

**Non-albicans candida in critically ill patients in ICU of a tertiary care hospital - Indicator of failure of surveillance**

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**Abstract**

**Background:** Bloodstream infections (BSIs) remain a cause of concern for clinicians and microbiologists. The incidence of septicaemia due to different *Candida* species is increasing with non-albicans *Candida* species accounting for approximately half of all *Candida* BSIs. Amongst non-albicans *Candida* species, *Candida Auris* has emerged as one of the most important, multi-drug resistant pathogens in critically ill patients.

**Methods:** The study is designed to evaluate the isolation of bloodstream *Candida* species and perform their antifungal susceptibility pattern from patients admitted to Medical, neonatal and Paediatric ICU in a tertiary care centre. An attempt to correlate the underlying risk factors with bloodstream *Candida* species. This retrospective study comprised a total of 45 patients with bloodstream infection investigated in the Department of Microbiology

of University College of Medical Sciences (UCMS) and Guru Teg Bahadur Hospital (GTBH), Delhi from January 2019 to December 2019. Identification was done using Microscan and DNA sequencing.

**Results:** Of the 45 cases (out of 3024 strains) sent for strain identification by Microscan and DNA sequencing, *Candida Auris* was present in 26.66%, *Wickeromyces anamala* was present in 24.44%, *C. tropicalis* was present in 17.77%, *C. parapsilosis* was present in 15.55%, *C. glabrata* was present in 6.66% and other *Candida* was present in 8.88%. Overall, approximately 80% of our isolates were susceptible to all antifungals.

**Conclusions:** *C. Auris* is the leading pathogen in our patients, along with the rise in the incidence of *Wickeromyces anamala* which is usually an environmental contaminant. Regular surveillance and infection control

practices are future ventures to reduce the burden of infection in ICU settings.

**Keywords:** Micros can, DNA sequencing, Candida Auris, Wickeromyces Anomal

### Introduction

Bloodstream infections (BSIs) remain a cause of alarm for clinicians and a dilemma for diagnostic laboratories. Candida BSIs is increasingly being implicated as a major etiological agent in both immune-compromised and immunocompetent patients almost accounting for nearly 96% of all opportunistic mycoses<sup>1-4</sup>. The risk of Candida BSI in medical ICU patients has been attributed to various underlying factors with crude mortality, ranging from 35% to 67%<sup>4-9</sup>.

Though regional and geographic differences exist in the incidence of the different Candida species, non-albicans Candida accounts for approximately half of all Candida BSIs with Candida Auris emerging as the multi-drug resistant pathogen in critically ill patients<sup>4-6,10-13</sup>. The treatment guidelines favour the use of echinocandins in patients who are moderate to severely ill and recommend fluconazole for patients with mild invasive candidiasis<sup>14-18</sup>.

The intestinal reservoir and translocation of Candida is a predictive risk of hematogenous candidiasis; however, the practice of antifungal prophylaxis has led to the emergence of non albicans Candida species as the dominant pathogens<sup>1,2</sup>. Moreover, the presence of Candida colonization otherkin and mucosa of the healthcare workers shows its potential to transmit among HCWs in the hospital<sup>3,4</sup>. These pathogens are reported to be frequently resistant to various antimicrobials. This raises a serious concern especially in overcrowded health care setups and tertiary care hospitals of India, where lack of regular surveillance and antimicrobial stewardship cause drug-resistant microbes to persist in

critically ill patients<sup>19</sup>. The study was undertaken to find the pattern of isolation of bloodstream Candida species and the associated underlying risk factors from patients admitted to the Multidisciplinary intensive care unit (MICU), Neonatal intensive care unit (NICU) and Pediatric intensive care unit (PICU) of a tertiary care hospital in Delhi, India from January to December 2019.

### Materials and methods

This retrospective study comprised a total of 45 Candida isolates obtained from 8056 blood samples from patients with suspected bloodstream infection investigated in the Department of Microbiology of a tertiary care hospital, Delhi, India from January to December 2019. The study was initiated after obtaining institutional ethical clearance.

