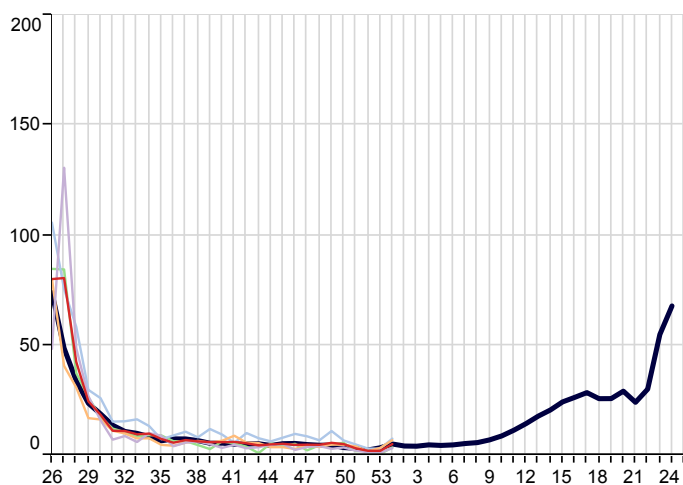
Asthma (ICD10: J45-J46)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



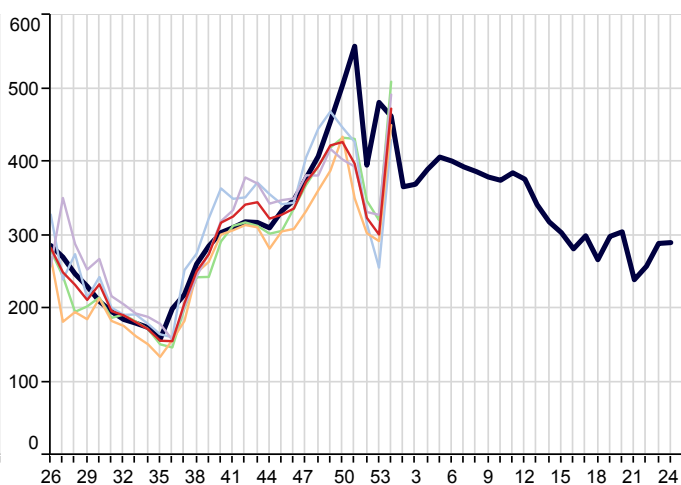
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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



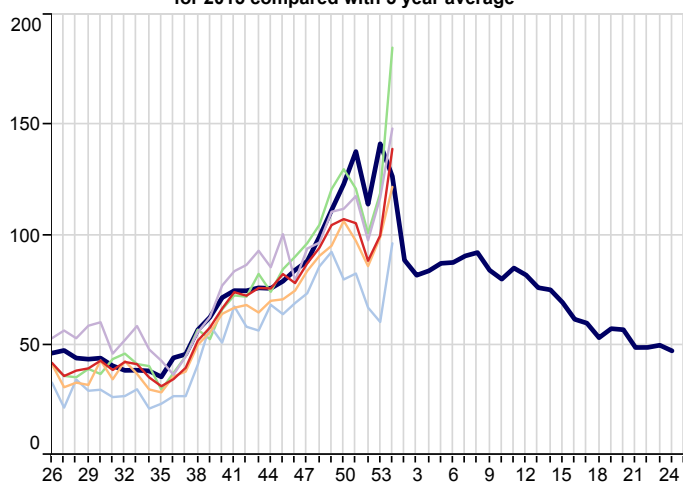
Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



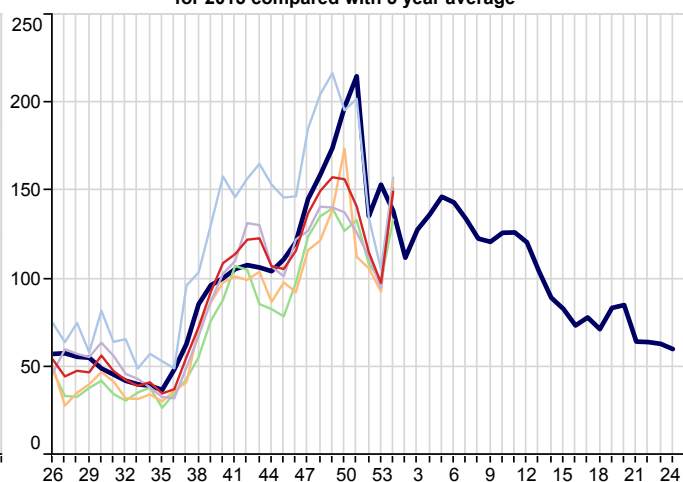
3. Respiratory Infections:

5yr Avg National North South London Midlands And East

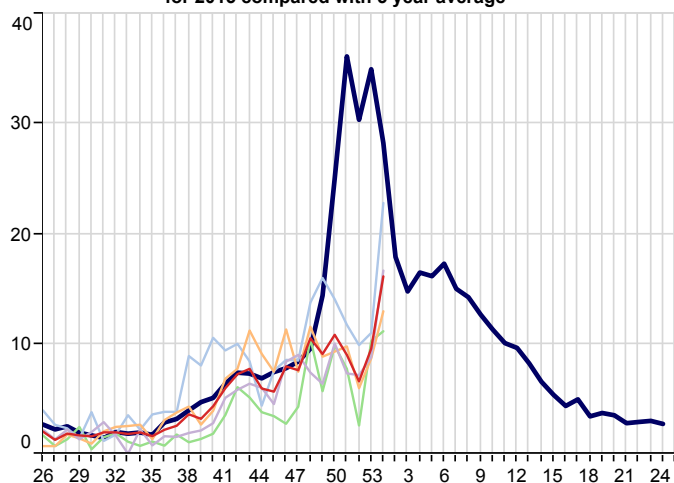
Acute Bronchitis (ICD10: J20-J21,J40)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



