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Accuracy Of Serum Ferritin, C-Reactive Protein, Lactate Dehydrogenase And D. Dimers In Assessing Severity And Outcome Of COVID-19 Infection

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Abstract

Objective: COVID-19 emerged as a pandemic. In the beginning, due to the rapid spread of the virus, it was difficult to understand fully its pathogenesis but various inflammatory markers were found to be raised. Along with the detection of the virus by polymerase reaction (PCR), studies of these markers not only help in diagnosis but also in assessing the prognosis of COVID-19 infection.

Material and methods: This cross-sectional study was conducted in the Capital Hospital, CDA Islamabad from 15 December 2021 to 30th June 2022. After obtaining consent, data on various inflammatory markers was recorded and analyzed by percentage/ frequency distribution. A chi-square test was applied and p-values were calculated (significant p-value=<0.05). Sensitivity, specificity, positive and negative predictive values, area under curve (AUC) and accuracy were calculated by using SPSS, version 23.

Results: A total of 185 COVID-19 PCR-positive patients were included in the study. 112(60.5%) were men and 73 (39.5%) were women. 165(89.2%) patients were > 40 years of age. 117 (63.2%) patients had mild /moderate disease and 68(36.8%) had severe disease. 162 (87.5%) patients were discharged and 23 (12.4%) expired. AUC about the severity of disease was 0.603 for C- reactive protein (CRP), 0.593 for lactate dehydrogenase (LDH), 0.525 for D. dimers and 0.619 for ferritin. Accuracy about disease severity was as follows: CRP 57.4%, D. dimers 52.4 %, ferritin 57.9% and LDH 55.7%. AUC about the outcome of COVID-19 was 0.699 for CRP, 0.668 for LDH, 0.742 for D. dimers and 0.677 for ferritin. Accuracy of inflammatory markers about the outcome was as follows: CRP 45.9%, D. dimers 61.2%, LDH 48.1% and ferritin 46.9%. **Conclusion:** Serum ferritin showed the highest accuracy (57.9%) in assessing the COVID-19 severity and D. dimer was more accurate (61.2%) in assessing disease outcome.

Keywords: COVID-19 infection, inflammatory markers, area under curve (AUC), accuracy.

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1. Introduction

Coronavirus (CoV) is a member of the family Coronaviridae of the order Nidovirales. Coronavirus disease 2019¹ is also more commonly referred to as (COVID-19). It is an enveloped single-stranded RNA virus, which is highly contagious, causing severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Coronavirus infection was first reported in Wuhan², Hubei province, China, in December 2019. WHO declared it a global pandemic in March 2020.

It has a catastrophic effect on the world's population, resulting in more than 6 million deaths worldwide. Five SARS-CoV-2 variants³ have been identified since the beginning of the pandemic which are: Alpha variant: originated in the United Kingdom (UK) in late December 2020 Beta variant: first reported in South Africa in December 2020 Gamma variant: first reported in Brazil in early January 2021

Delta variant: first reported in India in December 2020

Omicron variant: first reported in South Africa in November 2021

The presentations of COVID-19 range from asymptomatic/mild symptoms to severe illness and may prove fatal. Symptoms⁴ may develop two days to two weeks after exposure to the virus. The common symptoms which may indicate COVID-19 include fever or chills, cough, difficulty in breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhoea. Among other reported symptoms sputum production, malaise, respiratory distress, and neurologic disorders which include dizziness, headache, stroke, encephalopathy/encephalitis, seizures, Guillain– Barré syndrome and psychiatric dysfunctions are commonly reported.

The most common serious manifestation of COVID-19 upon the initial presentation is pneumonia. Other complications include acute respiratory distress syndrome, cardiac injury, arrhythmia, septic shock, liver dysfunction, acute kidney injury, and multiorgan failure. Approximately 5% of patients with COVID-19, and 20% of those hospitalized, experience severe symptoms necessitating intensive care.

