



Determine phenotypical patterns of resistance to antibiotics in COVID-19 patients with associated bacterial infection: largest medical center in Iran

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ABSTRACT

Background and Objectives: Antibacterial resistance (AMR) is a serious threat and major concern, especially in developing countries. Therefore, we aimed to determine phenotypical patterns of resistance to antibiotics in COVID-19 patients with associated bacterial infection in intensive care units.

Materials and Methods: In this cross-sectional study, 6524 COVID-19 patients admitted for more than 48 h in the ICUs of Imam Khomeini Complex Hospital (IKCH) in Tehran from March 2020 to January 2022 were included in the study with initial diagnosis of COVID-19 (PCR test and chest imaging). Data were collected regarding severity of the illness, primary reason for ICU admission, presence of risk factors, presence of infection, length of ICU and hospital stay, microbial type, and antibiotic resistance. In this study, the pattern of antibiotic resistance was determined using the Kirby-Bauer disk diffusion method

Results: In this study, 439 (37.5%) were ventilator-related events (VAEs), and 46% of all hospitalized patients had an underlying disease. The most common microorganisms in COVID-19 patients were carbapenem resistant Klebsiella pneumoniae (KPCs) (31.6%), Escherichia coli (E. coli) (15.8%), and Acinetobacter baumannii (A. baumannii) (15.7%), respectively. Prevalence of vancomycin-resistant enterococci (VRE) and KPCs were 88% and 82%, respectively.

Conclusion: A study on AMR surveillance is the need of the hour as it will help centers to generate local antibiograms that will further help formulate national data. It will guide doctors to choose the appropriate empiric treatment, and these studies will be the basis for establishing antimicrobial surveillance and monitoring and regulating of the use of antimicrobials.

Keywords: Pneumonia; COVID-19; Intensive care unit; Antimicrobial resistance; Surveillance

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INTRODUCTION

The pandemic caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has been one of the most important challenges of our time and has affected healthcare systems worldwide (1). After the coronavirus pandemic, there is a possibility of an increase in hospital infections due to the hospitalization of these patients in the intensive care unit (2). Hospital infections, especially in intensive care units (ICU), are associated with different risk aspects, including increased mortality and hospitalization costs, and are considered one of the most important health problems. The successful management of these cases requires knowledge of hospital-related problems and proper planning (3, 4).

Management of such patients includes ensuring appropriate infection control and providing supportive care. In addition, these patients need serious care and intubation during treatment. Additionally, there is a possibility of pneumonia in these people, depending on the disease and care method. Therefore, secondary bacterial infections can contribute to an increase in the severity of the disease (3).

Furthermore, since most ICU patients often use broad-spectrum antimicrobials, this creates antibiotic selection pressure, leading to AMR among ICU microorganisms (5). Therefore, the microbiological profile of HAIs in the ICU often shows multidrug-resistant ESKAPE pathogens (*Enterococcus faecium, Staphylococcus aureus* including methicillin-resistant *S. aureus* (MRSA), *Klebsiella pneumoniae* carbapenemases (KPCs), *Acinetobacter baumannii, Pseudomonas aeruginosa,* and *Enterobacter* spp.) (6).

Antimicrobial resistance is becoming a global health challenge and problem that threatens many medical achievements of the last century and causes serious damage to the health system. Since the 1940s, when antibiotics entered the health system and the field of medicine, health and the well-being of people around the world has improved significantly (7). The development of resistant strains with high potential for infection occurs as a result of mutation or re-assortment of pre-existing microbial strains, rendering drugs, vaccines, and therapeutic measures ineffective in some cases (8, 9). This issue clearly causes danger for people who had a simple infection and could have recovered well if treated under the supervision of a doctor, but with the irrational use

of antibiotics in the past, these drugs have become ineffective (10). Unfortunately, due to the extended duration of the epidemic, several threats are emerging for human health. One of the most important is the risk of acquisition of new antimicrobial-resistant genes (11). Antimicrobial resistance is becoming a global health challenge and problem that threatens many medical achievements of the last century and causes serious damage to the health system. Since the 1940s, when antibiotics entered the health system and the field of medicine, health and the well-being of people around the world has improved significantly (12-14).