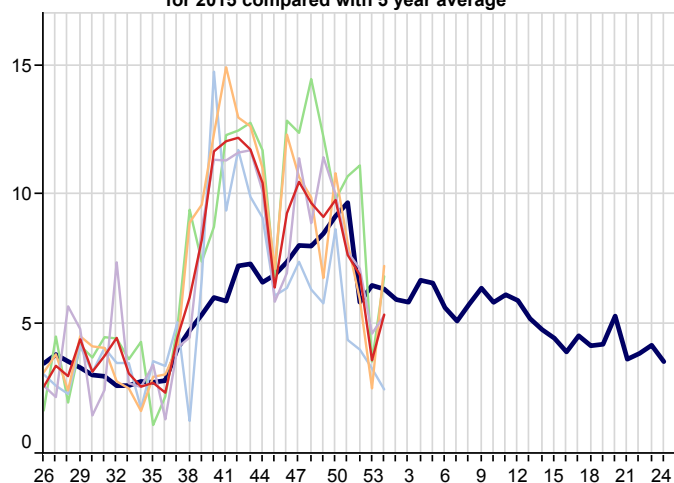
Common Cold (ICD10: J00,J06)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



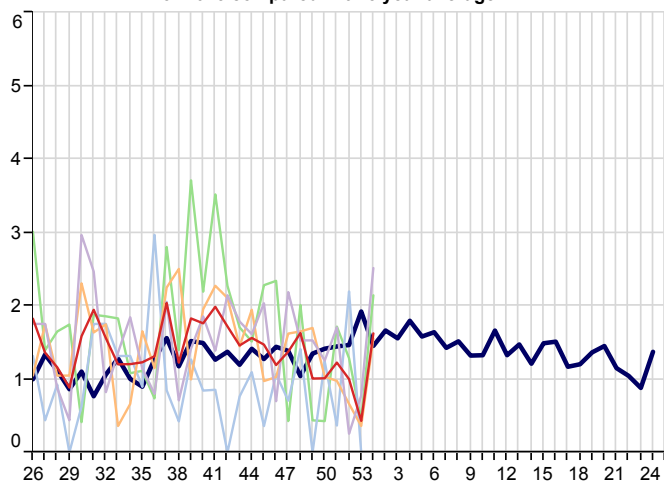
Influenza-Like Illness (ICD10: J09-J11)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



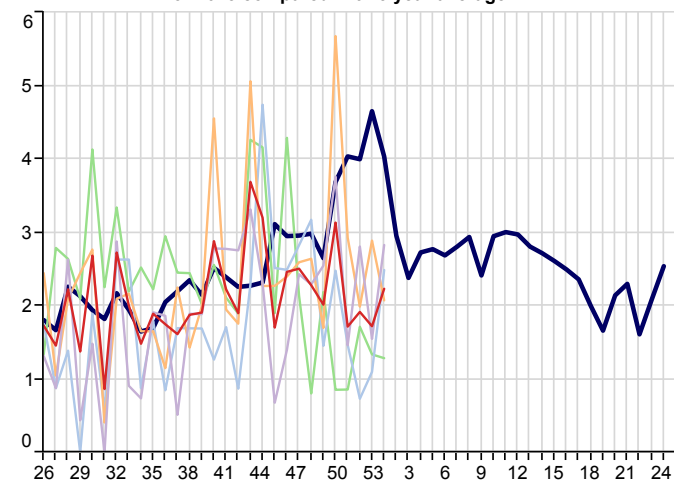
Acute Laryngitis/Tracheitis (ICD10: J04)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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



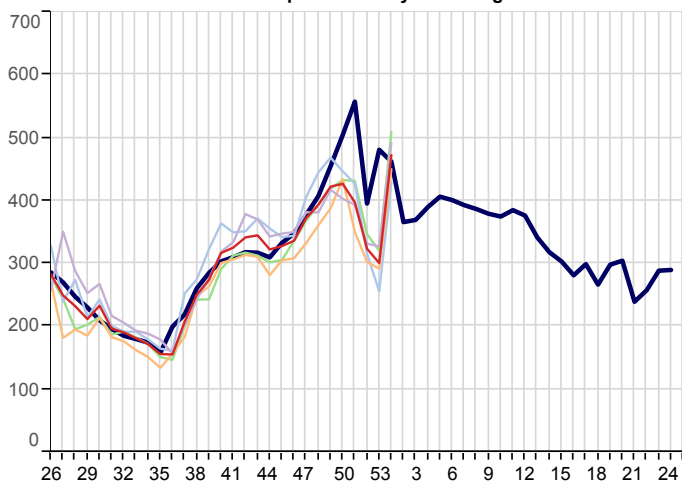
Pneumonia/Pneumonitis (ICD10: J12-J18)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



