

Prevalence of methicillin-resistant *Staphylococcus aureus* in India: A systematic review and meta-analysis

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ABSTRACT

The emergence of Methicillin resistant *Staphylococcus aureus* (MRSA) has increased and becoming a serious concern world-wide including India. Additionally, MRSA isolates are showing resistance to other chemotherapeutic agents. Isolated and valuable reports on prevalence of MRSA are available in India and there is no systematic review on prevalence of MRSA at one place, hence this study was planned. The overall prevalence of MRSA in human population of India was evaluated by state-wise, zone-wise and year-wise. Systematic search from PubMed, Indian journals, Google scholar and J-Gate Plus was carried out and retrieved 98 eligible articles published from 2015 to 2019 in India. The statistical analysis of data was conducted using R software. The overall prevalence of MRSA was found to be 37% (95% CI: 32-41%) during 2015–

2019. The pooled prevalence of MRSA zone-wise was found to be 41% (95%CI: 33-50%), 43% (95% CI: 20-68%), 33% (95% CI: 24-43%), 34% (95% CI: 26-42%), 36 % (95% CI: 25-47%) and 40% (95% CI: 23-58%) for north, east, west, south, central and north east region-zones, respectively. The state-wise stratified results showed a predominance of MRSA in Jammu & Kashmir with 55% (95% CI: 42-67%) prevalence and that of lowest was 21% (95% CI: 11-34%) in Maharashtra. The study indicated that the prevalence data will be of help in formulating and strict implementation of control measures in hospital areas to prevent outbreak of MRSA infection and management of antibiotic usage.

Keywords: Antimicrobial resistance, Humans, India, Meta-analysis, MRSA, prevalence, *Staphylococcus aureus*.

INTRODUCTION

Staphylococcus aureus (*S. aureus*) is an important pathogen responsible to cause a wide range of human infections such as minor skin infections, pimples, impetigo, boils, cellulitis, folliculitis, carbuncles, scalded skin syndrome, and abscesses including life threatening diseases.^{1,2} *S. aureus* is an important pathogen of many nosocomial and community related infections leading to high morbidity and mortality.³ *S. aureus* possesses various antibiotic resistance mechanisms including to resistance to methicillin (are called MRSA), which consequently becomes difficult in the management of infections. Over the last 50 years, antibiotics have reduced the rate of mortality nevertheless bacteria have known to develop maximum resistance to most of the available antimicrobial agents.⁴

The methicillin resistance expressed by *S. aureus* is contributed by the *mecA* gene that is harboured by the mobile segments of the MRSA strains, which encodes the penicillin-binding protein 2a (PBP2a) that has low-affinity for β -lactam and allows MRSA strains to survive in different concentrations of these antimicrobial agents.⁵ It is known that MRSA is now endemic in

India with variation in the antimicrobial susceptibility patterns based on geographical region.⁶ Early detection of MRSA and its susceptibility pattern becomes vital for the treatment of the condition as very few antimicrobial agents can be used in the management of the ailment. Hence, it is imperative to study the overall prevalence of MRSA in India so that improved and efficient treatment methods can be developed for the management of MRSA.

The present study concentrates on systematic review and meta-analysis to estimate the pooled prevalence of MRSA in India and state-wise, zone-wise and year-wise analysis was conducted using statistical tool, viz., meta-analysis.

MATERIALS AND METHODS

LITERATURE SEARCH

A systematic search was performed on the articles published from 2015 using the following keywords in various combinations: “*Staphylococcus aureus*”, “*S. aureus*”, “MRSA”, “prevalence”, “India” and “Humans”. The literature was screened systematically in various search engines such as J-Gate plus, PubMed and Google Scholar and Indian Journals. The search was limited to the publication dates from 2015 to 2020. In addition, manual searches on citations retrieved from original studies and review articles were also performed. The articles were chosen by screening through the titles and abstracts for relevance based on the inclusion and exclusion criteria.

1.1. Study selection criteria

The results after searching were tabulated into excel format, duplicate ones were removed and relevant studies were examined. Our preliminary inclusion criteria was to include all articles having title key word “prevalence of MRSA in India” during 2015 to 2020 only. Articles thus selected were subjected to abstract screening for titles. Studies were read in full for which they

had report on (a) the prevalence of MRSA (b) sample size data (c) events (positive) (d) year of study (e) geographical location of the study (f) diagnostic tests used as confirmatory tool for identification of MRSA. Those articles which did not satisfy the above screening criteria were excluded from the study. Articles containing large number of samples/events were also not included in the study. The studies that did not report the MRSA prevalence, that included review, reports, editorial articles and outbreak reports and studies that were duplicates of included studies, were excluded. The articles that are selected included humans of all age groups. The searches, scrutiny, and methodology were in accordance to the PRISMA protocol ([http:// www.prisma-statement.org](http://www.prisma-statement.org)) (Table S1).