10-20 ml venous blood sample was collected from patients in BACTEC aerobic blood culture bottles using BD BACTEC system (Becton Dickinson and Company, USA) which was incubated up to 7 days at 37°C. Bottles flagged positive by the machine were withdrawn and subjected to gram staining. Subcultures were done on blood agar and MacConkey agar plates incubated overnight at 37°C for the isolation of the pathogen. Growth was subjected to the microscopic examination of gram-stained smears prepared from the colonies. The yeast-like growth were further subcultured on Sabouraud's Dextrose agar (SDA) with cycloheximide, 0.04% gentamicin and 0.005% chloramphenicol, (HI Media, India) at 37°C for 48 hours and on CHRO Magar medium (Hi media) at 30°C for 48 hours, as per standard techniques. Growth on SDA with white, creamy and round colonies was subjected to urea hydrolysis, germ tube test, and thermotolerance at 45°C<sup>20</sup>. Further suspensions of yeast were prepared and calibrated against the Micros can turbidity standard. The substrate containing wells of the Rapid Yeast Identification (RYI)

panel were inoculated with 50 µl of the suspension, and the panel was incubated aerobically for 4 h at 37°C. The enzyme activities of each isolate were determined by a colour change in the chromogenic substrates or a pH indicator on Micro Scan (Bio Rad, California, USA)<sup>21</sup>.

### Molecular Identification

For molecular analysis, all the yeast isolates were subjected to DNA extraction using a commercially available extraction kit (Hi Yield Genomic DNA Kit, RBC, Taiwan). Extracted DNA was amplified using pan fungal primers; ITS1 (5'-TCC GTA GGT GAA CCT GCGG-3') and ITS4 (3'-TCC TCC GCT TATT GATA TGC-5'). Purification of the PCR products and DNA sequencing was done commercially using ITS primers<sup>22</sup>. The sequence analysis was performed and compared with the sequences deposited in GenBank by using the BLAST program (<https://www.ncbi.nlm.nih.gov/blast/Blast.cgi>). The identification of species was defined by 99% sequence similarity with 99% query coverage.

### Antifungal susceptibility testing

Antifungal susceptibility was performed against Amphotericin B, Fluconazole, Voriconazole, Itraconazole and Posaconazole using E-strip agar diffusion method (Hi - Media, Mumbai Ltd.).

Due to financial constraint, Caspofungin was not included in antifungal susceptibility testing. The criteria for interpretation of susceptibility was based on the new criteria laid down by CLSI M27-A3<sup>23</sup>. As the breakpoints for *C. Auris* were not defined, the breakpoints suggested for yeast in CLSI M27-A3 were used to interpret the MICs for yeast, and other *Candida* species the CLSI M27-S4 was followed<sup>24,25</sup>.

### Statistical analysis

We performed statistical analysis using SAS 9.1 software (SAS Institute, Cary, NC). Categorical variables were

described using frequencies and 95% confidence intervals. Skewed distribution was described using medians, interquartile ranges, and maximums and minimums. The significance threshold was 0.05. Based on the pathogen detection results, the fungal isolates were classified as *C. albicans* alone or NAC (non-*albicans* *Candida*).

### Results

A total of 8056 blood samples from various ICUs were received in the Microbiology department from January 2019 to December 2019, of which 3024 were blood culture positive by BACTEC system. There were 45 isolates of non-*albicans* *Candida* (NAC) as identified on Microscan / molecular methods accounting for 1.4% of the total isolates. Among the 45 isolates, the majority of the patients admitted were from NICU (n = 21; 46.66%); MICU (n=17; 37.77%) followed by PICU (n=7; 15.55%) (Figure 1). The median duration of ICU stay in cases with NAC infection was 17 ± 5 days.

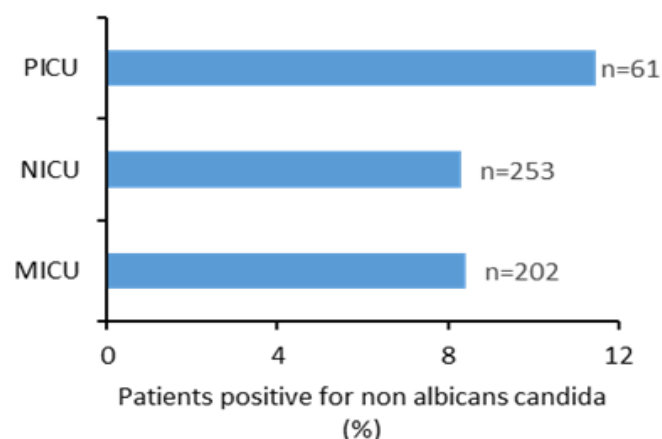


Figure 1: Distribution of isolates in blood culture (Jan-Dec 2019)

The demographic profile of patients is described in Table 1. Underlying sepsis was reported in 33.33%(n=15) of cases followed by low birth weight and respiratory distress syndrome 28.88%(n=13) amongst pediatric cases; while abdominal infection in 20% and hypo

glycaemia in 8.88% of neonates was observed. History of diabetes mellitus and post-hysterectomy sepsis was noted in 2.22% of adults admitted to MICU.

