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Major Article

Clostridioides difficile colonization and infection in patients with newly diagnosed acute leukemia: Incidence, risk factors, and patient outcomes



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Background: The frequency, risk factors, and outcomes for *Clostridioides difficile* infection (CDI) in patients with newly diagnosed acute leukemia (AL) admitted for induction therapy are unclear.

Methods: We studied 509 consecutive patients with AL admitted between 2006 and 2017 and conducted a prospective *C difficile* surveillance and ribotyping analysis in a subset of these.

Results: The incidence of CDI was 2.2/1,000 inpatient days during induction, and CDI was rare after discharge. CDI was highest in patients with acute myelogenous leukemia. A hospitalization shortly before admission and administration of a greater number of antibiotics increased the risk for CDI. No single class of antibiotics conveyed an increased risk. All cases were successfully treated, and CDI was not associated with an increase in length of stay, costs, or mortality. In a subgroup analysis, 16% of patients with acute myelogenous leukemia and 4% with other leukemia types were colonized on admission. Colonization was associated with a higher risk of CDI. Ribotyping of available isolates showed 27 different strain types with 014/020 and 027 being the most frequent.

Conclusions: The number of antibiotics administered are a major risk factor for CDI in patients with AL. However, CDI appears to have minimal clinical impact in this population.

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Clostridioides difficile infection (CDI) is the most common cause of antibiotic-associated diarrhea. Although CDI has been most often attributed to acquisition in a hospital setting, community-onset infection is increasing.¹ Moreover, a number of CDI cases have no epidemiologic or molecularly confirmed links to known

sources.² *C difficile* may cause large hospital outbreaks from the emergence and dominance of certain ribotypes and hypervirulent strains.^{3,4,5}

Hospitalized patients with acute leukemia (AL) have been reported to be at significantly increased risk for CDI,^{6,7,8} and CDI has been associated with increased mortality, length of stay (LOS), and cost.⁸ Most patients with newly diagnosed AL are admitted to the hospital and receive induction therapy. The goal is to obtain a complete remission, in which case the patient may proceed to consolidation or maintenance treatment with the expectation of improved survival and quality of life. During induction, patients typically spend several weeks in the hospital during which time they are severely immunosuppressed, often infected, frequently on prolonged courses of broad-spectrum antibiotics, and housed on units with other patients who are at risk for toxigenic *C difficile* colonization or CDI.

There are currently insufficient data on the incidence, risk factors, and consequences of CDI for newly diagnosed patients admitted for induction therapy. Because CDI is not a common event, prior studies

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2-tailed Fisher's exact or Mann-Whitney U tests. A *P* value of <.05 was considered statistically significant.

RESULTS

Characteristics of the 509 patients are summarized in Table 1. Patient ages, genders, and AML predominance are as expected for this cohort. The median follow-up for deceased patients was 3 (range 0.1–118) months and for surviving patients 11 (range 0.1–125) months. Thirty-eight patients (7%) did not receive anti-leukemic therapy, because of either age, an inadequate performance status, and/or patient preference. Fifty-five patients (11%) died during hospitalization at a median of hospital day 12 (range 0–65).

Frequency, recurrence, and risk factors for CDI

Thirty-one patients (6%) were diagnosed with CDI for an overall incidence of 2.2 CDI/1,000 inpatient days. All patients were successfully treated, receiving a median of 18 days of oral metronidazole and/or vancomycin. Patients were often treated until neutropenia resolved. Four of 19 patients receiving initial metronidazole were changed to vancomycin because of the clinical perception of metronidazole failure.

Only 1 of the patients with CDI had a recorded history of prior episode (a patient with a second pre-existing hematologic malignancy), and only 3 patients had CDI detected following discharge. Two of these patients were undergoing hematopoietic stem-cell transplantation and 1 patient was receiving re-induction therapy for leukemic relapse.

The cumulative incidence of CDI for the entire patient cohort is shown in Figure 1A. This increased linearly during the first 3 weeks, and then plateaued at the time when many patients had increasing absolute neutrophil counts and were discontinuing broad-spectrum antibiotics. Patients with AML were more than twice as likely as those with other leukemic subtypes to develop CDI (*P* = .049; Fig 1B).