DATA EXTRACTION

The data was extracted from qualified studies that included first author, year of publication study setting/sampling location, number of investigated cases, number of MRSA isolates, sources of isolates, diagnostic methods employed for confirmation, antibiogram results and considered for meta-analysis. Also, we were interested in the year of publication and the location of study setting to stratify the studies based on the year of publication, zone-wise and state-wise. Studies were independently extracted by two investigators and discussed to arrive at a consensus.

RISK OF BIAS AND QUALITY ASSESSMENT

The quality assessment of different studies was done on a fixed rating scale.⁷ The scoring was on a scale of 0 to 5, which included evaluation of author and year of study, representativeness of the sample used in the study, ascertainment of the exposure, comparability, and outcome.

META-ANALYSIS

Meta-analysis was carried out using the R Open Source Scripting Software (version 3.4.3, R Foundation for Statistical Computing, Vienna, Austria. <https://www.R-project.org/>). Metafor, Metaprop, and Meta of this software were statistical packages used. Tau square, I^2 (Higgin's I^2),

and p value were computed to determine the percentage of variation due to heterogeneity among various reports included in this study. Both the random effect and fixed effect model were used to calculate the pooled prevalence of individual diseases. This analysis facilitates generating a weighted average proportion of prevalence of various studies that provides a way forward for proper planning. Graphical representation of the data was depicted as Forest Plots. The restricted maximum-likelihood estimator was used to determine between-study variance (τ^2). The prevalence estimates for MRSA was expressed as a percentage with 95% Confidence Interval (CI). Subgroup analysis was performed as a means of investigating the significance of heterogeneity among the studies. The studies were stratified based on zones of country, year of publication and state-wise in this present study. Subgroup meta-regression analysis was performed to identify the stratified prevalence of MRSA in different regions, study period, sample size and diagnostic tests.

RESULTS

STUDY DETAILS

Articles reporting the prevalence of MRSA were thoroughly screened and irrelevant ones were excluded. A total of 1,831 of 2,717 articles were identified were excluded following the exclusion criteria described above. 886 potential articles were selected using a combination of key words. A total of 98 articles were selected suitable for systematic review and meta-analysis (Figure 1). All the articles described the prevalence of MRSA in India and were for the period of 2015–2020. The prevalence data for this study was extracted and tabulated as per the requirement of the statistical software. 22 states of India had the reports of prevalence of MRSA. Six zones of the country viz., north (Uttara Pradesh, Haryana, Jammu and Kashmir, Himachal Pradesh, Punjab, New Delhi and Uttarakhand), east (West Bengal and Odisha), west (Rajasthan, Maharashtra and Gujarat), south (Tamil Nadu, Telangana, Karnataka Andhra Pradesh, Kerala

and Puducherry), central (Madhya Pradesh) and north east region (Assam, Tripura and Sikkim) zones had varied pooled prevalence of MRSA.