The studies conducted on co-infections of COVID-19 and related antibiotic resistance patterns in each province provide a clearer prognosis of the disease and, ultimately, reduce antibiotic resistance and treatment costs, which happen to be very high. On the other hand, today, more attention is paid to hospital infections and AMR due to mortality, morbidity, and many accompanying side effects in recent years (12). In some emerging infectious diseases such as the coronavirus and in sexually transmitted diseases such as hepatitis B, AIDS, and TB (13, 14), antimicrobial resistance may be ignored and is considered a big challenge for human society. The purpose of our study was to determine phenotypical patterns of resistance to antibiotics in COVID-19 patients with associated bacterial infection in the intensive care units (ICUs) of the largest medical center in Iran.

MATERIALS AND METHODS

Study design and setting. A retrospective study was done on laboratory records of the positive cultures of patients with nosocomial infection who were admitted to the ICU of IKCH in Tehran, a 1400-bed tertiary care hospital affiliated with the Tehran University of Medical Sciences during a 21-month period (March 2020 to January 2022). This study was approved by the ethics committee of the university. The participants, who were all patients admitted to the ICU of the mentioned hospital and met the inclusion criteria, were selected by census sampling. The inclusion criteria were referring to this healthcare center as a suspected COVID-19 patient for the first time and being admitted to the ICU afterward.

Data and sample collection. Data were obtained from the Iranian Nosocomial Infections Surveillance (INIS), COVID Online System of the Ministry of Health, and medical files of the patients. In addition, data were collected using a demographic characteristics questionnaire, which included name, age, gender, date of hospitalization, hospital ward (ICU), underlying diseases, date of discharge and date of death or discharge, sample submission date, and PCR results. In addition, the standard form of the Ministry of Health was the diagnosis of NIS in patients hospitalized in medical centers, with questions such as type of NIS, history of hospital infection, type of microorganism, and type of antibiogram. In this research, the pattern of antibiotic resistance was determined using the Kirby-Bauer disk diffusion method.

Identification of bacterial isolates. All specimens were cultured in a distinct range of media, including blood agar, triple sugar iron agar (TSI), sulfide indole motility (SIM), citrate agar, mannitol salt agar, and DNase (Merck, Germany) to distinguish the most important organisms. Isolation and characterization of our isolates was done using a combination of phenotypic and biochemical methods, such as colony morphology, Gram staining, oxidase, catalase, methyl red (MR)/Voges–Proskauer (VP), urease, coagulase, and API systems (bioMerieux, France).

Antibiotic susceptibility testing. The susceptibility of isolates to antibiotics was determined using disk diffusion according to CLSI guidelines. The antibiotics tested were oxacillin (1 µg), imipenem (10 µg), meropenem (10 µg), clindamycin (2 µg), linezolid (30 µg), vancomycin (5 µg), ampicillin (2 µg), ceftazidime (30 µg), cefotaxime (30 µg), ceftriaxone (30 µg), amikacin (30 µg), gentamicin (10 µg), tigecycline (15 µg), piperacillin (100 µg), piperacillin/tazobactam (110 µg), ampicillin/sulbactam (20 µg), ciprofloxacin (5 µg), levofloxacin (5 µg), trimethoprim/sulfamethoxazole (25 µg), and colistin sulphate (25 µg) (Mast Group Ltd., Bootle, UK).

Statistical analysis. Data analysis was performed using descriptive statistics (percent, mean, standard deviation, and median) of every variable. The analysis was done using SPSS version 18.0 (SPSS Inc., Chicago, IL, USA).

Ethical considerations. The study was also ap-

proved by the research council and ethics committee of TUMS (code of ethics: IR.TUMS.VCR. REC.1399.169). All patients signed an informed consent for giving the specimens for research. No intervention has been done in diagnosis or treatment of COVID-19 cases. All methods were performed in accordance with the relevant guidelines and regulations.

RESULTS

Patient characteristics. This study was performed on 6524 patients in the ICUs of IKCH from March 2020 to January 2022, of whom 1168 (17.90%) had NISs. In terms of gender, 58.9% of the participants were male and the mean (SD) age of the patients was 52 ± 14.4 years old. Out of 1168 NISs, 37.5% were ventilator-related events (VAEs), 33% Urinary Tract Infections (UTI) and 26% Bloodstream Infections (BSI).

