Fungal and Bacterial Contamination on Indoor Surfaces of a Hospital in Mexico

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ABSTRACT

Background: Nosocomial infections acquired during hospitalization depend on the characteristics of the microorganisms, with a high risk of being acquired when the environment is contaminated. Cross-transmission of microorganisms by contaminated surfaces and the hands of health care workers are considered to be the main route of the spread of nosocomial infections and in many Mexican hospitals, information about microbial and fungi contaminants on indoor surfaces is insufficient.

Objectives: In this study, we explore the bacterial and fungal genera present on surfaces taken from; armrest beds, wash sinks, medical tables, and the hands of medical staff from emergency, intensive care unit, inhalation therapy, stomatology and pediatric areas.

Materials and Methods: The present study was conducted in a hospital located in Xalapa City in Mexico; the samples were taken during a 6 month period from August to December, 2010. Surface swab specimens were collected from predefined surfaces with cotton tipped applicators, pre-moistened with sterile saline and inoculated on Sabouraud dextrose or selective Eosin-Methylene Blue agar plates and incubated for 1 to 7 days at 28°C or 37°C in three triplications in order to isolate bacterial and fungal contaminants.

Results: We isolated and identified gram-negative bacteria and fungi and the results showed that the predominant bacteria were; Klebsiella spp. Pseudomonas spp. and E. coli spp. The predominant genera of fungi were; Cladosporium spp., Microsporum canis, Aspergillus spp. and Penicillium spp.

Conclusions: This study showed that all areas of the hospital have pathogenic fungi and bacteria, indicating that these are a potential source of cross-infection from the hands of health care workers to their patients.

1. Background

Nosocomial infections acquired during hospitalization depend on the characteristics of the microorganisms, with a high risk of being acquired when the healthcare environment is contaminated (1). The most common pathogen transference occurs between the hands of health professionals and patients or by the presence of bacteria and fun-
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2. Objectives
The principal goal of this study is to investigate the presence of bacteria and fungi on the surfaces in different areas of a public hospital in Mexico.

3. Materials and Methods
3.1. Methodology
The present study was carried out in Xalapa City in Mexico, in 4 areas of the ISSSTE Instituto de Seguridad y Servicios Sociales de los Trabajadores del Estado public hospital; emergency, intensive care unit (ICU), inhalation therapy, stomatology and pediatric areas. The samples were taken during a 6 month period from August to December 2010. All medical staff involved in this study granted their informed consent to participate.

3.2. Sampling
Surface swab specimens were collected from predefined surfaces (armrest beds, wash sinks, medical tables, and the hands of medical staff) with cotton tipped applicators pre-moistened with sterile saline from; emergency, intensive care unit (ICU), inhalation therapy, stomatology and pediatric wards of the hospital. The swabs were immediately inoculated onto plates that contained Sabouraud dextrose agar plus 50µg/mL of chloramphenicol (Fisher, USA) for the growth of fungi and yeast or on plates with selective Eosin-Methylene Blue agar (EMB), agar medium (Fisher, USA) (peptone 10g, lactose 5g, sucrose 5g, dipotassium phosphate 2g, agar 13.5g, Eosin 0.4g and Methylene blue 0.065g) for the growth of gram-negative bacteria. All samples were incubated for a 1 to 7 day period at 28°C or 37°C in three triplications.

3.3. Fungal Identification
All samples were incubated at 28°C and checked daily for fungal growth during the 7 days in order to determine the number of colony forming units per m² (CFU m²). Fungi and yeast considered to have a distinct morphologically were isolated. Identification was made according to their macroscopic and microscopic morphological characteristics of the vegetative mycelium and the reproductive structures by standard mycological methods. Candida yeasts were identified on plates with CHROMagar™ (CHROMagar Microbiology, France), according to the manufacturers. Chi-square tests were used for the statistical analyses.

3.4. Bacterial Identification
The samples from the surfaces were inoculated onto specific plates with EMB in order to detect gram negative bacteria, then they were transferred to the laboratory and kept in incubators for 72 h and the number of CFU m² under a temperature of 35°C was determined. Identification was determined following a series of biochemical tests included gram staining, tests for oxidase, methyl red, catalase activity, lactose fermentation, casein hydrolysis and sugar fermentation(10). The findings were registered in data sheets during each phase of the study. Chi-square tests were used for the statistical analyses.

4. Results
Bacteria and fungi were present in different areas of the hospital. Of the 1 838 plates obtained from samples from; wards, surfaces and the hands of medical staff, a total frequency were identified in each investigation area of the hospital and these are shown in Table 1 and Figure 1. The results from the surface swab samples indicate that the bacteria recovered produced a low count of colony-forming units. In all of the positive sampled areas, we found 50.45 % of Klebsiella and 32 % of Pseudomonas spp were detected predominantly in the wash sink and medical table surfaces, followed by E coli spp. (9.17 %) and Enterobacter spp. (8.25 %). Of the surfaces that were swabbed, those
least contaminated were the armrest bed surface and the hands of the medical staff. The total concentration of bacteria was highest (38.5 %) in the emergency area, followed by stomatology (23.85 %), pediatrics (19.26 %) and ICU (17.43 %) areas. The predominant bacterium recovered was *Klebsiella* spp. with 50.45 % of total bacteria, followed by *Pseudomonas* spp. with 32.11 %, *E coli* spp. with 9.17 % and *Enterobacter* spp. with 8.25 %. The inhalation therapy area is a new zone in the hospital where few bacteria were found.

