Original Article

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Systematic review and meta-analysis of the association between biofilm formation and antibiotic resistance in MRSE Isolated from Iranian patients

Abstract

Background: Biofilms are organized communities of microorganisms encased in a selfproduced matrix that adheres to surfaces and can have both beneficial and detrimental effects in various environments. These biofilms have been linked to severe infections in humans. We investigated the association between antibiotic resistance and biofilm formation in methicillin-resistant *Staphylococcus epidermidis* (MRSE) isolates.

Methods: A comprehensive search was conducted through data medical data bases using a combination of mesh terms. The data were analyzed using STATA meta-analysis software, and a random effects model was employed to determine the pooled prevalence with a 95% confidence interval (CI).

Results: Our findings revealed that the prevalence of MRSA was 61.75% (95% CI: 35.6-99.1). The cumulative rate of biofilm formation in MRSE strains was reported to be 83.4% (95% CI: 47.8-99.4). Among the biofilm-related genes, the *SdrG* gene exhibited the highest frequency (98%), followed by the *atlG* gene with a frequency of 84%.

Conclusion: Out of the seven, three documented a positive association. Given the propensity of MRSE strains to form biofilms, it is crucial to implement preventive measures against infections caused by these strains.

Keywords: Methicillin-resistant Staphylococcus epidermidis, Biofilm formation.

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Staphylococcus epidermidis (S. epidermidis), a gram-positive and coagulasenegative coccus belonging to the genus Staphylococcus, constitutes a component of the symbiotic flora of human skin (1, 2). This bacterium can instigate hospital-acquired infections among individuals with compromised immune systems. The risk of hospitalacquired infections is heightened in such patients due to the bacterium's propensity to form biofilms on medical devices (3, 4). Biofilm represents the most critical pathogenic factor of bacteria, impeding the infiltration of antibiotics and immune cells (5, 6). The capsule of S. epidermidis adheres to pre-existing biofilms through sulfated polysaccharides, facilitating the formation of multi-layered biofilms. Bacterial biofilm enhances antibiotic tolerance and resistance by one hundred to one thousand (7) and, making eradicating biofilm bacteria with antibiotics exceedingly challenging. Antibiotic concentration within the biofilm milieu often fails to reach optimal inhibitory or bactericidal levels (8, 9). Moreover, antibiotic exposure induces stress in bacteria, leading to alterations in their physiological and biochemical functions (10), and promoting the emergence of more resistant and occasionally biofilm-producing bacterial cells in certain species (11, 12). S. epidermidis exhibits resistance to numerous antibiotics, including penicillin, amoxicillin, and methicillin (Methicillin-Resistant S. epidermidis; MRSE). Consequently, antibiotics prove ineffective against biofilms, necessitating vancomycin in combination with rifampin or aminoglycosides for treatment (13).



MRSE can be distinguished from Methicillin-Resistant Staphylococcus aureus (MRSA) based on its adverse biochemical reaction to coagulase. Beta-lactams are among the most commonly used antibiotics for treating staphylococcal infections (14). Although a high prevalence of MRSE and β-lactam-resistant populations has been observed, the biofilm-inducing effects of methicillin/βlactams on MRSE remain unclear. Nonetheless, many sepsis patients receive *β*-lactam antibiotics alongside vancomycin, potentially stimulating MRSE biofilm growth and compromising vancomycin efficacy in some cases (15, 16). The horizontal transfer of antibiotic resistance determinants among these bacteria has significantly complicated the treatment of such infections. Vancomycin inhibits cell wall peptidoglycan synthesis by blocking transglycosylation and transpeptidation steps in the cell wall synthesis process, which are essential for both plasmid and chromosomal elements. Resistance to vancomycin is mediated by vanA and vanS genes, which are often carried on plasmids and transposons along with other vancomycin resistance genes, including vanA. This transfer of resistance genes frequently occurs between clinical strains of methicillin-resistant staphylococci and vancomycinresistant enterococci (17, 18). Methicillin resistance and resistance to other β -lactam compounds are commonly encountered in clinical settings due to the association between the mecA gene and penicillin-binding proteins (PBP2a or PBP2b) (19).

Today, the resistance of *S.epidermidis* strains to glycopeptide antibiotics and methicillin has increased in clinics. On the one hand, the emergence of isolates that sometimes have multiple drug resistance has made it difficult to treat infections caused by these bacteria (20). On the other hand, the form of antibiotic resistance gene reservoirs drives the spread of resistance in health systems (21). Therefore, knowing the pattern of antibiotic resistance of these pathogenic agents in each geographical area while making it easier to choose the appropriate treatment plays a vital role in preventing the spread of these strains in hospitals (22). In this regard, we investigated the association between antibiotic resistance and biofilm formation in methicillin-resistant *Staphylococcus epidermidis* (MRSE) isolates.

