# ORIGINAL ARTICLE

# *Pseudomonas* Keratitis Predominance in Government Hospitals in Johor, Malaysia

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# ABSTRACT

Introduction: Keratitis is an eye-threatening condition, which requires immediate treatment, due to the rapid progression when the infection caused by Pseudomonas aeruginosa. This study aimed to describe the socio-demographic factors and risk factors related to Pseudomonas keratitis in selected six government hospitals in Johor, Malaysia. Methods: An 18 months cross-sectional study was conducted among bacterial keratitis patients from six government hospitals offering ophthalmology services in Johor, Malaysia. The cases were confirmed through a positive culture of *Pseudomonas aeruginosa*. All data on socio-demographic factors, risk factors, and symptoms were recorded using a data collection form and analysed using the Statistical Package for Social Sciences (SPSS) software version 26. Results: Fifty-five patients were diagnosed with Pseudomonas keratitis in this study. The majority of patients were males (65.5%) with a mean age of 41.22 years old. The majority of patients were of Malay ethnicity (60.0%). More than a quarter of cases are involved in office-oriented jobs (n=14, 25.5%). The major risk factors in this study were contact-lens usage (n=25, 45.5%), trauma (n=20, 36.4%), ophthalmic steroid usage (n=16, 29.1%), ocular surface disease (n=12, 21.8%) and previous eye surgery (n=4, 7.3%). This study found underlying medical illness (p=0.036) and ocular surface disease (p=0.051) are significantly associated with Pseudomonas keratitis. Conclusion: The present study is the first study in Malaysia focusing on Pseudomonas keratitis. This study provides additional information on the epidemiology data of keratitis in Malaysia. Future studies shall be extended to all government hospitals in Malaysia to obtain better insight on the disease burden of keratitis especially on Pseudomonas keratitis. Malaysian Journal of Medicine and Health Sciences (2024) 20(2): 4-10. doi:10.47836/mjmhs.20.2.2

Keywords: Contact-lens; Keratitis; *P.aeruginosa*; Risk factors; Socio-demographic

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#### INTRODUCTION

*Pseudomonas* keratitis is a severe pathological manifestation that can lead to blindness, although better treatment options are available today [1,2]. In particular, keratitis caused by *Pseudomonas aeruginosa* cause severe disease presentation than other bacteria due to the fact that *Pseudomonas aeruginosa* produces various endotoxin and enzymes which can damage the cornea directly or leave bacterial products which aggravates the host immune response even after the bacteria no longer multiplying in cornea [3]. Although *Pseudomonas* keratitis easily identified yet the ulcer is far more difficult to treat and often result in poor visual outcome

or even severe cases leaving scar even after the ulcer healed. Due to the severity of the disease, *Pseudomonas* keratitis gained more attention among ophthalmologists compare to keratitis caused by other organisms [4].

*Pseudomonas aeruginosa* has a unique ability to adhere to living cells and also non-living materials such as contact-lenses [5]. The bacterium also produces various virulence factors such as ExoU, ExoS, alkaline protease and possess flagella that enabling it to move reside in the cornea without being destroyed by the natural corneal immune system. Virulence factors such as ExoU and ExoS was described in previous study as important factors in *Pseudomonas* keratitis [6,7].

The prevalence of *Pseudomonas* keratitis in Malaysia presented since the first study in 2005 [8] till now [9]. Moreover, the pattern of socio-demographic factors and risk factors are similar across studies in Malaysia in

which gender males aged between 40-60 years old and ethnic Malay are the most affected group. In addition, similar risk factors were observed, like contact-lens usage to be the major risk factor in microbial keratitis associated with *Pseudomonas aeruginosa*. Globally, some literature reported that the most common isolated organism for bacterial keratitis was *Pseudomonas aeruginosa* [10–15].

