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Frequency of TTIs in Apparently Healthy Blood Donors in Sialkot District, A Small District of Punjab-Pakistan with Big Reservoir of TTIs

Abstract

Objective: To determine the frequency of hepatitis C virus (HCV), hepatitis B virus (HBV), human immunodeficiency virus (HIV), syphilis, and malarial parasite (MP) in district blood banks of Sialkot; and to compare it with national and international data.

Methodology: This Descriptive study was conducted between January 2013 to September 2019 at Allama Iqbal Memorial Teaching Hospital (AIMTH), Sialkot, Government Sardar Begum Hospital (GSBH), Sialkot and District Headquarter (DHQ) Hospital, Daska. All donors were between 18-60 years of age, weighed above 50 kgs and their Hemoglobin was above 12g/dl. Donors with physical disabilities and/or having co- morbid conditions were excluded from the study.

Results: In a span of 7 years a total of 84,305 blood donations were acquired collectively in all the three hospitals. In AIMTH, 54,630 donations were made, among which HCV positive cases were 1.70% (n=926), HBV positive cases were 1.25% (n=682), HIV positive were 0.01% (n=6), syphilis positive were 0.75% (n=408) and MP positive cases were only 0.01% (n=4). In GSBH, a total of 14,402 donations were made. Among them HCV positive were 1.25% (n=180), HBV positive were 0.80% (n=115), HIV positive were 0.02% (n=3), syphilis positive cases were equal to 0.35% (n=50), while MP positive 0.01% (n=1). In DHQ Hospital-Daska, total number of donations was 15,273, among which HCV positive were 1.16% (n=177), HBV positive were 0.88% (n=134), HIV positive cases were reported to be 0.01% (n=1), syphilis positive 0.59% (n=90) and MP positive were 0.03% (n=5). Collectively, among the total 84,305 donations made in all three hospitals, HCV positive were 1.52% (n=1283), HBV positive were 1.10% (n=931), HIV positive were 0.01% (n=10), syphilis was found positive in 0.65% (n=548) and MP positive were 0.01% (n=10).

Conclusion: The incidence of TTIs transmission can be decreased by improving donor screening techniques. Better techniques will also filter-out more potentially hazardous donors by which improvement in transfusion service quality can be achieved.

Keywords: HIV, HCV, HBV, Transfusion transmitted diseases, infections, Syphilis.

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Introduction

Blood transfusion is a life-saving procedure.^{1,2} Approximately 112.5 million blood units are collected each year globally according to World Health Organization (WHO).² On the other hand, 3 million bags are being donated each year in Pakistan.³ However, blood transfusion is associated with mortality and morbidity due to infections that can be transmitted

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through transfusions. With each bag transfused, there is a 1% chance of transmission of transfusion transmitted infections (TTIs).^{3,4} The TTIs remain in stored blood for a longer period and remain stable at temperature of 4oC or lower. They have long incubation periods associated with asymptomatic phase or mild symptoms before clinical appearance of the disease, so they can be easily missed during 'window period'.⁵

According to a study done by Pakistan Medical Research Council in 2007-08, 7.6% Pakistani population suffered from hepatitis B and C, where around 4.8% were infected from hepatitis C only.⁶ While as far as HIV is concerned, collective data of 30 years shows a prevalence of 0.41% in Pakistani population.⁷ In blood

banking sector of Pakistan, hepatitis B virus (HBV), hepatitis C virus (HCV), human immunodeficiency virus (HIV), malarial parasite (MP), and syphilis (caused by treponema pallidum spirochete) are usually screened because these are the most frequently found TTIs in this part of the world.³ At the same time, these TTIs are also important because they cause a great deal of threat to the life of the recipients.⁸

Sialkot is a small district situated in North-East of Punjab Province. Jammu and Kashmir in its North, Gujranwala in the West and Narowal in South.9 Although Sialkot is a small region, yet no authentic data of TTIs prevalence is available. A study was conducted in Gujranwala, a big city in near vicinity of Sialkot, where college students were screened. It showed prevalence of HBV as 1.76% and HCV as 4.08% among them. 10 These stats show a worrisome number of cases among the college students in Gujranwala, and it is quite possible that the number of active cases among the general population maybe much bigger. Sialkot may be showing almost the similar stats. And since the data of TTIs in this part of the country is scarce, current study was designed to get a more appropriate and deeper look at the situation of TTIs in Sialkot district.