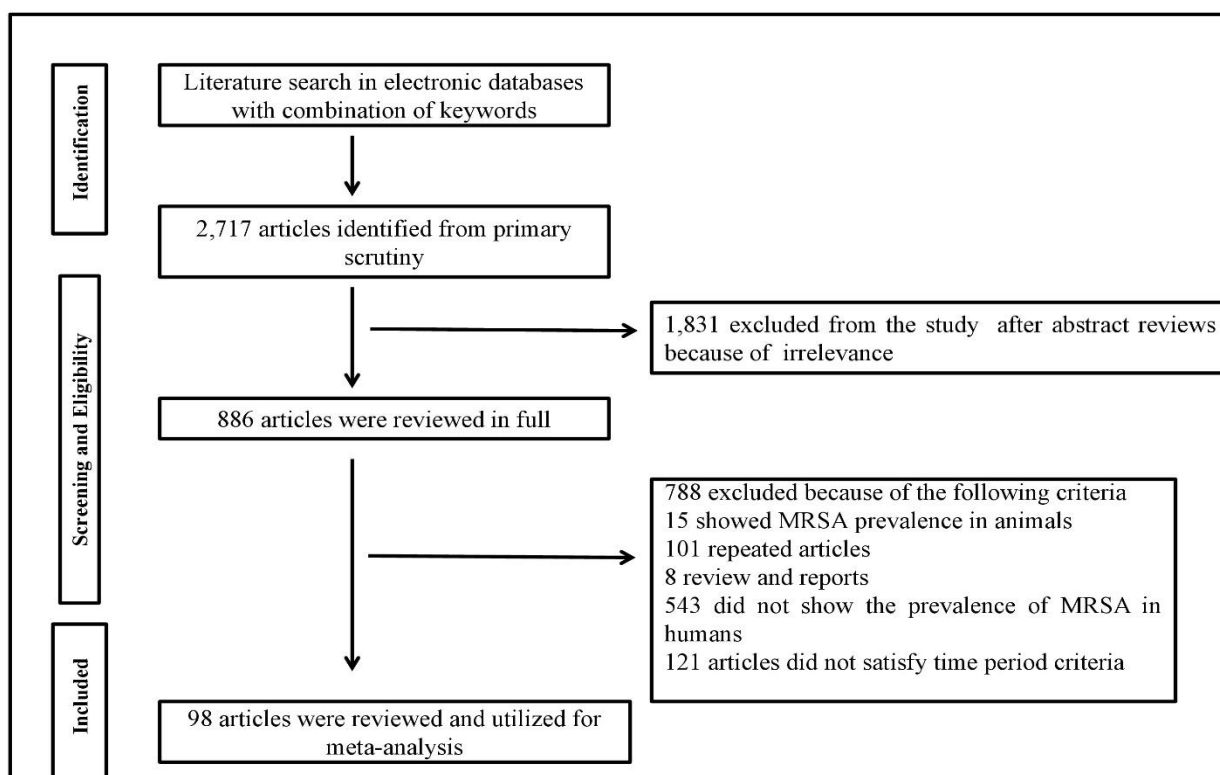


Figure 1: Systematic review and meta-analysis.

RISK OF BIAS AND QUALITY ASSESSMENT

Each section of risk of bias and quality assessment were awarded maximum number of two stars and the score given was on a scale of 0 to 5. Hence, the overall quality assessment has a maximum score of 5 and a minimum score of 3 (Table S2).

META-ANALYSIS OF THE PREVALENCE OF MRSA

The percentage prevalence of MSA in India was estimated statistically using R Open Source Scripting Software. The overall prevalence of MRSA using 17,525 samples in 98 studies was found to be 37% (95% CI: 32-41%) in India during 2015–2019 (I^2 -99%, τ^2 - 0.0571, $p=0$) (Figure 2). The pooled data was stratified into state-wise and zone-wise.