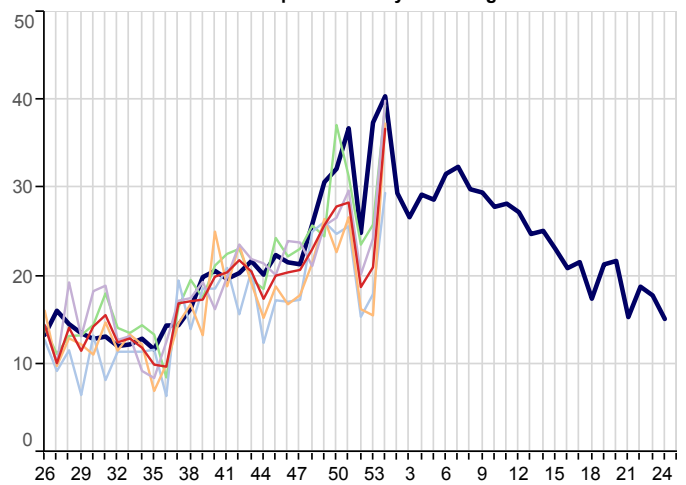
3. Respiratory Infections(Continued):

5yr Avg National North South London Midlands And East

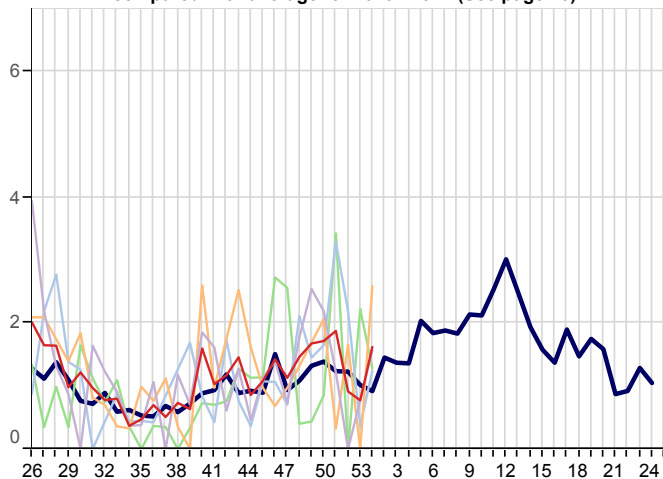
Respiratory System Diseases (ICD10: J00-J99)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



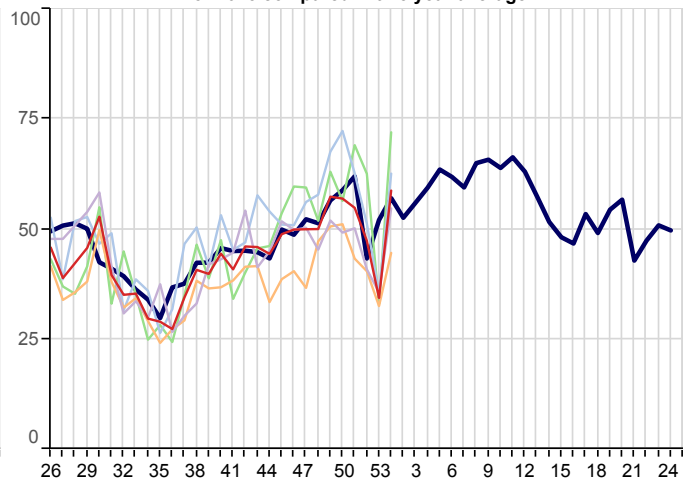
Acute Sinusitis (ICD10: J01)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



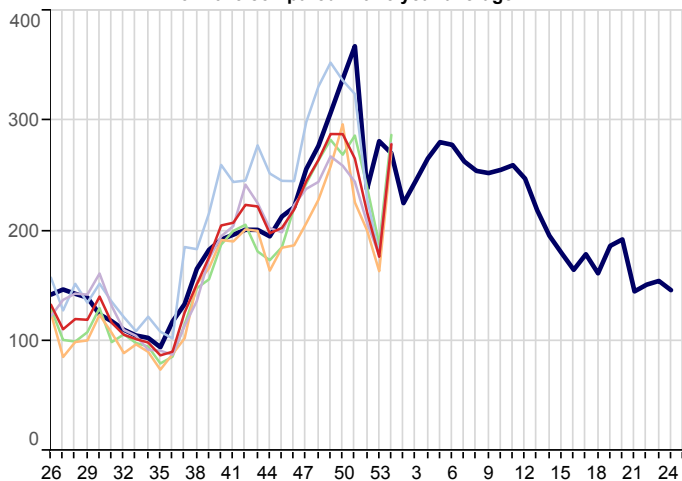
Strep Sore Throat, Scarlatina and Peritonsillar Abscess (ICD10: A38,J020,J36)
Weekly incidence (per 100,000 all ages) by region for 2015
compared with average for 2010 - 2012 (See page 13)



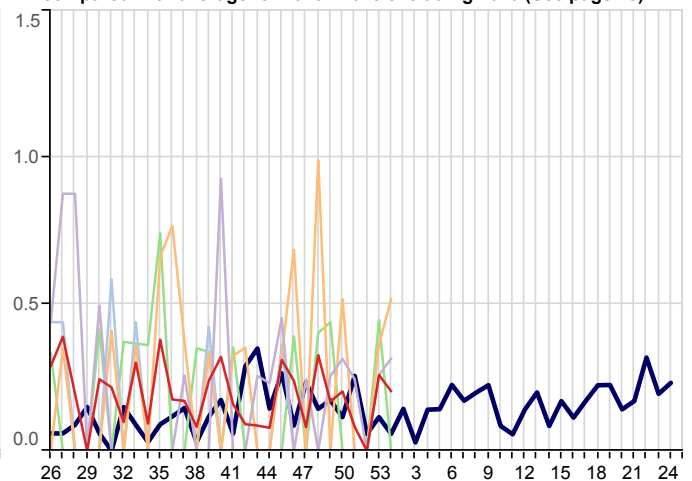
Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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