Methods

Search strategy: This study adhered to the guidelines outlined in the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA). A thorough search was performed across various electronic databases,

including PubMed, Web of Science (ISI), MEDLINE, Google Scholar, SID, Magiran, and Scopus. The search terms utilized were as follows: (Biofilms [MeSH Terms] OR biofilm formation [Title/Abstract]) AND (Drug Resistance [MeSH Terms] OR Antimicrobial Drug Resistance [MeSH Terms] OR Antibiotic Resistance [MeSH Terms]) AND (S. epidermidis [Title/Abstract] OR Staphylococcus epidermidis MeSH Terms] OR Methicillin-Resistant Staphylococcus epidermidis [MeSH Terms] OR Methicillin Resistance [Title/Abstract] OR MRSE [Title/Abstract]) AND (Biofilm-related genes [Title/Abstract]) AND (Prevalence [MeSH Terms]) AND (Iran [MeSH Terms]). The search was conducted between January 1, 2010, and June 30, 2021.

Inclusion criteria: In this review, cross-sectional studies with data reporting on the prevalence of MRSE and biofilm-related genes in *S. epidermidis* isolates from clinical samples in Iran. Studies conducted in Iran that utilized standard microbial identification methods, assessed biofilm formation, and evaluated antibiotic resistance were included in the analysis.

Exclusion criteria: Specific articles were excluded from this review, including review studies, case reports, abstracts, editorials, and studies on soil, water, animals, non-clinical samples, and incomplete analysis were excluded. Additionally, two independent reviewers (P.B. and E.T.) independently assessed the eligibility of the studies.

Outcomes: This study's primary outcomes of interest were the prevalence of MRSE, biofilm-related genes, the frequency and association between multidrug-resistant (MDR) strains and biofilm formation (23). These outcomes were selected based on their relevance to the research question and data availability in the included studies.

Quality evaluation: Quality was assessed via a critical appraisal tool explicitly designed for epidemiological studies. This tool consisted of 10 questions, with a score of 1 assigned to a "yes" response and 0 to a "no" response. The final scores were categorized as weak (0-4), moderate (6-8), or strong (>8). The quality assessment aimed to evaluate the included studies' methodological rigor and potential biases. The quality assessment was performed independently by two reviewers (P.B. and E.T.) (24).

Data extraction: Two reviewers autonomously gathered the pertinent information from each study utilizing predesigned templates. The gathered information comprised study timeframe, year of publication, sample size, region, prevalence of MRSE and MDR strains, frequency of biofilm formation, biofilm-related genes, and the association between biofilm formation, its type, and antibiotic resistance. Specifically, the collected data encompassed the author's identity, duration of the study, year of publication, study location, sample size, MRSE prevalence, rate of biofilm formation, diagnostic method employed for MRSE, and source of samples.

Meta-analysis: All data were analyzed using STATA software, specifically version 14.3. A meta-analysis was performed to obtain pooled prevalence estimates with 95% confidence intervals (CI). A random effects model was used to account for potential heterogeneity between studies. The statistical heterogeneity between groups was assessed using I^2 indexes, and the p-value was set at 0.05. Publication bias was evaluated through funnel plot. Subgroup analyses were conducted based on MRSE, MDR, genes related to biofilm, and types of biofilms to explore potential sources of heterogeneity and provide more detailed insights into the findings.

Results

Study selection: About 185 articles were identified through electronic database searches between January 1, 2010, and June 30, 2021. After a thorough review process, 21 papers were selected for detailed evaluation, eight studies were included. All included studies demonstrated favorable quality scores, ranging from 7 to 8. Importantly, none of the selected studies exhibited biases (25–33) (figure 1).

General effects

Prevalence of MRSE: The prevalence of MRSE strains in clinical samples from Iran varied between 35.6% and 99.1% (figure 2, table 1). Combining the data from these studies, the overall prevalence of MRSE isolates was calculated to be 61.75% (95% CI: 40.8-55.9). Notably, all MRSE isolates were found to carry the *mecA* gene.

Heterogeneity and publication bias: As determined by Cochrane's I2 statistics, Heterogeneity indices indicated significant heterogeneity among the included papers (I2 = 59.80, t = 4.778, P = 0.001). Consequently, a random effects model was selected for the meta-analysis. Furthermore, both visual evaluation of the funnel plot and Egger's linear regression test revealed no evidence of publication bias (figure 3 and 4, P= 0.22).

Association between biofilm formation and antibiotic resistance: The pooled prevalence of biofilm formation in MRSE strains was 83.4% (95% CI: 47.8-99.4) (I2 = 75.2, t = 1.8, P = 0.12; table 2), in which about three studies reported a significant association (table 2).

