



Royal College of  
General Practitioners

## RSC Communicable and Respiratory Disease Report for England

### Key Statistics:

Week Number/Year.....04/2016  
 Week Starting - Ending.....25/01/2016 - 31/01/2016  
 No. of Practices.....123  
 Population.....1175932

### National (England)

- **Acute Bronchitis** : **Acute Bronchitis** : increased from **106.9** in week 3 to **116.7** in week 4.
- **Asthma** : increased from **17.1** in week 3 to **19.0** in week 4.
- **Common Cold & URTI NOS** : increased from **145.2** in week 3 to **175.0** in week 4.
- **Influenza Like illness** : increased from **17.4** in week 3 to **19.7** in week 4.
- **Respiratory System Diseases** : increased from **418.3** in week 3 to **482.4** in week 4.

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

- **Acute Bronchitis** : increased from **77.7** in week 3 to **84.9** in week 4 in the London region, increased from **115.0** in week 3 to **127.8** in week 4 in the North region, increased from **104.7** in week 3 to **116.8** in week 4 in the South region, and increased a little from **129.8** in week 3 to **134.9** in week 4 in the Midlands And East region.
- **Asthma** : increased from **14.7** in week 3 to **16.8** in week 4 in the London region, increased from **16.9** in week 3 to **18.4** in week 4 in the North region, increased from **20.5** in week 3 to **22.7** in week 4 in the South region, and increased from **16.3** in week 3 to **18.4** in week 4 in the Midlands And East region.
- **Common Cold & URTI NOS** : increased from **191.6** in week 3 to **239.2** in week 4 in the London region, increased from **142.5** in week 3 to **152.3** in week 4 in the North region, increased from **130.7** in week 3 to **166.5** in week 4 in the South region, and increased from **112.7** in week 3 to **148.2** in week 4 in the Midlands And East region.
- **Influenza Like illness** : increased from **20.1** in week 3 to **21.9** in week 4 in the London region, was unchanged at **19.5** in week 3 compared with **19.7** in week 4 in the North region, increased from **14.6** in week 3 to **17.6** in week 4 in the South region, and increased from **14.1** in week 3 to **19.7** in week 4 in the Midlands And East region.
- **Respiratory System Diseases** : increased from **429.3** in week 3 to **510.3** in week 4 in the London region, increased from **433.1** in week 3 to **478.0** in week 4 in the North region, increased from **399.1** in week 3 to **465.6** in week 4 in the South region, and increased from **402.7** in week 3 to **477.0** in week 4 in the Midlands And East region.

### Comment:

Presentations of nearly all respiratory illnesses continued to increase this week and remain generally above seasonally expected levels.

The overall rate of presentation of influenza-like illness (ILI) also continued to increase this week, and remains above the pre-epidemic threshold.

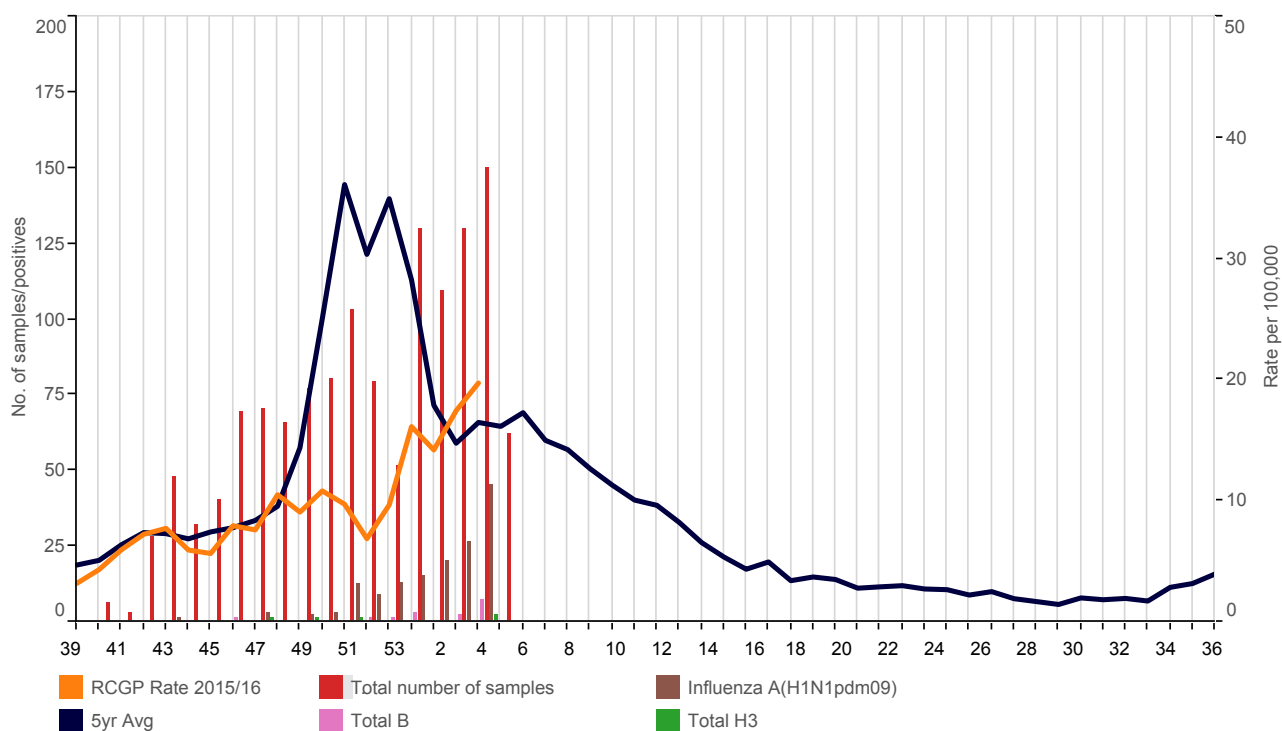
## Winter Focus 2015/16

Please see page 13 for explanatory notes on the data.

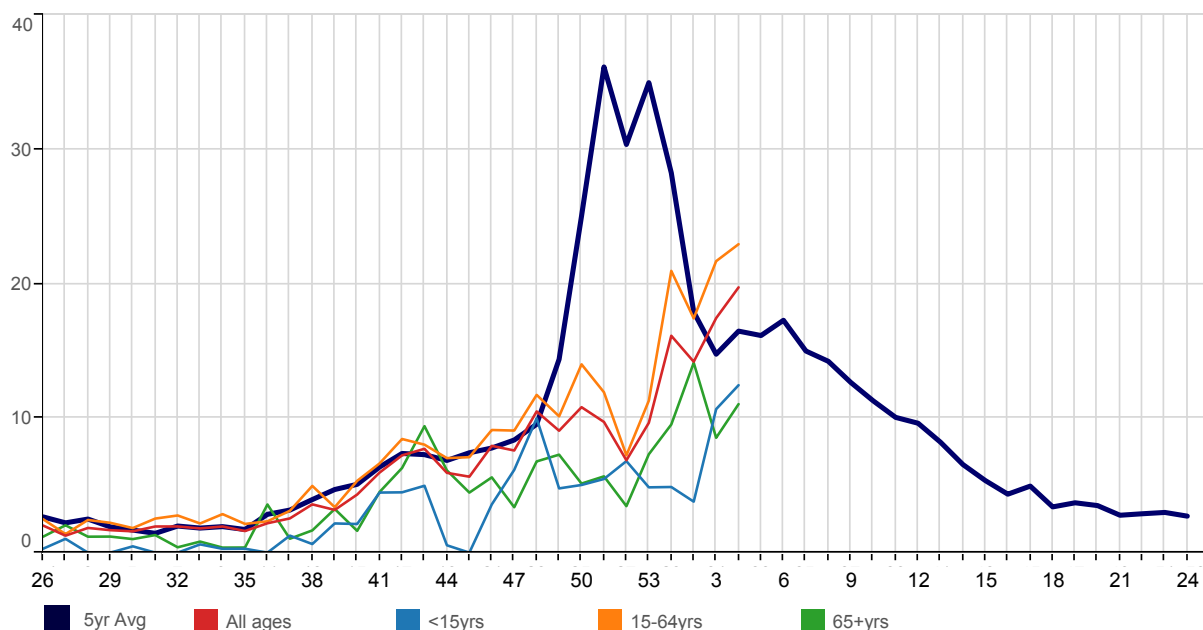
### (A) Influenza-like illness: incidence rate winter 2015/16\*