The aim of this study was to determine the proportion of *Pseudomonas* keratitis, to determine the sociodemographic, the risk factors, the symptoms and the association of these parameters with *Pseudomonas* keratitis in patients attending selected government hospitals in Johor, Malaysia. Moreover, the data from this study aimed to provide information to relevant policy makers on strengthening the measures on the prevention of eye injuries and to create awareness on the importance of eye protection among target groups in the community.

#### MATERIALS AND METHODS

#### **Research Design**

A cross-sectional study was carried out in selected government hospitals in Johor, Malaysia. The study duration was from June 2019 to December 2020. All patient information was collected using a data collection forms that collected data on patients' gender, age, ethnicity, occupation, risk factors and also symptoms.

# **Study Location**

Johor, Malaysia's southernmost state, occupies a land area of 19,166 km2. The population of Johor was estimated at 3.76 million as of 2019 [16]. The state has ten districts. Johor Bahru, the capital city of Johor, is home to nearly 42% (1.6 million) of the state population. The state has twelve government hospitals, with six hospitals offering ophthalmology services. The hospitals which was selected for this study was Hospital Sultanah Aminah (HSA), Johor Bahru, Hospital Sultan Ismail (HSI), Johor Bahru, Hospital Pakar Sultanah Fatimah (HPSF), Muar, Hospital Sultanah Nora Ismail (HSNI), Batu Pahat, Hospital Enche Besar Hajjah Khalsom (HEBHK), Kluang and Hospital Segamat (HDS), Segamat [17].

# **Study Population**

The study population consisted of adult patients aged 18 years above attending the eye clinics with a clinical diagnosis of microbial keratitis and adult inpatients aged 18 years above treated for microbial keratitis with no prior referral from the eye clinic in the selected hospital. This study did not include reports or samples or isolates originating from vitreous/ aqueous, anterior chamber, orbital or washing fluid, biopsy tissue, lacrimal gland/canal, enucleation, intraocular and other non-routine specimens or reports of patients presenting with viral or Acanthamoeba keratitis or ulcers reported due to burn or chemical exposure and minors aged 0-17 years old as the prevalence of microbial keratitis among this age group is low.

# **Study Ethics**

This study involved patients clinically diagnosed with bacterial keratitis who received treatment in six government hospitals offering ophthalmological services in Johor, Malaysia. The Malaysian Research Ethics Committee ethically approved this study (NMRR-19-545-45941(IIR)).

#### **Statistical Analysis**

Data on socio-demographic factors (gender, age, ethnicity, occupation, and underlying medical illness), risk factors, and symptoms were collected from clinical notes. Statistical analysis for descriptive analysis was performed using SPSS software version 26.0 (IBM Corp., Armonk, NY).

# RESULTS

A total of eighty-nine patients were identified with bacterial keratitis from all six hospitals. Out of these 89 patients, 55 patients (61.8%) were culture positive with *Pseudomonas aeruginosa*, 21 patients (23.6%) were infected with gram-positive organisms such as Staphylococcus aureus, Coagulase-negative Staphylococcus and few others and 13 patients (14.6%) were infected with gram-negative other than *Pseudomonas aeruginosa* such as Pseudomonas spp., Entrobacter spp. and few others. The list of bacteria isolated listed in Table I.

The mean age was  $41.2 \pm 15.7$  years (range:18–79 years). Most patients were male (n = 36, 65.5%) and belonged to the Malay ethnicity (n = 33, 60%). This study divided the data for occupation into eight categories, namely office jobs (n = 14, 25.5%), other jobs such as night market seller, shoe vendors (n = 10, 18.2%), retirees (n = 8, 14.5%), agricultural workers such as palm oil worker (n = 7, 12.7%), students (n = 5, 9.1%), construction workers (n = 4, 7.3%), factory workers (n = 4, 7.3%), and housewives (n = 3, 5.5%). More than 70% of the patients did not have any underlying medical illness (n = 41, 74.5%), while the rest of the patients had diabetes (n = 6, 10.9%), hypertension (n = 7, 12.7%), hyperlipidemia (n = 3, 5.5), other types of systemic diseases such as thyroid storm, cancer, and others (n = 6, 10.9%). (Table II).

