

# The Enigma of *Candida auris*: A Review on Transmission, Outbreaks, and Infection Control

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# INFO

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https://orcid.org/0000-0003-4382-562X How to cite this article:

Ravichandran S, Appadurai M, Shanmugam P. The Enigma of Candida auris: A Review on Transmission, Outbreaks, and Infection Control. J Commun Dis. 2025;57(2):192-201.

Date of Submission: 2025-01-24 Date of Acceptance: 2025-04-12

# ABSTRACT

Candida auris (C. auris) is a species of pathogenic yeast that has emerged as a global health threat in recent years. It was first identified in 2009 in Japan but has since been reported in more than 40 countries worldwide, with an increasing number of cases and outbreaks. Infections caused by Candida auris are linked to significant mortality rates, particularly in vulnerable populations, such as immunocompromised patients and those in healthcare settings. It's concerning as it's resistant to multiple classes of antifungal drugs, complicating treatment. The exact modes of transmission of Candida auris are still not entirely understood, but it can spread through contact with contaminated surfaces, healthcare workers, or other patients. Control measures, such as strict adherence to infection control practices, including hand hygiene, environmental cleaning, and appropriate use of antifungal agents, are essential to control and prevent outbreaks. There is a need for continued surveillance and research to understand the epidemiology, pathogenesis, and optimal treatment of Candida auris infections and to develop new strategies for preventing and controlling its spread. The emergence of Candida auris as a multidrug-resistant fungal pathogen has posed significant challenges to healthcare systems worldwide. This review describes a comprehensive analysis of the epidemiology, pathogenesis, and diagnostic challenges associated with C. auris infections. Furthermore, it explores the mechanisms of antifungal resistance exhibited by this pathogen and discusses current treatment options and infection control measures. Finally, the study outlines future directions for research and intervention strategies to mitigate the spread and impact of C. auris outbreaks.

**Keywords:** *Candida auris,* Bloodstream Infections, Hand Hygiene, Phenotypic Variability



### Introduction

Candida auris is a rare but dangerous fungal pathogen that has become increasingly prevalent in healthcare settings worldwide in recent years.<sup>1</sup> Initially discovered in 2009 in Japan, C. auris has since been identified in over 40 countries on six continents, causing outbreaks and fatalities in hospitals, long-term care facilities, and other healthcare settings.<sup>2</sup> The fungus is often resistant to multiple antifungal drugs, making it difficult to treat, and it has a high mortality rate. C. auris infections can present in various ways, including urinary tract infections, bloodstream infections, wound infections, and ear infections. Patients with C. auris infections may experience fever, chills, and fatigue, as well as symptoms specific to the site of infection. In some cases, patients may be asymptomatic carriers of the fungus, making it difficult to identify and control outbreaks.<sup>3</sup> Despite efforts to contain its spread, the adaptability and resilience of C. auris continue to pose formidable challenges to healthcare systems worldwide. This review addresses the diagnostic challenges associated with identifying C. auris infections, particularly in resource-limited settings where laboratory infrastructure may be inadequate. Additionally, it delves into the underlying mechanisms of antifungal resistance exhibited by this pathogen, shedding light on potential targets for future drug development. Current treatment options, including antifungal agents and combination therapies, are evaluated considering their efficacy and limitations. Furthermore, infection control measures, like strict adherence to environmental decontamination, hand hygiene protocol, and patient isolation strategies, are discussed to mitigate the transmission risk within healthcare settings. The synthesis of these insights aims to inform clinical practice and guide public health efforts in combating C. auris spread and minimising its impact on vulnerable patient populations.

### **Materials and Methods**

A thorough search was carried out in major global databases like Scopus, Web of Science, Medline (PubMed), and EMBASE to collect all relevant articles offering up-to-date information on *Candida auris*, including its epidemiology, pathogenesis, diagnostic challenges, resistance mechanisms, treatment options, infection control measures, and its future directions. We focused on studies published between 2009 and 2024, limiting the language to English. The search included keywords such as "*Candida auris*", "bloodstream infections", "hand hygiene", and "phenotypic variability".