We compare some potential risk factors between patients with and without CDI in Table 2. CDI was not associated with older age, female gender, a lower admission serum albumin, or a history of

diabetes. A recent prior hospitalization and, administration of a greater number of antibiotics, conveyed increased risk. The association of the antimicrobial groups of agents, recorded as the number of days administered, with CDI was investigated using a Cox multivariable analysis. No antibiotic grouping was found to be predictive for CDI. There was a trend for carbapenems to be protective (HR 0.38 [95% CI 0.13–1.1]; *P* = 0.07). AML patients were more likely than ALL patients to have received antibiotics during the prior 3 months (41%–28%, *P* = 0.02) and received a greater number of antibiotics (median 5 [range 0–9] vs median 3 [range 0–9]; *P* < 0.0001) and more days of antimicrobials (median 31 [range 0–118] vs 24 [0–53]; *P* < 0.0001) during hospitalization.

CDI and patient outcomes

We investigated several outcomes for their association with CDI (Table 3). Compared to patients without CDI, those with CDI showed a trend towards longer LOS but no differences in incidence of bacteremia, median or overall survival (Fig. 1C), number of hospital deaths, or costs.

C difficile colonization

We evaluated 100 patients without diarrhea who submitted a stool during the first week of hospitalization (median day 2). Twelve (6 toxigenic) of 75 (16%) patients with AML and 1 (1 toxigenic) of 25 (4%) patients with other leukemic types were colonized. The cumulative rate of acquisition of toxigenic *C difficile* during hospitalization for the 93 patients with toxigenic *C difficile* negative admission stools is shown in Figure 1D. Colonization was detected in 7 (8%) of the patients.

C difficile colonization and CDI

Two of the 7 (29%) patients colonized on admission with toxigenic *C difficile* and 3 of the 93 (3%) not colonized were diagnosed with CDI (Risk ratio 8.9 [95% CI 1.8–44.6%], *P* = 0.04) during hospitalization. This corresponds to incidences of 11.2 CDI/1,000 inpatient days and 1.1 CDI/1,000 inpatient days, respectively.

C difficile ribotypes

To estimate the number of toxigenic *C difficile* strain types on the unit and their individual prevalence, we PCR-ribotyped an available *C difficile* positive stool from 90 admissions (Fig. 2). Twenty-seven ribotypes were identified. Four ribotypes made up 50% of the samples. The most common ribotype was 014/020 followed by ribotype 027.

DISCUSSION

To our knowledge, this is the first large series of newly diagnosed patients with AL that examines the incidence, risk factors, and consequences of CDI associated with leukemic induction. Newly diagnosed patients typically have extended hospital stays, prolonged courses of broad-spectrum antibiotics, and an increased risk of environmental exposures to toxigenic *C difficile*. These factors might be expected to place these patients at an especially high risk. Conversely, our CDI incidence is similar to that reported for patients hospitalized with various hematologic malignancies,^{6,8,9,13} which is increased, but not greatly so, over general hospitalized populations.¹⁵

A number of risk factors for CDI have been suggested in prior studies of hematologic malignancies. There has been disagreement over the predictive value of older age and female gender.^{6,8,11,12,13,16} We found no association with these demographic parameters. Also, we

Table 1
Characteristics of the 509 patients admitted with newly diagnosed AL

Group, characteristic	Value
Number of patients	509
Age, median (range), y	58 (18–88)
Gender	
Male	286 (56%)
Female	223 (44%)
Diagnosis	
AML	404 (79%)
Secondary AML	60 (12%)
ALL	93 (18%)
BPL	8 (2%)
CML-BP	4 (1%)
Prior hospitalization (2 mo)	157 (31%)
Prior antibiotics (3 mo)	197 (39%)
History of diabetes	82 (16%)
Received induction therapy	471 (93%)
Hospital length of stay, median (range), d	29 (1–117)
Deaths in hospital	55 (11%)
Patients with CDI during hospitalization	31 (6%)
CDI following hospitalization	3 (0.6%)
Bacteremia during hospitalization	85 (17%)
Patients receiving HSCT	132 (26%)

AL, acute leukemia; AML, acute myelogenous leukemia; ALL, acute lymphoblastic leukemia; BPL, biphenotypic leukemia; CDI, *Clostridioides difficile* infection; CML-BP, chronic myelogenous leukemia in blast phase; HSCT, hematopoietic stem-cell transplantation.