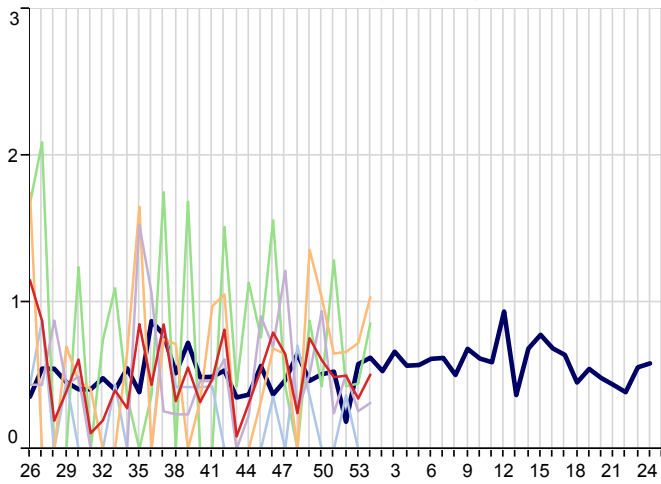
Whooping Cough (ICD10: A37)
Weekly incidence (per 100,000 all ages) by region for 2015
compared with average for 2010 - 2015 excluding 2013 (See page 13)



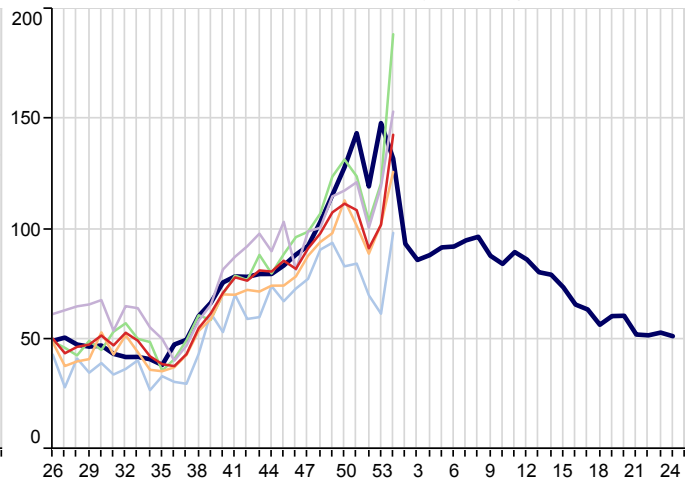
3. Respiratory Infections(Continued):

5yr Avg National North South London Midlands And East

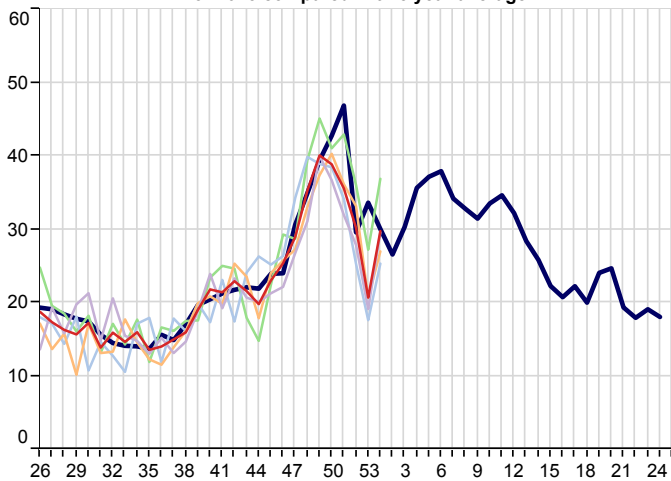
Infectious Mononucleosis (ICD10: B27)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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



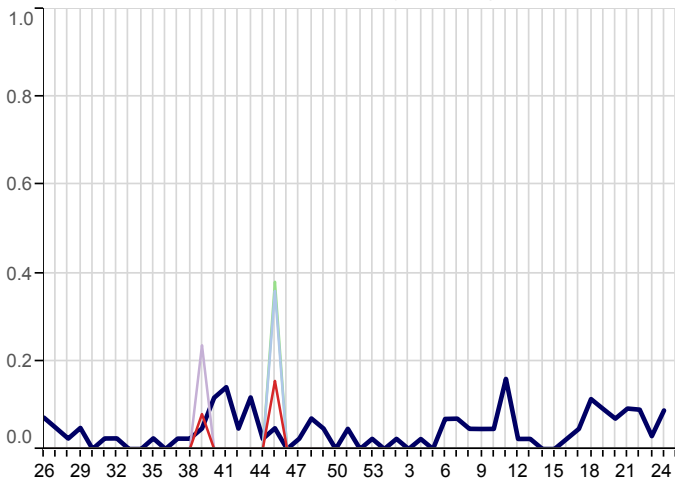
Acute Otitis Media (ICD10: H650-H651,H660,H669)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



