

# Clinical and Bacteriological Profile of UTI Patients in Medicine Department in a Teaching Hospital of Bangladesh

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## Abstract:

**Introduction:** Urinary tract infections (UTIs) encompass a wide array of infections, accounting for a vast number of community as well as hospital acquired infections. This study was undertaken to evaluate the clinical presentations and bacteriological profile of UTI patients in indoor setting.

**Methods:** This 6 months cross-sectional study enrolled 100 patients admitted in Medicine department of Sylhet MAG Osmani Medical College Hospital with symptoms and signs of UTI subsequently confirmed by compatible investigations including urine culture.

**Results:** Among 100 patients of UTI, maximum were females (67%) and the male female ratio was 0.49: 1. The most common age group was 46–60 years (34%). Majority (68%) of the patients had upper UTI while lower UTI constitutes 32%. 66% of the patients had complicated while 34% have

uncomplicated UTI. 18% of the patients had recurrent UTI. Most of the patients had fever (55%), followed by loin pain (37%) as their presenting symptoms. The most common risk factor was loss of host defense 38% (diabetes mellitus/ use of immunosuppressive drugs). Out of 100, 60 urine samples were positive for pathogenic organisms. *Escherichia coli* was isolated in 41 (68.3%) of the positive samples, followed by *Klebsiella sp* 13 (21.6%), *Pseudomonas sp* 3 (5%) *Proteus sp* 2 (3.3%) *Staph. Aureus* 1 (1.66%).

**Conclusion:** The most common clinical presentations of UTI in admitted UTI patients are fever and loin pain. Diabetes mellitus is the most important risk factor. Mainly Gram negative bacilli were found to be responsible for UTI and most frequent isolated bacteria was *E-coli*.

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## Introduction:

Urinary tract infection (UTI) may be defined as inflammatory disorders of the urinary tract caused by abnormal growth of pathogens<sup>1</sup>. UTI is one of the

most common bacterial infections among male and female affecting 150 million people worldwide<sup>2,3</sup>. In Bangladesh it is also one of the most important causes of morbidity at both outdoor and indoor setting. Lack of proper research, faulty diagnostic procedures, abuse of chemotherapeutic agents and little or no preventive measures are all common attributing factors<sup>4</sup>.

Clinically, UTI is uncomplicated and complicated. When the infection occurs in otherwise healthy and has no structural or neurological urinary tract abnormalities, it is an uncomplicated UTI<sup>5</sup>. Complicated UTIs are defined as UTIs associated with factors that compromise the urinary tract or host defense, including urinary obstruction, urinary retention caused by neurological disease, immunosuppression, renal failure, renal transplantation, pregnancy, and the presence of foreign bodies such as calculi, indwelling catheters, or other drainage devices<sup>6,7</sup>.

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It is reported that 70–80% of complicated UTIs are attributable to indwelling catheters, accounting for 1 million cases per year in the United States<sup>8</sup>. Risk factors for developing a catheter associated UTI include prolonged catheterization, female gender, older age, and diabetes<sup>9</sup>.

The symptoms associated with the bladder and kidney infections are contrasting. Painful and frequent urination in case of cystitis as a result of bladder infection whereas high fever and flank pain in case of kidney infection are the common phenomena<sup>10</sup>.

The infection encompasses a diverse group of clinical syndromes and diseases that differ in epidemiology, etiology, and location severity of the condition<sup>11</sup>. In addition to the above factors, it also varies in symptoms, frequency of recurrence, extent of damage caused, and presence of complicating factors<sup>12</sup>. The occurrence of bladder infection is usually followed by kidney infection, and results in blood-borne infection and in severe circumstances can lead to severe consequences including death. Therefore, UTI is capable of claiming lives under severe circumstances and proper treatment results in quick recovery from the contagion<sup>13</sup>.

In the presence of risk factors such as female sex, diabetes, obstructive uropathy, previous instrumentation, and chronic kidney disease (CKD), the treatment becomes even more challenging. Various studies done worldwide have shown changing pattern in etiology of UTIs<sup>3</sup>. The present trends of the uropathogens and their susceptibility to various antibiotics are essential to formulate guidelines for the empirical treatment of UTIs while awaiting the culture sensitivity<sup>12</sup>.