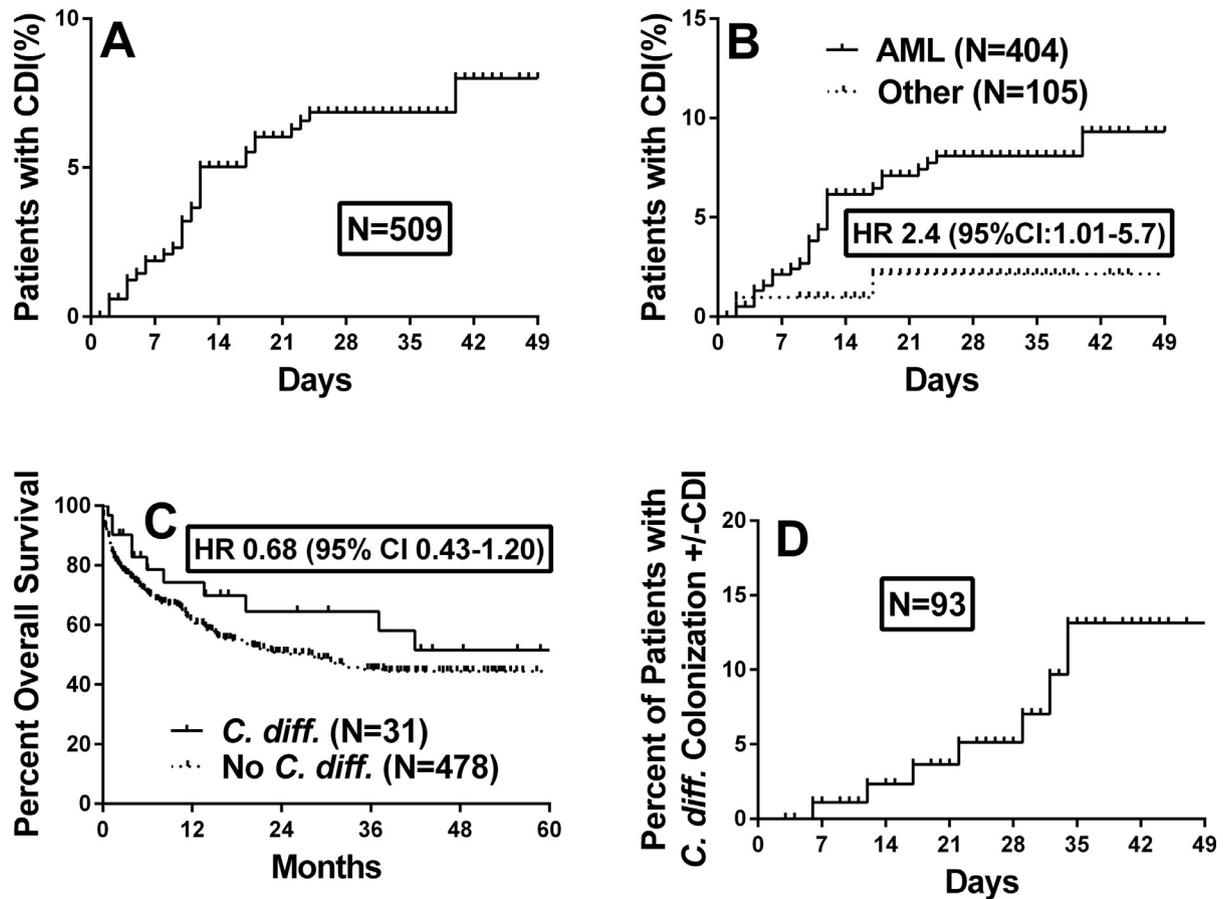


Fig 1. (A) Cumulative rate of *Clostridioides difficile* infection (CDI) for all patients. (B) Cumulative rate of CDI for patients with acute myelogenous leukemia (AML) compared to other types of acute leukemia. (C) Overall survivals for patients with and without CDI during admission for potential leukemic induction. (D) Cumulative rate of CDI for patients with an admission stool sample that was negative for toxigenic *C. difficile* testing. Hazard ratio (HR) and confidence interval (CI) were calculated using the log-rank test.

Table 2

Comparison of 31 patients with and 478 patients without CDI during hospitalization for newly diagnosed AL

Group, characteristic	Multivariable HR*	P value
Patient demographics		
Age	1.01 (0.98-1.03) [†]	.61
Gender female	1.02 (0.51-2.1)	.96
Patient history		
Diabetes	1.8 (0.74-4.4)	.19
Hospitalization prior 2 mo	2.6 (1.2-5.8)	.02
Antibiotics prior 3 mo	0.39 (0.14-1.08)	.07
Admission co-morbidity		
Karnofsky performance Status	0.99 (0.97-1.02)	.55
Admit serum albumin, g/dL	1.04 (0.53-2.0)	.92
Hospital parameters		
Severe neutropenia (d)	0.44 (0.17-1.2)	.10
Antibiotics (no.)	1.2 (1.04-1.5)	.02
Antibiotics (d)	0.74 (0.65-0.84)	<.01

AL, acute leukemia; HR, hazard ratio.