The common complications among hospitalized patients include pneumonia (75%), ARDS (15%), AKI (9%), and acute liver injury (19%). Cardiac injury⁶ has been increasingly noted, including troponin elevation, acute heart failure, dysrhythmias, and myocarditis. 10 to 25% of hospitalized patients with COVID-19 experience pro-thrombotic coagulopathy resulting in venous and arterial thromboembolic events. Neurologic manifestations include impaired consciousness and stroke. ICU case fatality reported that up to 40% of patients with comorbidities⁷ like diabetes, hypertension, COPD, asthma and cardiac diseases were more severely affected than those with no morbidities. COVID-19 infection can be diagnosed by taking nasal swabs in symptomatic patients. Three types of testing methods to determine SARS-CoV-2 infection are viral nucleic acid (RNA) detection through PCR, viral antigen detection and detection of antibodies to the virus. Other tests include a complete blood picture⁹ which shows leukopenia, leukocytosis, and lymphopenia. Acute phase reactants like lactate dehydrogenase, ferritin, D. dimers levels and procalcitonin are commonly elevated. ECG findings may be suggestive of myocardial infarction, acute myocarditis and arrhythmias. LFTs, RFTs PT, APTT and INR are also deranged due to the involvement of the liver and kidney. IL-6 is an inflammatory mediator which is released from lymphocytes during severe inflammation and activates other inflammatory cells to release tumour necrotic factors (alpha) TNF alpha and other interleukins and causes cytokine cascade which further aggravates the inflammation causing cytokine storm syndrome¹⁰. Neutrophil/lymphocyte ratio predicts the severity of COVID-19 pneumonia¹¹. Increased levels of IL-6 in

covid 19 indicate the severity of the disease and

development of cytokine storm syndrome. Chest X-

ray may show consolidations, commonly bilateral and usually involve lower zones of both lungs. Pleural effusion is an uncommon finding. Chest computed tomography (CT) scanning in patients with COVID–19–associated pneumonia usually shows ground-glass appearance.

Treatment¹² of COVID-19 includes antiviral (Remdesivir), anti-inflammatory (steroids), antibiotics (to prevent secondary bacterial infection), monoclonal antibodies like (Tocilizumab, Baricitinib), anticoagulation¹³ therapy like LMWH and factor 10 inhibitors like rivaroxaban (to prevent coagulopathies).

In our study, the accuracy of various inflammatory markers is being analyzed in the 185 Covid PCRpositive patients. The results from this study will provide regional data regarding the accuracy of these markers in assessing the severity as well as outcome of COVID-19 infection. This will be helpful in the future use of these markers for diagnosis as well as progression of disease.

2. Materials & Methods

Our study was a cross-sectional study, conducted in the covid wards of the Capital Hospital, CDA Islamabad. The study was conducted after getting approval from the hospital ethical committee from December 2021 to June 2022. The purpose of the study was explained to the patients and verbal consent was obtained. All the required tests were done in the hospital as per entitlement and there was no financial implication on the patients.

A total of 185 patients from both male and female genders were included. Patients were 14 years of age or above. Patients with positive real-time polymerase chain reaction (PCR) were included in the study. Patients aged less than 14 years, covid PCR negative, pregnant females and patients with known malignancies were excluded from the study.

Serum ferritin, D. dimers, LDH and CRP levels were measured. Reference normal ranges were as follows: Ferritin <250 ng/ml, D. dimers <500 ng/ml, LDH <480 U/L, CRP <10 mg/dl. According to the National Institute of Health, Pakistan guidelines, patients with oxygen saturation > 90 % and with infiltrates involving < 50 % on chest x-rays were included in the mild/moderate disease group. Patients with SPO2 of <90 % and chest x-rays showing more than 50% of lung involvement were included in the severe disease group¹⁴. Disease outcome in the form of discharged/expired was also noted. We calculated the sensitivity, specificity, positive and negative predictive values and in the end accuracy for every marker in terms of severity and outcome. Data was analyzed using the SPSS 23 system and areas under the curve were also calculated.

The chi-square test was applied as a test of significance and a p-value <0.05 was taken as significant.

3. Results

A total of 185 Covid-19 PCR-positive patients were included in our study. 112 (60.5%) patients were males and 73 (39.5%) were female. 89 % (n=165) of patients were > 40 years of age. 117 (63.2%) patients were suffering from mild/ moderate disease and 68 (36.8%) from severe disease. Of the 185 patients 162 (87.5%) were discharged. 12.4 % (n=23) of patients expired.