All patients admitted to the ICU had received injectable meropenem as an empirical management for sepsis. The administration of other antimicrobials to the patients were amikacin (73.33%), vancomycin (62.22%), amoxicillin-clavulanic acid (55.55%), piperacillin-tazobactam (55.55%), ceftriaxone (48.88%), linezolid (26.66%), colistin (22.22%), clindamycin (8.88%), levofloxacin (8.88%), ciprofloxacin (6.66%) and tigecycline (4.44%) (Table1).

Table 1: Baseline patient characteristics grouped by bloodstream infection

	Non albicanscandida(n=45)
Adults (no. %)	19(42%)
Paediatrics (no. %)	26(58%)
Male (no., %)	21 (47%)
Female (no., %)	24 (53%)
ICU settings	Mean number of days
MICU	17
NICU	19
PICU	17
Clinical spectrum	(no. %)
LBW and RDS	13(28.88%)
Sepsis	15(33.33%)
Abdominal infection	9(20%)
Term neonate with hypoglycaemia	4(8.88%)
Neonatal jaundice	2(4.44%)
Diabetes mellitus	1(2.22%)
Post Hysterectomy sepsis	1(2.22%)
Previous intake of	(no. %)

Antibiotics		
Amikacin		73.33%
Vancomycin		62.22%
Amoxicillin-clavulanic acid		55.55%
Piperacillin-Tazobactam		55.55%
Ceftriaxone		48.88%
Linezolid		26.66%
Colistin		22.22%
Clindamycin		8.88%
Levofloxacin		8.88%
Ciprofloxacin		6.66%
Tigecycline		4.44%
Empirical	MICU	Total Patients-9
Fluconazole	(no.%)	Death-1
Prophylaxis	NICU	Total Patients-16
	(no.%)	Death-1
	PICU	Total Patients-5
	(no.%)	Death-0

On molecular identification amongst 45 isolates, Candida Auris was isolated primarily in 26.66% cases, Wicker Hamo myces anomalus in 24.44%, C. tropicalis in 17.77%, followed by C. parapsilosis 15.55% and C. glabrata in 6.66% and others in 8.88%. (Table 1). Most of the patients were administered fluconazole monotherapy on basis of our preliminary report. All the isolates were 100% susceptible to amphotericin B, Itraconazole, posaconazole though reduced susceptibility was observed for fluconazole. Unlike the others, C. Auris demonstrated lower susceptibility (45%) to all the drugs. While C tropicalis showed 87.5% susceptibility to fluconazole; C glabrata was 33.3% susceptible to fluconazole and C. krusei with 66.66% susceptibility to voriconazole.

In our study, out of 45 patients with bloodstream infection, non-albicans candid aspp was predominant, a

total of 11 patients with candida BSI died of sepsis. Those patients admitted to I CUs and were administered antifungal treatment demonstrated low death rate, which is in concordance with previously published study Chakrabarti et al.<sup>26</sup>. Table 2 and 3 depicts the isolation of Candida albicans as the most common species globally unlike in India.

Table 2: Isolation of candida sp. in various international studies.

Sn.	Study	Place	Year	Isolates
1	Ngamchokwathana et al. <sup>43</sup>	Bangkok	2021	C. tropicalis (49.4%) C. albicans (28.8%) C. glabrata (16.7%) C. parasilosis (5.1%)
2	Chaves et al. <sup>44</sup>	Brazil	2021	C. Guillaumond (70%) C. famata (20%) C. pelliculosa (10%)
3	Silva et al. <sup>45</sup>	Brazil	2020	C. albicans (35.6%) C. parasilosis (30%) C. tropicalis (16.7%)
4	Raja et al. <sup>46</sup>	United Kingdom	2020	C. albicans (46.45%) C. parasilosis (22%) C. glabrata (16%)
5	Ahangarkani et al. <sup>47</sup>	Iran	2020	C. albicans (49%) C. Guillaumond (10.9%) C. tropicalis (9%) C. parasilosis (7.27%)
6	Brunette et al. <sup>(32)</sup>	Italy	2019	C. albicans (31.21%) C. parasilosis (24.35%) C. glabrata (4.08%)
7	Israel et al. <sup>(33)</sup>	Israel	2019	C. albicans (39.4%) C. glabrata (18.8%) C. tropicalis (18%)