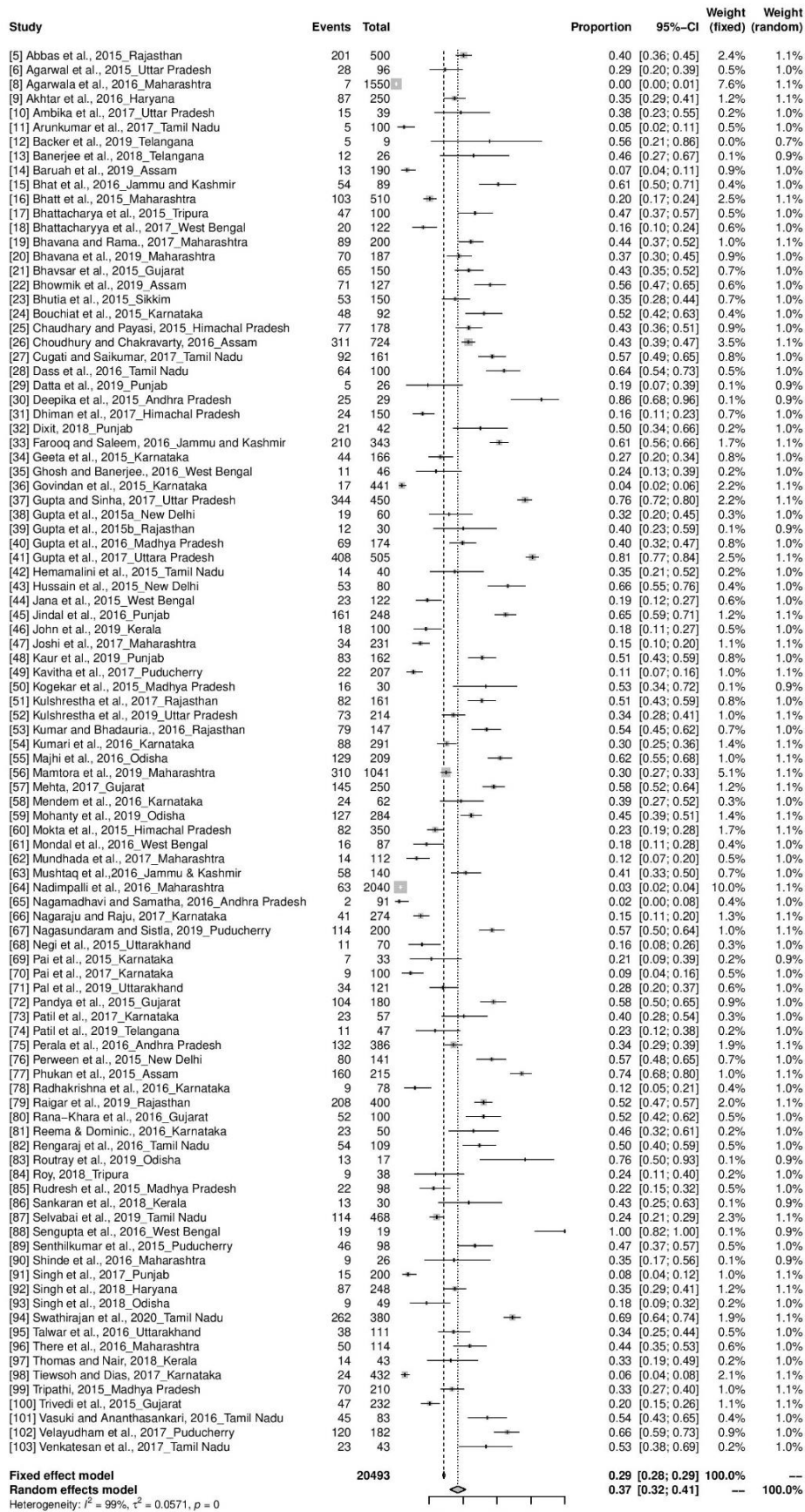


Figure 2: Overall prevalence of MRSA.

State-wise prevalence of MRSA

Twenty two states of India had reported the prevalence of MRSA. Jammu and Kashmir showed the highest pooled prevalence of MRSA as 55% (95% CI: 42-67%) with I^2 -88, τ^2 -0.0112, p =<0.01 and Maharashtra showed the lowest pooled prevalence of MRSA as 21% (95% CI: 11-34%) with I^2 -99, τ^2 -0.0517, p =<0.01. A single article from Sikkim had a prevalence of MRSA as 35% (95% CI: 28-44%) (Table 1).

TABLE 1: Details of pooled prevalence of MRSA in 22 districts during 2015-2020

Sl No	Name of the Stae	Pooled Prevalence (%) at 95% CI	I^2 (%)	τ^2	p value
1	Andhra Pradesh	37 (0-89)	98	0.2642	<0.01
2	Assam	43 (15-74)	99	0.1071	<0.01
3	Gujarat	46 (31-60)	96	0.0268	<0.01
4	Haryana	35 (31-39)	0	0	0.95
5	Himachal Pradesh	27 (13-44)	94	0.0229	<0.01
6	Jammu and Kashmir	55 (42-67)	88	0.0112	<0.01
7	Karnataka	23 (14-33)	96	0.0399	<0.01
8	Kerala	30 (16-45)	77	0.0156	0.01
9	Madhya Pradesh	36 (25-47)	78	0.0112	<0.01
10	Maharashtra	21 (11-34)	99	0.0517	<0.01
11	New Delhi	52 (32-71)	89	0.0288	<0.01
12	Odisha	49 (25-73)	93	0.0599	<0.01
13	Puducherry	44 (19-70)	98	0.0730	<0.01
14	Punjab	37 (16-61)	98	0.0738	<0.01
15	Rajasthan	48 (42-54)	77	0.0031	<0.01
16	Sikkim*	35 (28-44)	-	-	-
17	Tamil Nadu	44 (29-60)	97	0.0544	<0.01
18	Telangana	38 (20-58)	66	0.0202,	0.05
19	Tripura	36 (15-60)	85	0.0260	<0.01
20	Uttar Pradesh	53 (30-75)	98	0.0670	<0.01
21	Uttarakhand	26 (16-37)	76	0.0089	0.02
22	West Bengal	39 (6-79)	96	0.2330	<0.01

*, Single article

Year wise prevalence of MRSA

Heterogeneity assessment was performed year-wise (Figure 3). It was found that the studies published during 2015, 2016, 2017, 2018 and 2019 have independent significant heterogeneity, hence sub-group analysis is more appropriate using random effect model to deal with heterogeneity.

