



Royal College of
General Practitioners

RSC Communicable and Respiratory Disease Report for England

Key Statistics:

Week Number/Year.....12/2016
Week Starting - Ending.....21/03/2016 - 27/03/2016
No. of Practices.....126
Population.....1202469

National (England)

- **Acute Bronchitis** : decreased from **106.5** in week 11 to **95.5** in week 12.
- **Asthma** : decreased from **13.8** in week 11 to **11.1** in week 12.
- **Common Cold & URTI NOS** : decreased from **172.5** in week 11 to **143.5** in week 12.
- **Influenza Like illness** : decreased from **28.7** in week 11 to **24.4** in week 12.
- **Respiratory System Diseases** : decreased from **479.2** in week 11 to **405.4** in week 12.

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

- **Acute Bronchitis** : decreased from **77.8** in week 11 to **72.6** in week 12 in the London region, decreased from **111.9** in week 11 to **96.0** in week 12 in the North region, decreased from **116.0** in week 11 to **103.7** in week 12 in the South region, and decreased from **119.0** in week 11 to **111.3** in week 12 in the Midlands And East region.
- **Asthma** : decreased from **13.1** in week 11 to **6.9** in week 12 in the London region, decreased from **17.3** in week 11 to **15.5** in week 12 in the North region, increased from **9.7** in week 11 to **10.8** in week 12 in the South region, and decreased from **13.7** in week 11 to **9.0** in week 12 in the Midlands And East region.
- **Common Cold & URTI NOS** : decreased from **217.8** in week 11 to **187.0** in week 12 in the London region, decreased from **156.3** in week 11 to **114.8** in week 12 in the North region, decreased from **171.8** in week 11 to **150.9** in week 12 in the South region, and decreased from **148.2** in week 11 to **132.7** in week 12 in the Midlands And East region.
- **Influenza Like illness** : decreased from **26.5** in week 11 to **24.7** in week 12 in the London region, decreased from **28.2** in week 11 to **19.5** in week 12 in the North region, increased from **35.1** in week 11 to **38.2** in week 12 in the South region, and decreased from **24.4** in week 11 to **15.4** in week 12 in the Midlands And East region.
- **Respiratory System Diseases** : decreased from **481.4** in week 11 to **400.5** in week 12 in the London region, decreased from **470.8** in week 11 to **374.2** in week 12 in the North region, decreased from **494.4** in week 11 to **437.1** in week 12 in the South region, and decreased from **472.3** in week 11 to **426.4** in week 12 in the Midlands And East region.

Comment:

Presentations of most respiratory illnesses decreased this week, but remain above seasonally expected levels.

The overall rate of presentation of influenza-like illness (ILI) also decreased this week, and is now below the medium epidemic threshold.

Due to the Easter closures last week, this report is based on GP consultations occurring over a 4-day working week.

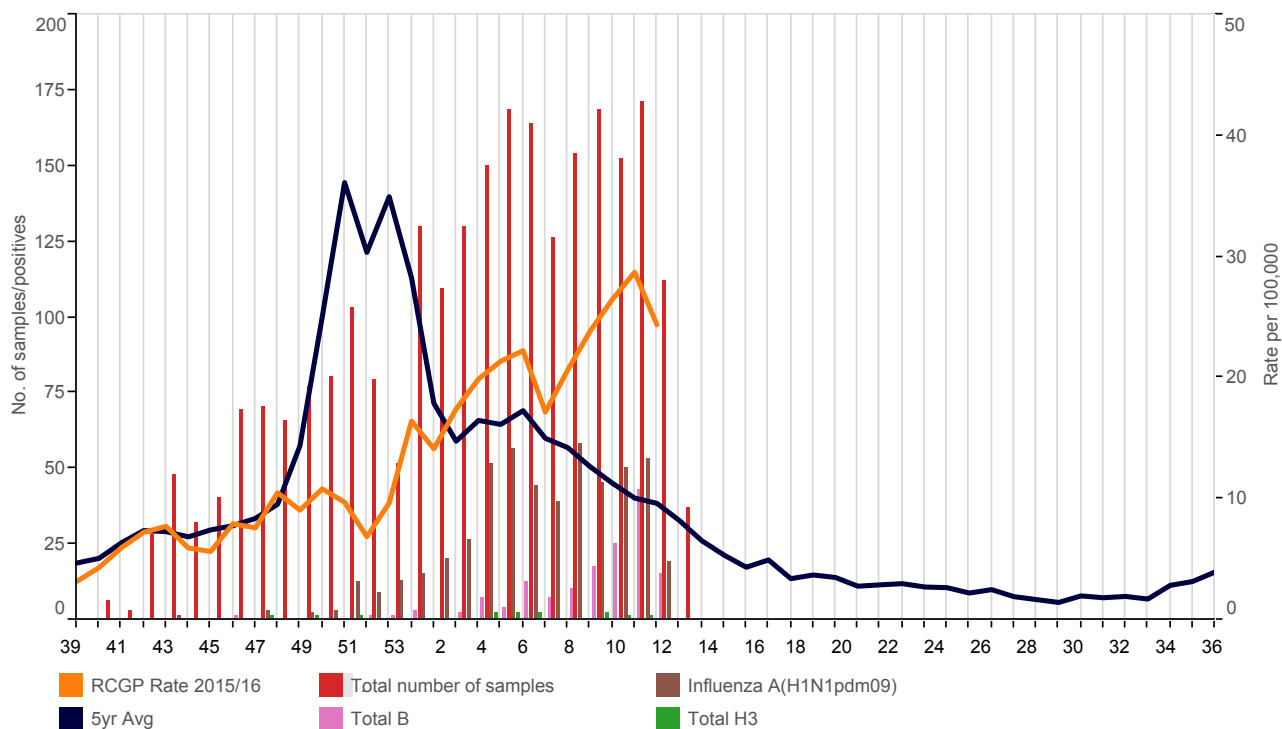
Winter Focus 2015/16

Please see page 13 for explanatory notes on the data.

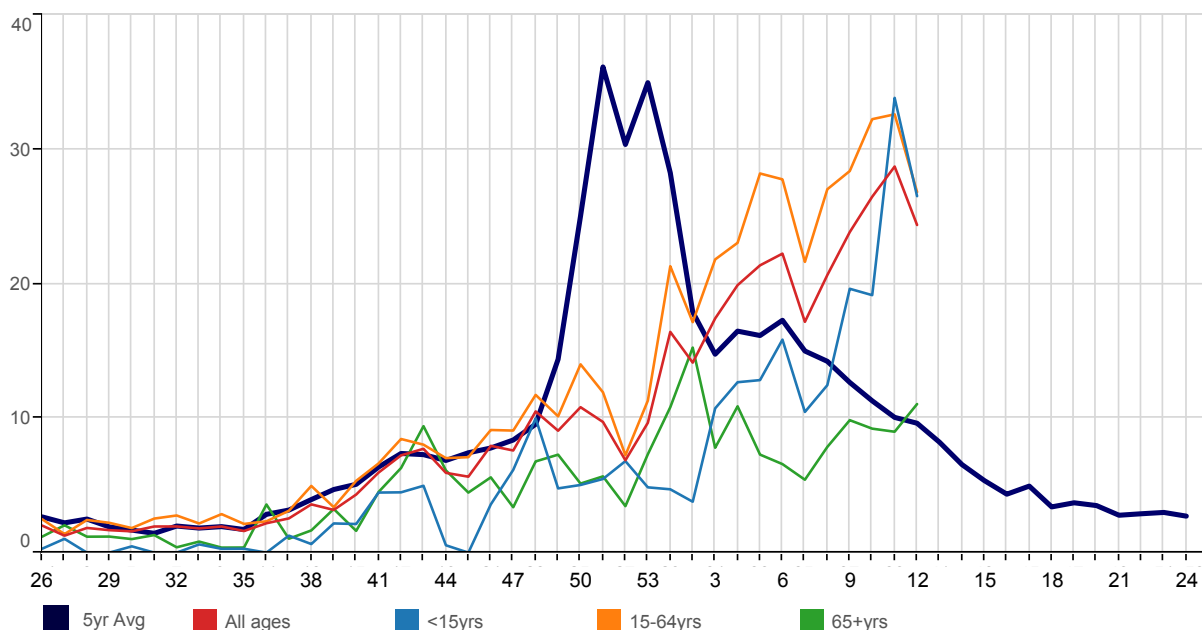
(A) Influenza-like illness: incidence rate winter 2015/16*