In this study, five major risk factors were reported in the patients diagnosed with *Pseudomonas* keratitis in this region. The risk factors are contact-lens usage (n = 25, 45.5%), followed by ocular trauma (n = 20, 36.4%), ophthalmic steroid usage (n = 16, 29.1%), ocular surface disease (n = 12, 21.8%), and previous

Table I : Bacteria	<b>Isolated Among</b>	<b>Patients</b>	In Selected	Government
Hospitals In Johor	, Malaysia			

Table II : Sociodemographic Data Of Patients With Pseudomonas Keratitis

Organism	Frequency	Percentage
	(n)	(%)
Pseudomonas aeruginosa	55	61.8
Staphylococcus aureus	9	10.1
Coagulase Negative Staph	4	4.5
Citrobacter koseri	1	1.1
Bartonella sp.	1	1.1
Serratia marcesens	2	2.2
Streptococcus pneumoniae	1	1.1
Acinetobacter iwoffi	1	1.1
Moraxella laanata	1	1.1
Klebsiella terrigena	1	1.1
Achromobacter xylosoxidans	1	1.1
Enterobacter cloacae	1	1.1
Klebsiella pneumoniae	1	1.1
Pseudomonas luteola	1	1.1
Pseudomonas stuzeri	1	1.1
Brevibacterium frigoritolerans	1	1.1
Staphylococcus epidermidis	1	1.1
Bacillus paramycoides	1	1.1
Bacillus albus	1	1.1
Cellulomonas flavigena	1	1.1
Bacillus proteolyticus	1	1.1
Staphylococcus saprophyticus	1	1.1
Pseudomonas montailli	1	1.1
Total	89	100.0

eye surgery (n = 4, 7.3%) (Table III).

Table III lists the symptoms reported among patients with Pseudomonas keratitis. About 47% of the patients had three symptoms (n = 26, 47.3%) when the infection set in. More than 85% of the patients reported experiencing redness (n = 49, 89.1%) followed by eye discharge (n = 25, 45.5%), blurry vision (n = 23, 41.8%), itchiness (n = 5, 9.1%), and other symptoms such as grittiness and sensitivity (n = 28, 50.9%) during the onset of the infection (Table IV).

Further analysis was conducted using Chi-square to find the association between socio-demographic factors, risk factors and symptoms with Pseudomonas keratitis. The analysis found a significant association between underlying medical illness (p=0.036), and ocular surface disease (p=0.051), The rest of the factors are not significantly related with Pseudomonas keratitis (Table V).

Demographic variable	Frequency (n)	Percentage (%)
Age		
< 60	45	81.8
> 60	10	18.2
Gender		
Male	36	65.5
Female	19	34.5
Ethnicity		
Malay	33	60.0
Chinese	9	16.4
Foreigner	7	12.7
Indian	6	10.9
Occupation		
Office	14	25.5
Other jobs	10	18.2
Retired	8	14.5
Agriculture	7	12.7
Student	5	9.1
Construction	4	7.3
Factory	4	7.3
Housewife	3	5.5
Underlying Medical Illness*		
No known medical illnesses	41	74.5
Diabetes	6	10.9
Hypertension	7	12.7
Hyperlipidemia	3	5.5
Others	6	10.9

#### Table III : Predisposing Risk Factors For Pseudomonas Keratitis

Predisposing risk factor*	Frequency (n)	Percentage (%)
Contact lens	25	45.5
Ocular trauma	20	36.4
Ophthalmic steroid usage	16	29.1
Ocular surface disease	12	21.8
Previous eye surgery	4	7.3