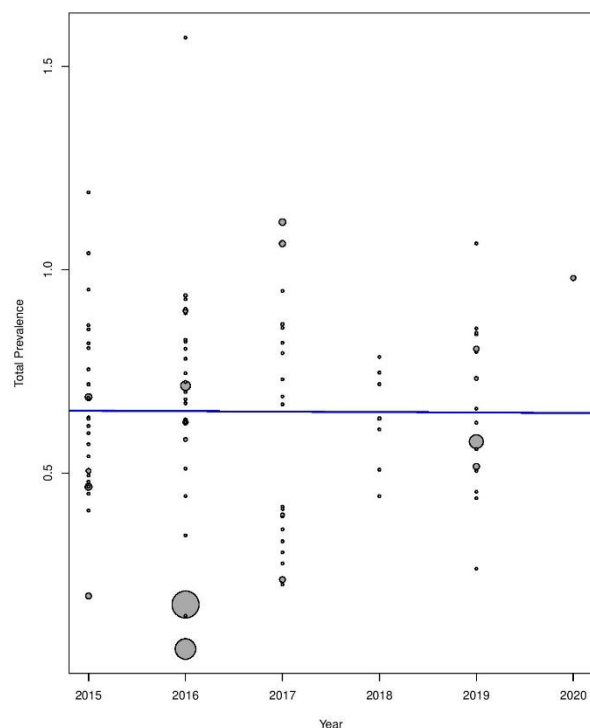


Figure 3: Heterogeneity assessment.

Year 2015: 27 articles in this year showed a prevalence of MRSA as 38% (95% CI: 30-45%) with I^2 -97, τ^2 -0.0414, p <0.01. Year 2016: 27 articles in this year showed a prevalence of MRSA as 39% (95% CI: 29-50) with I^2 -99, τ^2 -0.0797, p =<0.01. Year 2017: 20 articles in this year showed a prevalence of MRSA as 31% (95% CI: 20-44) with I^2 -99, τ^2 -0.0835, p =0. Year 2018: 7 articles in this year showed a prevalence of MRSA as 35% (95% CI: 26-43) with I^2 -62, τ^2 -0.0091, p =0.02. Year 2019: 16 articles in this year showed a prevalence of MSA as 37% (95% CI: 28-46) with I^2 -95, τ^2 -0.0343, p =<0.01. Year 2020: A single article showed prevalence of MRSA as 69% (64-74) (Table 2).

TABLE 2: Zone wise prevalence of MRSA in India during 2015-20.

Sl No	Region	Pooled Prevalence (%) (95% CI)	I^2 (%)	τ^2	Heterogeneity test		Egger test (predictor= $n \ln v^*$)		Chi square test
					Q	P	t	P	
1	North (Uttara Pradesh, Haryana, Jammu and Kashmir, Himachal Pradesh, Punjab, New Delhi and Uttarakhand)	41 (33-50)	98	0.0446	991.31	<0.01	-1.55	0.14	1000.57
2	South (Tamil Nadu, Telangana, Karnataka Andhra Pradesh, Kerala and Puducherry)	34 (26-42)	98	0.0614	1351.91	<0.01	1.19	0.24	1369.91
3	West (Rajasthan, Maharashtra and Gujarat)	33 (24-43)	99	0.514	2551.24	<0.01	2.3	0.030	2559.54
4	East (West Bengal and Odisha)	43 (20-68)	96	0.1401	193.14	<0.01	0.57	0.58	209.95
5	North East (Assam, Tripura and Sikkim)	40 (23-58)	98	0.0601	260.52	<0.01	-0.27	0.8	264.06
6	Central (Madhya Pradesh)	36 (25-47)	78	0.0112	13.3	<0.01	0.58	0.62	13.54
7	Overall	37 (32-41)	99	0.0571	6901.21	<0.01	2.44	0.02	1031.2

Zone-wise prevalence of MRSA

In zone-wise analysis (Table 3 and Figure 4), east zone with nine articles (West Bengal and Odisha) showed highest pooled prevalence of 43% (95% CI: 20-68) with I^2 -98, τ^2 -0.01401, p =<0.01. The lowest prevalence of MRSA was recorded by west zone with 20 articles (Rajasthan, Maharashtra and Gujarat) as 33% (95% CI: 24-43%) with I^2 -99, τ^2 -0.0514, p =0 and these states are geographically large and densely populated. Twenty four articles in north zone comprising of Uttara Pradesh, Haryana, Jammu and Kashmir, Himachal Pradesh, Punjab, New Delhi and

Uttarakhand was having a pooled prevalence of 41% (95% CI: 33-50%) with I^2 -98, τ^2 -0.0446, $p < 0.01$. Thirty four articles in south zone consisting of Tamil Nadu, Telangana, Karnataka Andhra Pradesh, Kerala and Puducherry revealed a pooled prevalence of MRSA as 34% (95% CI: 26-42%) with I^2 -98, τ^2 -0.0614, $p < 0.01$. Four articles in central zone (Madhya Pradesh) showed a pooled prevalence of 36% (95% CI: 25-47%) with I^2 -78, τ^2 -0.0112, $p < 0.01$. Assam, Tripura and Sikkim are part of north east zone (7 articles) which showed a pooled prevalence of MRSA as 40% (95% CI: 23-58%) with I^2 -98, τ^2 -0.0601, $p < 0.01$.