(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	5.48	6.81	4.86	4.71	3.79	10.73
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	21.30	17.14	21.80
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	10.81	15.25	7.80
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	16.42	14.13	17.42

	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<15yrs	12.67	12.83	15.84	10.46	12.45	19.62	19.15	33.82	26.51								
15-64yrs	23.04	28.20	27.76	21.62	27.03	28.38	32.24	32.60	26.81								
65+yrs	10.88	7.29	6.58	5.42	7.86	9.85	9.22	8.99	11.05								
All ages	19.89	21.37	22.24	17.17	20.64	23.84	26.47	28.72	24.37								

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

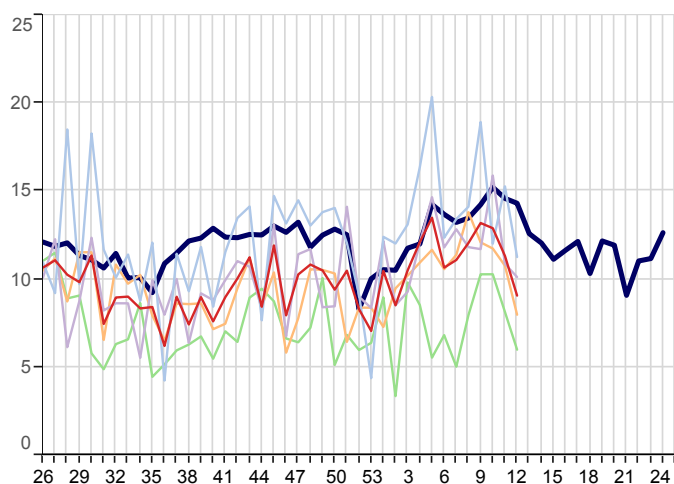
Weekly influenza-like illness and bronchitis incidence rates per 100,000 persons

Influenza-like illness		Acute Bronchitis		Influenza-like illness		Acute Bronchitis	
<1yr	8.0	265.3		London	24.7	72.6	
1-4yrs	27.4	144.1		North	19.5	96.0	
5-14yrs	26.5	55.4		South	38.2	103.7	
15-24yrs	24.9	33.8		Midlands And East	15.4	111.3	
25-44yrs	32.2	61.5		National	24.4	95.5	
45-64yrs	21.1	93.2					
65-74yrs	20.7	162.7					
75-84yrs	7.8	237.5					
85+yrs	3.6	309.6					
All ages	24.4	95.5					

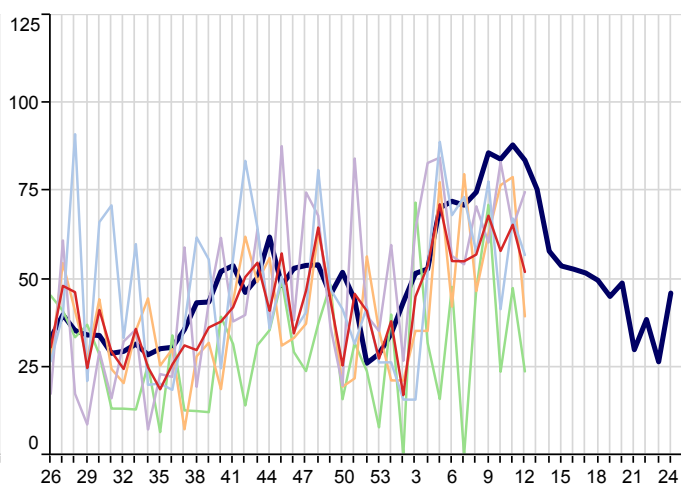
1. Water & Food Borne Disorders:

5yr Avg National London North South Midlands And East

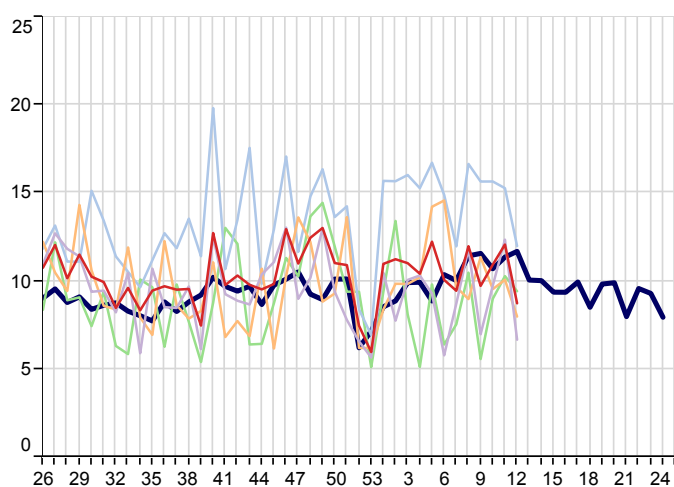
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **all ages**) by regions
for 2015 compared with 5 year average



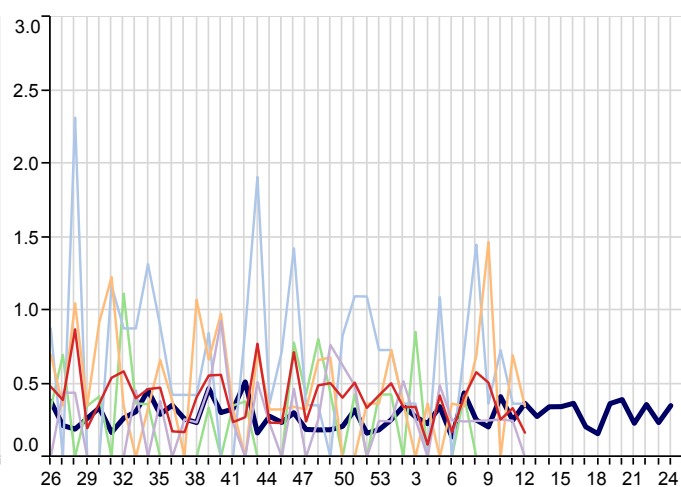
Infectious Intestinal Disease (ICD10: A00-A09)
Weekly incidence (per 100,000 **0-4 years**) by regions
for 2015 compared with 5 year average