Area Under the Curve						
Test Result Variable(s)	Area	Std.	Asymptotic	Asymptotic 95% Confidence Interval		
		Error	Sig. ^b	Lower Bound	Upper Bound	
CRP before	.603	.043	.022	.518	.687	
LDH before	.593	.044	.039	.508	.678	
D. dimers before	.525	.045	.583	.437	.613	
Ferritin before	.619	.043	.008	.536	.703	

Table 1 Studying the area under the curve about the severity of disease.

Markers	Sensitivity	Specificity	PPV	NPV	Accuracy
CRP	79.4%	41%	43.9%	77.4%	57.4%
D-Dimers	52.2%	52.6%	38.9%	65.6%	52.4%
Ferritin	80.6%	44.8%	45.8%	80%	57.9%
LDH	74.6%	44.8%	43.9%	75.4%	55.7%

Table 2 Studying the accuracy of inflammatory markers in assessing the severity of COVID-19 infection.

A comparison was made between various inflammatory markers and the severity of the disease. CRP was high in 69 patients in the mild/moderate-severe disease group and 54 patients in the severe disease group with a p-value of 0.003. LDH was high in 64 patients in the mild/moderate group and 50 patients of severe disease, with a p-value of 0.006. D. dimer was high in 55 patients in the first group and 35 patients in the severe disease group (p-value 0.317). Ferritin was high in 64 patients of mild/moderate disease and 54 patients in the severe disease group with a p-value of 0.000.

Table 3 Studying the area under the curve for the inflammatory markers about outcome.

Area Under the Curve						
Test Result	Area	Std.	Asymptotic	Asymptotic 95%	symptotic 95% Confidence Interval	
Variable(s)		Error	Sig. ^b	Lower Bound	Upper Bound	
CRP before	.699	.045	.002	.610	.787	
LDH before	.668	.052	.009	.566	.770	
D. dimer before	.742	.047	.000	.650	.833	
Ferritin before	.677	.049	.006	.580	.774	

Markers	Sensitivity	Specificity	PPV	NPV	Accuracy
CRP	100%	38%	18.7%	100%	45.9%
D-Dimers	91.3%	56.9%	23.3%	97.8%	61.2%
LDH	91.3%	41.9%	18%	97%	48.1%
Ferritin	95.7%	40%	18.6%	98.5%	46.9%



Table 4 Studying the accuracy of inflammatory markers about outcome.

Figure 1 ROC curve showing the relationship of disease severity with inflammatory markers

Various inflammatory markers were also studied in disease outcomes. CRP was normal in 62 patients who were discharged and high in 100 patients in the discharged group. It was high in all 23 patients who expired (p-value 0.001). LDH was normal in 67 patients and high in 93 who were discharged but it was high in 21 patients out of 23 who expired (p-value 0.001%). D. Dimers was also high in 21 patients who expired (n=23) with a p-value of 0.000. Serum ferritin was normal in 64 patients and high in 96 patients who were discharged. It was high in 21 patients who expired, p-value of 0.000.



Figure-2 ROC Curve showing the relationship of disease outcome with inflammatory markers.

5. Discussion

Our research aimed to study the various inflammatory markers and compare them in terms of sensitivity, specificity, positive predictive value (PPV), negative predictive value (NPV) and accuracy in assessing the severity of disease and outcome in COVID-19 patients. Our study showed that 70 patients (38.2%) were in severe disease. We studied inflammatory markers in COVID patients and found that CRP, LDH and ferritin were significantly raised. The cut-off value for CRP was 10. CRP was significantly high in severe disease (n=56). Accuracy about disease severity was CRP 57.4%, D. dimers 52.4 %, ferritin 57.9% and LDH 55.7%. It is comparable in all four inflammatory markers under study. Studies have shown that monitoring various inflammatory markers also helps in assessing the disease severity¹⁵. Studies have demonstrated that raised CRP may be an early predictor of the severity of COVID-19 infection¹⁶. Higher CRP levels were found in severe diseases as compared to milder forms. CRP is an inflammatory protein formed in the liver. CRP binds to damaged surfaces of the cells and results in the activation of the classical pathway of complement and may modulate the phagocytic activity¹⁸.

LDH is an important enzyme in anaerobic metabolism in almost all living organisms A pooled analysis of nine studies has shown that high LDH levels were associated with a 6-fold increase in the odds of developing severe disease and a 16-fold increase in odds of mortality in patients with COVID-19.¹⁹ Our study has also shown that elevated LDH levels were associated significantly with disease severity. Another study has demonstrated that COVID-19 patients with high levels of LDH on admission were more likely to develop ARDS²⁰.