*All variables in Table 2 were included in the model.

[†](HR [95% confidence interval]).

could not confirm a correlation with admitting measures of co-morbidity such as serum albumin⁷ or a history of diabetes.^{8,16}

Our analysis shows that patients with AML are at higher risk for CDI. At least in part, this relates to the greater number of antibiotics in our AML cohort. It may be that other differences between AML and ALL patients will be found to be important. For example, the two

groups receive distinct induction chemotherapy regimens. Whether individual chemotherapeutic agents increase infection risk by mechanisms other than myelosuppression is unclear.

Several authors have examined the relationship between various classes of antibiotics and CDI in patients with hematologic malignancies. These have identified ceftazidime,⁶ cephalosporins,¹¹ or carbapenems.¹³ To our knowledge, this study is the largest to address this question, and we could not identify an association with any antibiotic classes. Of additional interest was a trend for carbapenems to be protective, possibly because of their activity against *C. difficile*.¹⁸

Our data suggest that the number of antibiotics are a greater risk factor than antimicrobial classes, possibly because of increased effects on gut flora. Also, a recent prior hospitalization, which in our patients was usually because of pre-diagnosis fever and/or infection, also seems to increase CDI. This may be due to an increased risk of *C. difficile* colonization, as suggested by Behar et al.¹⁷ A number of our patients received outpatient antibiotics for various local infections. However, antibiotic exposure within 3 months of admission, which has also been reported to increase *C. difficile* colonization,¹⁸ did not increase CDI.

Our results show that patients admitted for induction and those admitted post-induction for various leukemia-related indications (median about 2 admissions/patient in our experience) are 2 distinct risk groups for CDI. The latter typically have short admissions (median 5 days in our experience), may or may not receive antibiotics or chemotherapy, and rarely develop CDI. Thus, analyses that combine the longer induction admissions with the shorter subsequent ones^{6,12} will inevitably identify longer LOS, more days of neutropenia,

Table 3
Comparisons of outcomes between Patients with and without *Clostridioides difficile* infection

Outcome	CDI	No CDI	P value
Patients (no.)	31	478	—
Lengths of stay, d	31 (13–58)	29 (1–117)	0.054
Bacteremia during hospitalization	4 (13%)	83 (17%)	0.48
Overall survival (median), mo	NR*	28.1	—
Deaths in hospital	1 (3%)	54 (11%)	0.23
Costs, median (range) \$x10 ⁴			
Hospitalization	9.2 (0.30–21)	9.3 (0.08–48)	0.54
First 3 mo following admit	13.4 (2.1–32)	12.3 (0.2–70)	0.89
First year following admit	19.1 (2.1–42)	17.6 (0.2–113)	0.74

*The median overall survival had not been reached at the time of the study.

and a greater number of antibiotic days as risk factors for CDI. Whether these are simply markers for the longer induction hospitalizations or directly contribute to CDI pathophysiology is less clear. Conceivably a longer LOS may increase opportunities for *C difficile* acquisition, more antimicrobials may cause greater disruption of gastrointestinal microbiota, and, perhaps, the immunosuppression associated with the neutropenic period may result in decreased CDI resistance.¹⁹ For newly diagnosed patients, who typically present with neutropenia, begin antibiotics at admission, and develop CDI in the midst of neutropenia and antibiotic administration, LOS, days of antibiotics, and days of neutropenia would not emerge as risk factors.

At least 1 group has reported that blood-stream infection rates, in this case with vancomycin-resistant *Enterococcus*, are increased in patients with CDI.²⁰ We suggest that which organism is cultured from the blood is probably more dependent on patient colonization status, and whether a BSI with any organism occurs relates more to patient susceptibility factors, such as immune and mucosal compromise.²¹ Thus, it may be more appropriate to ask if CDI increases the overall risk for bacteremia. If so, mucosal inflammation and break down, especially in the setting of neutropenia, could promote translocation of bacteria into the blood stream, and/or CDI could be a marker for greater microbiota disruption, which has been associated with sepsis.²² However, in our patient cohort, CDI, at least in the relatively mild form experienced by our patients, did not increase the risk for bloodstream infections.

