Recent trends of pandemic 2009 H1N1 virus infection in Guwahati, Assam: A prospective study

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Abstract
The virus that has posed a serious public health challenge world-wide was pandemic 2009 H1N1 influenza A. This prospective study was undertaken to analyze the clinical profile of 2009 pandemic H1N1 influenza A virus [A (H1N1) pdm 09] infection in patients presenting with influenza like illness from January 2015 to December 2015. A total of 116 respiratory samples were collected from the patients attending the hospitals, which included 71 males and 45 females, ranging in age from one to 79 years. Respiratory specimens were tested for A (H1N1) pdm 09 virus by one step real time reverse transcription polymerase chain reaction. In real-time PCR, the A (H1N1) pdm 09 virus was detected in 14 patients (12.07%) and highest percent of positivity (50.0%) was detected in the age group 25-40 years with the mean age being 40.07 ±4.43 years (SD). Most common presenting symptoms were fever (92.86%) and cough (92.86%) followed by shortness of breath (57.14%), nasal catarrh (50.00%) and sore throat (35.71%). From the study it has been seen that there is prevalence of A (H1N1) pdm 09 virus infection in Assam and thus it needs urgent attention to prevent further spread of the virus in the community.

Keywords: Pandemic, Influenza virus, H1N1, Real-time RT-PCR.

Introduction
Among the respiratory viruses which can cause epidemic outbreaks, influenza A viruses are particularly dangerous. Influenza A virus belongs to the family Orthomyxoviridae is a single stranded negative sense RNA virus. The virus causes a highly contagious acute respiratory illness and is a major health threat throughout the world (Scott et al., 1996). Due to the presence of a segmented genome of influenza A virus, with eight RNA segments and the virus undergoes to high rate of mutation in the surface hemagglutinin (HA) and neuraminidase (N) proteins. These unique molecular features coupled with the ability of the virus to cause infection in a wide host range of humans, domestic animals and birds renders it a potential pandemic agent. Domestic pigs and birds because of their proximity to humans provide a great opportunity for the occurrence of mixed influenza infections.

In India, the first laboratory-confirmed case of A (H1N1) pdm 09 virus infection was reported on 16 May 2009; a 23-year-old man who had travelled from United States of America to Hyderabad in South India and by end of the year 2010, 20,604 cases with 1763 deaths were reported (Gupta et al., 2011). Since December 2014, A (H1N1) pdm 09 virus reappeared in several states of the country including northeastern region of India, leading to over 30,000 cases and 2000 deaths countrywide (as of 28th March, 2015). The A (H1N1) pdm 09 virus infection demonstrates the need for reliable tools that enable rapid laboratory confirmation and follow-up of infections. Moreover, to limit community or hospital transmission and to initiate antiviral therapy in time as recommended by the World Health Organization (WHO), the rapid detection of the virus in suspected cases remains crucial.

Real Time RT-PCR for detection of sequence specific templates can be achieved by using fluorogenic probes, specificity is ensured by an inherent hybridization reaction, and cross-contaminations are largely avoided (Heid et al., 1996). Moreover, use of one step real-time PCR reduces the chance of carryover contamination and disables post-PCR processing as a potential source of error. Detection of influenza A virus by real time RT-PCR is based on the conserved matrix protein 2 gene (M2) and the respective subtype identification is based on detection of the hemagglutinin HA1 gene. One step real-time RT-PCR targeting the M2 and HA1 gene of influenza A virus genome was used in the present study to confirm the A (H1N1) pdm 09 virus infection in clinical samples.

Materials and Methods
Specimen Collection and Processing
This is a prospective study, conducted from January 2015 to December 2015 for a period of one year. The study is based on the respiratory samples collected from the patient sent to the Virology Laboratory, Department of Microbiology, Gauhati Medical College & Hospital in Assam, located in the city of Guwahati. The respiratory specimens consist of 20 nasal swabs and 97 throat swabs were collected from patients of all age groups with acute respiratory illness who fit into the WHO’s influenza like illness (ILI) case definition. As per WHO 2008, cases were defined as ILI in patients presenting with sudden onset of fever > 38°C or history of sudden onset of fever in the recent past (less than three days), cough or sore throat and/or rhinorhea in the absence of other diagnosis. A questionnaire containing questions inquiring about any sign or symptom related to respiratory infection during the samples collection was completed for each patient. Collected swab specimens were then placed in sterile screw-capped containers with viral transport media (VTM) and transported in ice to the laboratory. Swab specimens were gently agitated and extracted for further processing. The extracts were kept at -70°C until RNA extraction.
Isolation of RNA from Clinical Samples
All samples in the laboratory were processed in bio-
safety level 3 facilities. Viral RNA was extracted using the
viral nucleic acid extraction kit (Roche Diagnostics GmbH,
Mannheim, Germany) according to the manufacturer’s
instructions. Briefly, 200 µl samples were added to 250 µl
binding buffer with poly (A) and proteinase K, vortex and
incubated for 10 min at 72°C. After 10 min, the solution was
mixed with 100 µl binding buffer and the mixture was
centrifuged through a spin column. Then inhibitor removal
buffer (500 µl) was added and centrifuged at 8000 g for 1
min. After washing the column twice with the appropriate
buffer, finally RNA was eluted using 50 µl elution buffer
and stored at -20°C.