This study shows that 46% of all hospitalized patients had an underlying disease. Out of 1168 patients with NISs, 613 (52.4%) individuals had underlying diseases, the most common of which were hypertension (43.1), diabetes (28.4), cardiac diseases (22.64), hyperlipidemia (19.4%), and cancers (14.8%). In addition, 2961 patients (45.3%) had positive RT-PCR COVID-19 results, and out of the study participants, the median hospital stay was 12 days.

Bacterial characteristics. Table 1 shows that the most common microorganisms in COVID-19 patients were KPCs (31.6%), *E. coli* (15.8%), and *A. bauman-nii* (15.7%), respectively.

DISCUSSION

The present study aimed to evaluate the phenotypical patterns of resistance to antibiotics in COVID-19 patients with associated bacterial infection admitted to the intensive care units at the largest medical center in Iran. The results of our study show that the most common microorganisms in COVID-19 patients were KPCs (31.6%), *E. coli* (15.8%), and *A. baumannii* (15.7%), respectively. In the study conducted at Al-Zahra Hospital Isfahan, the data showed that *Pseudomonas aeruginosa* (13.9%), KPCs (11%), and *E. coli* (6.4%) were the most common bacterial

Microorganisms	Percent	Antibiotic	Resistance	
			(%)	
Staphylococcus aureus	4.26	Oxacillin	45	MRSA
		Clindamycin	72.2	
		Vancomycin	21.9	
Enterococcus spp.	8.06	Linezolid	1.06	
		Vancomycin	62.8	VRE
		Ampicillin	76.6	
Klebsiella pneumoniae	31.06	Third- and fourth-generation cephalosporins1	91.7	ESBL
carbapenemases (KPCs)		Fluoroquinolone2	85.04	
		Beta-lactamase inhibitors3	66.52	
		Carbapenem	82.93	KPC
Escherichia coli	15.8	Third- and fourth-generation cephalosporins	75.89	ESBL
		Fluoroquinolone	71.54	
		Beta-lactamase inhibitors	74.16	
		Carbapenem4	24.13	
Pseudomonas aeruginosa	6.29	Ceftazidime	74.71	
		Fluoroquinolone	58.95	
		Aminoglycosides5	61.53	
		Piperacillin/Tazobactam	63.43	
		Carbepenem	74.36	
Acinetobacter baumannii	15.7	Ceftazidime	97.36	
		Fluoroquinolone	95.74	
		Aminoglycosides	91.53	
		Piperacillin/Tazobactam	92.63	
		Carbepenem	96.23	
		Colistin	7.3	

Table 1. Antibiotic resistance among identified isolates

infections (15). Some studies have reported a higher rate of infections in the ICUs, which is due to the severity of the disease as well as some life-saving measures (16). One of the current challenges in Iranian hospitals, especially ICUs, is the high prevalence of Gram-negative bacteria. NIs with MDR, especially in the ICU, is a significant social, economic, and medical complication worldwide. They can spread various infections in society or cause longer hospitalization and impose more costs on patients (17, 18).

One study reported an increase in the resistance of *A. baumannii* to all tested antibiotics except colistin. Another study by Sharifipour et al. was similar to the results of our study (19). According to previous studies, AR rates were generally high, where carbapenem-resistant *A. baumannii* and carbapenem-resistant *K. pneumoniae* accounted for 91.7% and 76.6%, respectively. *S. aureus* and coagulase-negative staphylococci were resistant to methicillin (100%). The resistance of *E. coli* bacteria-producing ESBLs was 75%

