

Research Article

Correlation of Multidrug-Resistant Bacterial Infections with Histopathological Severity in Chronic Osteomyelitis

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ABSTRACT

Objective: This study aimed to assess the microbiological profile of chronic osteomyelitis (COM) and also to check the correlation between the severity of bone tissue and the presence of multidrug-resistant (MDR) bacterial infection.

Material and Methods: A prospective observational study was done in 150 patients who were diagnosed with COM clinically and radiologically over a 24-month period. Bone biopsy and sequestrectomy specimens were cultured, Bone biopsy and sequestrectomy specimens were cultured, identified by Matrix-Assisted Laser Desorption/Ionization Time-of-Flight Mass Spectrometry (MALDI-TOF MS), and antimicrobial susceptibility testing (AST) was performed according to the Clinical and Laboratory Standards Institute (CLSI) guidelines. A modified histopathological severity scoring system (necrosis, inflammatory infiltrate, fibrosis, osteoblastic activity, and new bone formation) was used. Data was analyzed statistically using Chi square test, Mann Whitney U test and Spearman's correlation test.

Results: Among the 128 culture-positive cases, 84 (65.6%) were infected with MDR organisms, mainly MRSA (32.1%) and ESBL-producing enterobacteria (28.5%). The mean of the histopathological severity score was significantly elevated in the MDR group (14.2 ± 1.8) than in the non-MDR group (11.2 ± 2.8) ($p < 0.001$). Severe bone necrosis was also strongly correlated with MDR infections ($r = 0.68$, $p < 0.001$), as well as dense fibrotic replacement ($r = 0.72$, $p < 0.001$).

Conclusion: The association between MDR bacterial infection and higher histopathologic severity of chronic osteomyelitis with high bone necrosis and fibrosis score is significant. Combining microbiological AST and histopathological grading offers a holistic perspective on disease severity and helps to inform aggressive surgical and antimicrobial therapy.

Keywords: Chronic Osteomyelitis, Multidrug-Resistant Bacteria, Histopathology, Bone Necrosis, Biofilm, Microbiology, Pathology.

INTRODUCTION

Chronic Osteomyelitis (COM) is a complex, progressive inflammatory disease of bone that is characterized by progressive destruction of bone and sequestrum formation, which may result in involucrum formation and sinus tract.¹ Although surgical and antimicrobial treatment has improved significantly, COM continues to be an important cause of morbidity, often resulting in chronic disability, multiple surgical procedures and in more severe cases,

amputation.² The pathogenesis of COM is tightly coupled with the capacity of the bacteria to adhere to the necrotic bone and orthopedic implants, and to form mature biofilms that protect them from host immune system and antimicrobial compounds.³ Chronic osteomyelitis has seen a significant change in microbiology in the last 20 years. *Staphylococcus aureus* is the most common pathogen but there has been a worrying and increasing emergence of multidrug resistant

(MDR) organisms.⁴ MDR pathogens such as Methicillin-resistant *S. aureus* (MRSA), Vancomycin-resistant Enterococci (VRE), Extended-spectrum beta-lactamase (ESBL)-producing Enterobacteriaceae and carbapenem-resistant *Pseudomonas aeruginosa* are a serious therapeutic problem.⁵ Emergence of MDR bacteria affects the treatment of the infection by reducing the number of available antibiotics and increasing the toxicity of those drugs, and also changing the local microenvironment of the infected bone.⁶ Pathologically, COM involves a dynamic bone resorption/formation process. Micro morphologic characteristic is the absence of osteocytes from the necrotic bone trabeculae (sequestrum) and the presence of a chronic inflammatory infiltrate rich in lymphocytes, plasma cells, and macrophages.⁷