TABLE 3: Year wise prevalence of MRSA in India during 2015-20.

Year	Pooled prevalence % (95% CI)	I^2 (%)	τ^2	p value
2015	38 (30-45)	97	0.0414	<0.01
2016	39 (29-50)	99	0.0797	<0.01
2017	31 (20-44)	99	0.0835	<0.01
2018	35 (26-43)	62	0.0091	0.02
2019	37 (28-46)	95	0.0343	<0.01
2020*	69 (64-74)	-	-	-

*, Single article

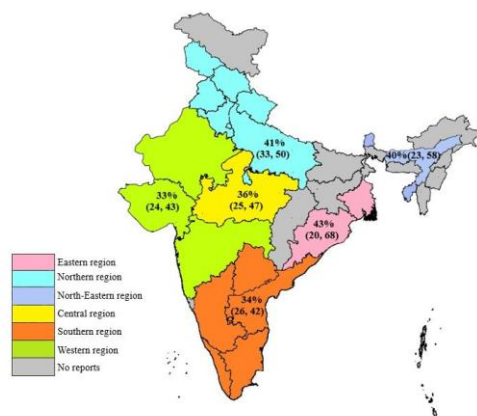


Figure 4: Zone analysis.

Meta-regression analysis

Meta regression is a tool used to examine the effect of moderators on MRSA prevalence rates. In this study, year of publications, samples size, geographical regions and confirmatory tests used for diagnosis of samples are the moderators. After conducting the meta regression, sample size

was found significant ($R^2= 7.03$; $p=0.005$). The heterogeneity contribution of the moderator variables ranged from 0 to 7.03%. Further investigation of subgroup analysis of sample size was performed, dividing the sample size moderator into two groups viz., less than median and more than median using mixed effect model which yielded $I^2=99\%$, $p=0.990$. The results of the tests for residual heterogeneity and parameter estimation by meta regression is presented in Table 4 a&b.

TABLE 4a: Test for residual heterogeneity.

Sl no	Predictor	R2(%)	τ^2	I^2 (%)	H^2 (%)	QM value	p value
1	Year	0.00	0.0577	97.91	47.78	0.0039	0.9502
2	Sample Size	7.03	0.0531	97.61	41.79	7.8623	0.0050
3	Region	0.00	0.0588	97.89	47.29	2.3638	0.7969
4	Confirmatory test	3.78	0.0549	97.75	44.38	6.4073	0.0934

TABLE 4b: Meta regression parameter estimate

Sl No	Predictor	Estimate	95 % CI	p value
1	Year	-0.0011	-0.0354 to 0.0332	0.9356
2	Sample Size	-0.0002	-0.0004 to -0.0001	0.0050
	Group I (More than Median)		0.581 to 0.721	3.744778e-75
	Group II (Less than Median)		0.584 to 0.720	1.910528e-78
3	Region			
	Central	Reference		
	East	0.0592	-0.2354 to 0.3537	0.6938
	North	0.0482	-0.2151 to 0.3116	0.7196
	Northeast	0.0339	-0.2711 to 0.3389	0.8275
	South	-0.0349	-0.2927 to 0.2228	0.7904
	West	-0.0221	-0.2901 to 0.2459	0.8715
4	Confirmatory test			
	MeReSa Agar Screening	Reference		
	Double disk diffusion erythromycin and clindamycin	0.54	0.0499 to 1.0302	0.0608
	Kirby Bauer disk diffusion method Cefoxitin	0.1621	-0.0036 to 0.3278	0.0552
	<i>mecA</i> PCR	0.1528	-0.118 to 0.4236	0.2687

The study included 74 hospital and 24 community settings (total 98 articles). Further investigation of subgroup analysis of hospital and community settings was conducted. The pooled prevalence of MRSA for community settings was 27% (95% CI: 19-35%) ($I^2=96$, $\tau^2=0.0521$, $p<0.01$) and that for hospital setting was 49% (95% CI: 35-45%) ($I^2=99$, $\tau^2=0.0542$, $p=0$) (Figure 5).