The major pathogens causing UTI are *E. coli* and *Pseudomonas sp*, *Proteus sp*, *Klebsiella sp* etc<sup>6</sup>. Increasing antibiotic resistance among urinary pathogens, especially *E. coli*, to commonly prescribed drugs like Cotrimoxazole has become a global reality<sup>7</sup>.

Hence, the present study was an attempt to evaluate the current clinical and bacteriological profile of UTI patients in our hospital.

#### Methods:

This 6-month cross-sectional study was undertaken in the Department of Medicine, Sylhet MAG Osmani Medical College, Sylhet from January 2019 to June

2019 by convenient sampling. Total of 100 patients admitted Medicine indoor Department with symptoms (Urgency, frequency, dysuria, lower abdominal pain, loin pain, fever, vomiting, incontinence, confusional state) and signs (Increased temperature, loin and/or pelvic tenderness tenderness) of UTI confirmed by pertinent investigations (CBC, Urine R/E and C/S, USG of KUB in necessary cases, S Creatinine, RBS) including urinary culture either positive or negative were selected for the study. Patients aged <13 years were excluded from the study.

UTI involving Kidney and ureter is taken as upper UTI, whereas involving urinary bladder and urethra is taken as lower UTI. When the infection occurs in otherwise healthy and has no structural or neurological urinary tract abnormalities, it is an uncomplicated UTI. Complicated UTIs are defined as UTIs associated with factors that compromise the urinary tract or host defense, including urinary obstruction, urinary retention caused by neurological disease, immunosuppression, renal failure, renal transplantation, pregnancy, and the presence of foreign bodies such as calculi, indwelling catheters, or other drainage devices. Reinfection in urinary tract with any organism after an interval is taken as recurrent UTI. Bladder outflow obstruction, anatomical abnormality, neurological problems, foreign body, loss of host defense is taken as risk factors of UTI.

Detailed history was taken from patient and patient attendants regarding clinical presentation (including diagnosis, complication, risk factor and recurrence) of UTI.

Data were processed manually and analyzed with the help of SPSS version 22. Quantitative data were expressed as mean and standard deviation, qualitative data were expressed as frequency and percentage.

#### Results:

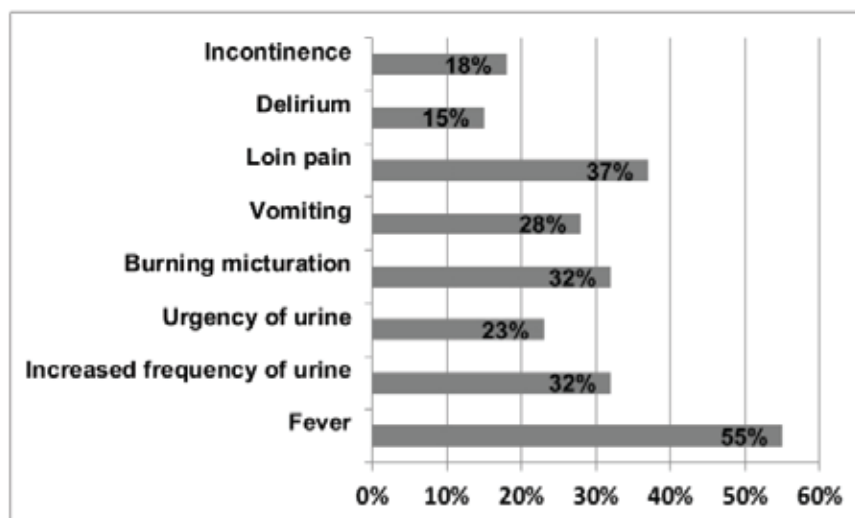
Among 100 patients of UTI, maximum were females (67%) and the male to female ratio was 0.49:1. The most common age group was 46–60 years (34%). The mean age was 54.19±3.94 years. The median age was 55 years and ranged between 17 to 100 years. Most of the patients completed primary education (52%). 21% did not receive any institutional education. Most (54%) of the patients belong to income range of 10,000 to 20,000 taka per month. (Table 1)

