

# Unusual respiratory bacterial flora in cystic fibrosis: microbiologic and clinical features

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Pulmonary infections continue to be a significant source of morbidity and mortality among patients with cystic fibrosis. Although our understanding of the pathogenesis and clinical consequences of pulmonary infections with *Pseudomonas aeruginosa* has increased greatly in recent years, very little is known about potentially emerging pathogens such as *Burkholderia cepacia* complex, *Stenotrophomonas maltophilia*, *Alcaligenes xylosoxidans*, and methicillin-resistant *Staphylococcus aureus*. In this review, the authors discuss methods for appropriate identification of these "unusual" organisms and their epidemiologic and clinical features. Multicenter surveillance studies are needed to more clearly establish the pathogenicity of these organisms. *Curr Opin Pulm Med* 2000, 6:545–550 © 2000 Lippincott Williams & Wilkins, Inc.

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## Abbreviations

CF	cystic fibrosis
MRSA	methicillin-resistant <i>Staphylococcus aureus</i>
PCR	polymerase chain reaction

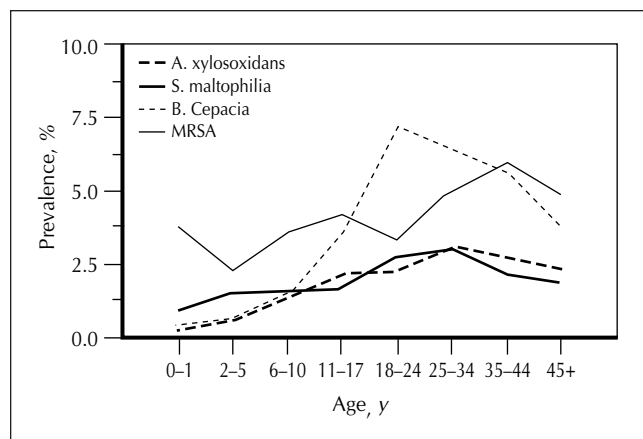
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Pulmonary infections are a significant cause of morbidity and mortality in patients with cystic fibrosis (CF). More than one third of all patients have at least one pulmonary exacerbation annually, with an average length of hospitalization of 10 days. In addition, respiratory failure is the leading cause of death, accounting for more than three quarters of all cases [1]. The microbial flora in the lungs of cystic fibrosis patients include many antibiotic-resistant, slow-growing, and often mucoid organisms. The prevalence of the major pathogens within the airways of CF patients changes with age. *Staphylococcus aureus* is the predominant pathogen in children, reaching a prevalence rate of nearly 50% by the age of 10 years. In adolescents, *Pseudomonas aeruginosa* becomes the predominant pathogen and approaches a prevalence rate of 80% in adults [1].

Initial infection with CF pathogens appears to be a result of a breach of host defense mechanisms. Although the exact pathophysiologic mechanisms are still unclear, a number of hypotheses linking the defect of cystic fibrosis transmembrane regulator (CFTR) and an increased susceptibility to bacterial infection have recently been described. In particular, the discovery of antimicrobial peptides secreted within normal airways is receiving much attention, and their pharmacologic development may provide additional therapies for patients with CF [2•].

The clinical consequences of *P. aeruginosa* infection have been well described. Ballman *et al.* [3] recently demonstrated that a significant decline in FEV<sub>1</sub> can be prevented in patients treated with intravenous antibiotics for acute pulmonary exacerbations during the early course of *P. aeruginosa* colonization. However, a significant decline in FEV<sub>1</sub> occurred in patients with chronic mucoid *P. aeruginosa* despite a more aggressive approach to therapy during this stage. These and other similar data suggest that early aggressive therapy against *P. aeruginosa* may be necessary to prevent or delay colonization and the subsequent progressive decline in pulmonary function.