### (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.

	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	5.48	6.81	4.86	4.88	3.79	10.67
15-64yrs	5.34	6.64	8.45	8.03	7.03	7.10	9.12	9.08	11.73	10.14	14.00	11.93	7.24	11.31	20.95	17.42	21.68
65+yrs	1.62	4.51	6.29	9.41	6.11	4.47	5.60	3.38	6.79	7.29	5.14	5.67	3.46	7.32	9.53	14.12	8.54
All ages	4.32	5.96	7.23	7.72	5.93	5.65	7.94	7.60	10.50	9.07	10.82	9.72	6.87	9.66	16.13	14.20	17.44

	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<15yrs	12.45																
15-64yrs	22.94																
65+yrs	11.05																
All ages	19.73																

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	<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**

<sup>1</sup>Below pre-epidemic threshold

<sup>2</sup>Pre-epidemic 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

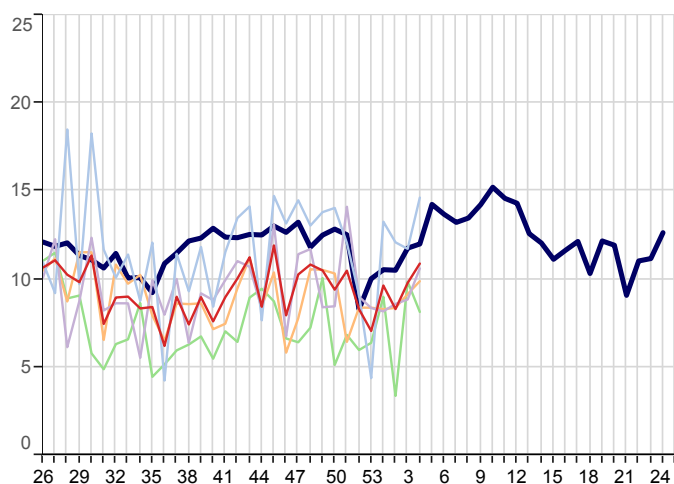
**Weekly influenza-like illness and bronchitis incidence rates per 100,000 persons**

Influenza-like illness		Acute Bronchitis	Influenza-like illness		Acute Bronchitis
<1yr	0.0	453.1	London	21.9	84.9
1-4yrs	31.7	234.9	North	19.7	127.8
5-14yrs	9.4	71.7	South	17.6	116.8
15-24yrs	24.6	33.0	Midlands And East	19.7	134.9
25-44yrs	24.6	61.7	National	19.7	116.7
45-64yrs	20.6	127.6			
65-74yrs	8.3	163.4			
75-84yrs	16.0	252.2			
85+yrs	10.9	485.4			
All ages	19.7	116.7			

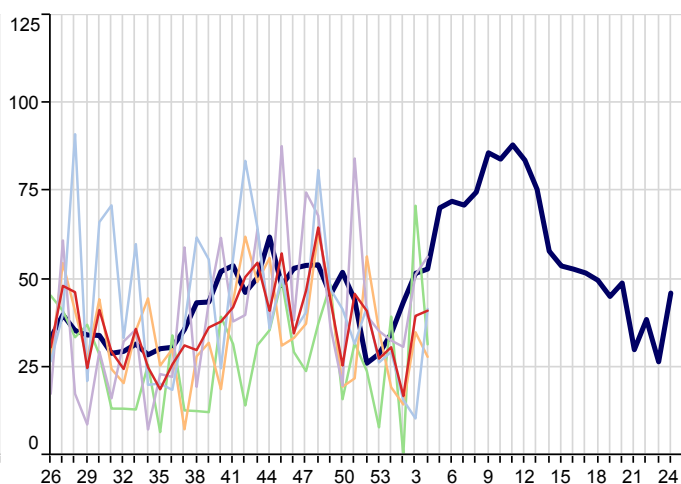
# 1. Water & Food Borne Disorders:

5yr Avg   National   London   North   South   Midlands And East

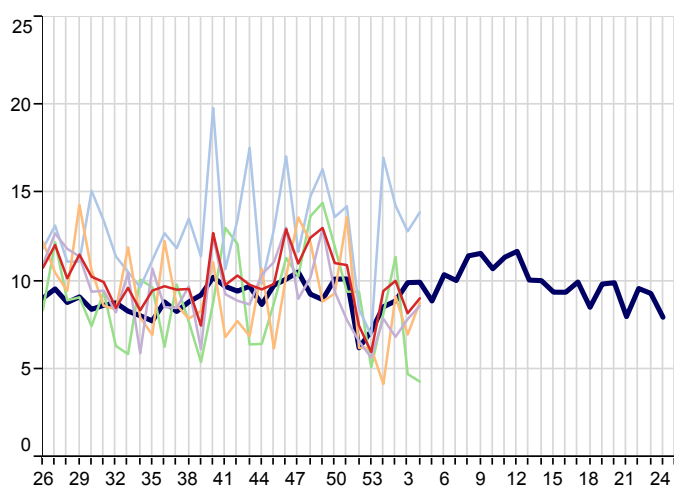
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **all ages**) by regions  
for 2015 compared with 5 year average



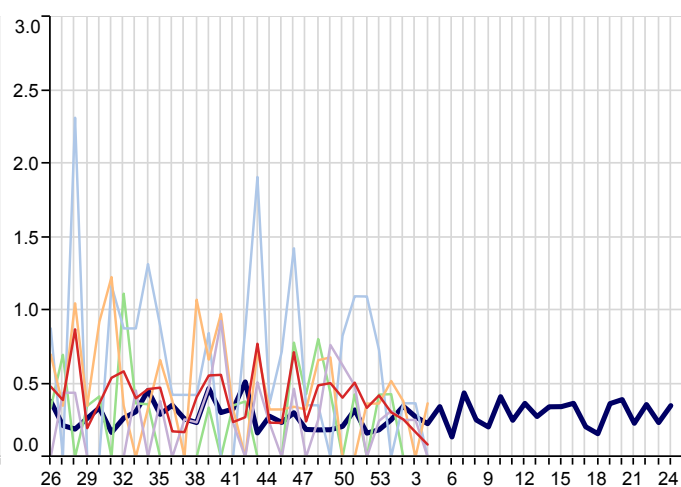
**Infectious Intestinal Disease (ICD10: A00-A09)**  
Weekly incidence (per 100,000 **0-4 years**) by regions  
for 2015 compared with 5 year average