Table 1

Demographic profile of study patients (n=100)		
Traits	Frequency	Percentage
<b>Age</b>		
Mean	54.19	
Minimum	17	
Maximum	100	
15-30	10	10
31-45	23	23
46-60	34	34
61-75	24	24
76-90	8	8
91-105	1	1
<b>Gender</b>		
Male	33	33
Female	67	67
<b>Educational status</b>		
None	21	21
Primary	52	52
Secondary	24	24
Tertiary	3	3
<b>Socioeconomic status(Income range -Taka/month)</b>		
<10,000	32	32
10,000-20,000	54	54
>20,000	14	14
<b>Marrital status</b>		
Married	95	95
Unmarried	5	5

Most of the patients had fever (55%), followed by loin pain (37%), burning and increased frequency of micturition (32%), vomiting (28%), urgency of urine (23%), delirium (15%) incontinence 18(%). (Figure 1)

Figure 1: Symptoms of UTI



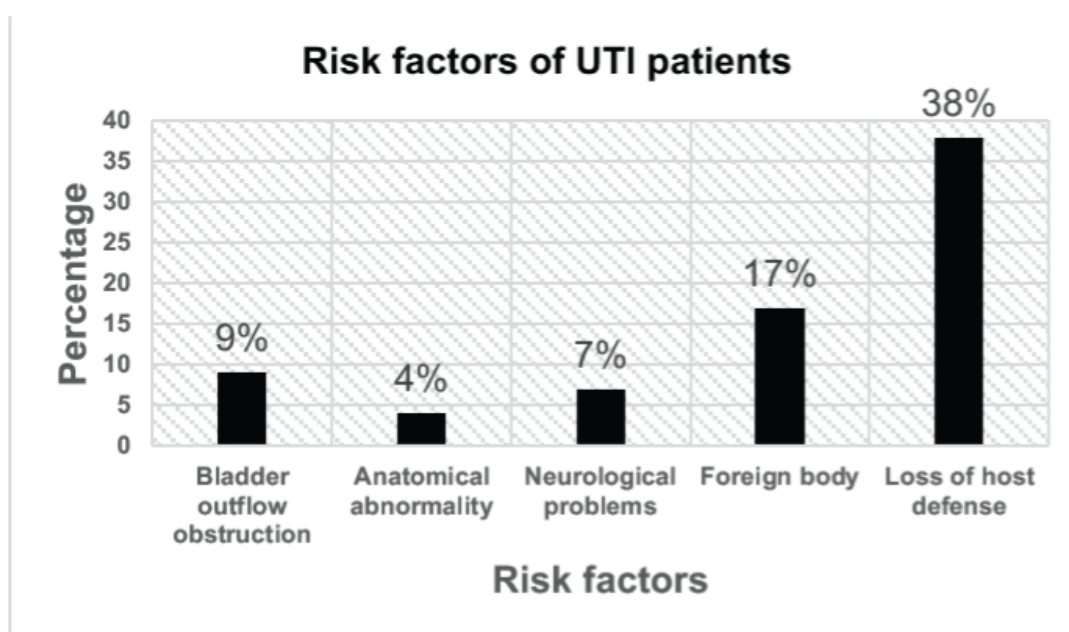
Majority (68%) of the patients had upper UTI while lower UTI constitutes 32%. 66% of the patients had complicated UTI, while 34 % have uncomplicated UTI. 18% of the patients had recurrent UTI. (Table 2)

Table 2

Pattern of UTI in study patients		
Traits	Frequency	Percentage
<b>Diagnosis</b>		
Upper UTI	68	68
Lower UTI	32	32
<b>Complication Status</b>		
Complicated	66	66
Uncomplicated	34	34
<b>Recurrence</b>		
Recurrent	18	18
Not recurrent	82	82

The most common risk factor was loss of host defense 38% (diabetes mellitus/ use of immunosuppressive drugs) followed foreign body (17%) like urethral catheter or stone anywhere in urinary pathway, 9% have bladder outflow obstruction like BEP or urethral stricture, 4% have neurological problem like Stroke, and 4% have anatomical abnormality like uterine prolapse. (Figure 2)

Figure 2: Risk factors of UTI patients



**Table 3**

<b>Risk factors of UTI among study patients (n=100)</b>		
<b>Traits</b>	<b>Frequency</b>	<b>Percentage</b>
<b>Present</b>	<b>60</b>	<b>60</b>
<b>Absent</b>	<b>40</b>	<b>40</b>