In recent years, the emergence of unusual bacterial pathogens within the airways of patients with CF has been increasingly reported. Data from CF centers in the United States indicate that the following organisms currently have a prevalence rate between 1 and 10%:

**Figure 1. Age-specific prevalence of unusual microbiological organisms in patients with cystic fibrosis**

*Burkholderia cepacia* complex, *Stenotrophomonas maltophilia*, *Alcaligenes xylosoxidans*, and methicillin-resistant *Staphylococcus aureus* (MRSA) [1]. The prevalence of these organisms increases with advancing age (Fig. 1) and increasing severity of lung disease (Fig. 2) in patients with CF [1]. Although further work is necessary to determine whether a cause-and-effect relationship exists between the presence of these organisms and lung function, this epidemiologic feature has increased the level of concern among many clinicians. This concern is heightened by the fear for selection pressure exerted by the increased use of chronic maintenance antibiotic therapy in CF patients colonized with *P. aeruginosa*. Preliminary data indicate that chronic administration of aerosolized tobramycin does not select for these organisms; however, confirmation of this finding using longitudinal data is necessary [4]. Data from a recent large multicenter controlled trial indicate that the prevalence of these unusual bacteria may in fact be higher due to the difficulty in isolating and identifying these organisms [5]. Laboratories that process respiratory specimens from CF patients must be familiar with the special protocols needed for culture, accurate identification, and accurate susceptibility testing. The importance of careful specimen handling and transport to prevent delays cannot be overemphasized. Moreover, unless selective media and prolonged incubation are used, some of these bacteria may never be detected [6].

The purpose of this article is to discuss the difficulties and recent advances in the isolation, identification, and susceptibility testing of these unusual bacterial pathogens. In addition, the clinical significance of these organisms in the airways of patients with CF will be discussed where data are available.

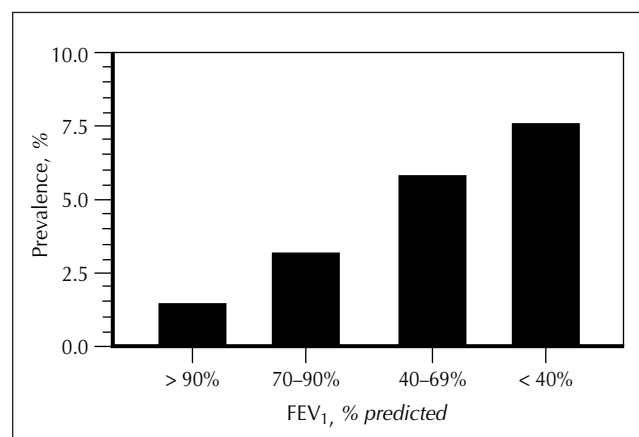
## ***Burkholderia cepacia* complex**

### **Microbiology**

The term *Burkholderia cepacia* complex has been used to describe a cluster of five related species originally referred to as *B. cepacia* genomovars I through V. Genomovars are phenotypically similar but genotypically distinct strains. Today the complex includes *B. cepacia* genomovar I, *B. multivorans* (formerly *B. cepacia* genomovar II), *B. cepacia* genomovar III, *B. stabilis* (formerly *B. cepacia* genomovar IV), and *B. vietnamiensis* (formerly *B. cepacia* genomovar V). Genomovar I is a plant pathogen but contains the type strain, thus retaining the name *B. cepacia*. Genomovar III and *B. multivorans* account for the majority of isolates obtained from patients with CF [7•].

*Burkholderia cepacia* selective agar, or oxidation-fermentation polymyxin-bacitracin-lactose, agar separates *B. cepacia* complex from the other gram-negative bacteria present in the respiratory secretions. The sensitivity of these media is approximately 96% and 100%, respectively, but their specificity is less than 100%. Therefore, the detection of growth on these media is considered only an initial screening test [8•].

Most microbiology laboratories depend on commercially available identification kits instead of conventional biochemicals to identify isolates from the selective plates. van Pelt *et al.* [8•] compared API 20NE (bioMérieux Vitek, Hazelwood, MO), Vitek GNI (bioMérieux Vitek), and the RapID NF Plus system (Remel Laboratories, Lenexa, KS) for *B. cepacia* identification and found the API 20NE to be the better system. None of the commercial kits were 100% sensitive or specific. The difficulty in making the correct identification may be due to the fact that *B. cepacia* is actually a

**Figure 2. Relation between prevalence of *Burkholderia cepacia* and pulmonary function**

FEV<sub>1</sub>, forced expiratory volume.

complex of five genomovars, not one single species. The final accurate identification of any isolate depends on species-specific polymerase chain reaction (PCR) assays, and any isolate identified as *B. cepacia* in a clinical laboratory should be sent for identity confirmation. In the United States, isolates should be sent to the CFF *Burkholderia cepacia* Research Laboratory and Repository (John J. LiPuma, MD, University of Michigan Medical Center, 1150 W. Medical Center Drive, Ann Arbor, MI 48102) [7•,8•,9,10].

