The Evaluation of Healthcare Associated Bloodstream Infections at a Tertiary Care Hospital Between 2011 and 2015: Epidemiology and Mortality Risk Factors

Üçüncü Basamak Bir Hastanede, 2011–2015 Yılları Arasındaki Sağlık Bakım İlişkili Kan Dolaşımı Enfeksiyonlarının Değerlendirilmesi; Epidemiyoloji ve Mortalite Risk Faktörleri

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ABSTRACT

Aim: Bloodstream infections (BSIs) are an important cause of mortality in hospitals. Local surveillance data should be taken into account to overcome these challenging infections. The aim of this study is to determine the microbiological characteristics of BSIs and the risk factors for mortality.

Material and Method: Active prospective surveillance data based on patient and laboratory were evaluated from January 2011 to June 2015. The first episodes of primary BSIs of the patients were included to the study. CDC case definitions were used to define BSIs. The data were recorded included demographics, underlying conditions, invasive procedures, fever (>=38°C) or hypothermia (<36°C), causative isolates and antimicrobial resistance patterns, appropriate antimicrobial therapy within 3 days after the onset of infection and outcome on day 14 after infection onset.

Results: During the study period 373 patients with health care associated BSIs were identified. Acinetobacter spp. was the most common isolate (20.4%, n=76), followed by Coagulase negative Staphylocccus (CoNS) (19.3%, n=72), Candida spp. (17.2%, n=64) and Klebsiella spp. (11%, n=41), respectively. Multidrug resistance ratio was 98.7% for Acinetobacter spp. Methicillin resistance was found 66.7% of Staphylococcus aureus (S.aureus) and 79.2% of CoNS. Extended spectrum beta lactamases (ESBL) ratio for Klebsiella spp. was 65% (26/40) and 67.9% (19/28) for E.coli. The mortality rate of the patients in the first 14 days was 37.8% (n=141). Logistic regression analysis re-vealed that, BSIs due to the Acinetobacter spp. and Candida spp. had 2.35 and 2.48 times higher mortality rates, respectively. Inappropriate antimicrobial therapy, presence of hypothermia, steroid usage, dialysis and presence of two or more underlying conditions were other independent predictors for mortality.

Conclusion: It is important to perform active surveillance for BSIs which result in high mortality rates due to resistant isolates. Appropriate antimicrobial therapy is crucial since it has a significant impact to decrease mortality.

Key words: bloodstream infections; mortality predictors; epidemiology

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ÖZET

Amaç: Kan dolaşımı enfeksiyonları (KDE) hastanelerde mortalitenin önemli nedenlerindendir. Bu enfeksiyonları yönetebilmek için lokal surveyans verileri göz önünde bulundurulmalıdır. Bu çalışmanın amacı; kan dolaşımı enfeksiyonlarında mikrobiyolojik karakteristikleri ve mortalite risk faktörlerini belirlemektir.

Materyal ve Metot: Ocak 2011 ve Haziran 2015 yılları arası hasta ve laboratuvara dayalı aktif prospektif surveyans verileri değerlendirildi. Çalışmaya primer kan dolaşımı enfeksiyonu olan hastaların ilk epizodları dahil edildi. Kan dolaşımı enfeksiyonlarını tanımlamak için CDC tanı kriterleri kullanıldı. Kaydedilen veriler arasında; demografik veriler, altta yatan hastalıklar, invaziv işlemler, ateş (≥38°C) veya hipotermi (<36°C) varığı, etken izolatlar ve antimikrobiyal direnç paternleri, hastalığın başlangıcı sonrası ilk 3 gün içinde uygun antibiyotik kullanımı ile 14 gün içindeki mortalite yer almaktadır.

Bulgular: Çalışma süresince sağlık bakım ilişkili kan dolaşımı enfeksiyonu olan 373 hasta tanımlandı. Acinetobacter en sık saptanan izolat (%20,4, n=76) olup sonrasında sırasıyla Koagulaz negatif stafilokoklar (KNS) (%19,3, n=72), kandida suşları (%17,2, n=64) ve Klebsiella suşları (%11, n=41) saptandı. Acinetobacter suşları arasında çok ilaca direnç oranı %98,7 idi. Metisilin direnci S.aureus için %66,7 ve KNS için %79,2 bulundu. Genişlemiş spektrumlu beta laktamaz (ESBL) oranı Klebsiella suşlarında %65 (25/40) ve E.coli suşlarında %67,9 (19/28) idi. Hastalarda ilk 14 gün içindeki mortalite oranı %37,8 (n=141) idi. Lojistik regresyon analizi sonucunda; acinetobacter ve kandida izolatlarına bağlı kan dolaşımı enfeksiyonlarında sırasıyla 2,35 ve 2,48 kat daha fazla mortalite oranı saptandı. Uygun olmayan antibiyotik tedavisi, hipotermi varlığı, steroid kullanımı, diyaliz ve iki veya daha fazla altta yatan hastalık olması mortaliteyi gösteren diğer bağımsız faktörler olarak bulundu.