In the later stages of the disease, extensive fibrosis with thickening of collagenous tissue and a marked reduction in medullary fat and hematopoietic marrow is observed.⁸ Moreover, new bone formation is seen, which is also reactive (involucrum) and there are different levels of osteoblastic and osteoclastic activity at the periphery of the infected tissue.⁹ The degree of these histopathological changes directly affects structural integrity of the bone and success of surgical debridement. The clinical and microbiological features of MDR osteomyelitis are well described, but the relationship between specific MDR bacterial profile and the severity of the disease on a microscopic level is not well understood.¹⁰ It is hypothesized that the local immune response is more intense and prolonged in the presence of MDR organisms, especially those that have strong biofilm-forming abilities and specific virulence factors, such as Panton-Valentine leukocidin in MRSA or any specific exotoxins in MDR *Pseudomonas*.¹¹ This chronic inflammatory state could be involved in increasing osteocyte apoptosis, worsening bone necrosis and increasing fibrotic replacement of the medullary cavity.¹²

In addition, the physical barrier of the biofilm protects the bacteria from antibiotic action and blocks immune cell infiltration, resulting in chronic smoldering inflammation that causes an increase in the numbers of fibroblasts and deposition of collagen.¹³

MATERIALS AND METHODS

This was a prospective, observational study carried out in the Department of Pathology and Microbiology at multiple tertiary care

teaching hospitals, from January 2023 till December 2024. The study protocol was approved by the Institutional Ethics Committee and written informed consent was taken from all the participants before they got enrolled in the study. 150 successive patients who met the inclusion criteria were included. Patients included: all ages and both sexes with clinical and/or radiologic features of chronic osteomyelitis (more than 4 weeks) associated with sinus tract, sequestrum, or involucrum seen on plain radiographs or computed tomography (CT) and who were to undergo surgical debridement or sequestrectomy. Exclusion criteria: patients with acute osteomyelitis (<4 weeks duration), active tuberculosis of the bone, fungal osteomyelitis, malignant bone tumors, patients who had received systemic antibiotics within the 48 hours before the sample was obtained (to avoid false negative cultures) and those in whom there was incomplete clinical or histopathological data. Specimen Collection and Transport Specimens were taken during surgical debridement, under strict aseptic conditions. Deep bone biopsies, sequestrectomy specimens and purulent bone exudate from the deep nidus of infection were taken. Only superficial swabs were strictly avoided to avoid contamination from the skin flora. Representative samples of bone and soft tissue were immediately fixed in 10% Neutral Buffered Formalin (NBF) solution which was at least 10 times the volume of tissue for histopathological assessment. Bone samples were washed three times in sterile phosphate buffered saline (PBS) to remove contaminants from the surface and then crushed in a sterile mortar and pestle. Bacterial isolates were identified by standard phenotypic methods such as catalase, coagulase, oxidase, colony morphology and gram staining. Definitive speciation was achieved using Matrix-Assisted Laser Desorption/Ionization Time-of-Flight Mass Spectrometry (MALDI-TOF MS; Bruker Daltonik, Germany). A tissue culture plate (TCP) method using Congo red agar was used to test the ability of the isolates to form biofilm and bone-associated isolates were cultured after probe sonication of bone fragments. The 10% NBF-fixed specimens were kept in 10% Ethylenediaminetetraacetic acid (EDTA) solution (pH 7.4). The preservation of antigenicity and prevention of tissue distortion, which is essential to accurate histopathological grading, made EDTA the choice over acidic decalcifiers. The endpoint of