The fungi most commonly recovered from the surfaces of the hospital were as follows (Table 2). The emergency area was the most contaminated with 51.18 % of total fungi, followed by ICU (19.68 %) and pediatrics areas (14.96 %), and the least contaminated were the inhalation therapy (7.87 %) and stomatology (6.29 %) areas. The principal fungi found were *Cladosporium* spp. (29.92 %), *Microsporum* spp. (25.19 %), *Aspergillus* spp. (17.32 %), *Penicillium* spp. (13.38 %) and *Candida* spp. (14.1 %) on all of the surfaces studied. *Cladosporium* spp and *Aspergillus* spp. were recovered in four of the areas investigated, followed by *Microsporum canis*, and *Candida* spp. This trend appeared principally in the emergency, inhalation therapy and ICU areas, indicating that these fungi are the major genera found in the hospital. In Figure 2 we show that from the medical tables and the hands of the medical staff *Cladosporium*....
spp. Microsporum canis, Candida spp. and Aspergillus spp. were recovered, while on the armrests of the beds and in the wash sink Penicillium spp. Aspergillus spp. and Microsporum spp. were the most commonly found fungi.

5. Discussion

The hospital environment is contaminated with a variety of pathogenic and nonpathogenic microorganisms that can persist on surfaces for prolonged periods. Numerous studies have demonstrated that the hands and gloves of healthcare workers readily acquire pathogens after coming into contact with contaminated hospital surfaces and they can subsequently transfer these organisms to the patients and inanimate surfaces that they touch. The results of the surface sampling, demonstrated that the hospital environment is a potential reservoir of bacteria such as; Pseudomonas spp. Klebsiella spp. E coli spp. and Enterobacter spp. and this is in accordance with other studies (11). E coli are the most common gram-negative bacterium, causing mainly urinary tract infections (12). Pseudomonas aeruginosa is also very common, chiefly causing lower respiratory tract infections (13). Of great significance is the finding that even the medical tables or hands of the medical staffs which are disinfected daily, were found to be colonized by bacteria and fungi. The frequency of the bacteria varied but the major varieties of bacteria identified were Klebsiella spp. and Pseudomonas spp. found primarily in the emergency, stomatological and pediatric areas, although in the ICU the samples were predominantly Pseudomonas spp. and Enterobacter spp. Previous studies have shown that nurses can contaminate their hands with Klebsiella spp. during “clean activities” (14). Enterobacter spp. and Klebsiella spp. are the most commonly nosocomial infections acquired and this seems to be a problem in community hospitals (5, 15). These results indicate that all surfaces swabbed in the hospital may increase the number of nosocomial infections and therefore the length of stay exceeds the average of 15 days, as stated in the guidelines on the management of multidrug resistant organisms in health care settings (16).

In this study the predominant fungi were Cladosporium spp. Aspergillus spp. Penicillium spp and Microsporum canis, which is in accordance with other studies (11, 17). Microsporum is a fungus that is not commonly found on surfaces in hospitals, however, this fungus is found in a wide range of environments both indoors and outdoors. The natural habitat of some of the Microsporum spp. is in the soil (the geophilic species); others primarily affect various animals (the zoophilic species) or humans (the anthropophilic species). The causative agents of tinea capitis in the urban areas of México are Microsporum canis and Trichophyton tonsurans. In a clinical and mycological study of 125 cases in Mexico City, Microsporum canis has been isolated in 75 (61.5 %) and Trichophyton tonsurans in 36 cases (29.5 %). Tinea capitis occurs predominantly in rural or suburban areas and some of the factors associated with this increased frequency include; poor personal hygiene, overcrowding, and low socioeconomic level. In this study we showed the presence of Candida spp. on the medical tables and on the hands of the medical staff, it is known that these yeasts can survive on surfaces for up to 150 days and are involved in the development of; sepsisemia, urinary tract infections and surgical-site infections, among critically ill patients in the last decades (18, 19).

Contamination could be reduced with the act of washing hands before and after contact with both patients and the various surfaces. However, health professionals’ adherence to this practice has been reported to be less than 50 % in general health facilities (20). Intensifying cleaning routines would reduce the dissemination of pathogens. More attention should be given to the adequacy of the length, the frequency and specific care when cleaning surfaces, because removing dirty areas is important in reducing biofilms. We found bacteria and fungi mainly on the hands of the medical staff, and on surfaces such as armrests, wash sink and medical tables; these data corroborated the hypothesis that the surfaces that are touched most often are more contaminated (10, 21). In addition to the traffic of people; health staff and visitors, in the different areas and the contact with patients, objects, equipment and any surface that facilitates the spread of bacteria, fungi, and pathogens if precautions are not observed, especially with hand washing.

This study has shown that all areas of the hospital carry pathogenic fungi and bacteria. There is no evidence that the fungi and bacteria on the analyzed surfaces caused infection. However, it must be of concern that almost all of the surfaces were contaminated with fungi and bacteria and are a potential source of cross-infection from the hands of the health care workers to their patients. Further possible investigations should include examining the effect of hand antisepsis or decontamination of surfaces in order to determine whether cleaning these potential sources of infection are associated with a reduced incidence of infection in a hospital.

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