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



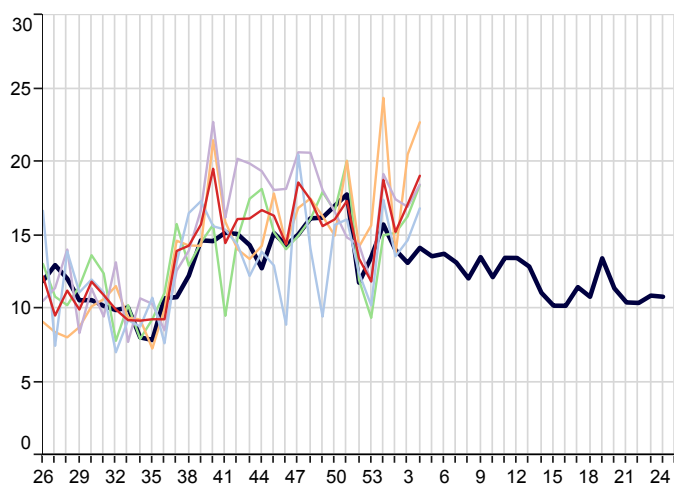
**Viral Hepatitis (ICD10: B15-B19)**  
Weekly incidence (per 100,000 **all ages**) by region  
for 2015 compared with 5 year average



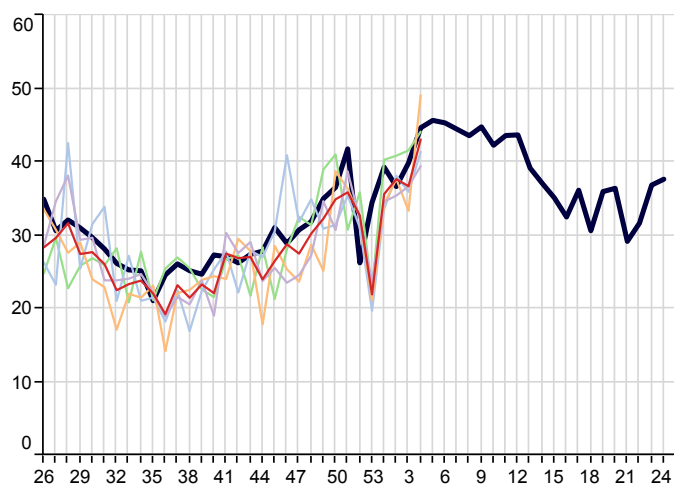
## 2. Environmentally Sensitive Disorders:

5yr Avg   National   London   North   South   Midlands And East

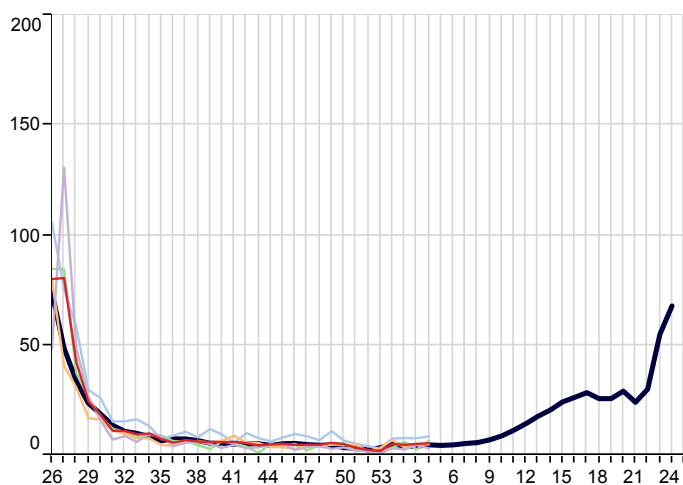
**Asthma (ICD10: J45-J46)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



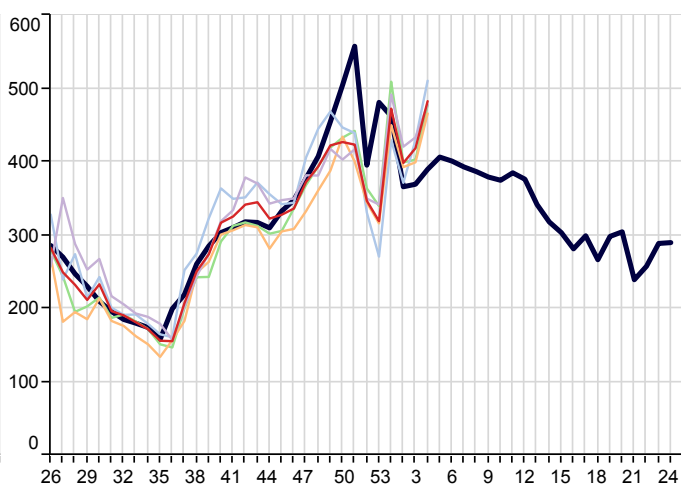
**Disorders of Conjunctiva (ICD10: H10-H13)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



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



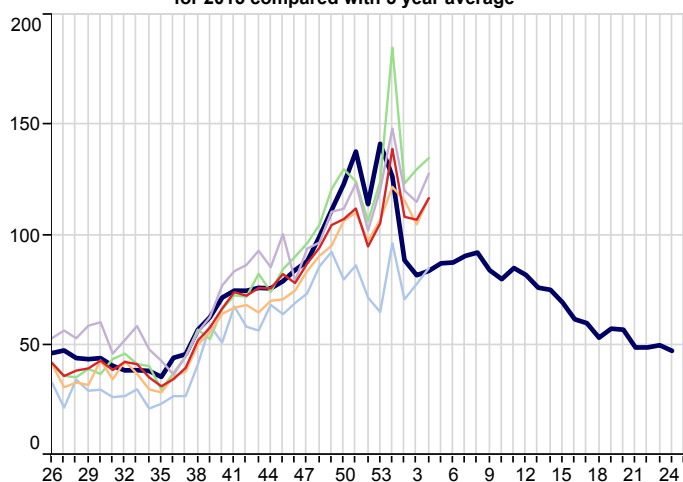
**Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



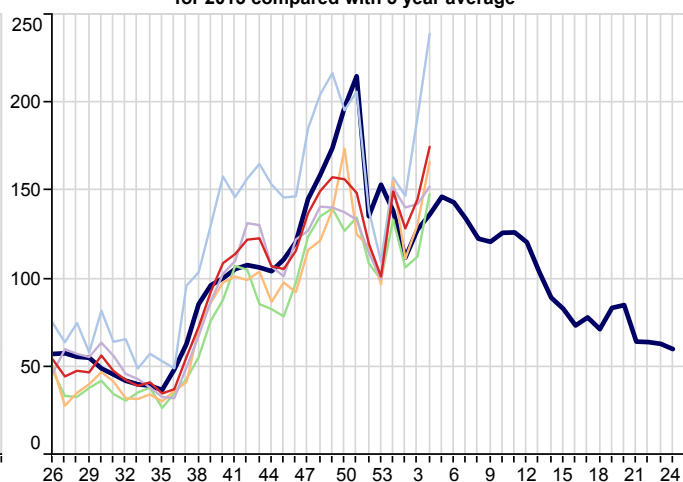
### 3. Respiratory Infections:

5yr Avg   National   North   South   London   Midlands And East

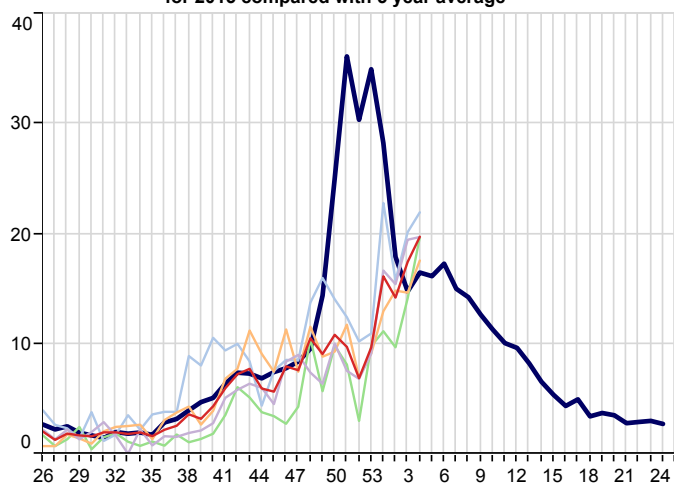
**Acute Bronchitis (ICD10: J20-J21,J40)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



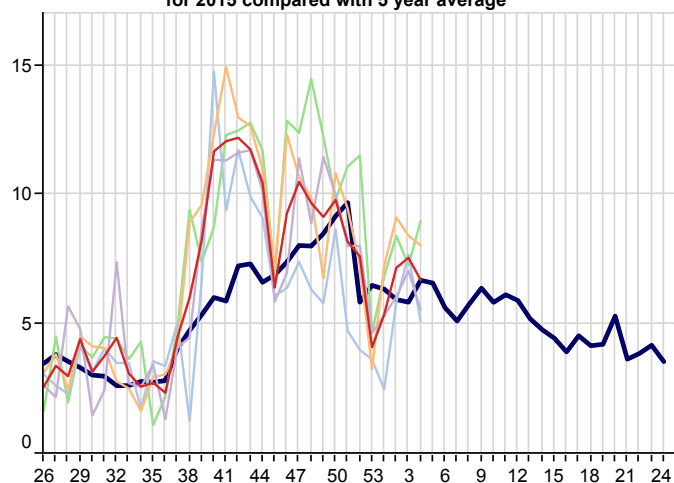
**Common Cold (ICD10: J00,J06)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



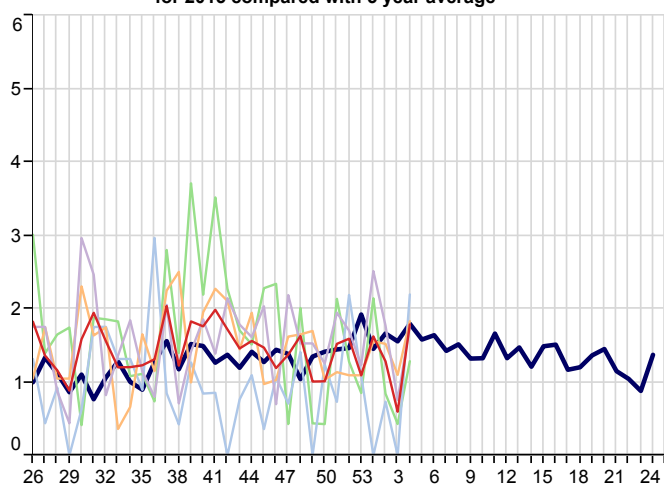
**Influenza-Like Illness (ICD10: J09-J11)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



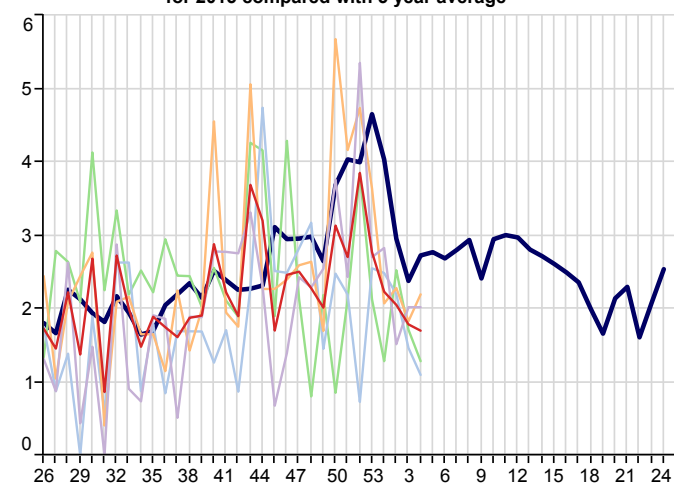
**Acute Laryngitis/Tracheitis (ICD10: J04)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



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



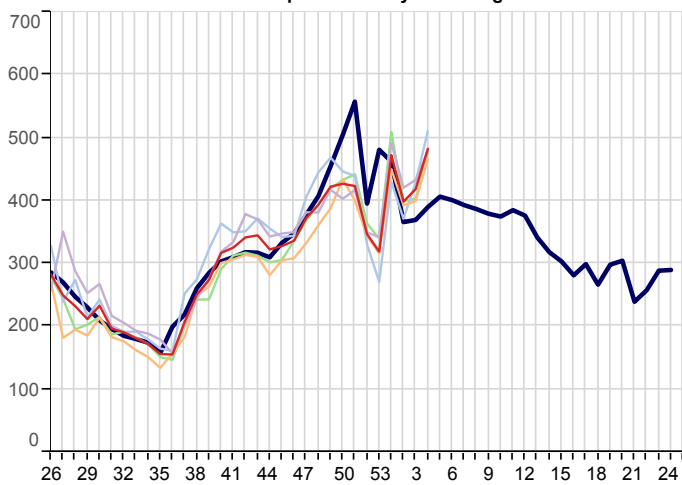
**Pneumonia/Pneumonitis (ICD10: J12-J18)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



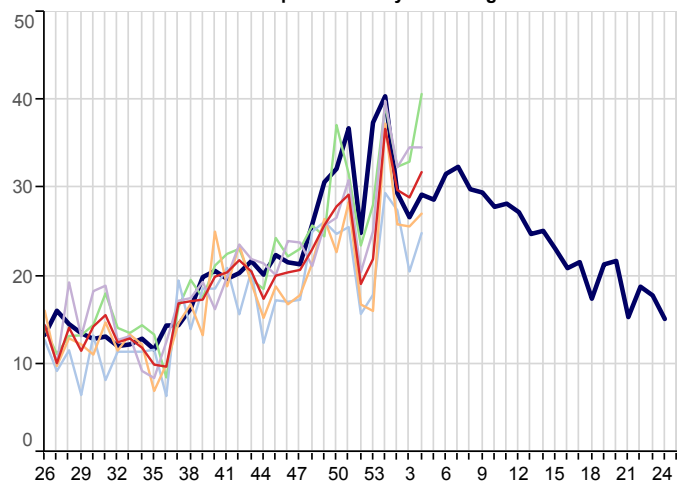
### 3. Respiratory Infections(Continued):