Ultimately, the PCR methodology will be applied directly to respiratory specimens for truly rapid as well as specific results. Whitby *et al.* [11] found that PCR assays may be more accurate than culture, since they were able to detect the organisms in culture-negative specimens collected from patients with intermittent colonization.

### Epidemiology

The national mean prevalence rate is 3.5% with a range of 0 to 14% [1]. A contributing factor to the prevalence rate is the ease of transmissibility of some strains between patients that have led to outbreaks at some centers. Predisposing factors for colonization include hospitalization and having a colonized sibling [12].

### Clinical features

Whether the severity of pulmonary disease predisposes individuals to colonization with *B. cepacia* complex or whether *B. cepacia* complex contributes to the decline in pulmonary function and increased mortality remains controversial. Muhdi *et al.* [13] reported their experience with *B. cepacia* complex in 18 patients over a 4-year period following an epidemic at their center. Significantly worsened FEV<sub>1</sub> ( $P < 0.02$ ) and FVC ( $P < 0.01$ ) were noted in patients who were colonized with *B. cepacia* complex when compared with matched control subjects. In contrast, Frangolias *et al.* [14] recently reported their experience in 36 patients colonized with *B. cepacia* complex with a follow-up interval of nearly 5 years. In contrast to this finding, a comparison of pulmonary function with matched control subjects failed to demonstrate any significant differences in the rate of change at 2 or 4.5 years after acquisition of *B. cepacia* complex. However, a significantly higher mortality rate was observed in *B. cepacia* complex cases over the entire study period ( $P < 0.05$ ). Owing to concerns for reinfection following transplantation, many centers consider *B. cepacia* complex colonization a contraindication to transplantation. Despite this concern, patients colonized with multidrug-resistant organisms, including *B. cepacia* complex, have been transplanted successfully [15].

### Susceptibility

*Burkholderia cepacia* complex isolates are intrinsically resistant to aminoglycoside antibiotics and are often

multidrug resistant. Analysis of multidrug-resistant isolates ( $n = 652$ ) by the CF Referral Center for Susceptibility and Synergy Studies (Lisa Saiman, MD, College of Physicians & Surgeons of Columbia University, 650 West 169th Street, Black Building 4/413, New York, NY 10032) demonstrated that minocycline and meropenem were the most active agents, with 33% and 28% of strains susceptible to these agents, respectively [16]. Combinations of chloramphenicol/minocycline and chloramphenicol/ceftazidime most consistently demonstrated synergistic activity against these isolates (49 and 26%, respectively) [17].

### *Burkholderia gladioli*

*Burkholderia gladioli* and *B. cepacia* complex are genotypically distinct but phenotypically similar; separation of the two species using conventional tests is very difficult [18]. Clode *et al.* [19], Whitby *et al.* [20], and Bauernfeind *et al.* [21] describe PCR assays that used various specific primers to discriminate reliably between *B. gladioli* and related species. Unlike *B. cepacia* complex, infections with *B. gladioli* are not associated with poor prognosis, and the organism is typically not antibiotic resistant [22]. Since the presence of *B. cepacia* complex has prognostic and therapeutic implications, the identification of either species by phenotypic methods should be confirmed by PCR using species-specific primers.

### *Ralstonia* species

*Ralstonia* is a new genus that includes former members of *Burkholderia* species (*B. pickettii* and *B. solanacearum*), *Alcaligenes eutrophus* and CDC group IVc-2. These organisms have been renamed as *R. pickettii*, *R. solanacearum*, *R. eutropha*, and *R. paucula*, respectively. The genus was separated from *Burkholderia*, *Pseudomonas*, and *Alcaligenes* by phenotypic characteristics, cellular lipid and fatty acid analysis, rRNA-DNA hybridization, and phylogenetic analysis of 16S rDNA sequences [7•,23]. These organisms are gram-negative, oxidase-positive, nonfermentative bacilli considered as opportunistic pathogens that can cause serious infections in immunocompromised patients. They can be identified by biochemicals in the clinical laboratory.