# Epidemiology

*C. auris* has been isolated from various anatomical sites of individuals across numerous nations spanning six continents. Incidence and colonisation are predominantly observed among critically ill patients, impacting both paediatric and

adult demographics. Reports of patients harbouring C. auris now span the globe, encompassing regions such as India, Kuwait, South Korea, Pakistan, Oman, Israel, South Africa, the United States, Europe, Canada, Norway, Spain, and Germany.<sup>4</sup> Infections attributable to Candida auris present formidable treatment challenges, with mortality rates ranging from 30% to 60% in various investigations. Contributing to the risk of C. auris infection are factors such as recent hospitalisation, prior exposure to broad-spectrum antibiotics, and immunocompromised states. While predominantly a nosocomial pathogen, C. auris has also manifested in community-acquired infections, broadening its impact beyond healthcare facilities. Transmission within healthcare settings is facilitated by person-to-person contact, while its persistence on environmental surfaces further complicates containment efforts. Identifying C. auris in clinical settings poses a significant challenge, necessitating specialised laboratory testing for accurate diagnosis.<sup>5</sup>

# **Pathogenesis**

Candida auris can cause serious infections in humans, particularly in immunocompromised individuals or those patients with underlying medical conditions. The pathogenesis of C. auris involves a complex interplay between the host immune system, the microbe, and environmental factors.<sup>6</sup> The first step in infection by C. auris is colonisation of the skin or mucous membranes. C. auris can form biofilms on surfaces, which can help it adhere to the skin or other surfaces.<sup>7</sup> Once it has colonised the skin, it can invade deeper tissues and cause infection. The ability to colonise and to invade tissues is partially due to its ability to switch between different morphological forms, that is, between yeast-like and hyphal forms, which enables effective tissue penetration.8 Once C. auris has colonised a host, it can lead to a variety of infections, including urinary tract infections, bloodstream infections, and wound infections.9 The virulence of C. auris is due to a variety of factors, including the secretion of hydrolytic enzymes such as lipases and proteases, which can damage host tissues and aid in the invasion of the organism. C. auris also can form biofilms, which can protect it from the host immune system and antimicrobial agents.<sup>10</sup> The immune response to C. auris is complex and multifaceted. In general, the host immune system responds to C. auris by activating both immune responses (innate and adaptive).<sup>11</sup> The activation of immune cells like macrophages and neutrophils is a key part of the innate immune response, which can phagocytose and kill the yeast. The activation of B cells and T cells, which produce antibodies to target the yeast, is a crucial aspect of the adaptive immune response.12 However, C. auris has several mechanisms by which it can evade the host immune response. For example, C. auris can produce a capsule that can help it avoid phagocytosis

Differentiating from other Candida Species

by immune cells.<sup>13</sup> Environmental factors can also play a role in the pathogenesis of *C. auris*. *C. auris* is resistant to many commonly used antifungal agents, which can make it difficult to treat infections. Additionally, *C. auris* can survive in hospital environments for extended periods, which can lead to outbreaks of infections.<sup>14</sup> Its ability to persist in the environment is due, in part, to its ability to form biofilms on surfaces.<sup>14,15</sup>

# **Diagnostic Challenges**

Over the last decade, *C. auris*, a multi-drug-resistant yeast, has surfaced as a significant worldwide health concern. It poses a serious risk to public health, especially among hospitalised individuals with preexisting conditions, leading to severe infections and alarmingly high death rates.<sup>16</sup> The diagnostic challenges of *C. auris* arise from its variability in both phenotype and genotype, coupled with the absence of reliable diagnostic tools. Difficulty in differentiating it from other *Candida species* further complicates accurate identification. Addressing these challenges necessitates improved methodologies tailored to the unique characteristics of *C. auris*.<sup>17</sup>

# **Phenotypic Variability**

*Candida auris* has a wide range of phenotypic characteristics, which vary depending on the growth medium, temperature, and other environmental factors.<sup>18</sup> This variability makes it difficult to identify the organism using traditional microbiological methods, such as culture and biochemical tests.<sup>19</sup> Additionally, *C. auris* is often misidentified by automated systems such as VITEK as other Candida species, such as *Candida famata*, *Candida sake*, and *Candida haemulonii*, which can lead to inappropriate treatment.<sup>19,20</sup>

