

**Original Article****Serum Procalcitonin as a Biomarker for Diagnosing Neonatal Sepsis in a Tertiary Care Hospital of Eastern Nepal**

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Sepsis is the main cause of morbidity and mortality in neonates. Early diagnosis and appropriate treatment can reduce the mortality rate. Blood culture is the gold standard for diagnosis of bacterial sepsis, but it requires 3-5 days for results. Since the disease may progress rapidly in neonates, a faster diagnostic test is needed. This study aimed to investigate and evaluate the role of serum procalcitonin as a marker for diagnosis of neonatal sepsis, aiming to enhance early detection and improve clinical outcomes.

**Materials and Methods**

This was a hospital-based cross-sectional observational study carried out in 350 neonates admitted with suspicion of neonatal sepsis in Neonatal Intensive Care Unit (NICU) of Nobel Medical College Teaching Hospital (NMCTH), Biratnagar, Nepal during 1 year between October 2021 to September 2022.


**Results**

The study included 350 cases, with a median age of 4days (1day to 4 days). Males made up the majority of cases (69.71%), as did Hindus (70.29%). Similarly, 78.86% of the cases had serum procalcitonin levels more than or equivalent to 0.5 ng/ml. Possible sepsis (43.43%) accounted for the majority of cases. The cases age, gender, and religion were shown to have a statistically significant relationship with serum procalcitonin.

**Conclusion**

Therefore, we draw the conclusion that serum procalcitonin may not be the only diagnostic marker to diagnose neonatal sepsis in term/near term newborns, but it may be helpful when paired with other test indicators.

**Keywords:** *Biomarker, Neonatal sepsis, Serum procalcitonin*

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## Introduction

Neonatal sepsis is a clinical syndrome characterized by signs and symptoms of infection with or without accompanying bacteremia in the first month of life [1]. It can be also defined as "life-threatening organ dysfunction, caused by a deregulated host response to infection". Sepsis has traditionally been considered as a result of uncontrolled inflammatory response, a "cytokine storm" that results in shock or organ dysfunction [2].

As per Nepal Demographic and Health Survey (NDHS) 2022, neonatal mortality was 21 deaths per 1,000 live births [3]. As we know blood culture is considered as gold standard for diagnosis, high chances of false negativity and delay in culture results often lead to inappropriate use of antibiotics [4]. Biomarkers are useful for early diagnosis of sepsis, to predict outcomes, and to guide choice of antibiotic therapy [5]. Amongst the newer ones, serum procalcitonin (PCT) has been extensively studied and shows promising results. The main aim of this study is to investigate and evaluate the role of serum procalcitonin as a diagnostic marker in neonatal sepsis, determine the sensitivity, specificity, positive predictive value (PPV) and negative predictive value (NPV) of serum procalcitonin level in diagnosing neonatal sepsis and to find out the incidence of Neonatal Sepsis [6].

## Materials and Methods

This was a hospital based cross sectional observational study carried out in 350 neonates (Term as well as preterm) admitted with suspicion of neonatal sepsis in Neonatal Intensive Care Unit (NICU) of Nobel Medical College Teaching Hospital (NMCTH), Biratnagar-05, Morang, Nepal during a 1 year period between October 2021 to September 2022 after obtaining approval for the study from the Institutional Review Committee of Nobel Medical College Teaching Hospital. All term and preterm newborns  $\leq 28$  days with risk factors for neonatal sepsis (maternal and neonatal risk factors) and those who developed clinical features of sepsis were included in the study. The maternal risk factors considered were: prolonged premature rupture of membrane  $>18$  hours, offensive odor of amniotic fluid, single unclean or  $>3$  sterile vaginal examination(s) during labor and the clinical syndrome of maternal intrauterine infections. Clinical features in neonates considered for suspected neonatal sepsis were: hypothermia or hyperthermia, irritability, lethargy, respiratory distress, apnea, gasping respiration, hypo/hyperglycemia and bradycardia/

