

The significance of a novel inflammatory biomarker, presepsin, in predicting disease prognosis in patients with COVID-19

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Abstract. – OBJECTIVE: This study aims at determining the significance of a novel inflammatory biomarker, presepsin, in predicting disease prognosis in patients with COVID-19.

PATIENTS AND METHODS: This retrospective study was concluded at the University Hospital between April and August 2020. The study involved 88 COVID-19 patients (48 men and 40 women). The patients were categorized into two groups: the patients admitted to the COVID-19 clinic, described as the moderate COVID-19 patients (Group-1; n=44), and those admitted to the internal medicine outpatient clinic, who were the mild COVID-19 patients (Group-2; n=44). The groups were compared using inflammatory markers: presepsin, C-Reactive Protein to Albumin Ratio, Neutrophil to Lymphocyte Ratio, and procalcitonin.

RESULTS: Serum presepsin levels (195.29 vs. 52.12 pg/ml) were significantly higher in the Group-1 compared to the Group-2 ($p=0.001$). The gender distribution and average age were similar in both groups ($p > 0.05$). While ferritin, lactate dehydrogenase, D-Dimer, platelet lymphocyte ratio, C-Reactive Protein to Albumin Ratio ($p=0.001$), erythrocyte sedimentation ratio, C-Reactive Protein and presepsin were significantly higher in the Group-1 compared to Group-2 ($p<0.05$), while hemoglobin and lymphocyte were significantly lower in the Group-1 than in Group-2 ($p<0.05$).

CONCLUSIONS: Serum presepsin levels were found to be significantly higher in moderate clinical group COVID-19 patients compared to mild group. Presepsin, a new inflammatory biomarker, may be useful in predicting the prognosis and early treatment of COVID-19 infection.

Key Words:

COVID-19 disease, C-Reactive Protein to Albumin Ratio, Presepsin, Prognosis.

Introduction

The diagnosis and treatment of this pneumonia, whose medical classification is unknown, was very challenging. With the clinical course ranging from asymptomatic to death, it requires continuous guideline updates. The importance of early diagnosis, risk stratification, therapy monitoring, and prognosis cannot be overstated¹. COVID-19 is a severe form of pneumonia that results in acute respiratory distress syndrome (ARDS).

It is considered to be the primary symptom of the SARS-CoV-2 respiratory virus. In recent years, it has been demonstrated that early diagnosis is highly beneficial for preventing infectious disease fatalities^{2,3}.

C-Reactive Protein (CRP) and procalcitonin (PCT) levels in the serum are inflammatory indicators of the host-pathogen response⁴. CRP is primarily created by the liver in reaction to IL-6 in the cytokine storm, whereas PCT is produced by monocytes and the liver⁵.

Presepsin biomarker (sCD14-ST) is a soluble CD14 subtype that has been proposed as a new early signal for the detection of different infections⁶. When combined with other indicators, such as PCT, high presepsin levels appear to si-

gnal the development of septic shock and severe community-acquired pneumonia⁷. Presepsin has been demonstrated to be useful for identifying sepsis as well as predicting sickness severity and fatality^{8,9}. In comparison to the commonly used CRP and PCT, the advantages of presepsin include an earlier blood rise, enhanced sensitivity, specificity, and prognostic value^{10,11}.

The aim of this study is to determine the significance of a novel inflammatory biomarker, presepsin, in predicting disease prognosis in patients with COVID-19.

Patients and Methods

Study Population

This retrospective, cross-sectional, single-center study was conducted at the Sakarya University Training and Research Hospital (Sakarya, Turkey) between April and August of 2020. The information such as age, gender, chronic diseases, disease symptoms, length of stay in the clinic, and length of stay in the hospital was obtained from the hospital automation system within the scope of this study. The patients were categorized into two groups: the patients admitted to the internal medicine clinic were moderate COVID-19 patients (Group-1); the patients admitted to the outpatient internal medicine clinic were non-COVID-19 patients (Group-2). The positivity of nasal and pharyngeal swab samples was confirmed by real-time reverse transcriptase-polymerase chain reaction (rRT-PCR) tests, and patients with COVID-19 disease involvement in thorax tomography were included in the study. Patients with negative rRT-PCR tests, malignancy, renal failure, and immunosuppressive therapy were excluded from the study. Hospital records (demographic and clinical) of patients above 18 years of age were retrospectively reviewed.