decalcification was tested both physically and chemically. After proper decalcification, the tissues were processed in a graded series of alcohol, cleared in xylene and embedded in paraffin wax. A rotary microtome was used to make sections ranging in thickness from 4 to 5 microns. Routine evaluation of cellular morphology, inflammatory infiltrate and bone architecture. Masson's Trichrome: To specifically stain and quantify collagen deposition and fibrotic areas (stained blue/green) around the red muscle/cytoplasm. Gram Stain on the tissue: Done on selected tissue to see if bacterial colonies were present in the tissue and correlated with culture results, particularly when culture was negative and the tissue was positive. Every parameter was rated as 0 – 3: 1. Bone Necrosis: 0 (No necrosis), 1 (<25% empty lacunae), 2 (25-50% empty lacunae), 3 (>50% empty lacunae/sequestrum). Inflammatory Infiltrate: 0 (absent), 1 (mild, focal), 2 (moderate, diffuse) or 3 (severe, dense sheets of neutrophils/mononuclear cells). 3. Fibrosis: 0 (Absent), 1 (Mild medullary fibrosis), 2 (Moderate: >50% marrow replaced), 3 (Severe: dense collagenous replacement of marrow). 4. Osteoblastic/Osteoclastic Activity: 0 (Normal), 1 (Mild reactive changes), 2 (Moderate, prominent osteoblastic rimming/osteoclastic resorption), 3 (Severe, chaotic remodeling). 5. New Bone Formation: 0 (Absent), 1 (Mild periosteal reaction), 2 (Moderate woven bone), 3 (Extensive woven/lamellar bone formation). Total Severity Score: The total score was obtained by adding the five parameters which ranged from 0-15.

Scores were categorized as: Mild (0-5), Moderate (6-10), and Severe (11-15). IBM SPSS Statistics version 26.0 (IBM Corp. was used to enter the data into a spreadsheet and analyze it. Continuous variables (such as age, severity scores) were presented as mean $\pm$ SD and analyzed by t-test or the Mann-Whitney U test, depending on the normality test (Shapiro-Wilk test). Categorical variables such as gender, MDR status, severity grades were reported as frequencies and percentages and analysed for differences by the Chi-square test or Fisher's exact test. Spearman's rank correlation coefficient was used to determine the correlation between MDR status and histopathological parameters. Multivariate logistic regression was conducted to determine the independent factors for severe histopathological grade, and include age, sex, diabetes mellitus and duration of symptoms. A p-value < 0.05 was statistically significant.

RESULTS

Table 1; The population predominantly consisted of middle-aged males. The tibia was the most frequently affected bone, which is consistent with the high susceptibility of the subcutaneous border of the tibia to trauma and subsequent infection. A significant proportion of the patients (32%) had diabetes mellitus, a known risk factor for chronic and complicated bone infections. Furthermore, 65.3% of patients had a history of prior orthopedic surgery (such as internal fixation), highlighting that post-traumatic and post-operative etiologies are the primary drivers of chronic osteomyelitis in this demographic.

Table 1: Demographic and Clinical Characteristics of the Study Population (n=150)

Characteristic	Category	Frequency (n) / (%)
Age (Years)	Mean $\pm$ SD: 38.4 $\pm$ 14.2	-
Gender	Male	93(62.0%)
	Female	57(38.0%)
Site of Infection	Tibia	68(45.3%)
	Femur	42(28.0%)
	Foot/Ankle	24(16.0%)
	Humerus/Radius	16(10.7%)
Comorbidities	Diabetes Mellitus	48(32.0%)
	Peripheral Vascular Disease	22(14.6%)
	None	80(53.4%)
Duration of Symptoms	< 6 months	45(30.0%)
	6 - 12 months	65(43.3%)
	> 12 months	40(26.7%)
History of Prior Surgery	Yes	98(65.3%)
	No	52(34.7%)

Table 2; Staphylococcus aureus was the most common isolate (37.5%), followed by Pseudomonas aeruginosa (17.2%) and Coagulase-negative staphylococci (14.0%). Notably, the overall prevalence of MDR organisms among the isolates was high at 65.6%. Among the S. aureus isolates, 66.6% were MDR (predominantly MRSA). Gram-

negative bacilli, particularly P. aeruginosa, E. coli, and K. pneumoniae, exhibited the highest rates of MDR (ranging from 78.5% to 83.3%), largely driven by ESBL and carbapenemase production. This underscores the heavy burden of resistant pathogens in chronic bone infections.