Concerns about CDI on units caring for patients with hematologic malignancies raise the question whether all patients should undergo

admission screening for *C difficile* colonization. The low rate of colonization at admission and during hospitalization combined with the relatively benign nature of CDI in our patients suggest that routine screening is not warranted, unless, perhaps, in the setting of an outbreak or if hypervirulent strains are suspected. If patients are screened on admission, a negative stool suggests an increased consideration of other causes of subsequent diarrhea.

There are few data on the effect of CDI on the outcomes of LOS, overall survival, and cost for patients with hematologic malignancies. In a large “nationwide analysis” combining hospitalizations of patients with acute and chronic leukemia, it was concluded that mortality, LOS, and costs are increased with CDI.³ Similar findings in patients with malignancies were reported in a large regional multihospital discharge database.²³ In these studies, however, the patients without CDI had significantly shorter hospitalizations (mean 5 and 10 days, respectively). Since cost is driven primarily by LOS, and patients with unresolved comorbidities unrelated to CDI would tend to stay in the hospital longer, the relation of CDI itself to these outcomes has been unclear. Our results show that CDI itself seems to make no significant contribution to LOS, mortality, and cost in our patient population.

We found that ribotype 014/020 was the most common on our unit followed by 027. The predominance of 014/020 strains is consistent with previous epidemiologic surveys showing predominance of 014/020 in the Western United States and 027 in all other regions of the United States.²⁴ The clinical significance and outcomes of CDI from ribotype 014/020 has yet to be defined. We did not observe severe outcomes or increased mortality in our patients with 027.

A strength of our study is our large consecutive patient series. Limitations include a retrospective single institutional study with local practice patterns. Because of the relative homogeneity of our patient population, we were unable to assess some important issues, such as the association of CDI with administration of proton pump inhibitors (received by 96% of patients) or anti-leukemic treatment (93%). In addition, complete data on antibiotic administration prior to hospitalization were not uniformly available, so antimicrobial exposures may have been underestimated in some patients. The infrequent occurrence of CDI despite our large sample limited the power of some of our statistical analyses. Last, our patient cohort was not entirely a representative sample of all newly diagnosed patients in Utah. Being a referred population, our patients differed in expected ways. Comparison with data from the Utah Cancer Registry showed that our subgroup of patients were younger (median 58 vs 64 years), and a greater percentage received anti-leukemic therapy (median 93% vs estimated 80%).

CONCLUSIONS

CDI is relatively infrequent among newly diagnosed patients with AL and has little, if any, effect on patient outcomes. CDI is more common in patients with AML than other types of leukemia. Risk factors for CDI include a prior recent hospitalization and, a greater number of antibiotics. *C difficile* colonization on admission seems to be more frequent in patients with AML and conveys a greater risk of CDI. *C difficile* ribotypes 014/020 and 027 are most frequent on our unit.

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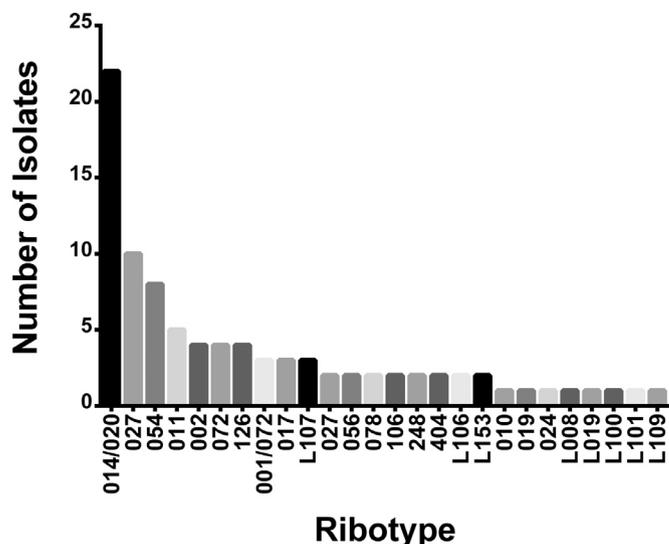


Fig 2. Prevalence of 27 ribotypes obtained from an available stool from 90 patient admissions between 2015 and 2017. Ribotypes preceded by “L” could not be matched with control strains obtained from the American Type Culture Collection.

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