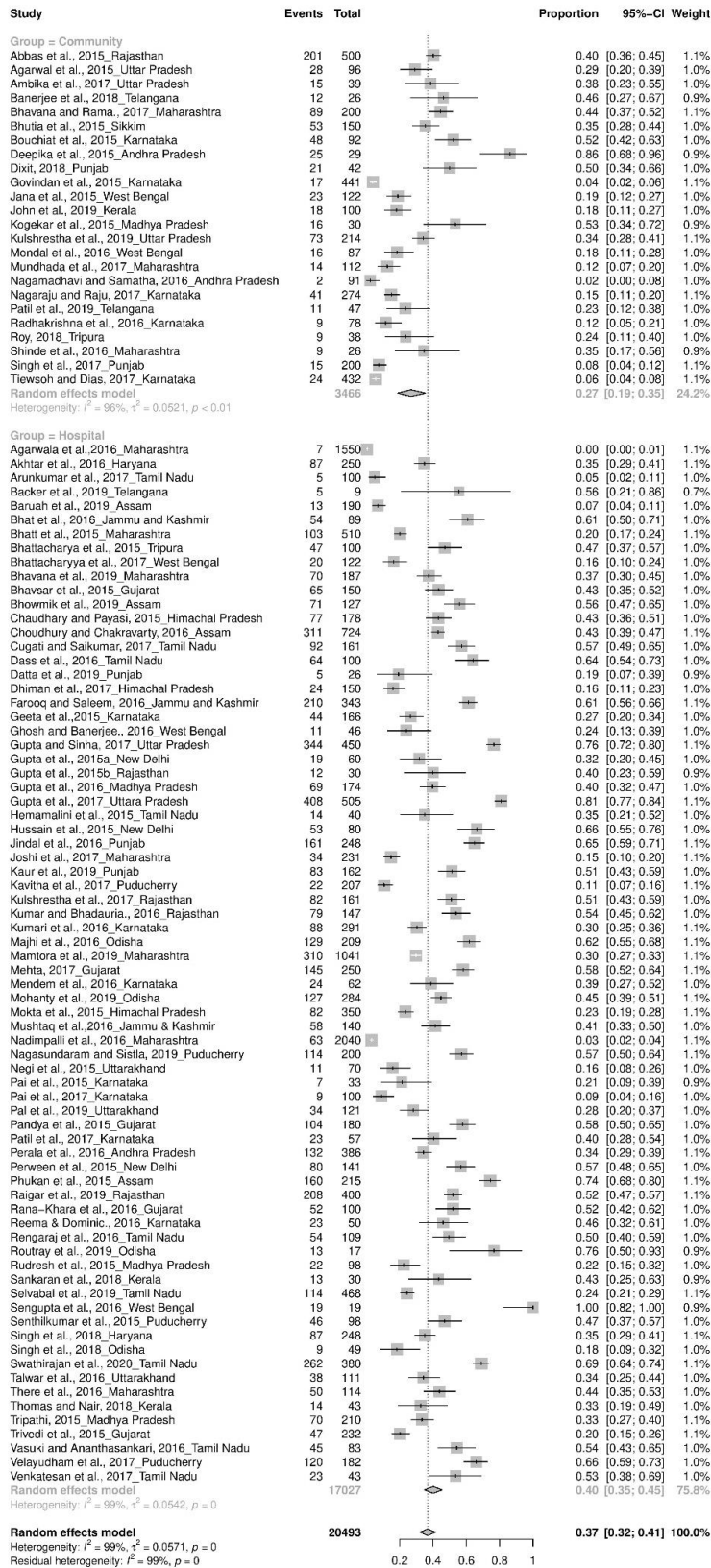


Figure 5: Pooled prevalence of MRSA for community settings.

To assess the heterogeneity between-study reports, a Galbraith plot was generated (Figure 6). The standardized effect estimates against inverse standard error were shown as scattered points in the plot. The points representing the study reports outside confidence bounds may be contributing to the heterogeneity. In the absence of heterogeneity, all points (reports) are expected to lie within the confidence limits centring around the line.

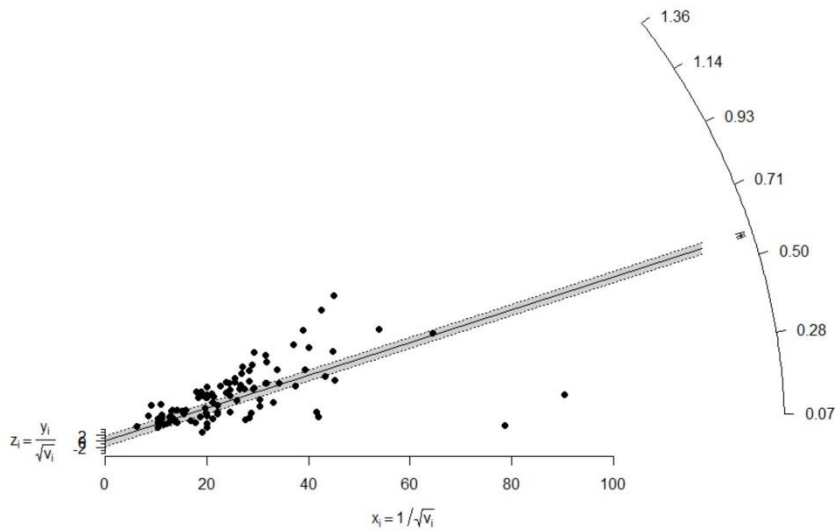


Figure 6: Galbraith plot assessment between study reports.