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



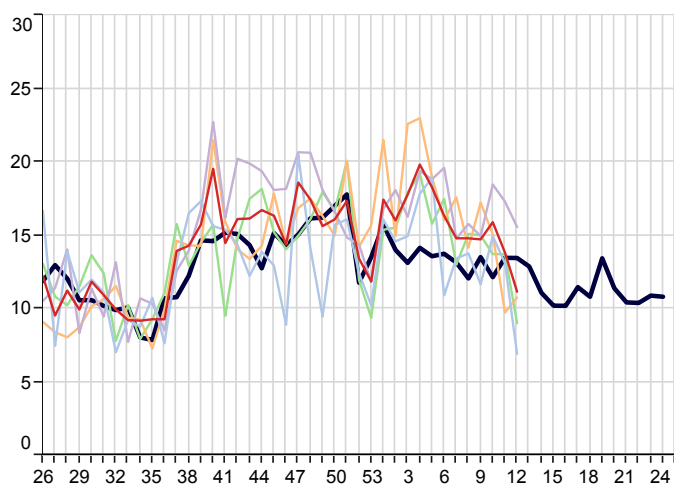
Viral Hepatitis (ICD10: B15-B19)
Weekly incidence (per 100,000 **all ages**) by region
for 2015 compared with 5 year average



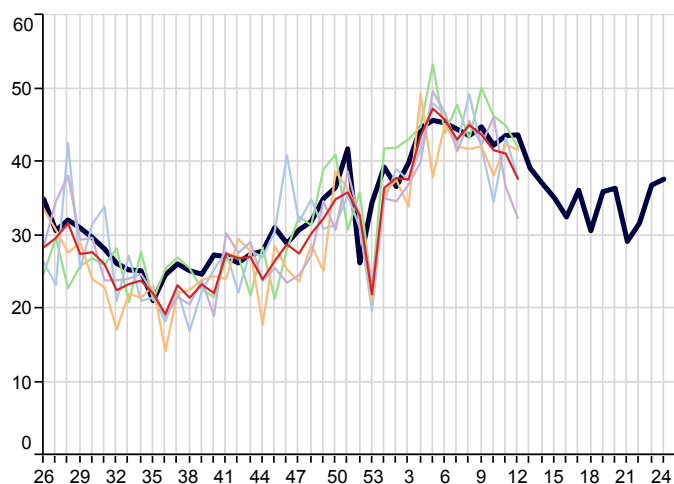
2. Environmentally Sensitive Disorders:

5yr Avg National London North South Midlands And East

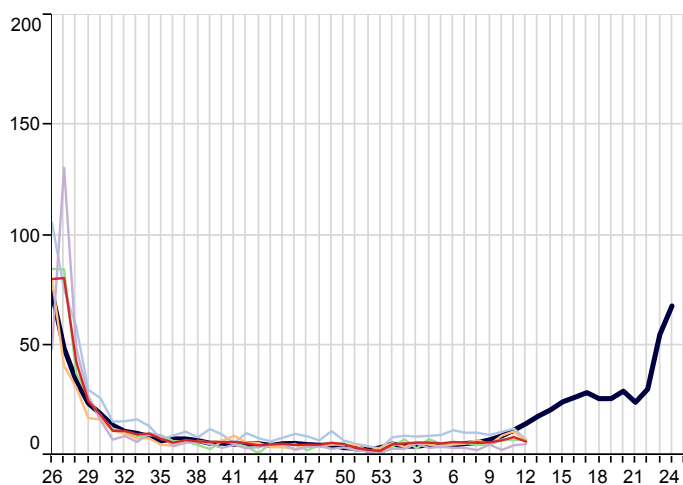
Asthma (ICD10: J45-J46)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



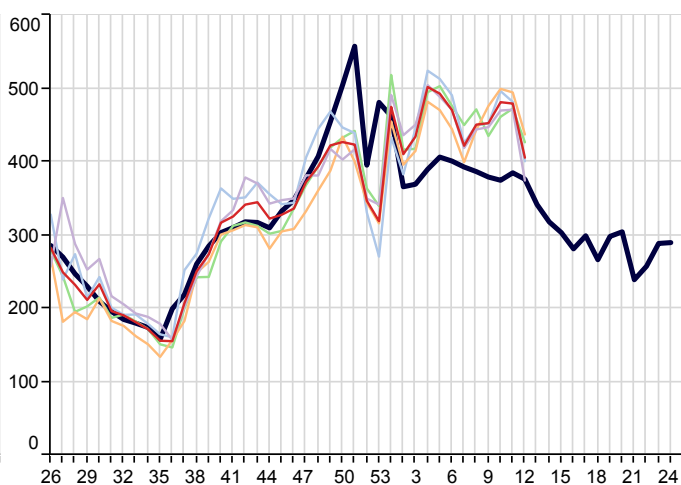
Disorders of Conjunctiva (ICD10: H10-H13)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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



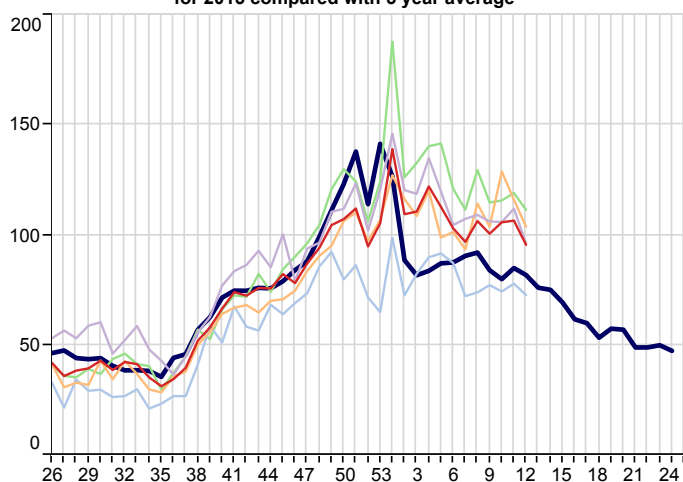
Symptoms involving Respiratory & Chest (ICD10: R05-R07,R09)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



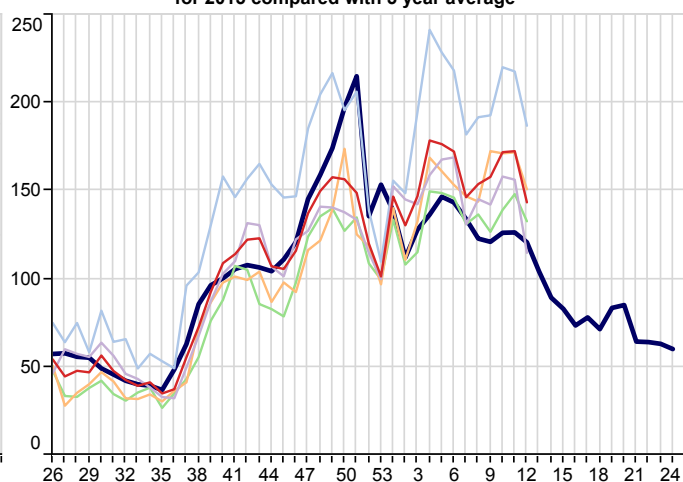
3. Respiratory Infections:

5yr Avg National North South London Midlands And East

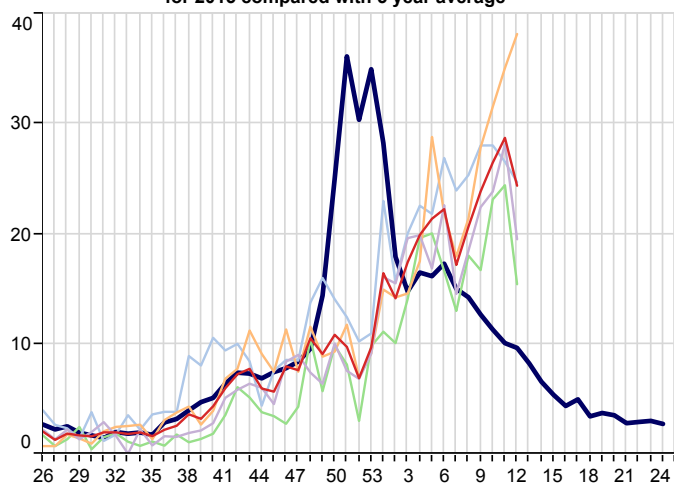
Acute Bronchitis (ICD10: J20-J21,J40)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



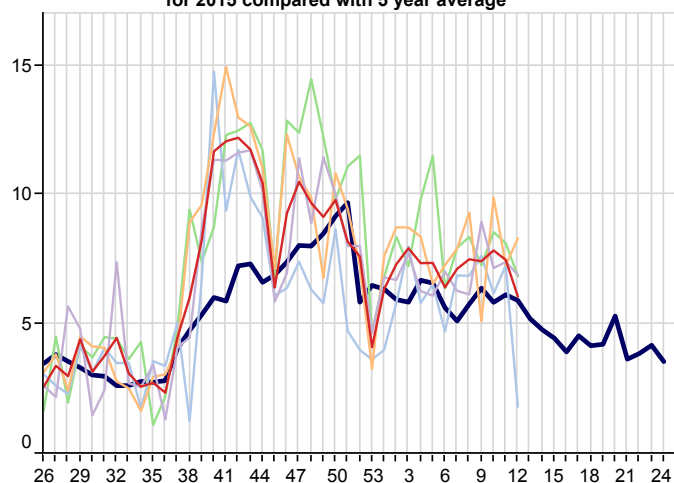
Common Cold (ICD10: J00,J06)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



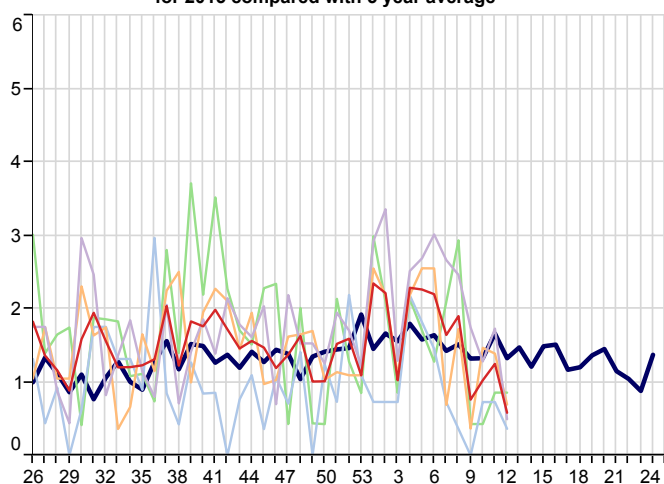
Influenza-Like Illness (ICD10: J09-J11)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



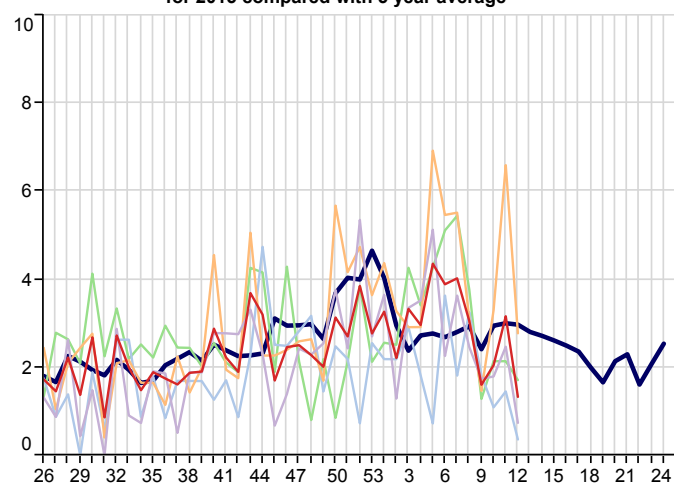
Acute Laryngitis/Tracheitis (ICD10: J04)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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



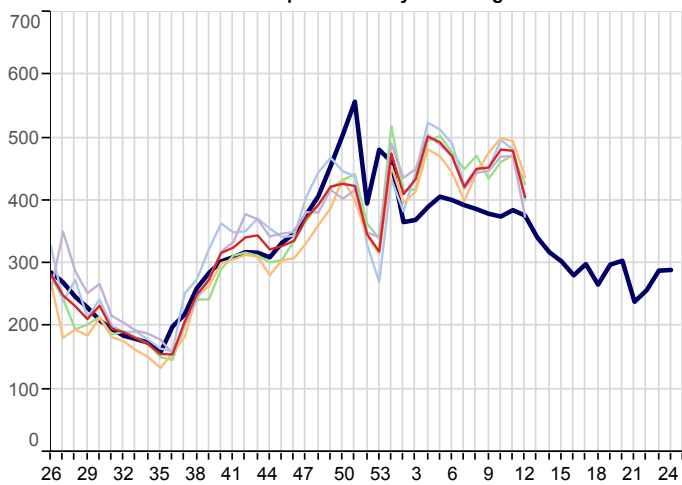
Pneumonia/Pneumonitis (ICD10: J12-J18)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



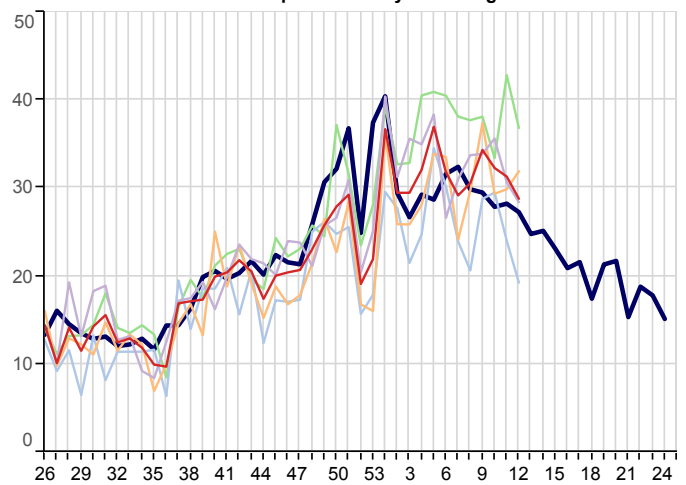
3. Respiratory Infections(Continued):

5yr Avg National North South London Midlands And East

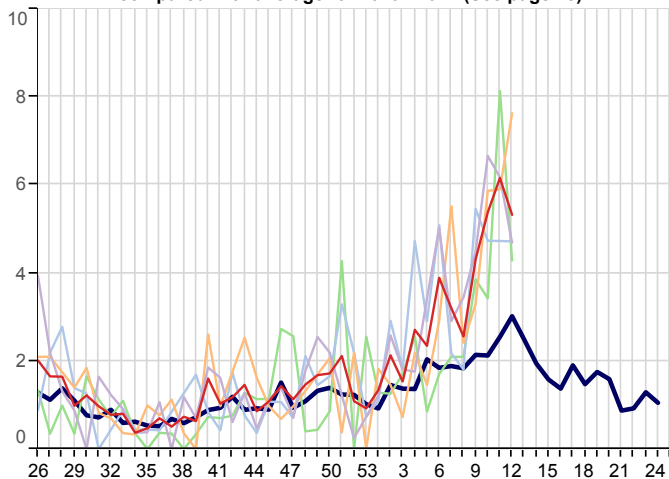
Respiratory System Diseases (ICD10: J00-J99)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