5yr Avg   National   North   South   London   Midlands And East

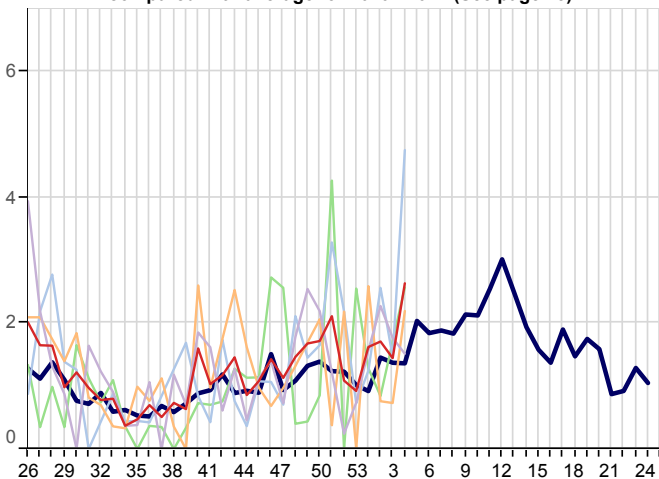
**Respiratory System Diseases (ICD10: J00-J99)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



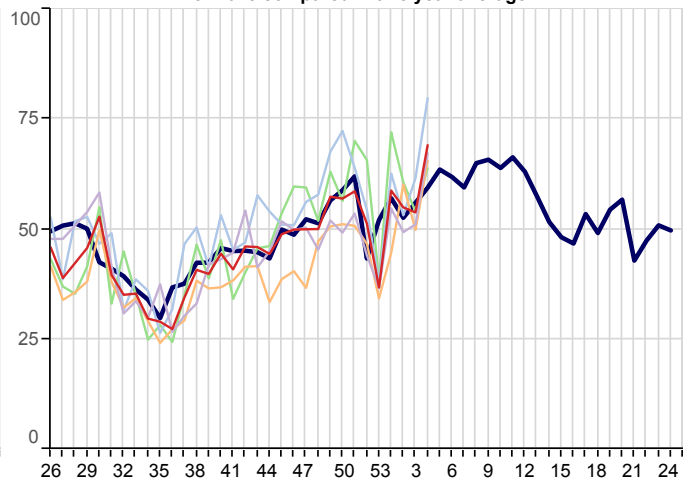
**Acute Sinusitis (ICD10: J01)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



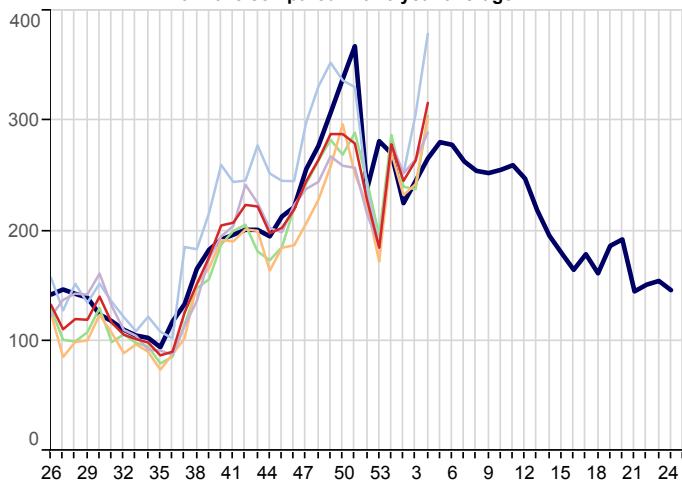
**Strep Sore Throat, Scarletina and Peritonsillar Abscess (ICD10: A38,J020,J36)**  
Weekly incidence (per 100,000 all ages) by region for 2015  
compared with average for 2010 - 2012 (See page 13)



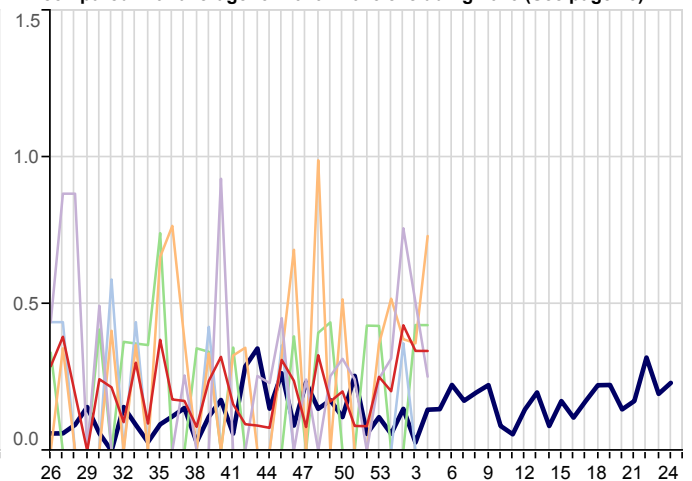
**Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



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



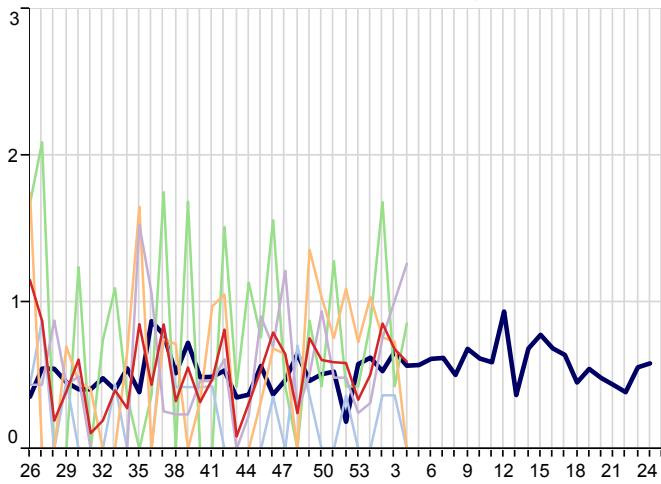
**Whooping Cough (ICD10: A37)**  
Weekly incidence (per 100,000 all ages) by region for 2015  
compared with average for 2010 - 2015 excluding 2013 (See page 13)



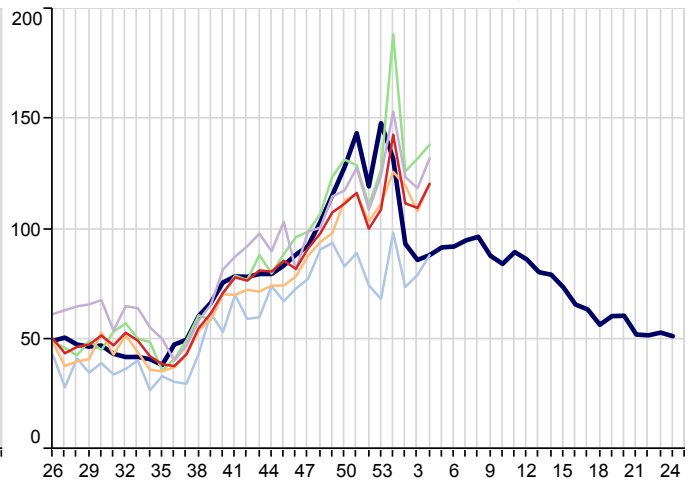
### 3. Respiratory Infections(Continued):