\*some patients had more than one risk factor

#### DISCUSSION

Pseudomonas aeruginosa was first isolated and named Bacillus pyocyaneus in 1882. Later, in 1891, Sattler Malaysian Journal of Medicine and Health Sciences (eISSN 2636-9346)

Table IV : Reported S	symptoms For	Pseudomonas Keratitis	
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Symptom	Frequency (n)	Percentage (%)
Number of symptoms		
One	6	10.9
Two	23	41.8
Three	26	47.3
Type of symptom		
Redness	49	89.1
Discharge	25	45.5
Blurry vision	23	41.8
Itchiness	5	9.1
Others	28	50.9

reported the first case of corneal ulcer caused by Bacillus pyocyaneus i.e., *Pseudomonas aeruginosa*. Since then, *Pseudomonas aeruginosa* has become the most dominant pathogen in microbial keratitis [18]. Keratitis caused by *Pseudomonas aeruginosa* often progresses rapidly, with onset occurring within 24 hours after the bacterium comes in contact with the corneal layer. This kind of keratitis usually sets in when there is trauma to the corneal layer, or there is a contact with a contaminated soft lens or contact-lens cleaning solution, and also among immunocompromised individuals [19].

Although Pseudomonas aeruginosa often addressed as an opportunistic pathogen causing infection only in immunocompromised individuals [20], yet it has 18 different types of virulence effectors which are important components in causing infection in mammals [6]. Among these virulence factors, ExoU regarded as the most toxic effector protein which can cause severe disease with poor prognosis due to the fast and irreversible damage secreted by the phospholipase activity of ExoU [6]. On the other hand, Callaghan et al reported protease IV (PIV) and Pseudomonas aeruginosa small protease (PASP) as the main endotoxins isolated from strains of Pseudomonas aeruginosa that causes corneal ulcer or keratitis. PIV is able to destruct host defensive proteins and induce inflammation while PASP is capable of causing erosion on collagen-rich cornea. These exclusively Pseudomonas-secreted proteases are the major virulence factors in *Pseudomonas* keratitis [21].

In the present study, *Pseudomonas* keratitis showed a preponderance of males more than females. This pattern of gender is similar in all Malaysian studies [8,22,23] and many studies globally, especially from the Asian continent [2,24,25]. The preponderance exists due to differences in the risk factors that lead to keratitis. In Asia, males are predominantly involved in activities risking eye injury such as outdoor activities,

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Factors	Frequency (n)	<i>p</i> Value	
Socio-demographic			
Age			
< 60	45	0.542	
> 60	10		
Gender			
Male	36	0.724	
Female	19		
Ethnicity	40		
Malaysian Non-Malaysian	48 7	0.298	
Occupation			
Office	14	0.599	
Other jobs	10	0.779	
Retired	8	0.284	
Agriculture	7	0.298	
Students	5	0.233	
Construction	4	0.108	
Factory	4	0.792	
Housewife	3	0.578	
Underlying Medical Illness			
No known medical illnesses Having medical illness	41 14	0.036*	
Risk Factors			
Contact lens	25	0.290	
Ocular trauma	20	0.919	
Ophthalmic steroid usage	16	0.057*	
Ocular surface disease	12	0.051*	
Previous eye surgery	4	0.792	
Symptoms			
Redness	49	0.057*	
Discharge	25	0.205	
Blurry vision	23	0.628	
Itchiness	5	0.415	
Others	28	0.649	

\*p < 0.05= statistically significant, (p= Chi square)

handling heavy machineries, working on high-rise buildings and many other risky activities compared to females [26]. Nevertheless, 81.8% of the patients in this study are below 60 years old, which falls into the productive age group. This productive age group are actively involved in the workforce in this region. Again, a similar trend was observed in most of the Malaysian studies [27,28] and in most studies from the Asian continent [29–31]. As for ethnicity, the pattern is also similar to almost all of the studies in Malaysia, as Malays are the major ethnic in the country, making up almost 60% of the population in this region [32].