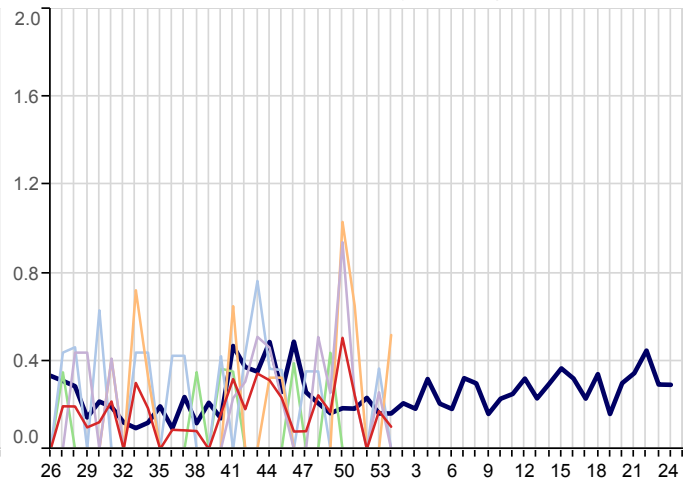
4. Vaccine Sensitive Disorders

5yr Avg National North South London Midlands And East

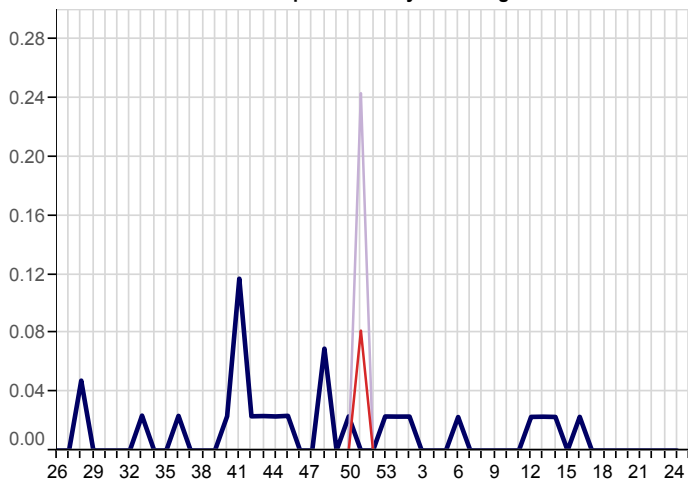
Measles (ICD10: B05)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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

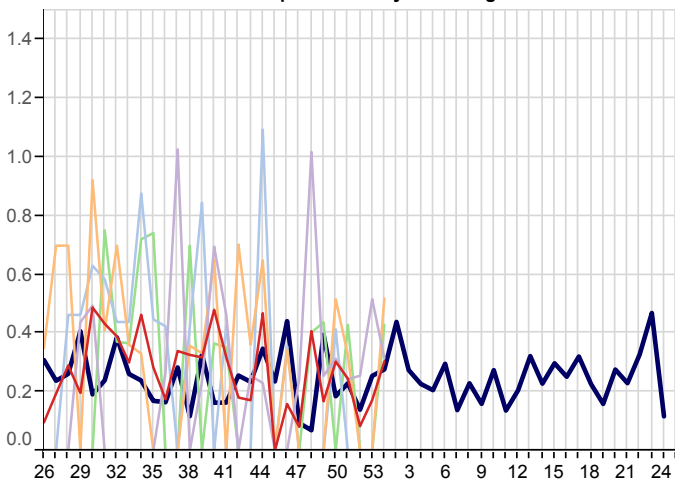


Rubella (ICD10: B06)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average

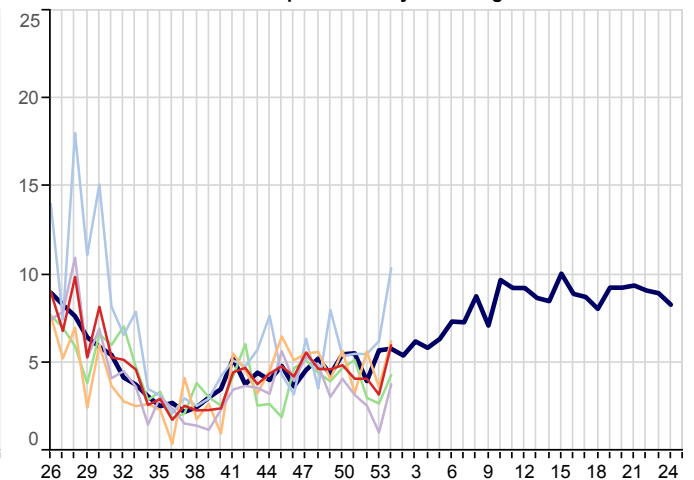


5. Skin Contagions

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



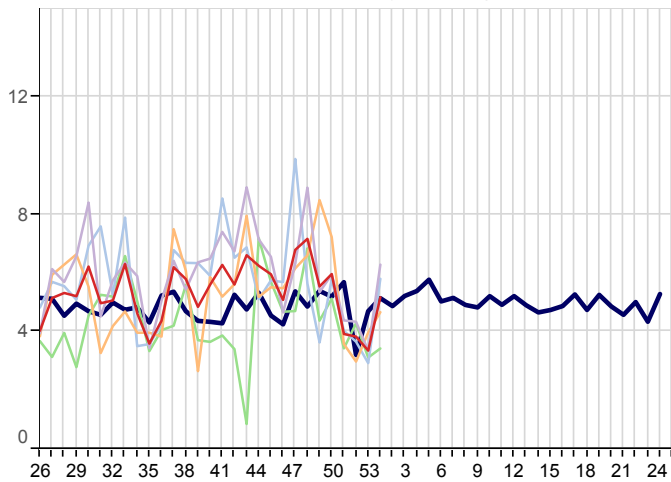
Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