### *Stenotrophomonas maltophilia*

#### Microbiology

Infections with *Stenotrophomonas maltophilia* may place the CF patient at increased risk for morbidity and mortality because of the organism's inherent resistance to multiple antibiotics. Carroll *et al.* [24] compared the following susceptibility testing methods for *Stenotrophomonas*: disk diffusion, E-test (AB Biodisk, Solna, Sweden), Alamar colorimetric broth microdilution, Vitek, MicroScan (Baxter Microscan, West Sacramento, CA), and an in-house microdilution minimum inhibiting concentration

(MIC) method. Vitek, MicroScan, and the in-house microdilution methods generated inconsistent results for all antibiotics except trimethoprim-sulfamethoxazole. Disk diffusion and E-test results had the closest correlation. The rate of resistance to all antibiotics was greater when results were interpreted at 48 hours than at 16 to 18 hours of incubation. Only trimethoprim-sulfamethoxazole, doxycycline, and minocycline demonstrated consistent activity against *S. maltophilia* independent of the method of testing used.

### Epidemiology

*Stenotrophomonas maltophilia* has a mean prevalence of 5.4%. Prior antibiotic exposure is a leading predisposing factor [25]. Acquisition of *S. maltophilia* was not found to be associated with recent hospitalization or having a sibling who was colonized with this organism [26]. Persistence of the organism in the airways varies greatly among culture-positive patients with 80% transiently colonized (< 12 months), 9% persistently colonized (> 12 months but subsequently returned to culture negative), and 11% chronically colonized [26].

### Clinical features

The effect of *S. maltophilia* colonization on pulmonary function and mortality over a 12-year period was reported recently [26]. No obvious deleterious effect on pulmonary function was noted over a 2-year period following acquisition of *S. maltophilia*. In addition, the 5-year survival rate was greater than 90% for patients with initial mild to moderate pulmonary disease without regard for colonization status. In contrast, for those patients with initially severe pulmonary disease, the 5-year survival rate was lower in culture-positive compared with culture-negative patients (40% vs 72%). However, the number of patients was too small to allow statistical comparisons.

### Susceptibility

*Stenotrophomonas maltophilia* isolates are intrinsically resistant to multiple antibiotics because of involvement of a multidrug efflux system [27]. Doxycycline was found to be most active agent against 78% of 263 multidrug-resistant strains tested at a referral laboratory [16]. In addition, the following combinations were also found to exhibit the most consistently synergistic activity against 52, 46, and 45% of the multidrug-resistant isolates in the same study: trimethoprim/sulfamethoxazole and ticarcillin/clavulanate, doxycycline and ticarcillin/clavulanate, and trimethoprim/sulfamethoxazole and doxycycline [16]. High-dose colistin (concentrations achievable with aerosolization) also demonstrated activity against 61% of the isolates. This therapy, in conjunction with trimethoprim/sulfamethoxazole, resulted in improvement of pulmonary function in a

patient who demonstrated clinical infection with this organism [28].

## *Alcaligenes xylosoxidans*

### Microbiology

*Alcaligenes xylosoxidans* is an oxidase-positive, motile, gram-negative bacillus that has been isolated from the gastrointestinal tract of humans and from various hospital and environmental water sources. It can be mistaken for nonpigmented strains of *P. aeruginosa* or *B. cepacia*. *A. xylosoxidans* can be identified with the Vitek GNI (bioMérieux), API NFT (bioMérieux), API 20NE (bioMérieux), and the RapID NF Plus system (Innovative Diagnostics Systems Inc., Atlanta, GA). Susceptibility testing can be performed using agar dilution, broth dilution, disk diffusion, and E-test (AB Biodisk).

### Epidemiology

The prevalence of airway colonization with *A. xylosoxidans* was reported to be 8.7%, according to results from a recent cross-sectional survey of 595 patients [5]. This number is higher than that reported by the CFF registry data (2%), possibly because of selection biases [29]. Although data on acquisition of *A. xylosoxidans* in patients with CF are limited, it appears that patient-to-patient spread is not the primary means of transmission of this organism [30,31].

### Clinical features

*Alcaligenes xylosoxidans* has been reported to be associated with acute pulmonary exacerbations in CF patients in one report; however, all were concomitantly colonized with *P. aeruginosa* [31]. Long-term colonization does not appear to result in any obvious decline in clinical status, although the number of patients evaluated in recent reports is quite small (n = 10) [30,32].

### Susceptibility

Strains of *A. xylosoxidans* are typically multiply resistant to available agents. Ninety percent of isolates obtained from CF patients enrolled in a recent cross-sectional study were resistant to tobramycin [5]. Analysis of 94 multidrug-resistant isolates by a referral laboratory showed that imipenem and piperacillin were the most active agents, with 44 and 40% of strains susceptible, respectively [33]. Combinations of imipenem/amikacin and timentin/tobramycin exhibited the most consistently synergistic activity against 30 and 29% of isolates, respectively [33].