A guarter (n = 14, 25.5%) of the cases were reported among the patients involved in office-oriented jobs, namely office workers such as management officers, clerks, teachers, insurance agents and many more. According to Department of Statistics Malaysia census in 2022, more than half of the labour force in Johor works in the service sector (59.5%), followed by the manufacturing sector (24.5%), construction (8.4%), and agriculture (7.2%) [32]. Besides, these office workers are the most active users of contact lens; in this study, 45.5% of the cases presented with this risk factor. This finding is in line with other studies in Malaysia, which reported contact-lens usage as the main risk for keratitis caused by Pseudomonas aeruginosa [8,33]. Its unique structure consists of flagella, pili, extracellular lipopolysaccharide, and products, including proteases, exotoxin A gives the advantage for Pseudomonas aeruginosa to adhere and form biofilm on any surface especially contact-lens. In fact, the strains found on contact lens surfaces contains more ExoU-positive proteins compare to strains found on non-contact lens material [34].

This study also showed that those infected with *Pseudomonas aeruginosa* reported redness, eye discharge, and blurry vision as common symptoms during the onset of the infection. These symptoms are common in bacterial keratitis, especially *Pseudomonas aeruginosa*, as the organism produces enzymes such as protease and elastase and toxins such as exotoxin A, which causes rapid lysis of the tissues on the corneal surface, manifested by the above symptoms [34].

In this study, the analysis of association between all socio-demographic factors, risk factors and symptoms and Pseudomonas aeruginosa showed a significant association with two factors listed earlier. The sociodemographic factor that was significantly associated with Pseudomonas keratitis was underlying medical illness (p=0.036). This association indicated although the incidence of underlying medical illness among cases in this region low, yet having at least having one underlying medical illness can lead to poor infection prognosis. Among the diseases, diabetes is one of the most commonly occurring non-communicable diseases in Malaysia. The National Health and Morbidity Survey 2019 stated that the prevalence of diabetes among Malaysians was 18.1%, and the same survey revealed that 1 in 5 adults in Malaysia above 18 years old has diabetes [35]. Diabetes mellitus has an extreme sequel on multiple organ systems and the most affected organ is the eyes. Diabetes negatively affects the dynamics of the blood-retinal barrier, which modifies regular cell-cell interactions and leads to profound vascular abnormalities, loss of the blood-retinal barrier and impaired neuronal function [36].

Another factor found to be significantly associated with Pseudomonas keratitis was ocular surface disease (p=0.051). The eyes are a tiny complex organ among all organs in the human body and any disease, be it microbial keratitis or ocular surface disease, will be complex and challenging to treat and manage. According to the Cornea, External Disease, and Refractive Society (CEDARS), the complexity of the ocular surface disease is divided into five subtypes; Aqueous deficiency, blepharitis/meibomian gland dysfunction (evaporative and non-evaporative), goblet cell deficiency/mucin deficiency, exposure (unable to close eyes completely) and dysfunctional tear syndrome/co-conspirators [37]. In Pseudomonas keratitis, ocular surface disease, an existing altered condition of the cornea, becomes favourable for the organism to further the damage by rapidly producing the proteases to lysis and breakdown the collagen membrane of the cornea thus causing more severe infection and in the end even more difficult to treat [38,39].

# CONCLUSION

Pseudomonas keratitis is a fast and devastating infection that requires fast and effective treatment. In this study, like other studies on keratitis, males are affected more than females. Contact lens usage found in majority of cases in the present study as Pseudomonas aeruginosa is commonly found to adhere to the contact lens surface via the formation of biofilm. However, risk factors ocular surface disease was significantly associated with Pseudomonas keratitis. The present study is the first in Malaysia which specifically reported on pseudomonas keratitis and its epidemiology. The data from this study will serve as a baseline data for industrial and healthcare policy makers on designing eye care awareness-related activities and eye injury preventive measures. Future studies include extending this study to other parts of Malaysia and investigating.

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