Our study has shown that ferritin was significantly raised in severe COVID-19 infection. A study from Italy has also demonstrated that ferritin levels over the 25th percentile were associated with a more severe pulmonary involvement, independently of age and gender but raised ferritin levels were not associated with disease outcomes²¹. Another study has shown that D. Dimers and ferritin were independent risk factors for COVID-19 severity²².

Our study has found that most of the patients were men (60.5%) and the majority were more than 50 years of age. The reduced susceptibility of females to viral infections may be attributed to the protection from the X chromosome and sex hormones, which play an important role in innate and adaptive immunity. Our results also demonstrate that COVID-19 is more likely to infect older men with chronic comorbidities. This may be the result of the weaker immune functions of these patients²³.

Our study has demonstrated the significant relationship of all four inflammatory markers under study with the outcome of disease. AUC about the outcome of COVID-19 was 0.699 for CRP, 0.668 for LDH, 0.742 for D. dimers and 0.677 for ferritin. CRP was 100 % sensitive in assessing COVID-19 outcomes. D. dimer was found to be the most accurate in assessing outcomes. (Table 4). Raised inflammatory markers signify severe inflammatory reactions ending in worse outcomes.

A study from Indonesia has identified CRP, neutrophilto-lymphocyte ratio (NLR) and derived-NLR (d-NLR) values as independent risk factors for disease severity and death in COVID-19 patients.²⁴. A study from Pakistan has shown a significant increase in NLR and CRP levels (p-0.001) in patients who died from covid 19 infection²⁵. Another retrospective study of 142 patients from India has shown that higher levels of inflammatory markers were associated with a worse outcome ferritin (p-value <0.001), c-reactive protein (pvalue <0.001), interleukin 6 (p-value 0.007), procalcitonin (p-value 0.005) and lactic acid(p-value 0.004)²⁶.

A study from Ankara, Turkey evaluated the role of various haematological markers in predicting covid-19 severity and concluded that almost all of the haematological parameters could be used as diagnostic biomarkers for covid-19 because the area under the curve (AUC) was higher than 0.50. The highest AUC among the parameters were of D.Dimer/fibrinogen ratio and neutrophil/ lymphocyte ratio.

Another study has demonstrated that inflammatory markers drawn within 48 hours of arrival correlated with clinical outcomes. However, these were not highly predictive of which patients would die or require intubation, ICU admission or renal replacement therapy²⁸. A study has shown that CRP predicted the outcome in covid patients. CRP showed a sensitivity of 90.5%, specificity of 77.6%, positive predictive value of 61.3%, and negative predictive value of 95.4%. CRP was also an independent discriminator of severe/critical illness on admission with an AUC (0.783)²⁹.

A retrospective study showed that ferritin was the last parameter to return to normal. CRP normalized about 5 days before ferritin. So ferritin is more useful in assessing the severity of the disease³⁰.

Our study is real-time data from 185 patients. We studied the relationship of various inflammatory markers with covid 19 severity and its outcome in the form of discharged/expired patients. Raised inflammatory markers depicted the severity of covid 19 infection and we found that all of them were comparable in assessing the disease severity. D. dimer level at presentation in the hospital was found to be more accurate in assessing disease outcomes. This study also has certain limitations like all the tests were not done in all the patients. Despite that, our study may provide useful data on the region and we hope it will be helpful in the assessment of the severity and prognosis of covid 19 infection.

5. Conclusion

Our study has demonstrated that inflammatory markers are raised significantly in COVID-19 patients and correlate well with disease severity and outcome. Serum ferritin and D. dimer are the most accurate in depicting the severity and outcome of the disease respectively. This study was performed on covid PCR positive patients but results may apply to covid PCR negative patients too. More extensive studies may help us in further evaluating the role of inflammatory markers in the covid 19. This will help not only in diagnosing but also management of the disease.

CONFLICTS OF INTEREST- None

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A.U.N - Conception of study

- A.U.N, S.Z, I.K Experimentation/Study Conduction
- A.U.N, D.M Analysis/Interpretation/Discussion
- A.U.N Manuscript Writing
- A.U.N, I.Z Critical Review
- S.S Facilitation and Material analysis

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