Table 2: Microbiological Profile and Antimicrobial Resistance Patterns (Culture Positive, n=128)

Microorganism	Frequency (n) / (%)	MDR Status (n)	MDR (%)
Staphylococcus aureus	48(37.5%)	32	66.6%
Coagulase-negative Staphylococci	18(14.0%)	6	33.3%
Pseudomonas aeruginosa	22(17.2%)	18	81.8%
Escherichia coli	14(10.9%)	11	78.5%
Klebsiella pneumoniae	12(9.4%)	10	83.3%
Enterococcus faecalis	8(6.2%)	4	50.0%
Proteus mirabilis	6(4.7%)	3	50.0%
Total	128(100%)	84	65.6%

Table 3; The mean total histopathological severity score was significantly higher in the MDR group (14.2 ± 1.8) compared to the non-MDR group (9.2 ± 2.1) ($p < 0.001$). When analyzing individual parameters, the MDR group exhibited significantly higher scores for

bone necrosis (2.6 vs 1.8 , $p < 0.001$) and fibrosis (2.7 vs 1.7 , $p < 0.001$). Furthermore, 81.0% of the MDR cases were categorized as 'Severe' histopathological grade, compared to only 21.3% in the non-MDR group.

Table 3: Histopathological Severity Scores in MDR vs. Non-MDR Osteomyelitis

Histopathological Parameter	MDR Group (n=84) Mean $\pm$ SD	Non-MDR Group (n=66) Mean $\pm$ SD	p-value
Bone Necrosis	2.6 ± 0.5	1.8 ± 0.6	< 0.001
Inflammatory Infiltrate	2.4 ± 0.6	1.9 ± 0.5	< 0.001
Fibrosis	2.7 ± 0.4	1.7 ± 0.5	< 0.001
Osteoblastic/Osteoclastic Activity	2.1 ± 0.5	1.8 ± 0.6	0.012
New Bone Formation	2.3 ± 0.5	2.0 ± 0.6	0.038
Total Severity Score (0-15)	14.2 ± 1.8	9.2 ± 2.1	< 0.001
Severity Grade			
- Mild (0-5)	2 (2.4%)	18 (27.2%)	< 0.001
- Moderate (6-10)	14 (16.6%)	34 (51.5%)	
- Severe (11-15)	68 (81.0%)	14 (21.3%)	

Table 4; A strong positive correlation was observed between MDR status and Fibrosis ($r = 0.72$, $p < 0.001$) and Bone Necrosis ($r = 0.68$, $p < 0.001$). The total severity score also showed a strong positive correlation with MDR

infection ($r = 0.76$, $p < 0.001$). The correlations with osteoblastic/osteoclastic activity and new bone formation were weak but statistically significant.

Table 4: Correlation between Specific Histopathological Parameters and MDR Infection

Histopathological Parameter	Spearman's rho (r)	p-value
Bone Necrosis	0.68	< 0.001
Inflammatory Infiltrate	0.54	< 0.001

Fibrosis	0.72	< 0.001
Osteoblastic/Osteoclastic Activity	0.31	0.015
New Bone Formation	0.28	0.042
Total Severity Score	0.76	< 0.001

Table 5; The presence of an MDR infection was the strongest independent predictor, increasing the odds of severe histopathological grade by 4.52 times (95% CI: 2.15–9.48, $p < 0.001$). Other significant independent

predictors included the presence of diabetes mellitus (OR = 2.14, $p = 0.035$) and a prolonged duration of symptoms (>12 months) (OR = 2.85, $p = 0.015$).

Table 5: Multivariate Logistic Regression Analysis for Predictors of Severe Histopathological Grade

Variable	Odds Ratio (OR)	95% Confidence Interval (CI)	p-value
MDR Infection (Yes vs. No)	4.52	2.15 – 9.48	< 0.001
Diabetes Mellitus (Yes vs. No)	2.14	1.05 – 4.36	0.035
Duration of symptoms > 12 months	2.85	1.22 – 6.64	0.015
Prior orthopedic surgery	1.45	0.78 – 2.70	0.241
Age (> 50 years)	1.22	0.65 – 2.28	0.534