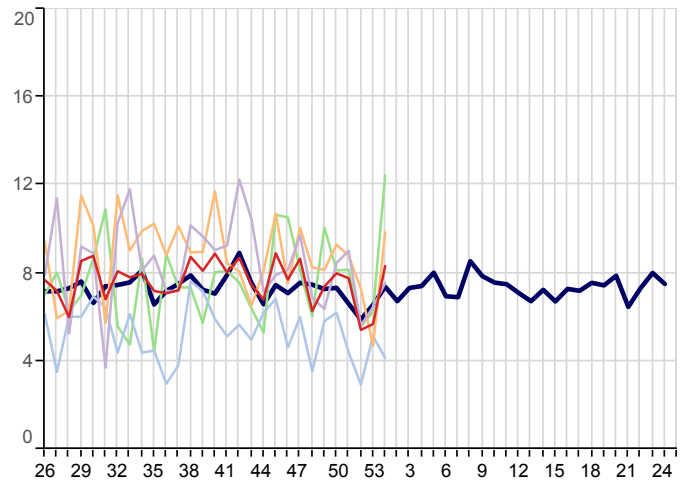
5. Skin Contagions (Continued)

5yr Avg National North South London Midlands And East

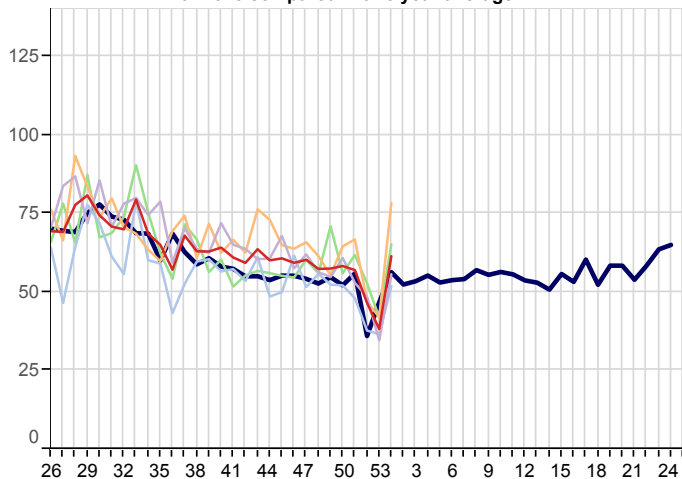
Herpes Simplex (ICD10: B00)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



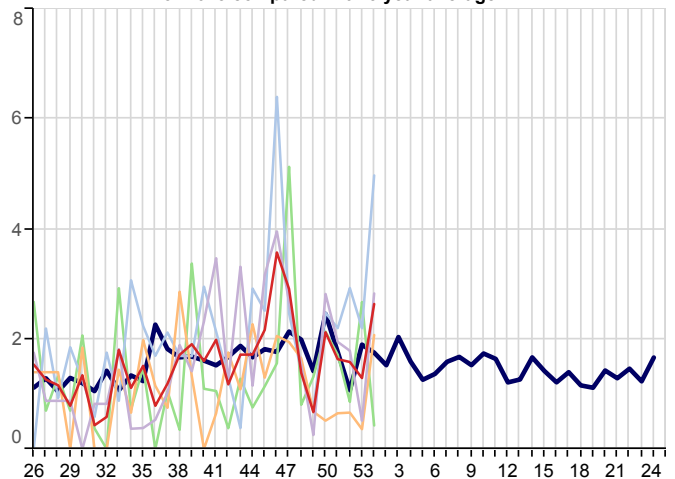
Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



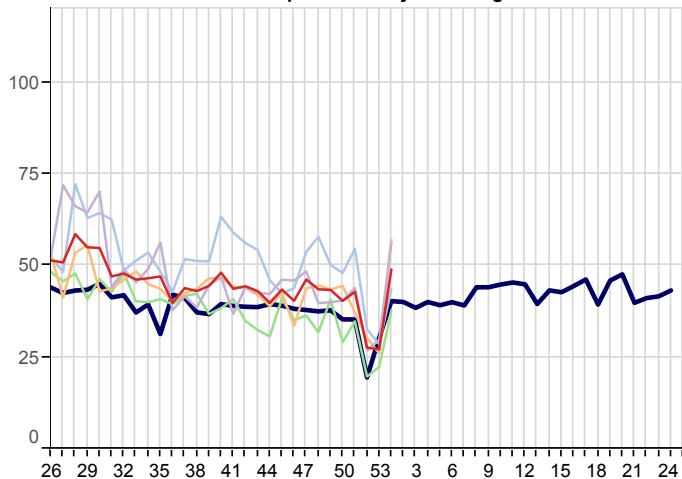
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