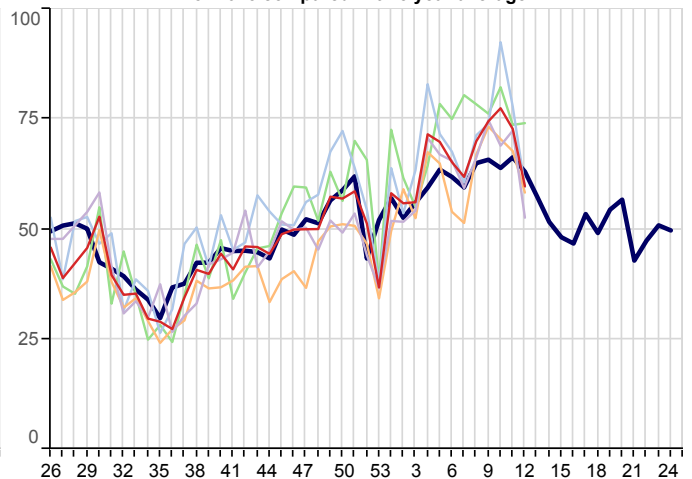
Acute Sinusitis (ICD10: J01)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



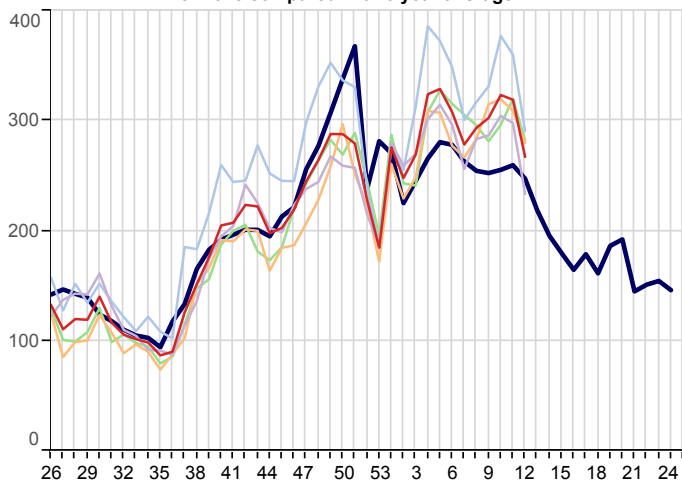
Strep Sore Throat, Scarlatina and Peritonsillar Abscess (ICD10: A38,J020,J36)
Weekly incidence (per 100,000 all ages) by region for 2015
compared with average for 2010 - 2012 (See page 13)



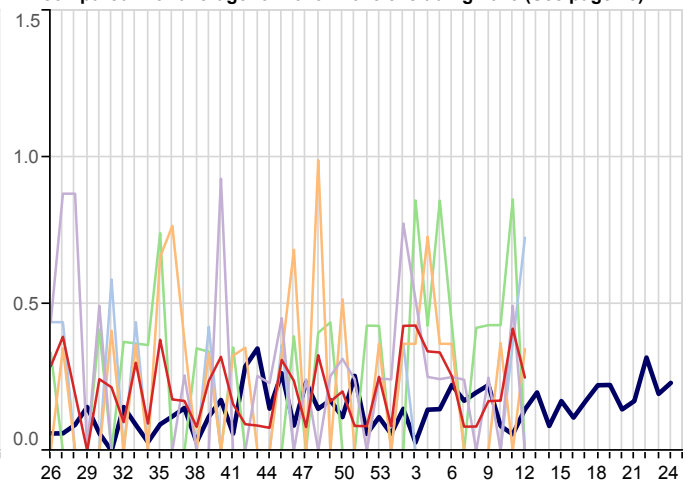
Acute Tonsillitis/Pharyngitis (ICD10: J02-J03)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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



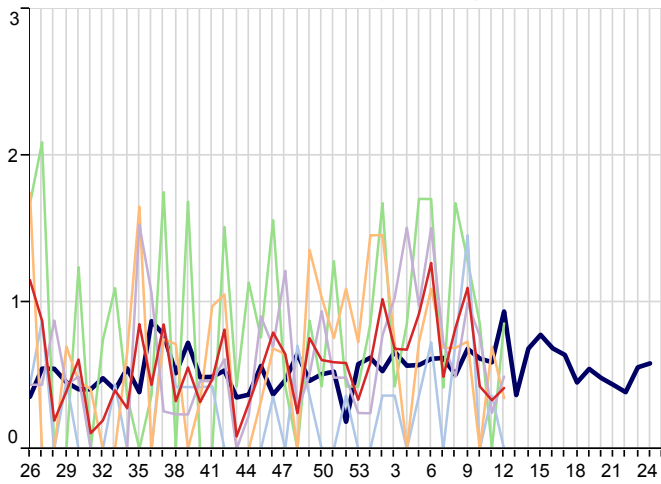
Whooping Cough (ICD10: A37)
Weekly incidence (per 100,000 all ages) by region for 2015
compared with average for 2010 - 2015 excluding 2013 (See page 13)



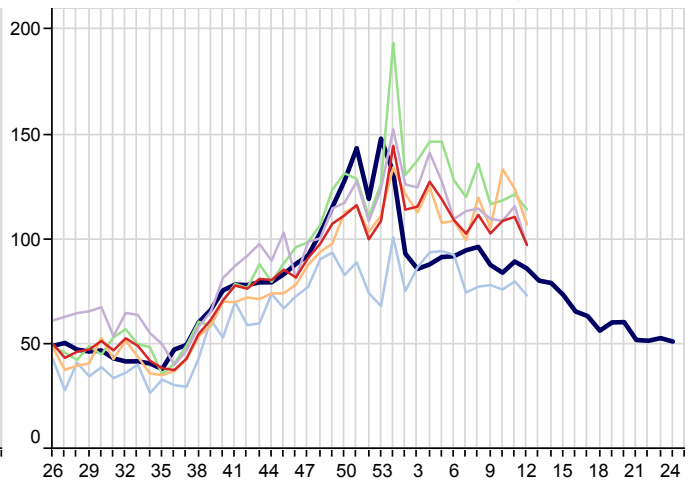
3. Respiratory Infections(Continued):

5yr Avg National North South London Midlands And East

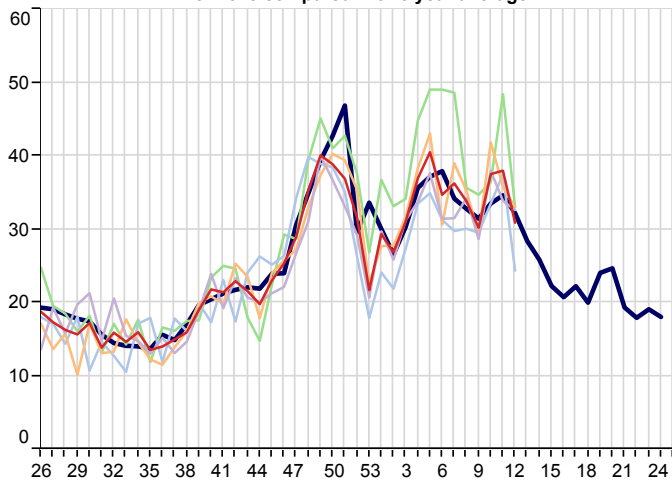
Infectious Mononucleosis (ICD10: B27)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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