Abundance of biofilm-related genes: According to the gene analysis, the prevalence of *icaA*, *icaB*, *icaC*, *icaD*, *SdrG*, and *atlG* was found to be 32.6%, 25.4%, 72.3%, 64.8%, 98%, and 84%, respectively. Notably, the *SdrG* gene exhibited the highest frequency of occurrence (98%), followed by the *atlG* gene with a frequency of 84%.



Figure 2. Flow charts for the studies were identified, displayed, and included in the study

| | Table 1. Studies on Methicillin-Resistant Staphylococcus epidermidis isolates | | | | | | | | | |
|-------------------------------------|---|-----------------------|----------|----------------|---------------|-----------------|-----------------------------------|----------------------|--|--|
| Study | Duration | Publication (year) | Location | Sample size | MRSE (n%) | Biofilm rate | Diagnostic Methods for MRSE | Source of Samples | | |
| Mirzaei et al, (2020) | 2018- 2019 | 2020 | | 54 | 54 (100%) | 53 (99.1%) | PCR | Blood, Wound, etc | | |
| Talebi et al, (2015) | 2010- 2012 | 2015 | Tehran | 90 | 58 (64%) | - | PCR/BMD | - | | |
| Sotoudeh Anvari et al, (2015) | 2007- 2012 | 2015 | | 21 | 8 (35%) | - | DDM | Pericardial | | |
| Havaei et al, (2015) | 2014 | 2015 | | 70 | 61 (87.1) | - | DDM/PCR | Blood, catheters | | |
| Borooni et al, (2019) | 2016- 2017 | 2019 | Isfahan | 90 | 45 (50%) | 45 (50%) | DD | Urine | | |
| Behshood et al, (2020) | 2019 | 2020 | Isranan | 100 | 60 (60%) | 60 (100%) | DD | Urine, Blood, etc | | |
| Halaji et al, (2017) | 2014- 2015 | 2017 | | 130 | 70 (53.8%) | - | D.D., PCR | Wound, Blood, etc | | |
| Tahmasebi et al, (2018) | 2016- 2017 | 2018 | Hamedan | 55 | 25 (45.4%) | - | PCR, Etest | Blood, Urine, etc | | |

| Table 2. | Subgroup | Analysis | in S. | epidermidis |
|----------|----------|----------|-------|---------------------------------------|
| | | | | · · · · · · · · · · · · · · · · · · · |

| Subgroup | Number of Studies | Heterogeneity test | Egger's test | | Random model | | |
|--------------------------|-------------------|-------------------------------|--------------|----------------|--------------|------|--|
| | | Prevalence (95%cl) (%) | р | \mathbf{I}^2 | t | р | |
| MRSE | 8 | 61.75% (35.2-87.1) | 0.001 | 59.808 | 4.778 | 0.25 | |
| Overall effect (Biofilm) | 3 | 83.4% (47.8-99.4) | 0.00 | 75.2 | 1.8 | 0.12 | |

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| Study Name | | Statistic for each study | | | | | Event r | /ent rate and 95% CI | | | |
|-------------------------------|-------|--------------------------|-------|--------|-------|------------|-------------|----------------------|------------|----------|--|
| 6 | Event | Lower | Upper | Z- | P- | | | | | | |
| | Rate | Limit | Limit | Value | Value | | | | | | |
| Behshood et al, (2020) | 0.600 | 0.501 | 0.691 | 1.986 | 0.047 | | 1 1 | | 1 2 | - | |
| Mirzaei et al, (2020) | 0.895 | 0.803 | 0.946 | 5.726 | 0.000 | | | | | <u> </u> | |
| Borooni et al, (2019) | 0.500 | 0.398 | 0.602 | 0.000 | 1.000 | | | | | - | |
| Tahmasebi et al, (2018) | 0.455 | 0.329 | 0.586 | -0.673 | 0.501 | | | | - | - | |
| Halaji et al, (2017) | 0.538 | 0.452 | 0.622 | 0.876 | 0.381 | | | | - | - | |
| Sotoudeh Anvari et al, (2015) | 0.350 | 0.177 | 0.574 | -1.320 | 0.187 | | | | - | - | |
| Talebi et al, (2015) | 0.644 | 0.541 | 0.739 | 2.701 | 0.007 | | | | _ | | |
| Havaei et al, (2015) | 0.871 | 0.771 | 0.932 | 5.359 | 0.000 | 4.15-01022 | 120000-0000 | | . Internet | | |
| | | | | | | -1.00 | -0.50 | 0.00 | 0.50 | 1.0 | |

Figure 3. Forest plot of the prevalence of MRSE isolates



Discussion

Differences in the prevalence of MRSE (methicillinresistant *Staphylococcus epidermidis*) among countries and regions can be ascribed to variations in infection control measures, the specific traits of prevalent pathogenic strains, the origin of strain isolation (hospital versus community settings), patterns of antibiotic prescription, and insufficient awareness regarding proper antibiotic utilization (26, 32, 33). Conversely, the proliferation of MRSE in clinical environments can be exacerbated by the absence of preventive health standards, untrained personnel, and suboptimal management practices. Moreover, the rise of MDR-MRSA isolates exacerbates the situation (34).