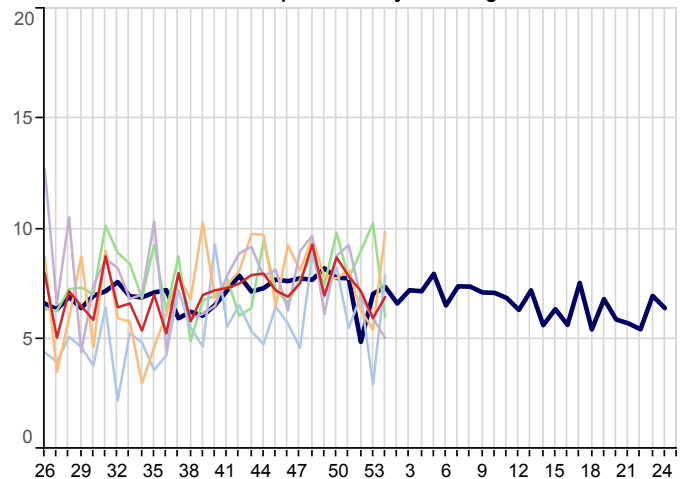
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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



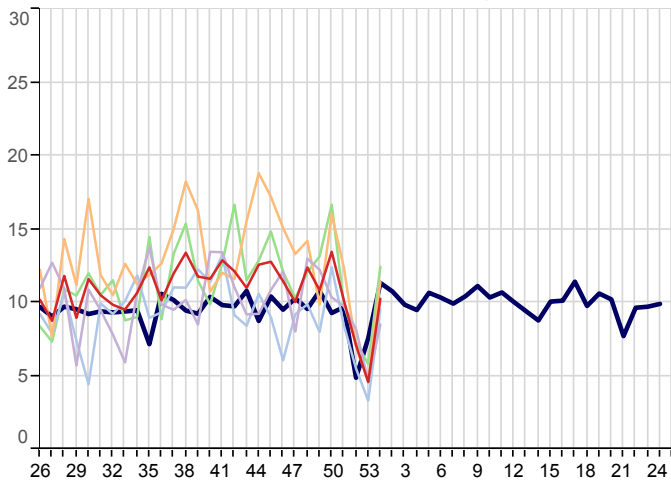
Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



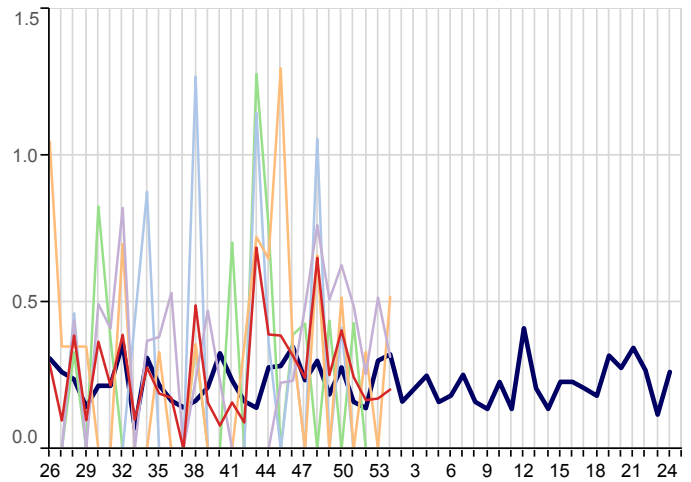
6. Disorders Affecting the Nervous System

5yr Avg National North South London Midlands And East

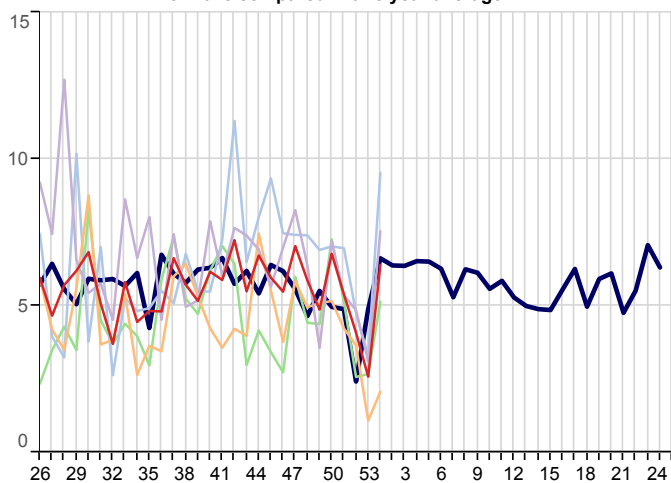
Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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