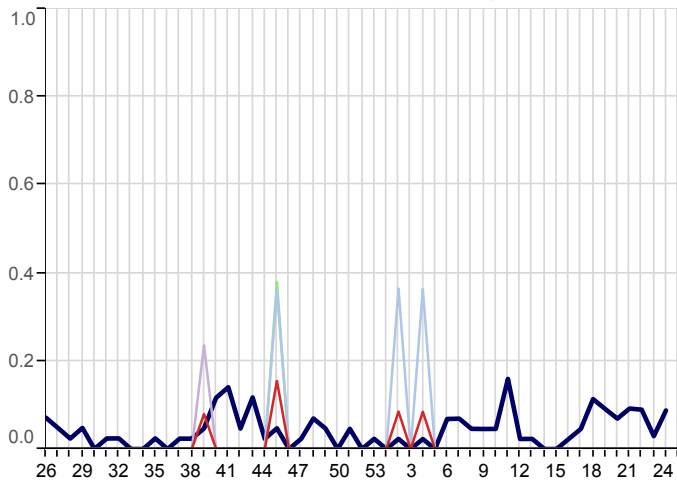
Acute Otitis Media (ICD10: H650-H651,H660,H669)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



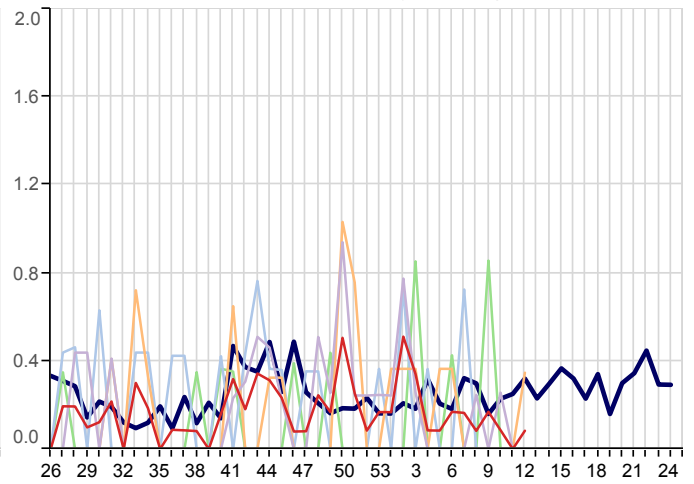
4. Vaccine Sensitive Disorders

5yr Avg National North South London Midlands And East

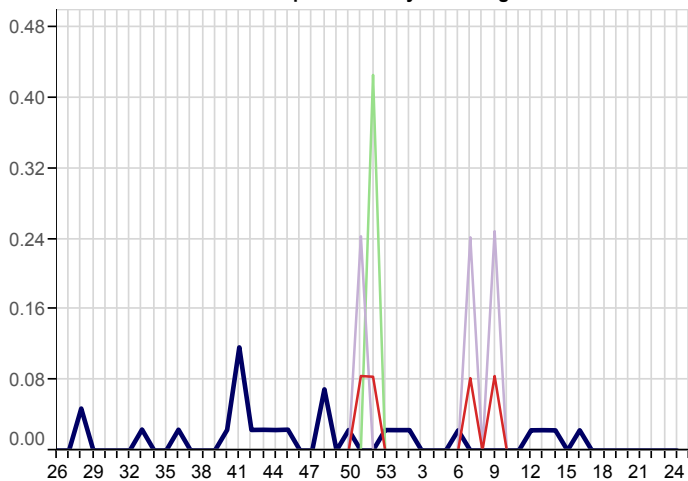
Measles (ICD10: B05)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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

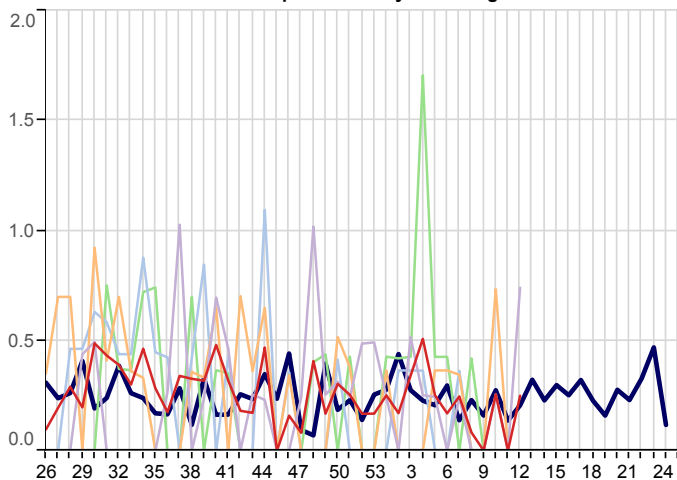


Rubella (ICD10: B06)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average

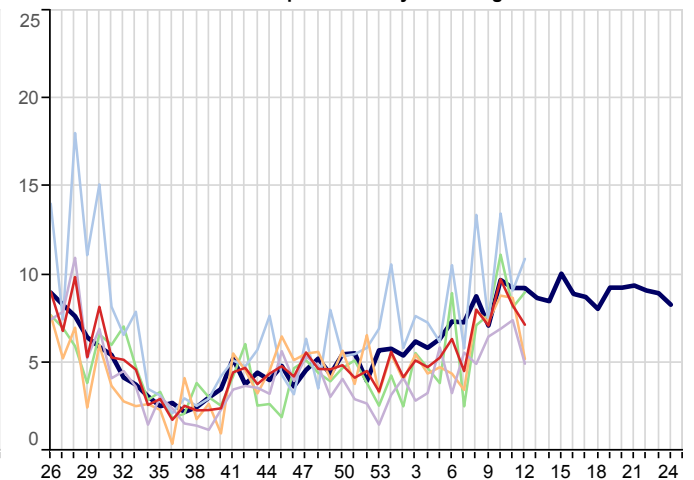


5. Skin Contagions

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



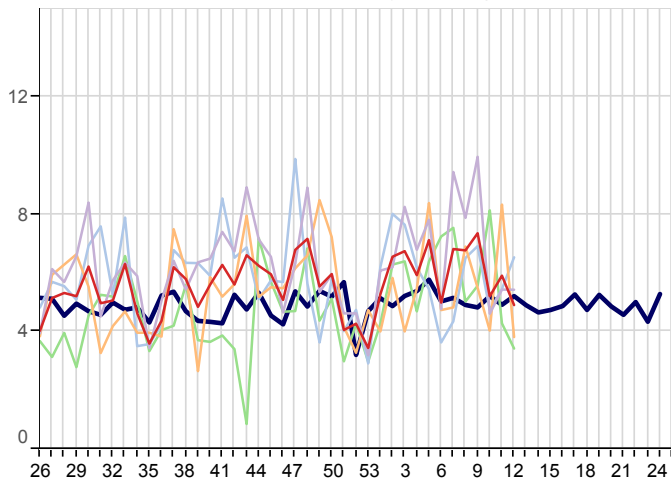
Chickenpox (ICD10: B01)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