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

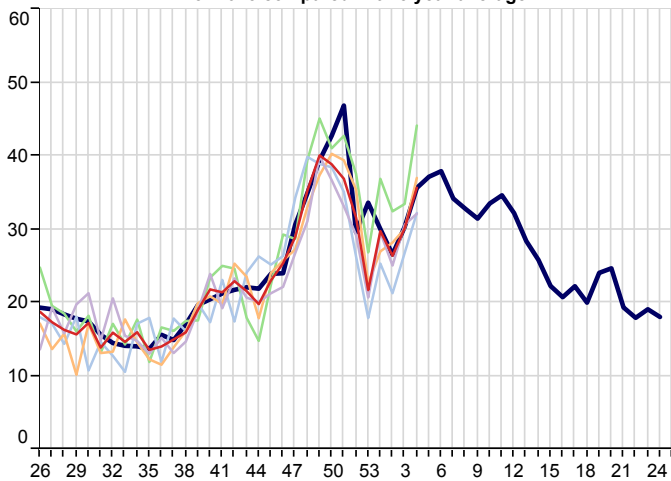
**Infectious Mononucleosis (ICD10: B27)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



**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

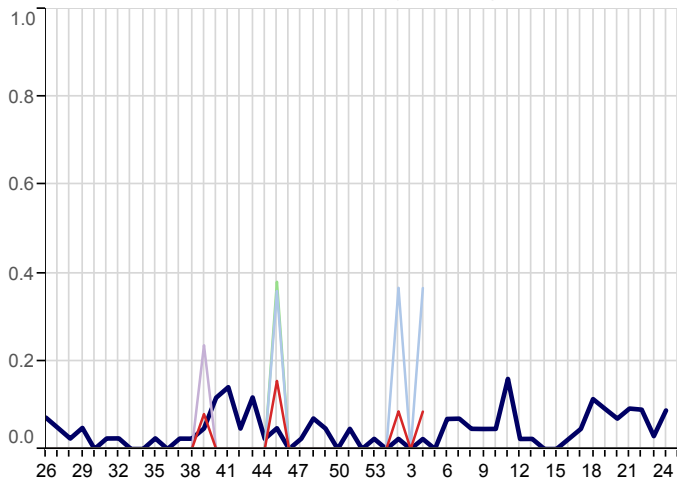




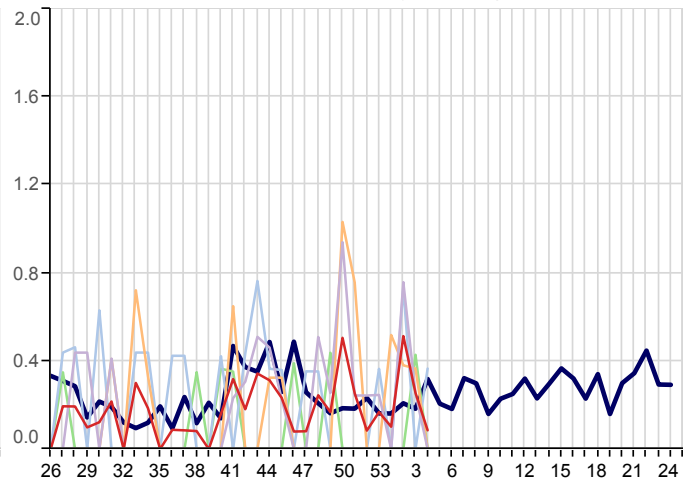
## 4. Vaccine Sensitive Disorders

5yr Avg   National   North   South   London   Midlands And East

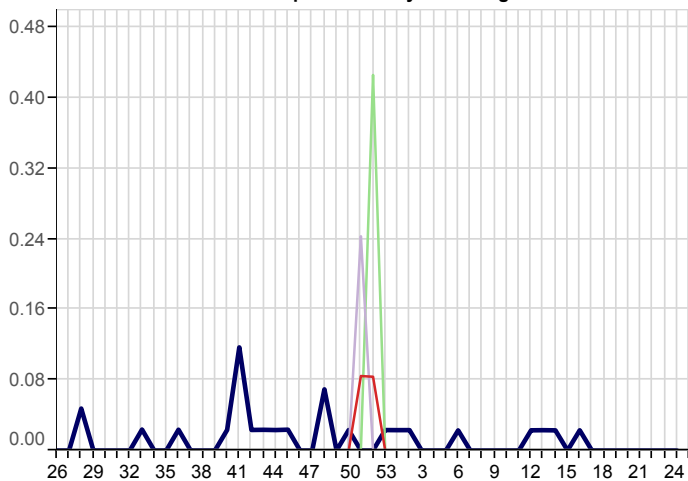
**Measles (ICD10: B05)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



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

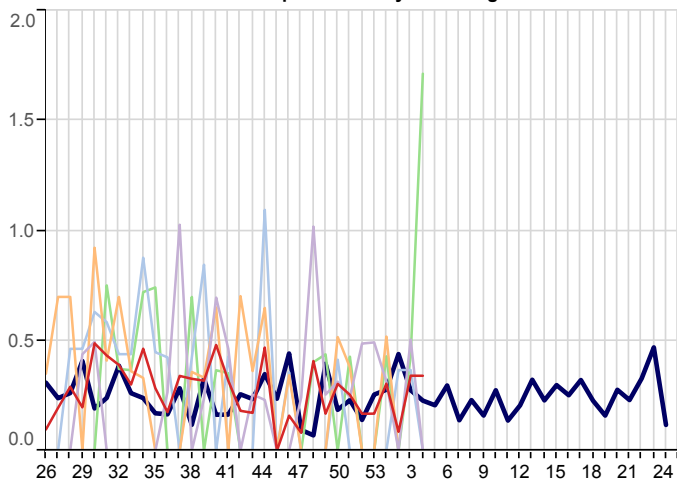


**Rubella (ICD10: B06)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average

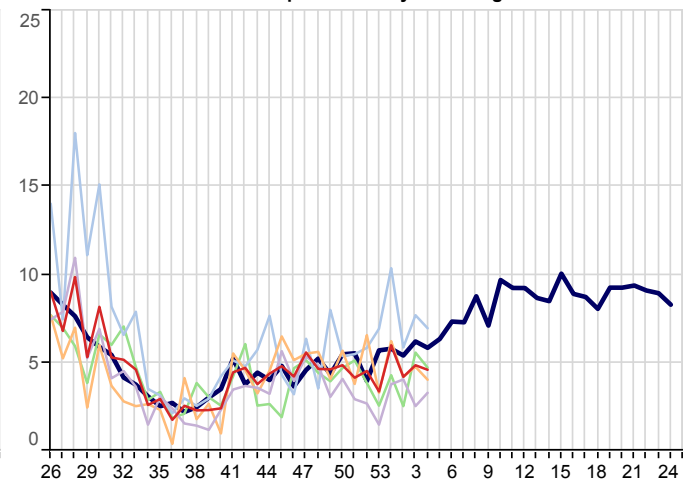


## 5. Skin Contagions

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



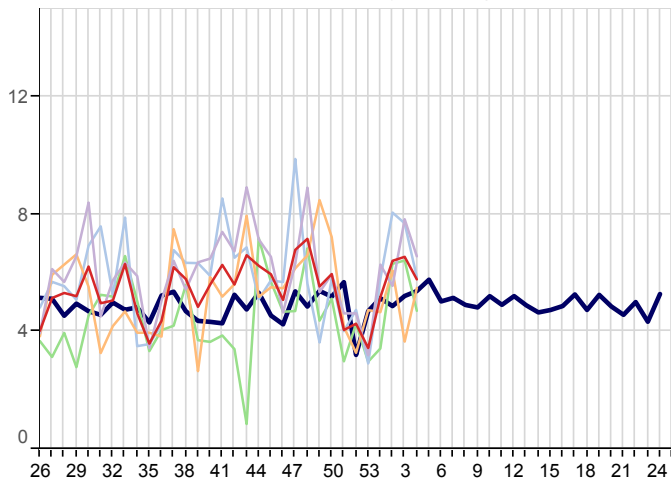
**Chickenpox (ICD10: B01)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