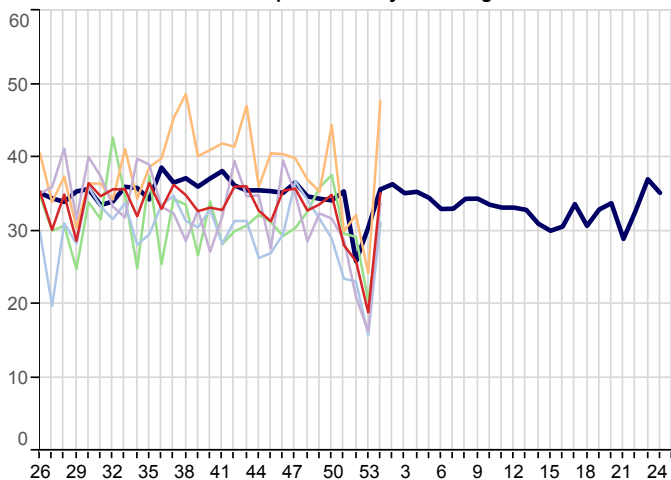


Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



7. Genitourinary System Disorders

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



8. Tabular Summary by Disease

Disease Name	Week beginning Week ending		29/12/2014 04/01/2015		28/12/2015 03/01/2016		21/12/2015 27/12/2015		14/12/2015 20/12/2015	
	Rate	Episodes	Rate	Episodes	Rate	Episodes	Rate	Episodes	Rate	Episodes
Allergic Rhinitis	5.0	49	1.9	22	1.9	23	3.0	37		
Asthma	18.8	185	10.7	124	13.3	160	16.4	201		
Acute Bronchitis	139.1	1,371	99.7	1,159	88.2	1,059	105.3	1,289		
Bullous Dermatoses	0.3	3	0.2	2	0.1	1	0.2	3		
Chickenpox	6.0	59	3.2	37	4.1	49	4.1	50		
Common Cold	149.6	1,475	97.7	1,135	115.1	1,382	141.2	1,728		
Conjunctival Disorders	35.6	351	21.2	246	30.8	370	33.5	410		
Herpes Simplex	5.2	51	3.4	39	3.8	46	3.9	48		
Herpes Zoster	8.3	82	5.7	66	5.4	65	7.8	95		
Impetigo	6.9	68	5.9	69	7.2	86	7.8	96		
Infectious Mononucleosis	0.5	5	0.3	4	0.5	6	0.5	6		
Influenza-like illness	16.1	159	9.6	111	6.6	79	9.0	110		
Infectious Intestinal Diseases	9.6	95	5.9	69	6.7	81	9.5	116		
Laryngitis and Tracheitis	5.4	53	3.6	42	6.9	83	7.7	94		
Lower Respiratory Tract Infections	142.8	1,408	101.9	1,184	91.2	1,095	108.6	1,329		
Measles	0.0	0	0.0	0	0.0	0	0.0	0		
Meningitis and Encephalitis	0.2	2	0.2	2	0.2	2	0.2	3		
Mumps	0.1	1	0.2	2	0.0	0	0.2	3		
Non-infective Enteritis and Colitis	9.4	93	5.3	62	5.7	68	8.4	103		
Otitis Media Acute	29.7	293	20.7	240	30.2	362	35.5	435		
Peripheral Nervous Disease	10.2	101	4.6	53	7.1	85	10.1	124		
Pleurisy	1.6	16	0.4	5	1.0	12	1.2	15		
Pneumonia and Pneumonitis	2.2	22	1.7	20	1.9	23	1.7	21		
Respiratory System Diseases	472.3	4,656	300.6	3,494	323.4	3,882	397.1	4,861		
Rubella	0.0	0	0.0	0	0.0	0	0.1	1		
Scabies	2.6	26	1.3	15	1.6	19	1.6	20		
Sinusitis	36.7	362	21.0	244	18.7	225	28.3	347		
Skin and Subcutaneous Tissue Infections	61.4	605	38.2	444	46.5	558	56.9	697		
Strep Throat and Peritonsillar Abscess	1.6	16	0.8	9	0.9	11	1.9	23		
Symptoms involving musculoskeletal	6.4	63	2.6	30	4.1	49	5.4	66		
Symptoms involving Respiratory and Chest	27.6	272	17.3	201	20.2	243	26.1	320		
Symptoms involving Skin and Integument Tissues	48.9	482	27.1	315	27.6	331	42.8	524		
Tonsillitis and acute Pharyngitis	58.7	579	34.3	399	47.3	568	54.8	671		
Upper Respiratory Tract Infections	278.5	2,746	176.3	2,049	216.9	2,604	265.6	3,251		
Urinary Tract Infections	35.1	346	18.8	219	25.8	310	28.0	343		
Viral Hepatitis	0.3	3	0.4	5	0.3	4	0.2	3		
Whooping Cough	0.2	2	0.3	3	0.0	0	0.1	1		
Number of practices		104	121		124		127			
Population		985,827	1,162,172		1,200,482		1,224,184			

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 2010-2014. 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.

Since 2015 has 53 ISO weeks, the averages data has been adjusted by one week in the first half of the season, until week 1, in order to correct the distribution of public holidays within ISO Weeks.

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 2004/05- 2014/15 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/clinical-and-research/our-programmes/research-and-surveillance-centre.aspx>

Our data extraction process and information governance

Data are extracted twice weekly from practice systems by Apollo Medical Systems on the RCGP's behalf. Patients who have withheld consent for data sharing are excluded from the extraction process.

Data are pseudonymised as close to source as possible. Data are held on secure servers at the RCGP data and analytics hub in the Section of Clinical Medicine and Ageing at the University of Surrey. Both Apollo and the University of Surrey are Registered and compliant with the Data Protection Act and fully compliant with all relevant HSCIC and NHS data information governance best practice.

What the data is used for

The RCGP RSC has been providing reports weekly about health and disease, called the Weekly Returns Service (WRS) since 1964. The WRS monitors the number of patients consulting with new episodes of illness classified by diagnosis in England and provides weekly incidence rates per 100,000 population for these new episodes of illness. It is the key primary care element of the national disease monitoring systems run by Public Health England. The bulletin can be found at the following URL:

<https://www.gov.uk/government/publications/syndromic-surveillance-summary>

In addition to the WRS, the data is used for other research studies. Any other uses of the data for research follow ethical approval 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/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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