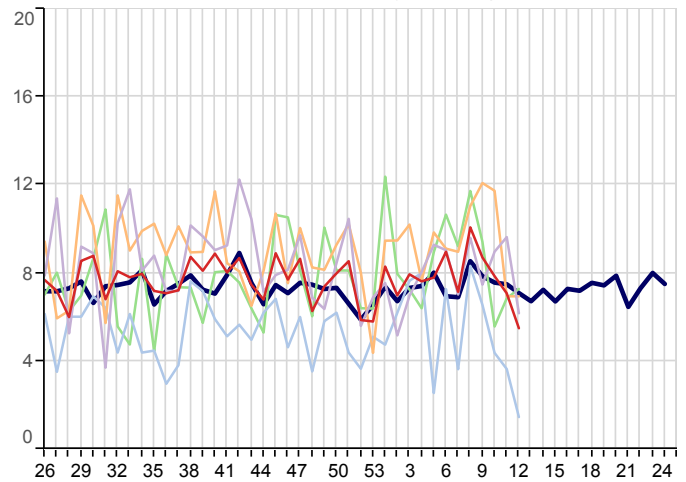
5. Skin Contagions (Continued)

5yr Avg National North South London Midlands And East

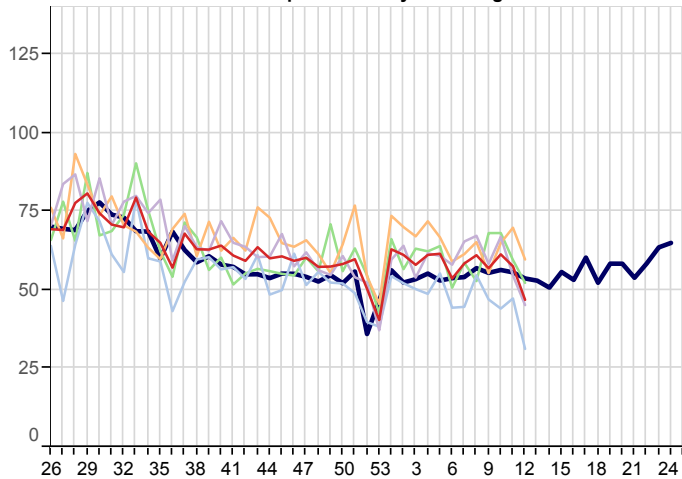
Herpes Simplex (ICD10: B00)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



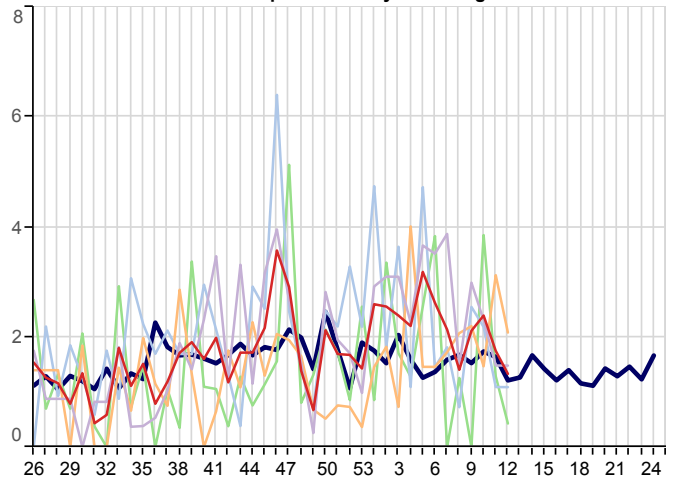
Herpes Zoster (ICD10: B02)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



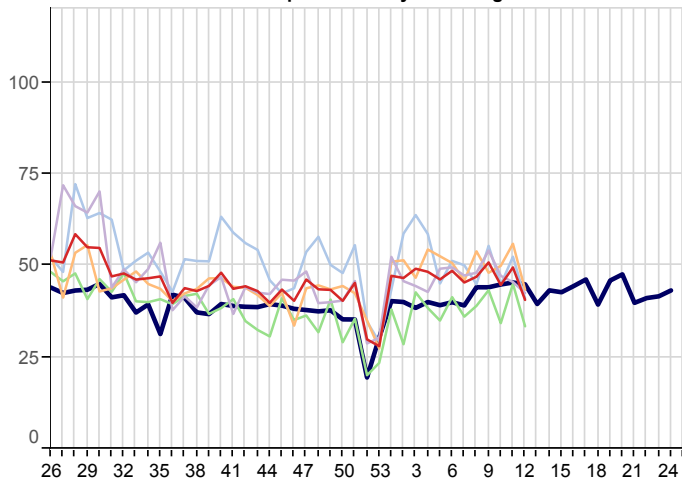
Infections of Skin & Subcutaneous Tissue (ICD10: L00-L08)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



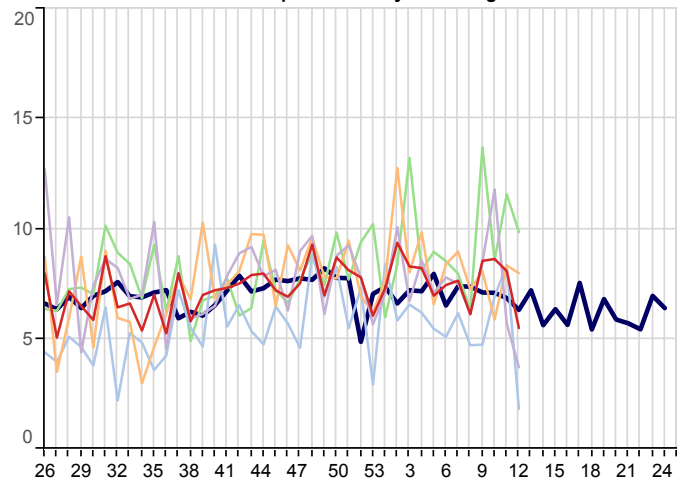
Scabies (ICD10: B86)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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



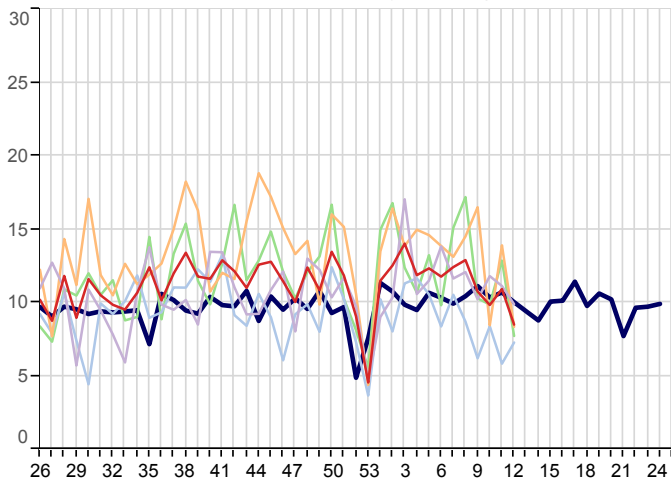
Impetigo (ICD10: L01)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