tachycardia. However newborns who were started on antibiotics before admission to NICU and newborns with major congenital anomalies, hypoxic ischemic encephalopathy were excluded from the study. Sample size was 350 which was calculated by using formula Sample size (N) =  $(Z^2 p X q)/l^2$  Where, Z is standard normal variant, which is equal to 1.96 for 95% confidence, P=prevalence of neonatal sepsis taken as 37.1% as per a prospective cohort study done by Budhathoki S et.al [7] "Epidemiology of neonatal infections in hospitals of Nepal" and  $q = 1 - p$  or  $100 - p$  and  $l =$  absolute error of precision (10%) After collecting the data, they were verified and coded accordingly and entered in Microsoft excel 2007 and converted into statistical package for social science (SPSS v.20) for statistical analysis. Descriptive statistical tools like frequency and percentage (%) were calculated and also the graphical representation was made. For inferential analysis, the Chi-square test was applied to find out the significant difference between dependent and independent variables at a 95% confident interval. Statistical analysis like Sensitivity, Specificity and Predictive values were calculated for diagnostic tests wherever possible and p-value  $<0.05$  was considered significant.

## Results

The median age of neonates enrolled in this study was 4 days (1day to 4days) whereas median gestational age of the neonate was 38 weeks and 2 days (38weeks to 39weeks 6 days). The youngest neonate was 2 hours old and eldest was 21days old. Similarly, the gestational age of the neonates in our study ranged between 31 weeks to 42 weeks. While the mean birth weight of the neonates in our study was 2.84 kg, however the birth weight ranged from 1.90kg to 4.20 kg.

**Table 1: Demographic profile of Neonates (n=350)**

Selected Variables	Category	Frequency (n)	Percentage (%)
Gender	Male	244	69.71
	Female	106	30.29
Gestational age	$<37$ weeks	44	12.57
	$\geq 37$ weeks	306	87.43
	$\leq 7$ days	246	70.29
Age of neonate	$>7$ days	104	29.71
	$<2.5$ kg	30	8.57
Birth weight	$\geq 2.5$ kg	320	91.43
	Hindu	246	70.29
Religion	Others	104	29.71



Table 1 depicts the majority of neonates (69.71%) were male. Similarly, the majority of neonates (87.43%) were of gestational age  $\geq 37$  weeks. Likewise, most of the neonates (70.29%) were of age  $\leq 7$  days. In the same way (91.43%) were of birth weight  $\geq 2.5$  kg and (70.29%) followed Hindu religion.

**Table 2: Distribution of Chief Complaints of the Neonates**

Chief Complaints	Present		Absent	
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
Fever	136	38.86	214	61.14
Breathing Problems	290	82.86	60	17.14
Decreased Feeding	132	37.71	218	62.29
Reduced movements	20	5.71	330	94.29
Seizures	40	11.43	310	88.58
Slower Fast Heart Rate	12	3.43	338	96.57

The commonest symptoms among the neonates studied was breathing problems (82.86%) followed by fever (38.86%) and decreased feeding (37.71%). Other symptoms like Seizures, reduced movements and slow or fast heart rate accounted for 11.43%, 5.71% and 3.43% respectively as depicted in Table 2

**Table 3: Distribution of Investigation Profile of the Neonates**

Cut off	Serum Procalcitonin	
	Frequency	Percentage
<0.5ng/ml	74	21.14
$\geq 0.5$ ng/ml	276	78.86
<b>Blood C/S</b>		
Negative	292	83.43
Positive	58	16.57
<b>CRP</b>		
<10mg/L	70	20.00
$\geq 10$ mg/L	280	80.00
<b>TLC</b>		
$>5000/\text{mm}^3$	342	97.71
$\leq 5000/\text{mm}^3$	8	2.29
<b>ANC</b>		
Normal	130	37.14
Abnormal	220	62.86
<b>I/T Ratio</b>		
$\leq 0.2$	218	62.29
$> 0.2$	132	37.71
<b>Micro ESR</b>		
$\leq (\text{Age in days} + 3)$	324	92.57
$> (\text{Age in days} + 3)$	26	7.43
$> 15\text{mm}$	0	0

The table 3 showed that during laboratory investi-

gation for septic marker value of PCT above normal ( $\geq 0.5$  ng/ml) was 78.86% and  $\leq 5000/\text{mm}^3$  was 2.29%, abnormal ANC findings was 62.86%, I/T ratio  $> 0.2$  was 37.71% and abnormal micro ESR was 7.43%.