## Methicillin-resistant *Staphylococcus aureus*

### Microbiology

Although MRSA strains possess the genetic determinants for resistance, not all strains express resistance in a culture; special methods must be used to detect resistance in clinical specimens. These methods include incubation at a lower temperature (30–35°C), media

with 2 to 4% sodium chloride, incubation for 24 hours, and use of an inoculum of  $5 \times 10^5$  cfu/mL prepared from an agar plate culture rather than broth [34].

Testing for methicillin susceptibility can be done using the disk diffusion technique with a 1 mg oxacillin disk, the E-test, or a 4% sodium chloride agar plate containing 6 µg/mL of oxacillin. Automated susceptibility testing methods are not reliable [35,36].

Molecular methods have been developed for the rapid detection of MRSA in clinical specimens. A new method for detecting methicillin resistance is to use a DNA probe to detect the *mecA* gene [37]. Another method is a slide latex agglutination kit detecting PBP 2a using a monoclonal antibody [38]. Both of these rapid tests are efficient and effective in detecting *S. aureus* resistance to methicillin.

### Epidemiology

According to the CFF patient registry, the national mean prevalence rate of MRSA is 3.2% with a range of 0 to 17% [1]. In a study involving 595 patients from 69 CF centers, 6.1% of patients were colonized with MRSA [5]. Other investigators reported a higher incidence of MRSA carriage. The difference in incidence may be a function of the procedures used by the various institutions to detect MRSA [6]. Nosocomial transmission from the general hospital population rather than from other CF patients is thought to be the source of acquisition [39]. Prolonged hospitalization or surgical procedures may predispose to the acquisition of MRSA [40]. In addition, a comparison of pulmonary function with matched controls (FEV<sub>1</sub> 29% vs 47%,  $P = 0.0034$ ) at the time of acquisition indicates that poor pulmonary function is a risk factor for MRSA colonization [41]. Colonization appears to be transient (< 1 month) in 35% of cases [41].

### Clinical features

The impact of MRSA colonization in adult CF patients at one center was recently reported. A total of 26 patients were identified over a 15-year period. MRSA colonization was thought to be a contributing factor in only 1 of 12 deaths that occurred during the study. Therefore, colonization does not appear to have an affect on mortality.

Because of insufficient data on outcomes associated with acute pulmonary exacerbations involving MRSA, some centers choose to treat both *P. aeruginosa* and MRSA when both are present whereas others treat only the *P. aeruginosa* isolate [40].

Although limited data suggest no adverse clinical consequences to MRSA colonization in patients with CF, there are social implications. Isolation of the colonized

patient is necessary during hospitalization and at the clinic setting. In addition, like *B. cepacia*, many centers consider colonization with MRSA a contraindication to transplantation.

### Susceptibility

Glycopeptide antibiotics such as vancomycin have been the drug of choice in treating infections involving MRSA and have been utilized successfully in patients with CF [40,41]. Due to the increasing prevalence of vancomycin-resistant enterococci and recent reports of vancomycin intermediately susceptible strains of *S. aureus*, indiscriminate use of this vital antibiotic class must be avoided. Two new agents with activity against MRSA have been approved by the Food Drug Administration this year, quinupristin/dalfopristin (Synercid) and linezolid (Zyvox), which expand the therapeutic options for the management of infections involving this organism.

### Conclusions

Significant progress has been made over the past few decades in improving the survival of patients with cystic fibrosis. No longer is CF considered strictly a pediatric disease. Much of this improvement can be attributed to advances in the medical management of the disease in particular treatment of pulmonary infections. Although *P. aeruginosa* remains the most common organism present within the airways of these patients in adulthood, new organisms (*S. maltophilia*, *A. xylosoxidans*, *B. cepacia* complex, MRSA) are increasingly being reported. Advances in the isolation and identification of these organisms have contributed to a better appreciation of the prevalence of these organisms. Additional multicenter surveillance studies are necessary to firmly establish whether colonization with these organisms has prognostic significance. Since these organisms are typically resistant to many of the conventional antibiotic therapies available, treatment options may be limited. Synergy testing can be of assistance in determining potentially useful therapies in the setting of multidrug resistance; however, outcome correlations with the synergy data in many cases has not been described. Until data are available to address these critical issues, strict infection control measures may be the key to limiting the spread of such organisms among patients with CF.

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