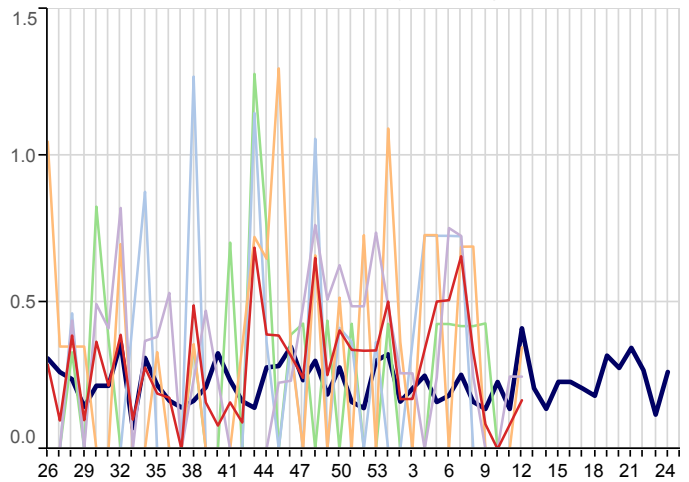
6. Disorders Affecting the Nervous System

5yr Avg National North South London Midlands And East

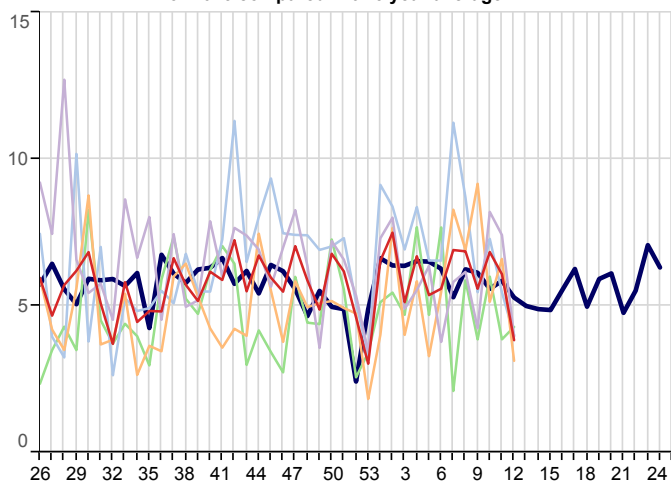
Disorders of The Peripheral Nervous System (ICD10: G50-G64,G70-G72)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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

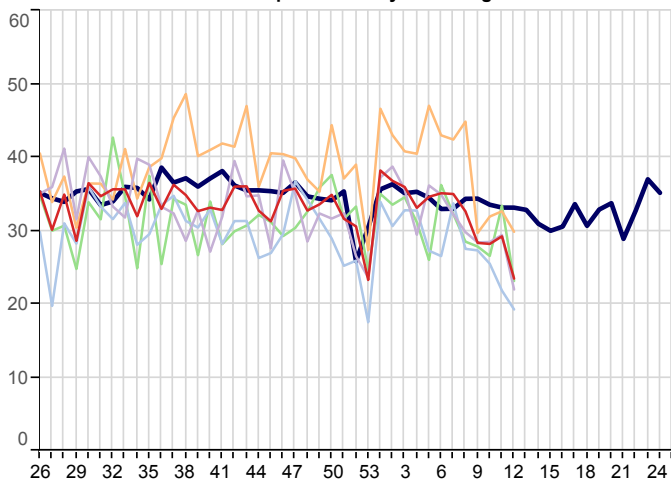


Symptoms Involving Nervous & Musculoskeletal (ICD10: R25-R29)
Weekly incidence (per 100,000 all ages) by region
for 2015 compared with 5 year average



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		21/03/2016 27/03/2016		14/03/2016 20/03/2016		07/03/2016 13/03/2016		29/02/2016 06/03/2016	
	Rate	Episodes	Rate	Episodes	Rate	Episodes	Rate	Episodes	Rate	Episodes
Allergic Rhinitis	6.1	73	8.2	98	6.7	78	5.7	68		
Asthma	11.1	134	13.8	166	15.9	186	14.7	174		
Acute Bronchitis	95.5	1,148	106.5	1,279	105.7	1,238	100.5	1,189		
Bullous Dermatoses	0.2	3	0.0	0	0.3	3	0.0	0		
Chickenpox	7.2	86	8.2	99	9.7	114	7.1	84		
Common Cold	143.5	1,725	172.5	2,073	172.0	2,014	157.9	1,868		
Conjunctival Disorders	37.7	453	41.1	494	41.6	487	43.7	517		
Herpes Simplex	4.9	59	5.9	71	5.2	61	7.4	87		
Herpes Zoster	5.5	66	7.1	85	7.9	92	8.7	103		
Impetigo	5.5	66	8.1	97	8.6	101	8.5	101		
Infectious Mononucleosis	0.4	5	0.3	4	0.4	5	1.1	13		
Influenza-like illness	24.4	293	28.7	345	26.5	310	23.8	282		
Infectious Intestinal Diseases	9.1	109	11.3	136	12.9	151	13.2	156		
Laryngitis and Tracheitis	6.1	73	7.5	90	7.9	92	7.4	88		
Lower Respiratory Tract Infections	97.5	1,172	110.8	1,331	108.9	1,275	102.9	1,217		
Measles	0.0	0	0.0	0	0.0	0	0.0	0		
Meningitis and Encephalitis	0.2	2	0.1	1	0.0	0	0.1	1		
Mumps	0.1	1	0.0	0	0.1	1	0.2	2		
Non-infective Enteritis and Colitis	8.7	105	12.1	145	10.9	128	9.7	115		
Otitis Media Acute	30.9	371	38.0	456	37.5	439	30.2	357		
Peripheral Nervous Disease	8.5	102	10.9	131	9.8	115	10.7	127		
Pleurisy	0.6	7	1.2	15	1.0	12	0.8	9		
Pneumonia and Pneumonitis	1.3	16	3.2	38	2.0	24	1.6	19		
Respiratory System Diseases	405.4	4,875	479.2	5,757	481.1	5,634	452.5	5,352		
Rubella	0.0	0	0.0	0	0.0	0	0.1	1		
Scabies	1.3	16	1.7	21	2.4	28	2.1	25		
Sinusitis	28.8	346	31.3	376	32.3	378	34.3	406		
Skin and Subcutaneous Tissue Infections	46.8	563	57.5	691	61.3	718	56.9	673		
Strep Throat and Peritonsillar Abscess	5.3	64	6.2	74	5.4	63	4.3	51		
Symptoms involving musculoskeletal	3.8	46	6.1	73	6.8	80	5.6	66		
Symptoms involving Respiratory and Chest	24.6	296	25.9	311	25.5	299	29.2	345		
Symptoms involving Skin and Integument Tissues	40.6	488	49.4	594	44.7	523	50.8	601		
Tonsillitis and acute Pharyngitis	59.7	718	72.7	874	77.4	907	74.5	881		
Upper Respiratory Tract Infections	267.1	3,212	319.0	3,833	323.4	3,787	302.5	3,578		
Urinary Tract Infections	23.5	282	29.2	351	28.2	330	28.3	335		
Viral Hepatitis	0.2	2	0.3	4	0.3	3	0.5	6		
Whooping Cough	0.2	3	0.4	5	0.2	2	0.2	2		
Number of practices	126		126		123		124			
Population	1,202,469		1,201,449		1,171,140		1,182,871			

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:

RCGP Research & Surveillance Centre
CIRC, First floor
30 Euston Square
London NW1 2FB
Tel: +44 (0)203 188 7690

Medical Director: Professor Simon de Lusignan

MedicalDirectorRSC@rcgp.org.uk

RCGP Research & Surveillance Centre
University of Surrey
Department of Clinical and Experimental Medicine
GUILDFORD
GU2 7XH
Tel: +44 (0)1483 684802

Practice Liaison Officer: Ivelina Yonova

i.yonova@surrey.ac.uk

Tel: +44 (0)1483 682758