Methodology

This study was conducted at three blood banks in Sialkot district including Allama Iqbal Memorial Teaching Hospital (AIMTH), Government Sardar Begum Teaching Hospital (GSBTH) and District Headquarters (DHQ) Hospital-Daska. Total data collected include a duration of 6 years and 9 months, starting from January 2013 till September 2019. The blood was collected mostly from direct donations, few replacements and occasional voluntary donations. Blood donation commenced with basic demographic data collection of the donor, starting from name, age, gender, CNIC number, address, contact number, occupation, state of health, last date of donation and center of donation. Major history questions included history of Malaria, TB, typhoid, heart disease, epilepsy, hypertension, syncopal attacks, jaundice, previous transfusion, recent surgery, tooth extraction, tattooing, acupuncture, ear or nose piercing, recent hospitalization, recent travel, addiction, time & type of food last taken, imprisonment, diabetes, bleeding disorder, asthma, recent immunization and allergies. Pre donation counselling of the donor included explanation of donation procedure, screening and outcome of screening results of TTIs. Vitals were recorded. Thorough inspection of drug abuse and skin punctures helped us to rule out professional donors. All donors were between 18-60 years of age, weighed above 50 kgs and their Hemoglobin was above 12g/dl. Donors with physical disabilities and/or having co- morbid conditions were excluded from the study. Written consent from the donors were taken (sample attached) and blood was then collected under aseptic measures as per SOPs of blood bank.

All donors were tested for hepatitis C virus (HCV), hepatitis B virus (HBV), human immunodeficiency virus (HIV), syphilis, and malarial parasite (MP). Immunochromatography technique was used since availability of ELISA lacked at our blood banks. All positive tests were deferred and referred to specialized centers for confirmation. The statistics and data were analyzed using SPSS v.20. Ethical approval was obtained from Institutional Review Board (IRB) of Khawaja Muhammad Safdar Medical College/Allama Igbal Memorial Teaching Hospital.

Results

According to the data obtained the infections most frequently found among apparently healthy blood donors were HCV, followed by HBV, Syphilis then HIV and MP(Table I). Quarterly comparisons at all these blood banks reflected similar in Table II-IV.

Discussion

Blood transfusion has now become an integral part of modern-day medical practice. Safe blood procurement and prevalence of TTIs in our population can only be addressed if the screening process is strict and accurate. Pakistan is a developing country that has been struggling in the healthcare field for quite a long time. There are many shortcomings in almost all the fields, and blood banking is no different. Blood transfusion services are not much developed in Pakistan. Lack of quality equipment and infrastructure play a key role in keeping its low standards and poorly-developed strict donor selection and donor deferral criteria.

Our study showed that HCV and HBV positive cases were 1.52% and 1.10%, while HIV, syphilis and