Sonuç: Dirençli izolatlara bağlı oluşan kan dolaşımı enfeksiyonları yüksek mortalite ile sonuçlandığından bu enfeksiyonlar için aktif surveyans yapılması önemlidir. Uygun antimikrobiyal tedavi mortaliteyi anlamlı olarak azalttığından oldukça önemlidir.

Anahtar kelimeler: kan dolaşımı enfeksiyonları; mortalite prediktörleri; epidemiyoloji

Introduction

Bloodstream infections (BSIs) are one of the major health care associated infections in nosocomial setting and associated with significant morbidity and mortality. The causative microorganisms and resistance patterns of isolates vary in different setting and geographic regions^{1,2}. In addition, increasing rate of the resistant microorganisms further complicate the problem and increase the mortality rate. For that reason, it is important to monitor the most frequent isolates and determine their resistance patterns since the early appropriate antimicrobial therapy is crucial to decrease the mortality. Therefore, the performance of active prospective surveillance and careful evaluation of the data regarding these infections are important^{1–3}.

The aim of this study was to evaluate the current epidemiology, isolate distribution and resistance patterns of causative microorganisms, in addition to the mortality risk factors and 14-day outcome after the onset of BSIs.

Material and Method

Patients and Hospital Settings

The present study was conducted in Ankara Numune Training and Research Hospital (ANTRH) in Turkey. Active prospective surveillance data based on patient and laboratory were evaluated from January 2011 to June 2015 in the 1140-bed tertiary care hospital. The data was gathered by the nurses working in infection control committee and infectious disease specialists. The criteria of Centers for Disease Control and

Table 1. Definitions

Prevention (CDC) case definition was used to define BSIs. The first episode of primary BSIs of the patients \geq 18 years from intensive care units and wards were included into the study. However, the patients with polymicrobial BSIs were excluded.

Data Collection

The data including; demographic characteristics, intensive care unit (ICU) stay, underlying conditions (e.g., diabetes mellitus, chronic renal failure, chronic obstructive pulmonary disease (COPD), invasive procedures (central venous catheter (CVC), mechanical ventilator (MV) etc.), support of total parenteral nutrition (TPN), fever (>=38°C) or hypothermia (<36°C), BSI type (CVC related or not), causative isolates and antimicrobial resistance patterns (Multidrug resistance (MDR), extended spectrum beta lactamases (ESBL), methicillin resistance), appropriate antimicrobial therapy within 3 days after the onset of infection, and 14day outcome after the onset of infection were recorded.

Definitions

Definitions were provided in Table 1 based on the previous studies and guidelines³⁻⁵.

Microbiological Tests

Isolate identification and antimicrobial susceptibility tests were performed using a VITEK automated system BioMerieux, Marcy l'Etoile, France). The Clinical and Laboratory Standards Institute (CLSI) criteria were used to determine the resistance or susceptibility

Laboratory-confirmed bloodstream	Patients with at least has one of the following criteria;
infection (LCBI) ³	 Isolation of microorganisms from blood (such as E.coli, Klebsiella spp., Pseudomonas spp., S.aureus, Enterococcus spp., Candida spp, and others) for ≥1 positive culture that was not related to another infection of body sites
	2) Patients with one of the following signs that was not related to another infection focus; fever (38°C), chills or hypotension and ≥2 positive different culture results for probable skin contaminant pathogens, such as Coagulase negative Staphylococcus (CoNs)
Laboratory-confirmed central venous catheter-associated bloodstream infections (CVC-BSI) ³	Patients with a CVC had a recognized pathogen isolated from ≥ 1 percutaneous blood cultures after 48 h of central venous catheterization (unrelated with another infection). The patients should also have at least one of the following signs and symptoms: fever (38°C), chills, or hypotension. With the common skin commensals (e.g., diphtheroids, (CoNs)), the organisms had to have been cultured from ≥ 2 separate blood cultures
Multidrug resistant bacteria infection ⁴	An infection due to a Gram-negative bacteria which has a resistance to \geq 3 classes of antimicrobial agents
Appropriate antimicrobial therapy ⁵	Administrated drug has in-vitro activity against the causative isolates according to antimicrobial susceptibility test results or administration of the drug within 72 h of the infection onset
14-day mortality	Death within 14 days of infection onset

to the antimicrobial agents⁶. ESBL production was determined and confirmed using a double-disc synergy test in line with CLSI guidelines⁷.