The immunoturbidimetric approach was employed to measure biochemical parameters and CRP levels using an Olympus AU5800 auto analyzer (Beckman Coulter, Inc., Brea, CA, USA). The ferritin level was determined by the chemiluminescence method using Abbott Architect I 2000 SR (Abbott Laboratories, Lake Bluff, IL, USA). The CELL-DYN 3700 CD-3700SL (Abbott Laboratories, Lake Bluff, IL, USA) was used to identify CBC parameters using laser measurements and the LED flow cell technique. The prothrombin time, activated partial thromboplastin time, and fibrinogen were measured using an

immunoturbidimetric approach utilizing an optical method, and the latex agglutination method was also used to detect D-dimer using the instrument Diagon Coag XL (Baross, Budapest, Hungary). The immunoassay method was applied to measure procalcitonin, and Roche Cobas e 411 (Hitachi, Tokyo, Japan). The serum was stored at -80°C until the day of the neopterin test. All samples were brought to room temperature (15-18°C) before being combined and homogenized.

Presepsin Analysis

Presepsin levels were measured in blood serum samples taken from patients in both groups. It was studied with the consent of the patients, with the blood stored at -80°C. The name of the kit studied is Sinogeneclon Biotech. This kit worked with microplate reader RT 2100 C and microplate washer RT 2600 devices. The Sandwich ELISA method (Elabscience, Bioassay Technology Laboratory, Shanghai, China) was used to measure the serum presepsin (8-300 pg/ml) levels. In the precision study conducted by the manufacturer, the interstudy and intrastudy CV% values of the kits were <10%, and the measurement range was 200-60.000 ng/L.

The Ethics Committee of Sakarya University's Faculty of Medicine approved the study protocol, which was carried out in accordance with the principles of the Helsinki Declaration (27.04.2021/E71522473-050.01.04-26361-264).

Statistical Analysis

Data analysis was performed by using SPSS 22 for Windows (Statistical Package for Social Science, SPSS® Corp., Armonk, NY, USA). The variables were analyzed in terms of normality distribution using the Kolmogorov-Smirnov test. Depending on the normality of the distribution, continuous variables were reported as mean and standard deviation or median and interquartile range. Categorical variables were expressed using frequency tables. The Mann-Whitney U test was used to compare non-normally distributed variables, while the Student's *t*-test was used to compare normally distributed variables. A suitable Chi-square test was used to analyze categorical traits and relationships between groups. The role of presepsin level in predicting the clinical prognosis of the disease was analyzed with the "Receiver operating characteristic (ROC)" curve analysis. When evaluating the area under the curve, a 5% type I error level was used to accept a statistically significant predictive value of the test variables. While investi-

gating the associations between non-normally distributed variables, the correlation coefficients and their significance were calculated using the Spearman test. The statistically significant two-tailed *p*-value was considered as 0.05.

Results

This study enrolled 88 patients, comprising 48 (54.5%) males and 40 (45.4%) females. The distribution rate of male/female patients was 22 (50.00%)/22 (50.00%) in the Group-1, and 26 (59.09%)/18 (40.90%) in the Group-2. Mean age of the Group-1 was 47.88±18.15 and the Group-2 was 47.29±15.53 years. Gender and age distribution were similar in both groups (respectively, *p*=0.646; *p*=0.870) (Table I).

In the Group-1, patients mainly complained of coughing (59.1%), weakness (50.0%), fever (36.4%), dyspnea (31.8%), and muscle and joint pain (25.0%). The most common comorbidities for the patients in the Group-1 were respectively diabetes mellitus type (15.9%), hypertension (9.1%) and coronary artery disease (4.5%); and in the Group-2 were hypertension (4.5%), coronary artery disease (4.5%) and diabetes mellitus type 2 (2.3%) (Table I).

When the laboratory parameters of the patients were evaluated; ferritin, lactate dehydrogenase (LDH), D-dimer, PLR, mean platelet volume (MPV), prothrombin time (PT), CAR, erythrocyte sedimentation rate (ESR), CRP, lactate and presepsin ratio in the Group-1 to the Group-2 (*p*=0.007, *p*=0.001, *p*=0.036, *p*=0.001, *p*=0.002, *p*=0.002, *p*=0.001, *p*=0.001, *p*=0.006, *p*=0.001, *p*=0.001, respectively). Hemoglobin (HGB), albumin and lymphocyte rate were significantly decrease in the Group-1 than in the Group-2 (respectively; *p*=0.010, *p*=0.001, *p*=0.001) (Table II). WBC, PLT, Platelet Distribution Width, neutrophil count, NLR, PCT, urea, creatine, creatine kinase (CK), and CK myocardial band, Aspartate Alanine aminotransferase, Aminotransferase test, Globulin and international normalized ratio were found to be similar in both groups (respectively; *p*=0.203, *p*=0.071, *p*=0.259, *p*=0.688, *p*=0.124, *p*=0.400, *p*=0.942, *p*=0.134, *p*=0.601, *p*=0.060, *p*=0.246, *p*=0.067, *p*=0.909, *p*=0.799 (Table II). Presepsin levels were significantly higher in the Group-1 when compared to the Group-2 (*p*=0.001). Figure 1 illustrates the plasma presepsin levels of both groups individually.