**Table 4: Distribution of types of Neonatal Sepsis**

Neonatal Sepsis	Probable Sepsis		Culture Proven Sepsis		Possible Sepsis	
	N	%	N	%	N	%
Present	140	40.00	58	16.57	152	43.43
Absent	210	60.00	292	83.43	198	56.57

Table 4 reveals that (43.43%) of neonates was possible sepsis followed by (40%) was probable sepsis and 16.57% was culture proven sepsis.

**Table 5: Association between Procalcitonin, CRP and Neonatal Sepsis**

Neonatal Sepsis	Sensitivity (%)		Specificity (%)		PPV (%)		NPV (%)		P-value	
	PCT	CRP	PCT	CRP	PCT	CRP	PCT	CRP	PCT	CRP
Culture Proven Sepsis	89.66	89.66	23.29	21.92	18.84	18.57	91.89	91.43	2.40	2.02
Probable Sepsis	77.14	84.29	20.00	22.86	39.13	42.14	56.76	68.57	0.20	1.33
Possible Sepsis	76.32	72.37	19.19	14.14	42.03	39.29	51.35	40	0.52	4.8

## Discussion

This is a study done among 350 neonates admitted to NICU of Nobel Medical College, Biratnagar to assess the role of serum procalcitonin as a marker for diagnosis of Neonatal Sepsis. In the study majority (69.71%) of male child were included and the birth weight was  $\geq 2.5$  (91.43%) kg. Most of the children (87.43%) were term. Similarly, majority of neonates (70.29%) were  $\leq 7$  days of age followed by Hindu religion (70.29%). In our study majority of neonates CT ( $\geq 0.5$  ng/ml) were 78.86%, CRP ( $\geq 10$  mg/l) were 80%. Blood culture was positive in 16.57% in which sensitivity, specificity, PPV and NPV of PCT were 89.66%, 23.29%, 18.84% and 91.89% and CRP were 89.66%, 21.92%, 18.57%, and 91.43% respectively. The incidence of neonatal sepsis was found to be 36.84%.

In this study occurrence of sepsis soon after birth to 7 days of life is referred as early onset neonatal sepsis and after a week is considered as late onset neonatal sepsis which is supported by study done by Mezgebu T. et al [8], whereas study done by Vergnano S, Roble A.K. et al., Shah R [9,10,11] refute our findings. As per our current study the mean age of neonates was 5.8 days ( $\pm 5$  SD) which is identical to the other study conducted by Akalu T. et al. [12] and Jatsho J. et al, Getabelew A. et al and Nur A et al [13,14,15]. The gestational age of the neonates in this study





ranged from 31 weeks to 42 weeks and this finding is also supported by Akalu T. et. al and Nur A. et. Al [12, 15]. In the current study more than half of the neonates were male which is similar to the findings of Park I.H. et. al., Roble AK. et. al. and Covino M. et al [10, 16], whereas study conducted by Bekele K. et. al and NURA et. al. does not support this findings as equal percentage of both the gender got admitted with neonatal sepsis during study period [17, 15].

In our study majority of birth weight of the neonates were more than and equal to 2.5kg which is similar to the findings of Bekele K.et.al, NurA.et.al and RobleA.K.et.al [17,15,10]. In this study majority of neonates developed early onset neonatal sepsis and the same findings were observed by Bekele K. et. al and Getabelew A. et. al [17,14]. Majority of the neonates belonged to Hindu religion and this result might be due to location of hospital which is around Hindu hub region. Hinduism is the majority religion in Nepal, constituting more than 81 per cent of the country's population [18]. In current study majority of neonates had developed breathing problem followed by fever, decreased sucking, and seizures and only few of the case had developed reduced movement and bradycardia or tachycardia as a clinical manifestation. Earlier studies also reflect similar findings. Bekele K. et. al and Getabelew A. et. al [17, 14] but study done by Yadav S. et. al [19] had feeding intolerance and abdominal distension as the commonest symptoms of presentation.