Variables such as demographic characteristics, etiologic agents, antimicrobial resistance patterns of the isolates, inappropriate antimicrobial therapy and all other possible causes of mortality were identified. Survivors and non-survivors 14 days after the onset of BSI were compared to identify the predictors of the mortality. Continuous variables were described as median (minmax). Chi-square tests were used for categorical variables and Mann Whitney U tests were used for continued variables. The variables found to be significantly associated with mortality in the univariate analysis were included in Logistic regression analysis. p values <0.05 were considered statistically significant. Odds ratios and

95% confidence intervals (95% CI) were calculated. Statistical analysis was performed using SPSS 18.0.

Results

A total of 373 patients with health care associated BSIs were enrolled in the study, including 199 (53.4%) men. The median age was 62 (18–97 years). Of 373 patients, 252 were from intensive care units, 260 (69.7%) had one underlying condition, and 94 (25.2%) had \geq 2 underlying condition. The predominant underlying condition was malignancy that was found in the 30.3% of the patients. Catheter related BSI was determined in 292 (78.5%) patients. Length of time to emergence of BSI was median 20 days (3–141 days). Fever (>38°C) was present in 63.5% of the patients (Table 2). Majority of the cultivated pathogens were

Table 2. Basal characteristics of the patients

Characteristics	Number of patients n (%)	Survivors (n=232) n (%)	Non-survivor (n=141) n (%)	P value
Age (median, min-max years)	62 (18–97)	56 (18–97)	68 (19–64)	0.000
Age >65 years	167 (44.8)	85 (36.6)	82 (58.2)	0.000
Gender (male)	199 (53.4)	132 (56.9)	67 (47.5)	>0.05
ICU stay at the time of infection	252 (67.6)	142 (61.2)	110 (78.0)	0.001
Central venous catheter related BSI	292 (78.3)	182 (78.8)	110 (78)	>0.05
Underlying conditions	260 (69.7)	148 (63.8)	112 (79.4)	0.002
Diabetes mellitus	45 (12.1)	21 (9.1)	24 (17)	0.032
COPD	24 (6.4)	11 (4.8)	13 (9.2)	>0.05
Renal failure	80 (21.4)	37 (15.9)	43 (30.5)	0.001
Hypertension	55 (14.7)	22 (9.5)	33 (23.4)	0.000
Congestive heart failure	15 (4.0)	6 (2.6)	9 (6.4)	>0.05
Serebrovascular disease	42 (11.3)	25 (10.8)	17 (12.1)	>0.05
≥2 underlying conditions	94 (25.2)	43 (18.5)	51 (36.2)	0.000
Malignancy	113 (30.3)	77 (33.5)	36 (25.5)	>0.05
Steroid usage	44 (11.8)	24 (17.0)	20 (8.6)	0.020
Mechanical ventilator	197 (52.8)	112 (48.3)	85 (60.3)	0.025
Dialysis	74 (19.8)	34 (14.7)	40 (28.4)	0.002
CVC	317 (85.0)	199 (85.8)	118 (83.7)	>0.05
TPN	113 (30.3)	64 (27.6)	49 (34.8)	>0.05
Fever (>38°C)	237 (63.5)	147 (63.4)	90 (63.8)	>0.05
Hypotermia (<36°C)	13 (3.5)	4 (1.7)	9 (6.4)	0.022
Presence of concurrent other infection	87 (23.3)	49 (21.1)	38 (27.0)	>0.05
Prior antibiotic therapy (>7 days, before the diagnosis of BSI)	229 (61.4)	127 (54.7)	102 (72.3)	0.001
Inappropriate antimicrobial therapy	158 (42.4)	71 (30.6)	87 (61.7)	0.000
Length of time to appropriate antimicrobial therapy (median, min-max days)	0 (0–3)	0 (0–3)	0 (0–3)	>0.05
Length of time to infection (median, min-max days)	20 (3–141)	20 (3–141)	20 (3–131)	>0.05
Central venous Catheterization time prior to infection (median, min-max days)	14 (0–64)	13 (0–64)	14.5 (2–49)	>0.05

*COPD: Chronic obstructive pulmonary disease, CVC: central venous catheter, TPN: total parenteral nutrition

Gram-negative bacteria (48.5%, n=181). Acinetobacter spp. was the most common isolates (20.4%, n=76), followed by CoNS (19.3%, n=72), Candida spp. (17.2%, n=64) and Klebsiella spp. (11%, n=41) (Table 3). When the causative isolates were compared between years 2014 and 2011, a significant decrease in the frequency of Acinetobacter spp. (15.6%, 15/96 vs 30.1%, 19/63, respectively p = 0.016) was detected. There was no other significant difference between years according to other pathogens.