	YEAR	Donations	HCV	HBV	HIV	Syphilis	MP
	2013	5,534	95 (1.72%)	48 (0.87%)	0 (0.00%)	4 (0.07%)	0 (0.00%)
_	2014	5,777	100 (1.73%)	81 (1.40%)	0 (0.00%)	27 (0.47%)	0 (0.00%)
	2015	6,231	152 (2.44%)	98 (1.57%)	0 (0.00%)	38 (0.61%)	1 (0.02%)
<u> </u>	2016	8,100	147 1.81%)	123 (1.52%)	3 (0.04%)	58 (0.72%)	0 (0.00%)
4	2017	9,716	164 (1.69%)	128 (1.32%)	0 (0.00%)	107 (1.10%)	1 (0.01%)
	2018	10,758	137 (1.27%)	124 (1.15%)	0 (0.00%)	96 (0.89%)	0 (0.00%)
	2019	8,514	131 (1.54%)	80 (0.94%)	3 (0.04%)	78 (0.92%)	2 (0.02%)
	TOTAL	54,630	926 (1.70%)	682 (1.25%)	6 (0.01%)	408 (0.75%)	4 (0.01%)
	YEAR	Donations	HCV	HBV	HIV	Syphilis	MP
	2013	1,003	16 (1.60%)	12 (1.20%)	0 (0.00%)	0 (0.00%)	0 (0.00%)
	2014	1,091	17 (1.56%)	4 (0.37%)	0 (0.00%)	0 (0.00%)	0 (0.00%)
	2015	1,137	16 (1.41%)	11 (0.97%)	0 (0.00%)	0 (0.00%)	0 (0.00%)
- ESBH	2016	2,305	34 (1.48%)	25 (1.08%)	2 (0.09%)	0 (0.00%)	0 (0.00%)
פ	2017	3,004	32 (1.07%)	20 (0.67%)	0 (0.00%)	8 (0.27%)	0 (0.00%)
	2018	3,166	43 (1.36%)	22 (0.69%)	0 (0.00%)	24 (0.76%)	1 (0.03%)
	2019	2,696	22 (0.82%)	20 (0.74%)	1 (0.04%)	18 (0.67%)	0 (0.00%)
	TOTAL	14,402	180 (1.25%)	115 (0.80%)	3 (0.02%)	50 (0.35%)	1 (0.01%)
	YEAR	Donations	HCV	HBV	HIV	Syphilis	MP
DAG DASKA	2013	920	19 (2.07%)	11 (1.20%)	0 (0.00%)	0 (0.00%)	0 (0.00%)
AS	2014	1,430	20 (1.40%)	13 (0.91%)	0 (0.00%)	0 (0.00%)	0 (0.00%)
_ 6 _	2015	1,494	9 (0.60%)	8 (0.54%)	0 (0.00%)	0 (0.00%)	0 (0.00%)
	2016	2,305	14 (0.61%)	4 (0.17%)	0 (0.00%)	4 (0.17%)	0 (0.00%)
_	2017	3,004	15 (0.50%)	8 (0.27%)	0 (0.00%)	16 (0.53%)	1 (0.03%)
_	2018	3,166	52 (1.64%)	49 (1.55%)	0 (0.00%)	37 (1.17%)	4 (0.13%)
	2019	2,954	48 (1.62%)	41 (1.39%)	1 (0.03%)	33 (1.12%)	0 (0.00%)
	TOTAL	15,273	177 (1.16%)	134 (0.88%)	1 (0.01%)	90 (0.59%)	5 (0.03%)

		AntiHCV	HBV	HIV	Syphilis	M.P	Total
	Q1	26(2.16%)	12(1.00%)	0	2(0.17%)	0	1206
2013			<u> </u>		, ,		
	Q2	28(1.84%)	13(0.85%)	0	1(0.07%)	0	1525
	Q3	22(1.57%)	14(1.00%)	0	0	0	1398
	Q4	19(1.35%)	9(0.64%)	0	1(0.07%)	0	1405
2014	Q1	21(1.78%)	12(1.02%)	0	6(0.51%)	0	1180
2	Q2	24(1.64%)	15(1.02%)	0	2(0.14%)	0	1467
	Q3	26(1.65%)	29(1.84%)	0	2(0.13%)	0	1579
	Q4	29(1.87%)	25(1.61%)	0	17(1.10%)	0	1551
2015	Q1	38(2.83%)	16(1.19%)	0	13(0.97%)	1(0.07%)	1343
	Q2	31(2.02%)	29(1.89%)	0	6(0.39%)	0	1534
	Q3	44(2.66%)	29(1.75%)	0	12(0.72%)	0	1656
	Q4	39(2.30%)	24(1.41%)	0	7(0.41%)	0	1698
2016	Q1	29(1.80%)	30(1.86%)	0	8(0.50%)	0	1610
	Q2	34(1.72%)	29(1.47%)	1(0.05%)	11(0.56%)	0	1973
	Q3	30(1.38%)	37(1.71%)	0	22(1.02%)	0	2167
	Q4	54(2.30%)	27(1.15%)	2(0.09%)	17(0.72%)	0	2350
	Q1	44(1.83%)	32(1.33%)	0	28(1.16%)	0	2404
107	Q2	47(2.02%)	28(1.20%)	0	27(1.16%)	0	2324
•	Q3	36(1.41%)	37(1.45%)	0	19(0.74%)	1(0.04%)	2553
	Q4	37(1.52%)	31(1.27%)	0	33(1.36%)	0	2435
<u> </u>	Q1	39(1.39%)	27(0.96%)	0	21(0.75%)	0	2809
70.10	Q2	40(1.35%)	42(1.42%)	0	29(0.98%)	0	2965
	Q3	33(1.51%)	31(1.42%)	0	26(1.19%)	0	2184
	Q4	25(0.89%)	24(0.86%)	0	20(0.71%)	0	2800
2	Q1	40(1.52%)	23(0.88%)	2(0.08%)	28(1.07%)	2(0.08%)	2627
6102	Q2	42(1.48%)	25(0.88%)	0	19(0.67%)	0	2836
	Q3	49(1.61%)	32(1.05%)	1(0.03%)	31(1.02%)	0	3051