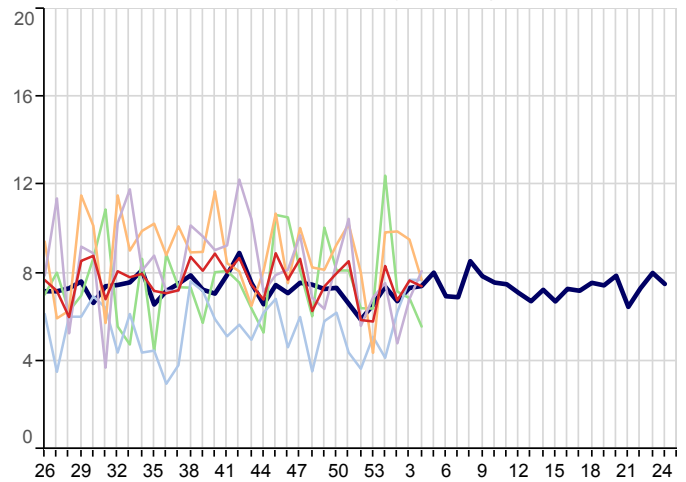
## 5. Skin Contagions (Continued)

5yr Avg   National   North   South   London   Midlands And East

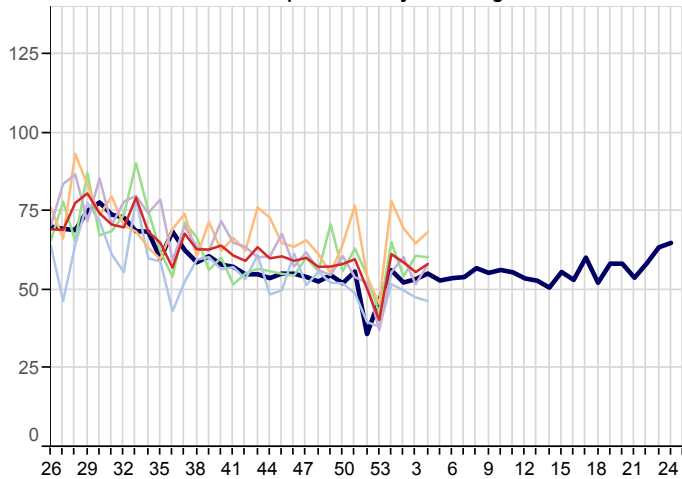
**Herpes Simplex (ICD10: B00)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



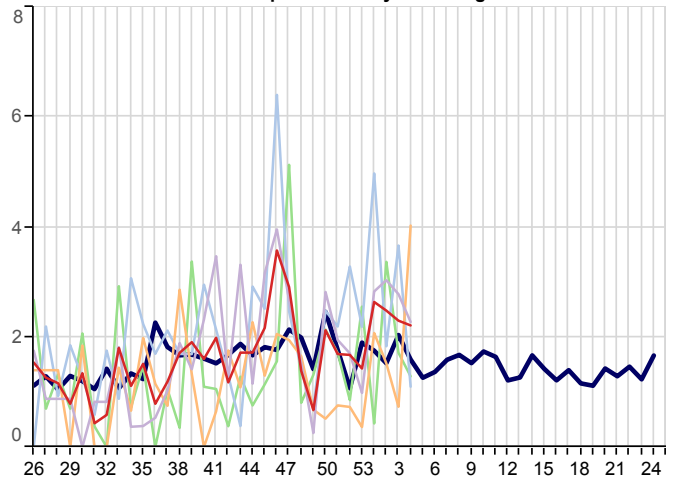
**Herpes Zoster (ICD10: B02)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



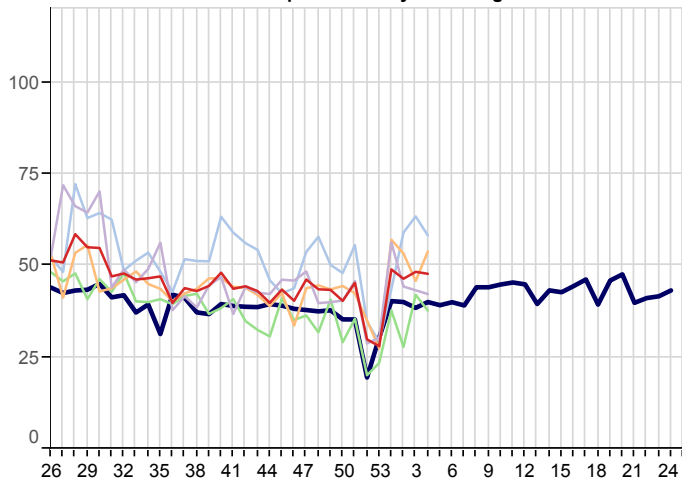
**Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



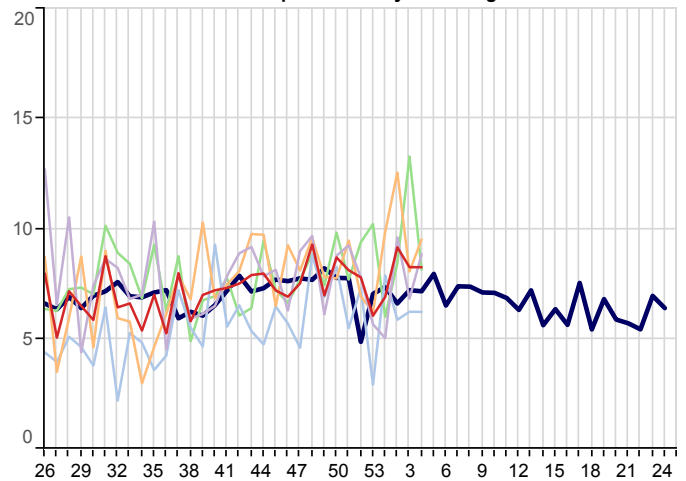
**Scabies (ICD10: B86)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



**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



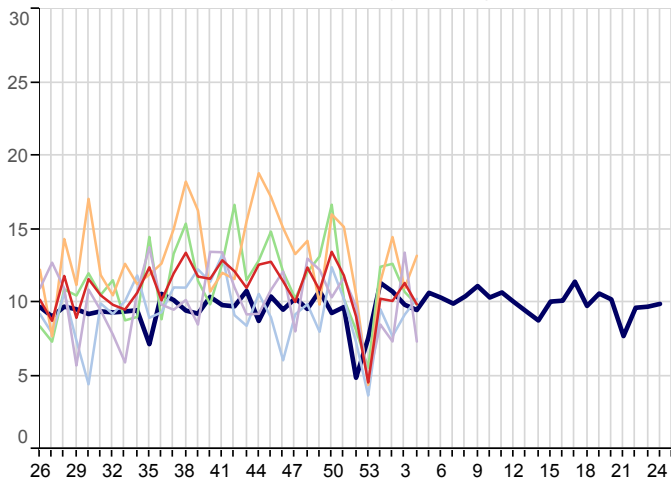
**Impetigo (ICD10: L01)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