8	Zhang et al. <sup>48</sup>	China	2019	C. parasilosis (38.3%) C. albicans (35.6%) C. glabrata (13.9%)
9	Lin et al. <sup>49</sup>	China	2018	Candida albicans (37.3%) C. parasilosis (24.1%) C. tropicalis (22.8%) C. glabrata (14.5%)
10	Lee et al. <sup>50</sup>	Taiwan	2018	C. parasilosis (50.3%) C. glabrata (11.1%) C. tropicalis (11.7%) C. Guillaumond (7.0%)
11	Bal desi et al. <sup>51</sup>	France	2017	C. albicans (61.4%) C. glabrata (14.3%) C. parasilosis (8%)

Table 3: Isolation of candida sp. in various Indian studies

Sn.	Study	Place	Year	Isolates
1.	Sowmya sridharan <sup>52</sup>	India	2021	C.tropicalis (37%) C.glabrata (18%) C.albicans (17%) C.parasilosis (11%)
2	Chakrabarti et al. <sup>26</sup>	India	2020	C.tropicalis (27.4%) C.albicans (22.8%) C.parasilosis (14.4%) C.auris (7.4%) C.krusei (7.4%)
3	Shilpeekumar et al. <sup>53</sup>	India	2018	C.tropicalis (40.8%) C.albicans (29.6%) C.glabrata (18.5%)
4.	Mathur et al. <sup>34</sup>	India	2018	C.glabrata (16%) C. Auris(17.5%) C.albicans (14%)
5.	Shivaprakash et al. <sup>28</sup>	India	2017	C.tropicalis (43.3%) C.albicans (25.2%) C.auris (6.4%)

## Discussion

The global status of non-albicans *Candida* as the emerging pathogen in health care facilities is a major cause of concern with limited options available for treatment<sup>27</sup>. Patients at risk for candidemia are increasing and often misuse of antifungals results in the selection of rarer yeast as pathogens. Various underlying factors like the use of indwelling medical devices, underlying malignancy, growing number of immunocompromised patients, long-term immunosuppressive/cytotoxic therapy in transplant or cancer patients and prolonged duration of hospital stay increases the susceptibility to hospital-acquired pathogens.

In the present study, empirical use of carbapenem antibiotics, uncontrolled diabetes, post-surgical sepsis and abdominal infections, increased the risk of development of *Candida* septicemia in adults. On the other hand, in neonates admitted to ICU, low birth weight, neonatal sepsis, respiratory distress syndrome and parenteral nutrition that resulted in prolonged hospital stay were noted as significant risk factors.

Earlier *Candida albicans* was considered as an important threat amongst BSIs but the use of prophylactic antifungal therapy has serendipitously led to a paradigm shift to NAC, eventually leading to fatal invasive fungal infections. Candidiasis has been reported to have a crude mortality rate of 30-50% especially in low-birth-weight neonates<sup>8,9</sup>

Furthermore, conventional techniques of isolation and identification procedures often lead to the mistaken identity of the species, which poses a potential threat to the critically ill patients in ICU. The overwhelming number of non-albicans *Candida* infections will pose great challenges to the existing infection control measures followed in tertiary health care facilities. Additionally overcrowding, compounded by lack of

proper surveillance, can eventually lead to the uncontrolled proliferation, persistence and circulation of *Candida* species in hospital environment and amongst the HCW. Ironically, we did not isolate *C. albicans* in our study, a complete replacement with NAC reflects upon the endogenous colonization of non-albicans *Candida* species in the critically ill patients admitted to our hospital.