MP positive were 0.01%, 0.65% and 0.01% respectively. Our results are fairly comparable to a study conducted in Karachi in 2016, that found the

frequencies of aforementioned TTIs equal to 1.80%, 1.70%, 0.04%, 2.1% and 0.07% respectively.¹¹

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Table	III: Quarterly	Comparison of TTIs at	GSBH Blood Bank				
		AntiHCV	HBV	HIV	Syphilis	M.P	Total
2013	Q1	4(1.49%)	7(2.60%)	0	0	0	269
	Q2	6(2.38%)	1(0.40%)	0	0	0	252
	Q3	3(1.20%)	3(1.20%)	0	0	0	249
	Q4	3(1.29%)	1(0.43%)	0	0	0	233
2014	Q1	5(2.08%)	0	0	0	0	240
	Q2	4(1.3%)	2(0.65%)	0	0	0	308
	Q3	4(1.32%)	1(0.33%)	0	0	0	303
	Q4	4(1.67%)	2(0.83%)	0	0	0	240
2	Q1	4(1.33%)	3(1.00%)	0	0	0	301
2015	Q2	4(1.48%)	2(0.74%)	0	0	0	271
	Q3	5(1.71%)	4(1.37%)	0	0	0	292
•	Q4	3(1.10%)	2(0.73%)	0	0	0	273
2016	Q1	9(2.17%)	6(1.45%)	0	0	0	414
	Q2	7(1.23%)	6(1.05%)	0	0	0	569
	Q3	10(1.47%)	6(0.88%)	0	0	0	679
	Q4	8(1.24%)	7(1.09%)	2(0.31%)	0	0	643
	Q1	8(1.23%)	2(0.31%)	0	1(0.15%)	0	650
2017	Q2	4(0.57%)	3(0.43%)	0	3(0.43%)	0	697
	Q3	14(1.15%)	9(0.97%)	0	3(0.32%)	0	929
	Q4	6(0.82%)	6(0.82%)	0	1(0.14%)	0	728
<u>®</u>	Q1	10(1.19%)	6(0.72%)	0	4(0.48%)	1(0.12%)	838
2018	Q2	13(1.58%)	6(0.73%)	0	7(0.85%)	0	821
••	Q3	12(1.62%)	5(0.67%)	0	4(0.54%)	0	742
	Q4	8(1.05%)	5(0.65%)	0	9(1.18%)	0	765
19	Q1	8(0.96%)	5(0.60%)	0	11(1.32%)	0	831
2019	Q2	7(0.75%)	6(0.64%)	0	3(0.32%)	0	933
	Q3	7(0.75%)	9(0.97%)	1(0.11%)	4(0.43%)	0	932
	Q U	1 (0.1070)	5(0.3170)	1(0.1170)	-(U. - U/0)	U	