Receiver Operating Characteristics (ROC) Curve Analysis was performed for presepsin. The AUC value for presepsin 0.751 (95% CI 0.634-

Table I. Demographics, symptoms and comorbidities in COVID-19 patients.

		Group-1 (n=44)	Group-2 (n=44)	<i>p</i> -value
Age		47.88±18.15	47.29±15.53	0.870
Gender	Male	22 (50.00)	26 (59.09)	0.646
	Female	22 (50.00)	18 (40.90)	
Hypertension		4 (9.1)	2 (4.5)	0.397
Chronic obstructive pulmonary disease		2 (4.5)	2 (4.5)	1.000
Diabetes mellitus		7 (15.9)	1 (2.3)	0.026
Fever		16 (36.4)	0	0.001
Throat ache		6 (13.6)	0	0.011
Cough		26 (59.1)	0	0.152
Dyspnea		14 (31.8)	0	0.001
Chest pain		5 (11.4)	0	0.021
Headache		7 (15.9)	0	0.005
Backache		3 (6.8)	0	0.078
Loss of smell		6 (13.6)	0	0.011
Loss of taste		6 (13.9)	0	0.011
Diarrhea		0	0	1.000
Muscle joint pain		11 (25.0)	0	0.001
Weakness		22 (50.0)	0	0.001

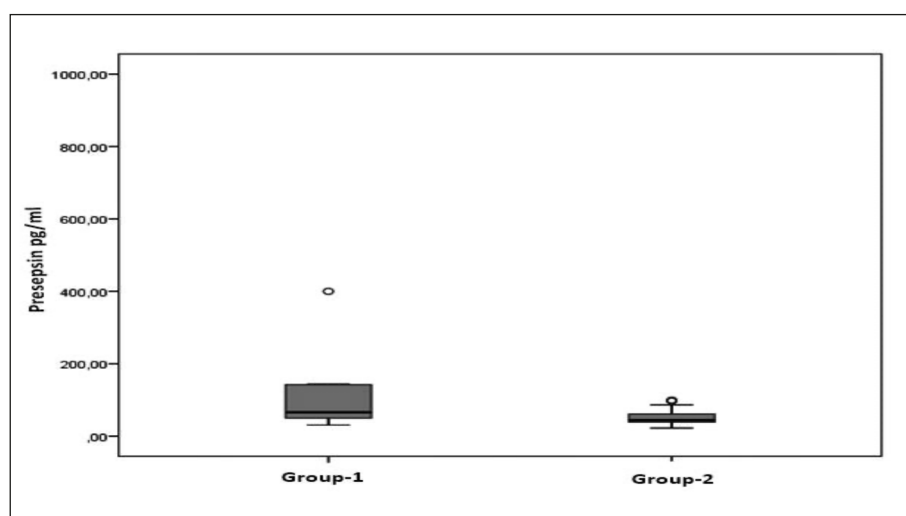


Figure 1. The plasma presepsin levels of patients in the Group-1 and Group-2.

0.869 $p < 0.001$), which was found to be significant and associated with disease prognosis. The descriptive cut off value of presepsin was 41.75 (88% sensitivity and 63% specificity) for the disease prognosis (Figure 2).

In the correlation analysis, there was a statistically significant correlation between CAR and presepsin values, but no significant difference was found between NLR, PCT, CRP, and presepsin ($p = 0.003$, $r = 0.363$ for CAR-presepsin;

Table II. Laboratory parameters of patients in the Group-1 and Group-2.