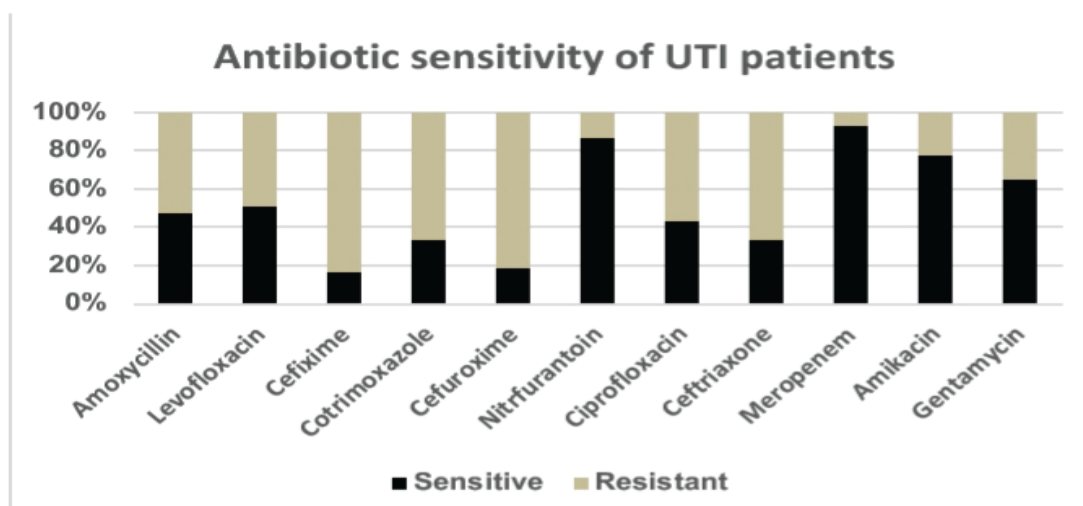
Out of 100 urine samples 60 were positive for pathogenic organisms. *Escherichia coli* was isolated in 41 (68.3%) of the positive samples. This was followed by *Klebsiella sp* 13 (21.6%), *Pseudomonas sp* 3 (5%) *Proteus sp* 2 (3.3%) *Staph. Aureus* 1 (1.66%). (Table 4)

**Table 4**

<b>Microbiological pattern in study patients(n=100)</b>		
<b>Traits</b>	<b>Frequency</b>	<b>Percentage</b>
<b>Organism</b>		
<b>Present</b>	<b>60</b>	<b>60</b>
<b>Absent</b>	<b>39</b>	<b>39</b>
<b>Gram Stain</b>		
<b>Gram + ve</b>	<b>1</b>	<b>1.7</b>
<b>Gram -ve</b>	<b>59</b>	<b>98.3</b>
<b>Individual Bacteria</b>		
<b>E Coli</b>	<b>41</b>	<b>68.3</b>
<b>Klebsiella</b>	<b>13</b>	<b>21.6</b>
<b>Pseudomonas</b>	<b>3</b>	<b>5</b>
<b>Proteus</b>	<b>2</b>	<b>3.3</b>
<b>Staph aureus</b>	<b>1</b>	<b>1.6</b>

As a whole all organisms are mostly sensitive to Nitrofurantoin (86.2%), Meropenem (93.1%), Amikacin (77.2%), and Gentamycin (64.9%) and mostly resistant to Cefixime (83.3%), Cefuroxime (81.4%), and Ceftriaxone (66.9%). (Figure 3)

**Figure 3: Antibiotic sensitivity of UTI patients**



### Discussion:

UTI is a common clinical problem in both the community and health care associated settings. Epidemiologically urinary tract infections account for seven million office visits and one million emergency department visits, resulting in 100,000 hospitalizations yearly, making them the most common bacterial infections in outpatient and emergency department setting. Financially, the estimated annual cost of UTI is significant, at approximately \$1.6 billion<sup>14</sup>.

In the present study, 67% of the patients were females and 33% of the patients were males with male female ratio of 0.49: 1. Similar finding had been observed by another study by Kibret et al in Ethiopia which reported UTIs in 66% of the females and 34% of males<sup>15</sup>. The reason behind this high prevalence of UTI in females is due to proximity of the urethral meatus to the anus, shorter and wider urethra, sexual intercourse, incontinence, and less acidic pH of vaginal surface and poor hygienic conditions<sup>11-13</sup>.