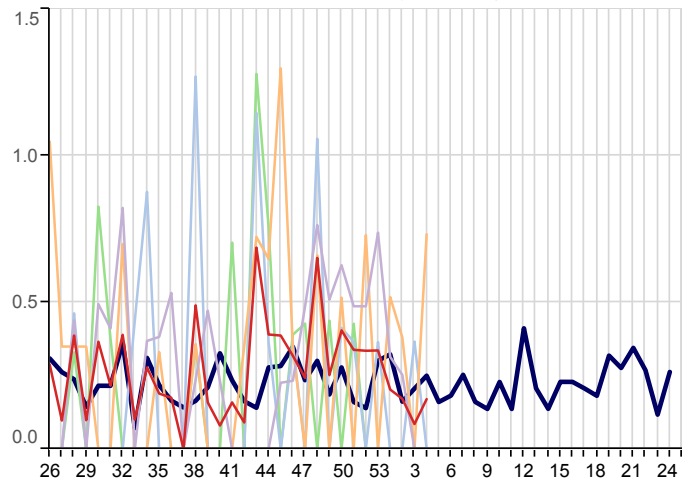
## 6. Disorders Affecting the Nervous System

5yr Avg   National   North   South   London   Midlands And East

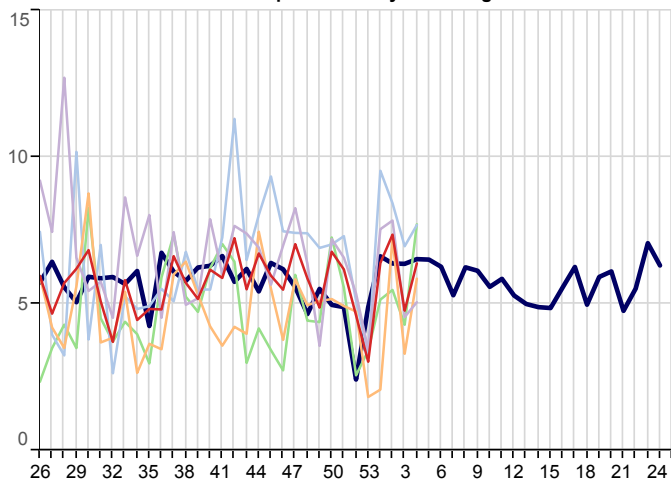
**Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



**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

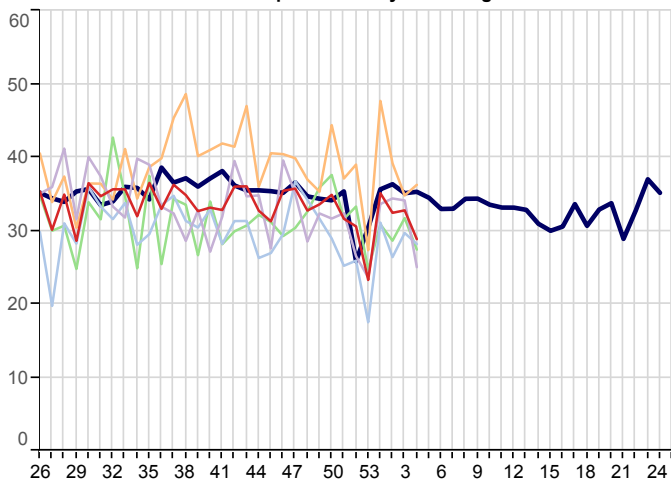


**Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)**  
Weekly incidence (per 100,000 all ages) by region  
for 2015 compared with 5 year average



## 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		25/01/2016 31/01/2016		18/01/2016 24/01/2016		11/01/2016 17/01/2016		04/01/2016 10/01/2016	
	Rate	Episodes	Rate	Episodes	Rate	Episodes	Rate	Episodes	Rate	Episodes
Allergic Rhinitis	5.4	63	5.0	59	4.6	54	5.0	49		
Asthma	19.0	224	17.1	201	15.2	178	18.8	185		
Acute Bronchitis	116.7	1,372	106.9	1,256	108.2	1,265	139.1	1,371		
Bullous Dermatoses	0.3	4	0.3	4	0.1	1	0.3	3		
Chickenpox	4.6	54	4.8	57	4.2	49	6.0	59		
Common Cold	175.0	2,058	145.2	1,707	128.6	1,504	149.6	1,475		
Conjunctival Disorders	43.0	506	36.7	431	37.6	440	35.6	351		
Herpes Simplex	5.8	68	6.6	77	6.4	75	5.2	51		
Herpes Zoster	7.4	87	7.7	90	6.8	79	8.3	82		
Impetigo	8.2	97	8.3	97	9.2	107	6.9	68		
Infectious Mononucleosis	0.6	7	0.7	8	0.9	10	0.5	5		
Influenza-like illness	19.7	232	17.4	205	14.2	166	16.1	159		
Infectious Intestinal Diseases	10.9	128	9.8	115	8.3	97	9.6	95		
Laryngitis and Tracheitis	6.7	79	7.6	89	7.2	84	5.4	53		
Lower Respiratory Tract Infections	120.5	1,417	109.6	1,288	111.6	1,305	142.8	1,408		
Measles	0.1	1	0.0	0	0.1	1	0.0	0		
Meningitis and Encephalitis	0.2	2	0.1	1	0.2	2	0.2	2		
Mumps	0.1	1	0.3	3	0.5	6	0.1	1		
Non-infective Enteritis and Colitis	9.0	106	8.2	96	10.0	117	9.4	93		
Otitis Media Acute	35.6	419	30.1	354	26.3	308	29.7	293		
Peripheral Nervous Disease	9.9	116	11.3	133	10.1	118	10.2	101		
Pleurisy	1.8	21	0.6	7	1.3	15	1.6	16		
Pneumonia and Pneumonitis	1.7	20	1.8	21	2.1	24	2.2	22		
Respiratory System Diseases	482.4	5,673	418.3	4,916	398.3	4,656	472.3	4,656		
Rubella	0.0	0	0.0	0	0.0	0	0.0	0		
Scabies	2.2	26	2.3	27	2.5	29	2.6	26		
Sinusitis	31.8	374	28.9	340	29.8	348	36.7	362		
Skin and Subcutaneous Tissue Infections	58.3	685	55.6	654	58.8	687	61.4	605		
Strep Throat and Peritonsillar Abscess	2.6	31	1.4	17	1.7	20	1.6	16		
Symptoms involving musculoskeletal	6.4	75	4.8	56	7.4	86	6.4	63		
Symptoms involving Respiratory and Chest	29.3	345	27.3	321	29.1	340	27.6	272		
Symptoms involving Skin and Integument Tissues	47.7	561	48.2	567	46.4	542	48.9	482		
Tonsillitis and acute Pharyngitis	69.1	812	53.8	632	54.9	642	58.7	579		
Upper Respiratory Tract Infections	316.2	3,718	263.8	3,101	245.3	2,868	278.5	2,746		
Urinary Tract Infections	28.8	339	32.8	385	32.4	379	35.1	346		
Viral Hepatitis	0.1	1	0.2	2	0.3	3	0.3	3		
Whooping Cough	0.3	4	0.3	4	0.4	5	0.2	2		
<b>Number of practices</b>	<b>123</b>		<b>123</b>		<b>123</b>		<b>104</b>			
<b>Population</b>	<b>1,175,932</b>		<b>1,175,316</b>		<b>1,169,108</b>		<b>985,827</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 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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