Laboratory parameters	Group-1 (n=44)		Group-2 (n=44)		p-value
	Mean±SD	Median	Mean±SD	Median	
WBC ($10^3/mm^3$)	6.365±3.543	5.720	7.088±1.188	7.210	0.203
Hgb (g/dL)	13.19±2.01	13.20	14.15±1.29	14.10	0.010
Plt ($10^3/mm^3$)	193.64±59.07	189.00	218.20±66.06	218.00	0.071
MPV (fL)	8.93±1.56	8.75	7.96±1.20	7.82	0.002
Neutrophil (K/uL)	3.88±3.02	3.43	4.07±0.95	3.84	0.688
Lymphocyte (K/uL)	1.57±0.71	1.43	2.32±0.60	2.45	0.001
Eosinophil (K/uL)	0.09±0.19	0.02	0.16±0.13	0.10	0.001
ESR (mm/h)	23.48±22.74	18.00	10.31±7.60	8.50	0.001
CRP (mg/L)	17.76±23.74	5.93	5.13±6.75	3.11	0.006
CAR	4.55±6.68	1.33	0.13±0.19	0.07	0.001
NLR	2.53±2.39	1.78	1.93±0.90	1.58	0.124
PCT(μg/L)	0.86±2.67	0.03	0.21±0.33	0.05	0.400
PLR	145.75±75.74	126.23	100.16±37.88	95.40	0.001
Ferritin (μg/L)	117.8±135.44	66.19	48.56±59.54	30.50	0.007
LDH (U/L)	218.54±61.22	217.00	130.85±70.93	148.50	0.001
Presepsin (ng/L)	195.29±258.39	65.75	52.12±21.53	44.25	0.001

WBC: white blood cells, HGB: hemoglobin, PLT: Platelet, MPV: Mean Platelet Volume, ESR: erythrocyte sedimentation rate, CRP: C-Reactive Protein, CAR: C-Reactive Protein Albumin ratio, NLR: Neutrophil lymphocyte rate, PCT: procalcitonin, PLR: Platelet lymphocyte rate, LDH: lactate dehydrogenase.

Table III. Correlation analysis of presepsin level with other indicators.

	r value	p-value
C-Reactive Protein	-0.002	0.987
Neutrophil to lymphocyte ratio	0.074	0.556
Procalcitonin	-0.039	0.761
CRP to albumin ratio	0.363	0.003

$p=0.987$, $r=-0.002$ for CRP-presepsin; $p=0.556$, $r=0.074$ for NLR-presepsin; $p=0.761$, $r=-0.039$ for PCT-presepsin) (Table III).

Discussion

The current investigation shows that moderate COVID-19 patients (Group-1) had serum presepsin levels that were considerably greater than those of non-COVID-19 patients (control group, Group-2). The results demonstrate the usefulness of presepsin in separating bacterial infections from other infectious causes, but they also provide a novel function for presepsin in predicting organ

dysfunction and morbidity in COVID-19 patients. In terms of prognosis and morbidity, clinical application of presepsin, a biomarker, may be easier than a multivariate disease severity score.

Early detection and treatment of COVID-19 pneumonia are associated with a decreased death rate. As a result of the dysregulated host-immune response in COVID-19 illness, it is a potentially fatal disorder. The immunological response of humans serves as the major defense against bacterial infections and serves as a biological marker for presepsin activity¹². Presepsin is a very sensitive and specific inflammatory marker in comparison to other inflammatory indicators, making it an invaluable tool for early identification and evaluation

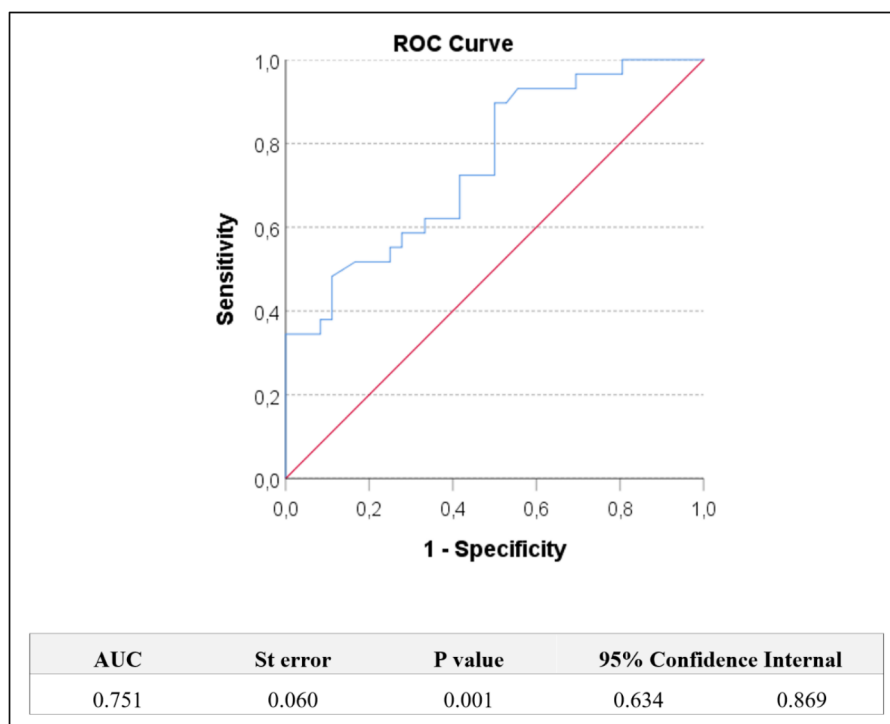


Figure 2. ROC curves of the presepsin levels in predicting patients' hospital mortality. AUC, area under the curve; ROC, receiver operating characteristic.