The incidence of UTI increases with age<sup>16</sup>. In the present study, age ranged between 17 and 100 years. The most common age group was 46–60 years comprised of 34% of the patients and the mean age

was 54.19 ( $\pm 3.94$  SD) years. A study from Vadodara, India showed maximum UTI patients in the age group of 50 to 69 (41.25%)<sup>17</sup>.

UTI usually develops in the lower urinary tract (urethra and bladder), and if not properly treated, they ascend to the upper urinary tract (ureters and kidneys) and cause severe damage to the kidneys<sup>16</sup>. In the present study, 66% of the patients had complicated type of UTI (Remaining 6 UTI patients had been labeled as complicated UTI upon their pregnancy as because pregnancy with UTI is complicated. Pregnancy was not encountered as risk

factor for UTI in Data collection tool but history of pregnancy is documented in data). while 34% of the patients had uncomplicated UTI. These findings were consistent with a study by Stefaniuk E et al. in Poland reported 37.8% of patients with uncomplicated UTI and 62.2% had a complicated infection<sup>18</sup>.

In the present study, the most common clinical presentation was fever noted in 55% of the patients followed by loin pain which was present in 37% of the patients. The other presentations were increased frequency of urine and burning during micturition



32%, vomiting 28%, urgency of urine 23%, incontinence 18%, and delirium 15%. A study from north Indian tertiary care center reported that most of the patients with symptomatic UTI complained of mild fever, increased frequency, and burning during micturition along with urgency<sup>11</sup>, while another study by Eshwarappa M et al. demonstrated fever and dysuria being the most common clinical presentation<sup>19</sup>. Our study only included admitted patients which may explain the dominance of fever in the clinical presentation.

60% of the patients have at least one risk factors, while 40% having no risk factors to develop UTI. The most common risk factor was loss of host defense 38% (diabetes mellitus/ use of immunosuppressive drugs) followed foreign body (17%) like urethral catheter or stone anywhere in urinary pathway, 9% have bladder outflow obstruction like BEP or urethral stricture, 4% have neurological problem like Stroke, and 4% have anatomical abnormality like uterine prolapse. Similar study from South India reported that diabetes was the most common factor associated with complicated UTI which is consistent with the present study<sup>19</sup>. Nicolle LE et al. also demonstrated that the risk of developing UTI in diabetic patients is higher and urinary tracts the most common site for infection<sup>20</sup>.

Raval R et al. in his bacteriological study revealed the involvement of gram negative enteric organisms as commonly causing urinary tract infections, such as *E. coli*, the *Klebsiella* species, and the *Proteus* species.<sup>17</sup> Findings in our study also coincide with the previous studies, gram negative bacilli was more common and *Escherichia coli* constituted the largest group with a prevalence of 68.3 %, followed by *Klebsiella sp* 21.6%, *Pseudomonas sp* 5%, *Proteus sp* 3.3% and *Staph Aureus sp* 1.6%. Similar finding is also reported in a recent study in Dhaka city of

Bangladesh where *E coli* was most frequent (69%).<sup>21</sup> Other investigators also reported higher association of *E. coli* (66.67% and 77.8% cases respectively) in UTI patients<sup>19,20</sup>.

Overall antimicrobial sensitivity and resistance of isolated uropathogens in this study showed relatively high resistance to Amoxicillin (52%), Cotrimoxazole (66.90%) Cefixime (83.30%), Cefuroxime (81.40%) and Ceftriaxone (68.90%) which correlates with a previous study done by Haque et al in Bangladesh.<sup>22</sup>

Meropenem 93.1%, Nitrofurantoin 86.20%, Amikacin 77.20 %, and Gentamycin 64.90% were found to be sensitive to identified uropathogens. These findings are quite consistent to the findings of another study done in King Fahad Hospital Saudi Arabia<sup>23</sup>.

Limitations of our study were small sample size, inclusion of only admitted patients which is not representative of total community. As we enrolled the patients of indoor setting of a Govt. Hospital, so poor educational status as well as low socioeconomic status were in background information.

### Conclusion:

Based on the findings of this study, it may be concluded that, the most of the UTI patients present with fever, Loin pain, burning micturition and increased frequency of micturition. Vomiting, urgency of micturition, incontinence and delirium are less common as clinical presentation. Diabetes mellitus is the most important risk factor of UTI. Most frequent isolated bacteria was *E-coli*.

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