DISCUSSION

The most frequently isolated pathogen was still *Staphylococcus aureus* (37.5%) similar to what has been recently reported.¹⁴ The disturbing fact was that the prevalence of MDR organisms was found to be high, 65.6% of all cases of culture positivity. This rate is slightly higher than that seen in Western cohorts, but similar to more recent data in developing countries where empirical antibiotic use is common.¹⁵ The proportion of MRSA within *S. aureus* isolates and high ESBL-producing Gram-negative bacilli (GNB) (e.g., *E. coli* and *K. pneumoniae*) prevalence provide a strong argument for the importance of COM treatment. The high MDR rate of *Pseudomonas aeruginosa* is especially alarming, as the bacterium is known for its innate and acquired resistance to antibiotics and strong ability to form biofilms on necrotic bone and orthopedic implants.¹⁶

This correlation can only be explained by looking at the pathophysiology of biofilm mediated infections. The presence of MDR bacteria in COM is usually located within an older biofilm, in an EPS matrix.¹⁷ This matrix also provides the bacteria with resistance to antibiotics and protects them from being phagocytized by neutrophils and macrophages.¹⁸ This results in an ongoing, unyielding, and a inflammatory response by the immune system. These trapped immune cells generate inflammatory cytokines (IL-1 β , IL-6, TNF- α) and reactive oxygen species

(ROS) in a continuous fashion causing collateral tissue damage.¹⁹

Histopathological analysis showed that the severity of fibrosis (mean score 2.7 compared with 1.7, $p < 0.001$) and bone necrosis (mean score 2.6 compared with 1.8, $p < 0.001$) were the worst affected. Hypoxia stabilizes Hypoxia-Inducible Factor 1- α (HIF-1 α) which then increases the expression of Transforming Growth Factor- β (TGF- β), a potent profibrotic cytokine that stimulates overproduction of collagen and proliferation of fibroblasts.²⁰ In our study, Masson's Trichrome staining showed this dense, avascular area of collagen replacement of the normal medullary fat that in addition further restricted the passage of systemic antibiotics and immune cells, perpetuating the cycle of infection. As far as bone necrosis is concerned, there are certain specific virulence factors of MDR organisms, especially MDR *Pseudomonas* that worsen osteocyte death. MRSA strains frequently contain the Panton-Valentine leukocidin (PVL) gene that acts directly to cause cytotoxicity in osteoblasts and osteocytes, promoting sequestrum formation.^{21,22} In addition, persistent inflammation from MDR biofilms increases the levels of Receptor Activator of Nuclear factor Kappa-B Ligand (RANKL), and decreases the levels of Osteoprotegerin (OPG), leading to excessive osteoclastic bone resorption and lack of osteoblastic bone formation, and creating large areas of necrosis.^{23,24}

In addition, multivariate logistic regression revealed MDR infection was the best independent predictor of severe histopathological grade after adjusting for other factors such as diabetes and duration of symptoms. Severe histology was also a risk factor for diabetic patients, probably because the tissue hypoxia and impaired local immune response as a consequence of underlying microvascular disease allowed easier maturation of biofilms.

A major limitation of this study is the inability to establish a causal relationship between multidrug-resistant (MDR) bacterial infection and histopathological severity. Because of its observational design, the study demonstrates only an association; it cannot determine whether MDR organisms directly cause more severe bone necrosis and fibrosis, or whether advanced, long-standing osteomyelitis predisposes to colonization or infection with MDR pathogens.

CONCLUSION

Chronic osteomyelitis complicated by multidrug-resistant (MDR) bacterial infections has a significantly higher histopathological severity than non-MDR infections. MDR pathogens have a persistent dysregulated inflammatory response that leads to large areas of bone necrosis and thick, avascular fibrotic replacement of the medullary cavity. MDR infection is an independent predictor of severity of tissue damage. The results highlight the importance of co-operation between the microbiologist and pathologist. The accurate microbiological identification and AST should be complemented by detailed histopathological evaluation, which helps to perform aggressive surgical debridement and appropriate antimicrobial therapy to achieve proper outcome and enhance the success rate of limb salvage surgery in chronic osteomyelitis.

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