of illness severity and prognosis¹³. Presepsin was found to be considerably more prevalent in patients with sepsis than those with severe pneumonia in research evaluating its function in the diagnosis and assessment of sepsis and severe pneumonia. Thus, it has been shown¹⁴ that a high presepsin level is indicative of an active infectious illness and correlates with the severity of pneumonia and sepsis development. As a marker of host response in patients with severe sepsis or septic shock, circulating presepsin can be used as an early indicator of host response and mortality in septic patients¹⁵.

An advantage of the presepsin determination is its power to predict the severity of bacterial infections. In addition, measurement of presepsin can be performed in the ICU and emergency room with an easy procedure that takes less than seventeen minutes. Presepsin levels rise before PCT and CRP. Presepsin has been reported to be better than PCT in predicting 30-day mortality of sepsis and to be higher in non-survivors than in survivors^{16,17}.

In a few studies^{18,19}, presepsin and other inflammatory markers, especially PCT and CRP, were found to be higher in the moderate group than in the mild clinical group. As shown in Table II, ESR, CRP, CAR, PLR, and ferritin, which are other inflammatory markers besides presepsin, were considerably higher in Group-1. This is in line and consistent with the exiting literature. Further, the CAR, an inflammatory measure, was established as a novel and promising prognostic diagnostic in cancer patients, with the emphasis on its greater prognostic relevance and ability to distinguish it from other inflammatory diseases²⁰. Likewise it was determined that the PLR, CAR, CRP, D-Dimer, and ferritin levels were substantially higher in the Group-1 ($p=0.001$, $p=0.001$, $p=0.006$, $p=0.036$, and $p=0.007$, respectively) (Table II). There is a strong evidence that patients with COVID-19 exhibit hyperinflammation-related characteristics such as increased blood CRP, PCT, D-dimer, and hyperferritinemia. These data strongly imply that cytokine storm plays a significant role in the pathogenesis of COVID-19²¹.

We determined a presepsin cut off value of 41.75 with acceptable sensitivity and specificity. Notably, with appropriate sensitivity and specificity, researchers calculated a presepsin cutoff value of 41.75. There was no association or cutoff value established between presepsin and CRP, NLR, or PCT levels. CAR and presepsin were significantly correlated in moderately severe COVID-19 patients, as shown by Spearman's correlation analysis ($p=0.003$). However, there was

no significant link between NLR, PCT, and CRP values and presepsin (p -value=0.556, 0.761, 0.02, respectively) (Table III).

Limitations

The limitations of the present study include the fact that it was conducted retrospectively on a small group of respondents. The data came from a single clinical research center, as opposed to multiple clinical research centers. The findings of this study may vary from those of other domestic and international researchers, and they should be tested in clinical settings.

Conclusions

Presepsin, which can be swiftly measured according to CRP and PCT in COVID-19 patients, can be employed as a new biomarker to assist clinicians in identifying high-risk patients and determining early treatment methods.

Conflict of Interest

The authors declare that they have no conflict of interest.

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Informed Consent

Informed consent was obtained from all individual participants included in the study.

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Authors' Contributions

CK: Planning, designing, data collection, literature survey, interpretation of the results, active intellectual support. HS: Collecting data of the work and statistical analysis. TD: Collecting data of the work and statistical analysis. CV: Conception of the work. GK: Collecting data of the work. ABG: Collecting data of the work. DC: Collecting data of the work. HE: Collecting data of the work. ZE: Contributed to the collecting data of the work. SY: Collecting data of the work. AN: Conception of the work. TK: Conception of the work. AD: Planning, designing, data collection, literature survey, interpretation of the results, active intellectual support. KEO: English editing.

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Ethics Approval

The study protocol was approved by the Ethics Committee of the Faculty of Medicine of the Sakarya University and was conducted in accordance with the principles of the Declaration of Helsinki (27.04.2021/E71522473-050.01.04-26361-264).

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