Primers and Probe Sequences
For the one step real-time RT-PCR assay, a set of
primers and probes described earlier (Panning et al., 2009)
targeting the M2 and HA1 gene sequence of influenza A
(H1N1) virus was used. The genome position and sequences
of the primers and probes used in this study are presented in
table 1. The genome position according to influenza A
(H1N1) virus (Genbank accession number FJ966082) and
all the primers and probes were synthesized by TIB
Molbiol, Berlin, Germany. The probe was labeled with 6-
carboxyfluorescein (FAM) at the 5’ end as reporter dye and
barbeque quencher as non-fluorescent quencher at the 3’
end.

Table 1: Primer and probes used real-time RT-PCR

<table>
<thead>
<tr>
<th>Name</th>
<th>Sequence</th>
<th>Genome position</th>
</tr>
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<tbody>
<tr>
<td>Primer M_InfA F</td>
<td>AAG ACC AAT CCT GTC ACC TCT GA</td>
<td>175-197</td>
</tr>
<tr>
<td>Primer M_InfA R</td>
<td>CAA AGC GTC TAC GCT GCA GTC C</td>
<td>269-248</td>
</tr>
<tr>
<td>Probe M_InfA TM</td>
<td>FAM- TTT GTG TTC ACG CTC ACC GC- BBQ</td>
<td>215-234</td>
</tr>
<tr>
<td>Primer H1 SWS</td>
<td>CAT TTG AAA GGT TTG AGA TAT TCC C</td>
<td>380-404</td>
</tr>
<tr>
<td>Primer H1 SWS</td>
<td>ATG CTG CCG TTA CAC CTT TGT</td>
<td>457-437</td>
</tr>
<tr>
<td>Probe H1 SWP</td>
<td>FAM-ACA AGT TCA TGG CCC AAT CAT GAC TCG-BBQ</td>
<td>409-435</td>
</tr>
</tbody>
</table>

One step TaqMan Real Time RT-PCR
One step real-time RT-PCR assay was carried out using
the commercially available real time ready Influenza A/
H1N1 detection set (Roche Diagnostics GmbH, Germany).
The real time RT-PCR assay was optimized using a total
volume of 20 µl. Briefly, for a single sample 7.6 µl nuclease
free water, 4 µl 5x reaction buffer, 0.4 µl 50x enzyme blend
and 3 µl preheated primer/probe mixture (Inf A/M2 or
Human NA or Inf A/HA1) were pooled as a master mix.
Finally, viral RNA 5.0 µl was added and real time RT-PCR
was carried out in a LightCycler® 480 II (Roche Diagnostic
GmbH, Mannheim, Germany). The temperature profile was
reverse transcription at 58°C for 8 min, initial denaturation
at 95°C for 30 s and followed by 45 cycles of amplification
(denaturation at 95°C for 1 s, annealing at 60°C for 20 s and
extension at 72°C for 1 s) and finally cooling at 40°C for 30
s. During amplification, PCR amplification by quantitative
analysis of the fluorescence emissions was monitored by the
LightCycler® 480 II real time PCR system. The cycle
threshold (C_T) represented the refraction cycle number at
which a positive amplification was measured and was set at
10 time the standard deviation of the mean baseline
emission calculated for PCR cycle 3 to 15. The complete
run takes approximately 1h.

Statistical Analysis
EPI INFO 7 software program was used to test the
 correlations of the age, sex and each presenting symptom of
the patients with their viral loads. A P-value of <0.05
between two variables was considered as statistically
significant.

Results and Discussions
During this study period, a total of 116 respiratory
samples were received in the Virology Laboratory,
Department of Microbiology, Gauhati Medical College &
Hospital, which included 71 (61.21%) male and 45
(38.79%) female, ranging in the age from 1 to 79 years
[mean ± standard deviation (SD): 35.2 ± 6.8 years]. Based
on the clinical examination and collected data from the
questionnaires, initial presentations included 85 (73.27%),
74 (63.79%), 58 (52.25%), 52 (46.84%) and 49 (42.24%)
were with cough, fever, sore throat, nasal catarrh and
shortness of breath, respectively of the study population.
However, 31.53% of the cases had simultaneous fever,
cough, sore throat and nasal catarrh. Not a single patient had
evidence of severe lower respiratory tract illness or unusual
symptoms of influenza such as diarrhea. On the other hand,
27 (23.27%) cases resides in infected community, 21
(18.10%) cases travel to infected community, 19 (16.37%)
cases and 18 (15.51%) cases had the history of contact with
infected person and visited the other country respectively
and 81.86% had no history of obvious contact with infected
people.