DISCUSSION

Antibiotic resistance is one of the foremost health concerns of India. There is an alarming increase in the prevalence of *S. aureus* that is resistant to methicillin (MRSA) in India in recent years especially community associated MRSA. MRSA is now endemic in India and incidence is varied. The current policy shows a growing political commitment at the highest levels to take strong action on AMR and, provide adequate support for a nationwide surveillance and stewardship to mitigate the resistance problem.⁸⁰

In the present study, meta-analysis study reveals the pooled prevalence of MRSA in human from India at 37% (95% CI: 32-41%) during 2015–2019. The epidemiology of MRSA in humans is changing gradually in India and the prevalence has increased over the years due to lack of

awareness, overuse of antimicrobial medicines in human health, increase in the infections caused due to lack of sanitation and hygiene, and the paucity of stringent rules and regulations for use of antibiotics. Although the cost of antibiotics is high, the consumption rate has increased due to inappropriate prescribing, indiscriminate use of antibiotics, and sales of antibiotics without prescription. Self-medication with antibiotics that are bought without prescription is also a serious concern in India.

A pooled prevalence of MRSA varied between 31-39% during the 2015-19 (69% in 2020) against total prevalence of 37% at all India level. Jammu and Kashmir showed the highest prevalence of MRSA (55%) which shares a border with Pakistan, though illegal movement may not be ruled out alongside borders. Maharashtra has lowest prevalence of MRSA (21%) and has more number of sophisticated hospitals.

In zone wise analysis, east zone has showed highest prevalence of MRSA (43%) which has West Bengal and Odisha. It is to be mentioned that West Bengal shares a porous border with Bangladesh and there is no restriction of movement of men and material between them. North east zone which comprises of Assam, Tripura and Sikkim has shown the second highest prevalence of MRSA (40%). Assam has porous border with Bhutan and Bangladesh; Tripura shares a porous border with Bangladesh whereas Sikkim sharing with Bhutan, Tibet and Nepal wherein there is no restriction in movement of men and material. In a similar study¹⁰⁴, 46% and 54% of prevalence of MRSA among female and male respectively was recorded in west zone of Iran. 84 isolates from intensive care unit of a hospital of Iran was quite alarming of antimicrobial resistance issue¹⁰⁵.

In year wise analysis, pooled prevalence of MRSA was more during 2016 (39%), followed by that of 38% prevalence during 2015. The reports on prevalence of MRSA (35%) were more homogenous ($I^2=62\%$). It appears that there was a consistency in reporting of prevalence rate of MRSA in all zones India.

The moderate heterogeneity may be due to the total variability effect among the sizes which might not have been caused by sampling error. Further, the heterogeneity between studies can be attributed to the different study settings and study populations since the studies on the prevalence of MRSA from different regions are limited. Heterogeneity between studies could also be due to different population settings under investigation, type of samples used, geographical locations, and hospital/community practices. However, upon scrutinising the forest plots, weight (fixed) assigned to 24 studies under community settings do not exhibit outlier feature. Therefore, the effect of two settings (hospital and community) of pooled prevalence of MRSA is not found to have large difference, the subgroup analysis of studies revealed that the pooled prevalence of MRSA in hospital setting was 40% and that for community was 27%.

Further to meta-analysis, barring selection bias, systematic reviews helps the revision of all the scientific evidence on a given topic. Based on the output, the summarized information can be used to propose hypotheses that explain the behaviour of the data and to identify areas of gaps where further research is needed.¹⁰⁶ However, it is a controversial tool because several conditions are critical and even small violations of these can lead to misleading conclusions. While designing and performing a meta-analysis, several decisions concerning personal judgment and expertise need to be made that may eventually create bias or expectations that influence the result.¹⁰⁷

CONCLUSION

In this study, the overall pooled prevalence of MRSA in humans in India was found to be very high (37%). Studies comprising of large population in different locations with rapid tests would be of much help in computing prevalence of MRSA. This increase in the prevalence of MRSA builds more emphasis on the need to develop more stringent policies and regulations for the use of antibiotics in the human health-care system. Strict adherence of hand hygiene and judicious use of any antibiotics will greatly reduce the incidence of MRSA. Awareness of the indiscriminate

use of antibiotics and the preventive strategies should be introduced to combat the epidemic spread of the drug resistance bacteria in India.

Declaring of Competing Interest

The authors declare that they do not have any conflict of interests

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