In this study majority of the neonates had serum procalcitonin  $\geq 0.5$  ng/ml. The main problem with PCT is that there is physiological increase during the first 48 hour of life which returns to normal on the 4th day. Further studies have shown that premature birth is associated with rise in PCT without any bacterial infection [4]. In our study 16.57% neonates had blood culture positive and this finding was similar to study done by Hasan F et.al [20]. The blood culture positivity ranged from 16 to 65% in various studies done in low and middle-income countries [20]. In this study most of the cases 80% had C-reactive protein  $\geq 10$  mg/L. There was increase in CRP concentration in non-infected clinical conditions such as meconium aspiration, prolonged rupture of membranes. In this study majority of the case 97.70% had TLC more than  $5000/\text{mm}^3$ . In this study most of the cases 62.86% had ANC within abnormal limit and the majority of the cases 62.29% had I/T ratio less than or equal to 0.2 and 92.57% of cases had normal value of micro ESR and this was similar to the findings done by Kaur S et.al [21]. In the current study majority of the case 46.43% belong to

possible sepsis followed by probable sepsis 40% and culture proven sepsis 16.57% which is supported by study conducted by Pravin Charles M. et. al [22] (12%) culture proven sepsis and 62.6% possible sepsis. Similarly in another study conducted by Manandhar and Basnet in 75 babies, confirmed sepsis was observed in 17.3%, probable sepsis in 53.4%, and possible sepsis in 29.3% [23].

In this study, PCT sensitivity was 77.14%, specificity was 20%, PPV 39.13%, and NPV was 57.76% in probable sepsis. Similarly in case of Possible Sepsis sensitivity was 76.32%, specificity was 19.19%, PPV was 42.03%, and NPV was 51.35%. While in case of Culture Proven Sepsis sensitivity was 89.66%, specificity was 23.29%, PPV 18.84%, NPV 91.43% which is supported by the findings illustrated by Gupta PK et.al [24], Thota U et.al. in which sensitivity 89.6%, and negative predictive value (NPV) was 93.6% [25] and Morad EA et.al. showed sensitivity 97.6%, specificity 89%, PPV 97.6%, NPV 88.9% in culture proven sepsis [26]. Similarly, the Adib M. et al. and Bharti AK. et. al result differs from this study, where the cut-off value of PCT was 1.1 ng/ml and  $> 2$  ng/ml respectively [27, 28]. In our study in probable sepsis CRP sensitivity was 84.29%, specificity was 22.86%, PPV 42.14% NPV was 68.57% similarly in case of Possible Sepsis sensitivity was 72.37% specificity was 14.14% PPV was 39.29% , NPV was 40% . While in case of Culture Proven Sepsis sensitivity was 89.66% specificity was 21.92% PPV 18.84% NPV 91.43% which is supported by Dollner H et.al, in which sensitivity 70% to 93%; specificity 41% to 98%; positive predictive accuracy 6% to 83%; and negative predictive accuracy 97% to 99% [29].

Similar findings were also noted by Ahmed Z et.al. where sensitivity was 85.7% in culture proven sepsis and 80.5% in probable sepsis [30]. The findings by Kaur S et. al. sensitivity, specificity, PPV, and NPV of CRP were 87.5%, 43.2%, 35.9%, and 90.5%, respectively at cut-off value of CRP  $> 0.6$  mg/dl [21]. There were important limitations as our study was a single-center study. Hence there might be some selection bias related to sepsis, so the result should be generalized with caution. Our study was a prospective study with a relatively small sample size. So, the true association of serum procalcitonin and neonatal sepsis may not be precise as compared to other studies conducted on a large scale. In procalcitonin-based trials, treatment group blinding is impossible, so the possibility of treatment bias cannot be ruled out.



## Conclusion

Serum procalcitonin did not show a distinct advantage over the existing sepsis markers. Therefore, we draw the conclusion that serum PCT may not be the only diagnostic marker to diagnose neonatal sepsis in term/near term newborns, but it may be helpful when paired with other test indicators.

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**Conflict of interest:** None

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