In the real-time RT-PCR, fourteen patients (12.07%)
were positive for A (H1N1) pdm 09 virus genome. Out of 14
positive patients, male and female potive patient were 9
(64.28%) and 5 (35.71%) respectively. The A (H1N1) pdm
09 virus infection affected all age groups (11 to 79 years),
with the mean age being 40.07 ± 4.43 (SD) years. Out of 14
positive cases, highest number of positive cases was
detected in the 25-40 years age group (50.0%) followed by
50-55 years (21.42%), 14.28% in both 10-15 years and more
than 60 years age groups. The youngest positive patient was
11 years old and the oldest one 79 years old. All the patients
positive for A (H1N1) pdm 09 virus were sensitive to
oseltamivir. However, 92.86% positive patients had fever and cough at the time of sample collection. Other respiratory symptoms like shortness of breath (57.14%), nasal catarrh (50.0%) and sore throat (35.71%) were seen in the patients. On the other hand, no fever and other respiratory symptoms were observed in one A (H1N1) pdm 09 positive patient. On radiography, one patient had bilateral pneumonia and the other patients displayed a normal chest X ray. No correlation was observed between presence of the virus and age or sex. However, a significant correlation was found between the presence of virus and fever ($P = 0.001$). None of our cases had history of H1N1 vaccination.

The set of primers and probes used in real-time RT-PCR detected all the positive samples in below 35 cycles and no positives were detected after 35$^{th}$ cycle. Further there was no nonspecific amplification of negative samples and no template control (NTC) even when the real time PCR assay was extended up to 45$^{th}$ cycle, hence the cut off cycle for interpretation of results of positive or negative samples was kept at a cycle threshold (Ct) of 35 (Fig. 1). Analysis of the Ct values of the H1N1 real-time PCR positive samples indicated that out of 14 positive samples, 8 samples detected with Ct values between 25 to 30 for both HA1 and M2 gene. On the other hand 6 samples were detected with Ct values between 31 to 35 for both HA1 and M2 gene in real-time PCR. However, M2 gene was absent in all the A (H1N1) pdm 09 negative samples.

![Amplification Curves](image)

**Fig. 1:** The amplification plot showing detection of pandemic H1N1 influenza A virus from suspected clinical samples by Real-Time RT-PCR

The influenza A virus is highly prone to mutations and reassortment. It is responsible for recurrent seasonal epidemics and pandemics. During the 20th century, four major pandemics, Spanish flu in 1918, Asian flu in 1957, Hong Kong flu in 1968-69 (Schafer et al., 1993) and the recent pandemic 2009 H1N1 influenza A virus has occurred (Panning et al., 2009).

After the global spread of the new swine-origin influenza virus A (H1N1), many countries, including India, organized a network for the report, diagnosis and treatment of influenza A (H1N1) infection. The province’s health care system provides primary medical care in small rural medical centers where general practitioners or physicians without a specialty offer medical services, while secondary care services are provided by hospitals located in Guwahati, the capital of Assam.

Though several authors have reported the presence of the virus in India during 2009-2010 (Gupta et al., 2011), but till 2014 no report was found from the northeastern region of India for the presence of A (H1N1) pdm 09 influenza virus. It is important to study the present scenario to determine the current trend of the circulating virus and to take appropriate action in order to prevent morbidity and mortality. The incidence of A (H1N1) pdm 09 influenza virus among patients presenting with ILI, diagnosed during the study period was 12.07%.

According to sex distribution, males (64.28%) were affected more by A (H1N1) pdm 09 virus infection. However, other studies have reported different or equal infection rate in both males and females. Several authors have noted that the mean age of people affected by A (H1N1) pdm 09 virus to be 39.7 years (Mukherjee et al., 2010) and of those affected which is approximately similar to our reports. In our study, the percentage of people affected in the age group of 25-40 years was 50.00%. Fever was the commonest feature (92.86%) in A (H1N1) pdm 09 cases similar to other reports (Siddharth et al., 2012). Cough was a common complaint in 92.86%, with accompanying sore throat in 35.71% of cases.

Influenza is a complex virus and the basic epidemiology is quite intricate. With testing services
becoming available, it has provided an opportunity to study the epidemiological pattern of the virus in detail especially community transmission, secondary attack rate and vaccine effectiveness.

In summary, fever, cough and sore throat are early clinical clues to suspect influenza infection. For confirmation, the one-step real-time RT-PCR assay provides a simple, fast, highly sensitive and specific method for detection of pandemic H1N1 influenza A virus infection in clinical samples. The protocol described above for this assay is easy to perform and also this diagnostic tool can be used for rapid identification thus saving lot of time when control measures have to be applied to prevent virus transmission, after the first detection of the virus. This tool should prove useful during outbreaks when diagnosis needs to be made rapidly to curtail disease transmission.

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Conflict of Interest: None.

References