Of total Acinetobacter spp. isolates, the ratio of multidrug resistance was 98.7%. Methicillin resistance was found in 66.7% of S.aureus and 79.2% of CoNS. ESBL ratio was 65% (26/40) for *Klebsiella* spp. and 67.9% (19/28) for *E.coli*. The frequency of resistance (%) to the main antimicrobial classes among the most prevalent isolates was summarized in Table 4. Empirical antibiotic therapy was applied in 76.9% of the patients. Inappropriate antimicrobial therapy was determined in 42.4% (n=158) of the patients, and it was significantly higher in fatal cases (61.7%). In addition it was defined as an independent predictor of mortality (p = 0.000, OR: 3.81, 95% CI: 2.2-6.3) (Table 5). The median length of time to appropriate antimicrobial therapy was 0 (0-3) day and there was no statistical difference between fatal and nonfatal groups. The mortality rate of the patients 14 days after BSIs was 37.8% (n=141). When the risk factors for mortality were evaluated in univariate analysis, older age (>65 years), ICU stay on the time of infection onset, presence of underlying condition, steroid usage, dialysis, hypothermia, inappropriate antimicrobial therapy, infections due to Acinetobacter spp. and Candida spp. were found as a significant risk factors for mortality (Table 2 and 3). Logistic regression analysis revealed that, BSIs due to the Acinetobacter spp. and Candida spp. had 2.35 and 2.48 times higher mortality rates, respectively. Inappropriate antimicrobial therapy, presence of hypothermia, steroid usage, dialysis and two or more underlying conditions were other independent predictors for mortality (Table 5).

Discussion

Bloodstream infections are the important causes of morbidity and mortality in nosocomial setting. Prevalence of BSIs, causative isolates and resistance patterns are different across the world⁸. For this reason, surveillance data should be evaluated carefully in order to start appropriate empirical antimicrobial therapy. There are different reports about the frequency of nosocomial infections. Although, bacteremia is reported as second frequent infections in ICU in some studies, it was reported as a most common health care associated infection in a multicenter study performed in our country⁹⁻¹². It is an important health care problem, since it is frequent and many of the causative microorganisms have developed resistance to the most of the antimicrobials¹³. The present study focused on the identification of the epidemiologic characteristics and antimicrobial resistance patterns (ESBL, MDR etc.) of causative isolates and the predictors of mortality in patients with BSI. We determined the 14 day mortality rate as the main outcome measure and the mortality rate was detected as 37.8%. The median age was significantly higher in fatal cases (68 years) in univariate analysis which was not found as an independent predictor for mortality. Cevik et al. reported that, although statistically insignificant, patient with older age $(\geq 70 \text{ years})$ had higher mortality rate¹⁴ We evaluated the impact of underlying conditions on mortality, since the host defenses have an important role in patient outcome. The presence of ≥ 2 underlying conditions was detected as a significant risk factor for mortality (p = 0.018, OR: 1.98, 95% CI: 1.1-3.4) consistent with the literature¹⁰. Hypothermia, dialysis and steroid usage were also found as independent predictors of mortality.

When we evaluated causative microorganisms, we determined that Gram negative pathogens were the most common isolates different from the study of Inan et al., who reported S.aureus as a predominant pathogen in CVC related BSI in ICU¹. The prevalent pathogen was Acinetobacter spp. (20.4%), followed by CoNS and Candida spp. in our study. C.albicans is the most common subspecies in Candida spp. consistent with the literature¹⁵. Higher mortality rates in Gram-negative BSIs were reported in previous studies than Gram-positive infections^{16,17}. In the present study, similar with the literature, we demonstrated that infections with Gramnegative isolates had significantly higher whereas infections with Gram-positive isolates had significantly lower mortality rates. We thought that the low virulence of *CoNS* isolates may be the cause of lower mortality rates. BSIs with Acinetobacter spp. and Candida spp. were determined as independent predictors of mortality. In recent years, there has been a noticeable increase in health care associated infections caused by multidrug resistant pathogens^{1,18}. Wide spectrum antibiotic usage (>7 days) prior to the onset of BSI was found in 61.4% of all patients, which may be one of the causes of high resistance rate in our study. It is known that, previous antibiotic usage leads to the selection of resistance pathogens¹⁹.