In our study, the cumulative prevalence of MDR *S. epidermidis* isolates was 46.9%. Remarkably, up to 70% of MDR and MRSE isolates harbored the *icaA-D* gene crucial for biofilm formation. Additionally, our analysis revealed that 83.4% of MRSE isolates exhibited biofilm-producing capabilities, underscoring the significant impact of biofilm formation on treatment duration. Furthermore, one study demonstrated that *S. epidermidis* isolates producing biofilms display high levels of resistance to commonly prescribed antibiotics. Specifically, our review highlighted that approximately 83.4% (95% CI: 47.8-99.4) of MRSE isolates exhibited biofilm-producing the prevalence of MDR strains among MRSE isolates.

We also observed a positive correlation between biofilm formation and antibiotic resistance in three out of eight studies. Several studies in the world reported an association resistance to specific antibiotics and between biofilm formation in *S. epidermidis* isolates, and the results of these studies indicated higher antibiotic resistance among strains capable of biofilm formation (35-37). In the study conducted by Behshood et al. reported abundance of biofilm forming MRSE strains in Isfahan was 37 isolates (61.7%). The prevalence of biofilm-related genes in the isolates was SesC (100%), SesI (45.9%), icaA (29.7%), icaB (37.8%), icaC (81.08%), icaD (70.2%), arcA (81.08%), and opp3AB (70%). PCR analysis showed that among the 30 isolates of strong and medium biofilm production, 70% (21/30) positive for the *icaADB* gene.Result of antibiotic resistance in this study showed the isolates high resistance to oxacillin (91.8%), tobramycin (64.8%), and, but less resistant to mupirocin (27.02%), and nitrofurantoin (10.8%) (37). Montazri et al. conducted a study where they identified 44 clinical isolates of Methicillin-Resistant Coagulase-Negative Staphylococci (MR-CoNS) using the cefoxitin disc method, confirmed the identification through PCR amplification of the mecA gene and tuf gene sequencing for CoNS detection, assessed antimicrobial susceptibility via disc diffusion, and determined SCCmec types using multiplex PCR. Their findings revealed that S. epidermidis and S. hemolyticus were the most prevalent isolates, representing 45.4% of the total, with the highest resistance against erythromycin and clindamycin of 84.1% and 84.1%, respectively (38).

In another study conducted in the southwestern region of Iran, 65 *S. epidermidis* isolates were obtained from blood cultures of neonates with septicemia, with the majority demonstrating resistance to erythromycin but sensitivity to linezolid and vancomycin. Approximately 53% of the *S. epidermidis* isolates exhibited methicillin resistance, frequently associated with SCCmec type II among MRSE strains, and 65% of the isolates displayed biofilm formation with predominantly polysaccharide matrices. The presence of the *icaA* and *icaD* genes was detected in 40% and 19% of the isolates, respectively, indicating an increasing prevalence of penicillin-resistant and pathogenic strains in the southwestern region of Iran (39). In conclusion, this review highlights the prevalence of MRSE and multidrugresistant MRSE isolates in Iranian clinical samples, with a notable correlation observed between genetic related biofilm formation and antibiotic resistance. Consequently, the heightened prevalence of MRSE infections emerges as a pivotal concern for public health in Iran. Consequently, healthcare personnel must undertake stringent measures to mitigate and contain the dissemination of MRSE within clinical environments. Multiple studies reveal a direct correlation between biofilm and antibiotic resistance. Isolates capable of biofilm formation exhibit antibiotic resistance levels ranging from 100 to 1000 times greater than non-biofilm-forming strains, forming more robust biofilms (35-37).

A significant constraint of our study is its restriction to a single country, thereby diminishing the sample size. Moreover, other pathogenic and antibiotic resistance factors of *S. epidermidis* warrant further exploration. Future investigations should encompass global-level assessments of the factors elucidated in the present study alongside other pertinent aspects of S. *epidermidis*, both on a global and regional scale.

The observed decline in MRSE prevalence in Iran may be attributed to enhancements in infection control programs and the interruption of pathogen transmission cycles. Additionally, physicians' substantial reduction in methicillin prescriptions for staphylococcal infections has contributed to this decline. Since MRSE strains possess heightened abilities to form biofilms compared to susceptible strains, preventive measures are imperative to combat the infections they cause.

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Authors' contribution: P.B. and E.T. wrote the main manuscript text, and P.B. has done analysis. All authors reviewed the manuscript.

Availability of data and materials: The data that support the findings of this study are available from the corresponding author upon reasonable request.

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