(20, 21). The results of a study by Kariyavasam et al. (2022) showed that among MDR organisms, methicillin-resistant S. aureus, carbapenem-resistant A. baumannii, KPCs, P. aeruginosa, and multi-drug resistant Candida auris were most commonly reported (22). In a similar study in Iran, the highest resistance rates were seen in E. coli (615 samples), K. pneumoniae (351 samples), P. aeruginosa (362 samples), and A. baumannii (344 samples) to ampicillin (89.6%), imipenem (91.8%), and ceftazidime (94.6%), respectively (23). According to a meta-analysis by Langford et al. (2021), antibiotic prescriptions were administered in approximately 75% of cases of COVID-19, while bacterial co-infection occurred in less than 10% (24). In 2021, Moradi et al. reported that A. baumannii was the most prevalent bacteria isolated from the respiratory tract (15.4%) and blood (2.1%). E. coli (12.5%) was the most frequent bacteria in urine (25). A. baumannii has emerged as a major cause of nosocomial infections in critically ill patients in

the ICU. Resistance of *A. baumannii* isolates to carbapenems is a growing problem worldwide (26, 27).

In the present study, 7.3% of A. baumannii were resistant to colistin. Colistin is considered the most effective antibiotic for MDR A. baumannii (28). Actually, it is often the only treatment option for highly drug-resistant strains. Therefore, it is alarming that 7.3% of our A. baumannii clinical isolates were resistant to colistin in 2021-22. In a meta-analysis study by Maraki et al. (2016), the majority of A. baumannii clinical isolates in our hospital are MDR. The remaining therapeutic options for critically ill patients who suffer from MDR A. baumannii infections are severely limited, with A. baumannii beginning to develop resistance even against colistin (28). In this respect, the emergence of colistin resistance in our hospital is probably related to the selective pressure caused by the excessive use of colistin, as previously shown with KPCs (29). In a recent systematic review on the susceptibility of A. baumannii to colistin in Iran, a resistance rate of 4% had been estimated (30). Finally, in several studies, A. baumannii resistance to colistin is a big threat to medical centers in the next few years (31-34). The results of a study in Iran show that most clinical isolates of A. baumannii in our hospital are MDR. The remaining treatment options for critically ill patients with MDR A. baumannii infections are severely limited, and A. baumannii has begun to develop resistance even to colistin (35). AMR affects not only patients, but also healthy people in society. Resistant bacteria will spread rapidly among family members, classmates, and colleagues, and the health of community members will be threatened by new pathogenic species that are difficult and expensive to treat (36, 37).

The results of this study showed that antibiotic resistance among enterococci is increasing. This causes resistance in pathogenic bacteria and its spread to other bacteria. The results of this study showed that more than 60% of patients hospitalized in ICU were carriers of enterococci resistant to vancomycin. In a similar study in Iran, the rate of VRE was reported to be more than 40% (38). Enterococci are always looking for new methods to prevent the effects of antibiotics that are used (39). The global prevalence of VRSA has been steadily increasing over the past decades (40). Theories have been proposed for the persistence of VRE, such as co-selection of vancomycin resistance by other antibiotics, the common nature of enterococci in humans and animals, heavy metals, its ubiquitous presence in the natural environment, and its compatibility and sustainability (41). Vancomycin is a glycopeptide antibiotic that is used to treat enterococcal infections and is considered as the last line of treatment for these infections (42-44).

Globally, the prevalence of antibiotic-resistant enterococcal infections in many countries around the world is high and on the rise, and there is a heavy burden of disease in developing and developed countries, causing problems in the health system (45-47). The importance of investigating the amount of resistant strains in the ICU is because the colonization of VRE increases in sensitive people after being admitted to this department, because VRE is more common in this department than in other hospital departments. These infections occur mostly in people colonized with this bacteria. Therefore, the risk of infections from these strains is higher in patients admitted to the intensive care unit. Considering the high prevalence of VRE in ICUs and the importance of the survival of VRE in the hospital and its spread in the community, it is recommended to apply hospital infection control and continuous training of intensive care unit personnel.

CONCLUSION

This study showed that the antibiotic resistance level in Gram-negative bacteria has still been increasing, even among COVID-19 patients. Although monitoring of antibiotic-resistant microorganisms must be continued on all sides, these valuable data might guide physicians to choose the appropriate empiric treatment when they encounter complicated patients, especially in the COVID-19 pandemic situation. In addition, these types of studies will be the basis for establishing antimicrobial surveillance and regulating the application of therapeutic agents in large referral hospitals and in developing countries.

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