Table 3. Distribution of the causative isolates

	Total n (%)	Survivors	Non-Survivor	Р
Microbial species	(n=373)	(n=232)	(n=141)	value
Gram-negative bacteria	181 (48.5)	101 (43.5)	80 (56.7)	0.007
Escherichia coli	29 (7.8)	20 (8.6)	9 (6.4)	>0.05
Klebsiella spp.	41 (11.0)	22 (9.5)	19 (13.5)	>0.05
Acinetobacter spp.	76 (20.4)	33 (14.2)	43 (30.5)	0.000
Other Gram negatives	35 (9.3)	25 (10.8)	9 (6.3)	-
Gram-positive bacteria	128 (34.3)	100 (43.1)	28 (19.9)	0.000
Coagulase negative staphylococci	72 (19.3)	60 (25.9)	12 (8.5)	0.000
Stapylococcus aureus	28 (7.5)	18 (7.7)	10 (7.0)	>0.05
Other Gram positives	28 (7.5)	22 (9.5)	6 (4.2)	-
Candida spp.	64 (17.2)	31 (13.4)	33 (23.4)	0.007
C.albicans	39 (10.5)	19 (8.2)	20 (14.2)	>0.05
C.nonalbicans	25 (6.7)	12 (5.2)	13 (9.2)	>0.05

Table 4. Frequency of resistance (%) to the main antibiotics among the most prevalent causatives

Species (n)	CAZ/ CRO	IMP/ MEM	AK/ GEN	CIP/ LEV	TZP	COLI	TIGE	ESBL	MDR	OXA	VAN/ TEIC
<i>E.coli</i> (28)	69	69	13.8	65.5	42.9	0	0	67.9	41.7	-	-
Klebsiella spp. (41)	68.3	94.7	61.8	66.7	71.8	0	0	65	60.5	-	-
Acinetobacter spp. (76)	98.7	94.7	61.8	96.1	97.4	2.6	50	-	98.7	-	-
<i>CoNs</i> (72)	-	-	-	-	-	-	-	-	-	79.2	0
S.aureus (28)	-	-	-	-	-	-	-	-	-	66.7	0

CA2: ceftazidime, CR0: ceftriaxone, IMP: imipenem, MEM: meropenem, AK: Amikacin, GEN: gentamycin, CIP: ciprofloxacin, LEV: levofloxacin, TZP: piperacillin-tazobactam, COLI: colimycin, TIGE: tigecycline, ESBL: extended spectrum beta lactamases, MDR: multi-drug resistance, 0XA: oxacillin, VAN: vancomycin, TEIC: teicoplanin

Independent variables	P value	OR	95% CI
Acinetobacter spp.	0.006	2.35	1.3–4.3
Candida spp.	0.005	2.48	1.3–4.7
Inappropriate antimicrobial therapy	0.000	3.81	2.2-6.3
≥2 underlying condition	0.018	1.98	1.1–3.4
Steroid usage	0.040	2.14	1.0-4.4
Hypothermia	0.011	5.34	1.4–19.5
Dialysis	0.011	2.26	1.2-4.2

Methicillin resistance was found 66.7% for *S.aureus* and 79.2% for *CoNS*. Inan et al. reported higher MRSA ratio (93.1%) previously¹. ESBL comprised 67.9% of *E.coli* and 65% of *Klebsiella* spp., which were higher than the previous multicenter study in Turkey¹⁸. In addition, *Acinetobacter* spp. was usually resistant to the most of the antibiotics used empirically. In fact, multidrug resistance (MDR) rate of *Acinetobacter* spp. was 98.7% and carbapenem resistance was 94.7%, which is higher than the previous report of Yüce et al.²⁰. We thought that

invasive characteristics and resistance patterns of the *Acinetobacter* spp. had an impact on increased mortality rates. Since the MDR pattern reduces the count of effective antibiotic options, it is frequently related with poor outcome²¹. Appropriate antimicrobial therapy is crucial and is known to have a significant influence on decreasing the mortality of patients with BSI. In the present study, inappropriate antimicrobial therapy was determined as an independent predictor for mortality similar to previous studies^{15,22}. In conclusion, we found that

infections due to the *Acinetobacter* spp. were predominant in patients with BSI. Because of the emergence of MDR isolates, it is becoming a clinical challenge to overcome these infections. Surveillance data should be evaluated carefully in nosocomial settings. The prevalent isolates and resistance patterns should be taken into account before starting empirical antimicrobial therapy, which is crucial to reduce mortality rate.

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