Several co-morbidities like sepsis (33.33%), low birth weight and respiratory distress syndrome (28.88%), abdominal infections (20%), term neonate with hypoglycaemia (8.88%) were observed amongst patients but the SE & CI calculated of the various comorbidities were not statistically associated with isolation of NAC. However, the average duration of ICU stay was an important factor, found significantly associated with NAC (28,29). We observed that an average ICU stay of 17 days led to an increased risk of NAC septicemia, which may have allowed colonization and migration of *Candida* species from various anatomical sites or long indwelling intravenous catheters causing bloodstream infections. We also observed that empirical Fluconazole was administered to patients harbouring NAC, which is often the practice in tertiary care hospitals without performing prior antifungal susceptibility testing. The non-availability of an automated identification system or lack of an updated database in commercial platforms poses difficulty to correctly identify the pathogen and guide clinicians for proper antifungal usage.

In India, Biswalet al observed 21% of patients screened to be colonized by *C. Auris* (30). The species of *Candida* isolated from BSI in India has observed a change from *C. albicans* to *C. tropicalis* and now to *C. Auris* (Table 3). Though *C. albicans* is often associated with serious invasive fungal infections, other NAC species have emerged as clinically important pathogens causing

opportunistic infections. For instance, Wicker hamomyces are associated with outbreaks in pediatric cases and occasionally in adults (31).

Our study revealed high prevalence of *C. Auris* (26.66 %) while Wicker Hamo my cesanomalus sand *C. tropicalis* affected only 24.44% and 17.77 % of cases respectively which is contrary to other studies where *C. tropicalis* and *C. albicans* were the dominant species (28,32–34). The rise in Wicker Hamo my cesanomalus (formerly *Pichia anomalus* and *C. pelliculosa*) as a cause of fungemia has been associated with oropharyngeal and rectal colonization in children, often causing outbreaks. *W. anomalus* has been reported as the causative agent of nosocomial cerebral ventriculitis, endocarditis in intravenous drug abusers and urinary tract infections in renal transplant patients.

Cross-contamination with the hands of hospital personnel and survival on inanimate surfaces are implicated as potential reservoirs of such pathogens in the hospital. Further, frequent blood sampling and poor venepuncture care are well-identified risk factors for colonization by *Candida* (35–37).

*C.auris* being multidrug-resistant, a persistent colonizer amongst patients in ICU, is often responsible for high mortality in up to 30-60% of cases. The limitation of our study was the low number of isolates and short study period of 1 year, we could not find any significant association with the comorbidities. It poses a tremendous challenge to clinicians and health care providers in public health sectors (38).

Worldwide, the preferred drug of choice for treating resistant *Candida* species in BSI remains echinocandins, though amphotericin B deoxycholate remains the preferred drug as per the CDC (Centers for Disease Control and Prevention) guidelines in neonates (39–42).

Ours is 1500 bedded tertiary care hospital catering to patients with direct admissions and referred from private sectors residing in Delhi and also from adjoining states. Frequently, every year during the months from May to June, NICU admissions are estimated to be the highest, when an investigation in NICU (data not shared) led to the isolation of Wicker hamomyces causing BSI. On multiple sampling, the probable reservoir was traced to a source of water used for the preparation of infant oral feeds. It is has been established that *W. anomalus* fungemia causes outbreaks in pediatric units as they frequently survive in food and organic compounds. Supplemented by overcrowding, poor hand hygiene, inadequate infection control measures and various other activities like the use of mobile phones, X-ray machine, ventilators add to environmental contamination and promote the persistence of these pathogens in ICU. Lack of manpower and poor vigilance on infection control policy in ICU and high dependency units makes them the epicenters of emerging drug-resistant pathogens in these vulnerable zones of hospitals. The Covid-19 pandemic has provided valuable lessons on hygiene and social distancing. Therefore, if we continue to adhere to simple practices like hand hygiene, wearing masks and/or PPE in ICUs as a part of infection control programme like SARSCoV-2 preventive protocols, the burden of infection by emerging drug-resistant pathogens may certainly see a downfall.

### Conclusion

This study differentiated several factors promoting environmental survival and transmission of non-albicans *Candida* species, in hospital ICU. *C.auris* remains a predominant pathogen in patients admitted to medical and neonatal ICU, along with a rise in the incidence of Wicker hamomyces anomalus. Though an environmental contaminant, it frequently causes outbreaks. It is time to

switch over to molecular tools for correct identification and provide specific antifungals as per the resistance profile and avoid over usage of azoles. Regular surveillance, care of venepuncture and intravenous lines and infection control practices to be strictly followed in tertiary care hospitals to reduce the survival of these microbes in the hospital environment and ensure the favorable patient outcome in ICU settings.

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