Table IV: Quarterly Comparison of TTIs at DHQ Hospital-Daska, Blood Bank								
		AntiHCV	HBV	HIV	Syphilis	M.P	Total	
2013	Q1	4(2.27%)	1(0.57%)	0	0	0	176	
	Q2	2(0.95%)	1(0.48%)	0	0	0	210	
•	Q3	6(2.04%)	2(0.68%)	0	0	0	294	
	Q4	7(2.92%)	7(2.92%)	0	0	0	240	
4	Q1	0	2(0.74%)	0	0	0	269	
2014	Q2	9(2.77%)	2(0.62%)	0	0	0	325	
**	Q3	5(1.16%)	4(0.93%)	0	0	0	432	
	Q4	6(1.49%)	5(1.24%)	0	0	0	404	
2	Q1	0	3(0.83%)	0	0	0	363	
2015	Q2	2(0.56%)	3(0.84%)	0	0	0	358	
**	Q3	5(1.33%)	0	0	0	0	376	
	Q4	2(0.50%)	2(0.50%)	0	0	0	397	
9	Q1	5(1.21%)	1(0.24%)	0	0	0	414	
2016	Q2	3(0.53%)	0	0	0	0	569	
**	Q3	1(0.15%)	2(0.29%)	0	4(0.59%)	0	679	
	Q4	5(0.78%)	1(0.16%)	0	0	0	643	
7	Q1	2(0.31%)	3(0.46%)	0	5(0.77%)	0	650	
2017	Q2	5(0.72%)	1(0.14%)	0	2(0.29%)	0	697	
•••	Q3	2(0.22%)	3(0.32%)	0	3(0.32%)	1(0.11%)	929	
	Q4	6(0.82%)	1(0.14%)	0	6(0.82%)	0	728	
2018	Q1	13(1.55%)	9(1.07%)	0	6(0.72%)	0	838	
	Q2	9(1.10%)	12(1.46%)	0	11(1.34%)	2(0.24%)	821	
•••	Q3	15(2.02%)	12(1.62%)	0	9(1.21%)	2(0.27%)	742	
	Q4	15(1.96%)	16(2.09%)	0	11(1.44%)	0	765	
61	Q1	16(1.93%)	9(1.08%)	0	7(0.84%)	0	831	
2019	Q2	20(2.14%)	16(1.71%)	0	15(1.61%)	0	933	
	Q3	12(1.01%)	16(1.34%)	1(0.08%)	11(0.92%)	0	1190	

Somewhat similar results were seen in another study published in 2019 and conducted in Islamabad by Siddiqui et al. The frequencies they found were 1.77%, 1.29%, 0.23%, 0.35% and 0.11% respectively (12).

Saeed et al., published a study in 2017 which depicted the frequencies of the said TTIs as 2.62%,

1.10%, 0.02%, 1.55% and 0.10% respectively (3). Memon et al., conducted a similar study in Hyderabad which was published in 2017. According to them, the frequencies were 3.52%, 1.40%, 0.06%, 3.01% and 0.10% respectively (13). Another study conducted by Ghafoor et al., in Rahim Yar Khan and published in 2015 revealed the frequencies as 4.1%, 1.47%, 0.13%

and 0.46% respectively, while they did not perform the MP.¹⁴

In comparison of our study with neighboring countries, a study conducted in Nepal showed frequencies as 0.64%, 0.47%, 0.12% and 0.48% respectively, while they did not perform MP.15 According to a study conducted by Patil et al., in India and published in 2019, seroprevalence of the given TTIs were 0.44%, 1.05%, 0.25%, 0.05% and 0.01% respectively.¹⁶ Another study conducted by Arora et al., in India in 2017 showed guite different results from our study. They tested HCV, HBV, HIV and syphilis only and found the seroprevalence equal to 0.42%, 0.82%, 3.24% and 0.82% respectively.¹⁷ Saghir et al., published their study in 2012. Their study was conducted in Yemen. According to their stats, the prevalence of HCV, HBV, HIV and syphilis were 0.79%, 2.35%, 0.14% and 0.34% respectively.¹⁸

Another study revealed almost somewhat results. It was conducted in Eastern Ethiopia by Teklemariam et al., and was published in 2018. They found the prevalence of the same TTIs equal to 0.8%, 4.4%, 0.6% and 1.1% respectively. 19 Another study which was conducted in Northwest Ethiopia by Biadgo et al., and was published in 2017. They tested only HCV, HBV and HIV. They found the prevalence of the said TTIs as 0.8%, 3.6% and 2.24% respectively. 20 Another study conducted in Port Sudan and published in 2019 revealed that prevalence of HCV, HBV, HIV and syphilis were 0.4%, 11.7%, 1.4% and 6.6% respectively. 21

Conclusion

Although acute and chronic liver diseases are among the most widespread diseases in Pakistan, yet other diseases such as HIV, syphilis and malarial parasite (MP) are also taking up the pace gradually. This can become a very serious health concern in the long run. If the healthcare officials do not take necessary measures in time, things may become uncontrollable in the future.

This study showed that TTIs specially HCV, HBV and syphilis are prevalent in this area and therefore improved screening techniques should be implemented for stringent donor screening. Every donor should be screened either by using ELISA, by

using CLIA or by using NAT for better results and safe blood procurement. Areas which are under-resourced, such as Sialkot, are hidden reservoirs of TTIs and therefore the above-mentioned screening techniques should beimplemented to help avoid their spread.

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