# **Genotypic Variability**

*Candida auris* exhibits genetic diversity, characterised by various clades and subclades, impacting its susceptibility to antifungal drugs and virulence.<sup>21</sup> Nevertheless, existing molecular typing methods lack standardisation, and there is no consensus on the optimal approach for identifying distinct clades and subclades of *C. auris*. This highlights the urgent need for standardised protocols to enhance the accurate characterisation and management of this pathogen.<sup>22,23</sup>

# Lack of Reliable Diagnostic Tools

The current gold standard for diagnosing *C. auris* is culturebased identification using chromogenic agar. However, this method is time-consuming and requires expertise.<sup>24</sup>

Moreover, chromogenic agar has limited sensitivity and specificity, particularly for detecting atypical strains of *C. auris*.<sup>24,25</sup> Additionally, serological tests and antigen detection tests have been developed for the diagnosis of *C. auris*, but their accuracy is still under evaluation.<sup>26</sup>

*C. auris* exhibits phenotypic and genotypic similarities to other Candida species like *Candida haemulonii*, *Candida famata*, and *Candida sake*, leading to frequent misidentification and posing challenges for accurate diagnosis.<sup>19</sup> Additionally, the potential for co-colonisation with other *Candida species* further complicates the diagnostic process and subsequent treatment decisions, highlighting the need for enhanced diagnostic methodologies to differentiate and manage these infections effectively.<sup>19,27</sup>

# **Resistance Mechanisms of C.auris**

An emerging fungal pathogen is *Candida auris*, particularly in hospitals, where it poses a threat to immunocompromised patients. Its resistance to common antifungal drugs complicates treatment significantly, often requiring alternative therapies. The development of multidrug resistance further limits the options for treatment and increases the risk of treatment failure. Effective containment measures and surveillance are crucial to mitigate its impact on patient outcomes and healthcare systems.<sup>28</sup>

A key mechanism of resistance in *Candida auris* involves mutations in genes responsible for encoding the target proteins of antifungal drugs.<sup>29</sup> Mutations in the ERG11 gene of *Candida auris*, which encodes lanosterol 14-alphademethylase, play a pivotal role in antifungal resistance. These genetic alterations lead to significant structural changes in the target protein, hampering the binding affinity of azole antifungal drugs.<sup>30</sup> Consequently, the efficacy of these drugs is compromised, rendering traditional treatment approaches less effective against this pathogen. Understanding the molecular mechanisms of these mutations is crucial for the novel therapeutic strategies' development to combat this challenging pathogen.<sup>31,32</sup>

Another significant mechanism of resistance in *Candida auris* involves the overexpression of efflux pumps, integral membrane proteins responsible for expelling antifungal drugs from the cell. *Candida auris* has been observed to upregulate multiple efflux pumps, including CDR1, CDR2, and MDR1, which actively pump out various antifungal agents, thereby conferring resistance to these drugs.<sup>33</sup> This heightened efflux activity diminishes the intracellular concentration of antifungal agents, reducing their effectiveness against *Candida auris* infections. Understanding and targeting these efflux mechanisms are crucial for developing effective therapeutic strategies against this resilient pathogen.<sup>34</sup>

In addition to mutations and efflux pumps, *Candida auris* can also develop resistance through changes in the cell wall structure.<sup>33</sup> The cell wall is an important component of the fungal cell, and it maintains the shape and integrity of the cell. Changes in the cell wall structure can make it

ISSN: 0019-5138 DOI: https://doi.org/ more difficult for antifungal drugs to penetrate the cell and reach their target.<sup>35,36</sup> *Candida auris* has been found to have thicker cell walls compared to other Candida species, which may contribute to its resistance to antifungal drugs.<sup>36</sup>

Finally, *Candida auris* can also acquire resistance through horizontal gene transfer by several mechanisms, including plasmids, transposons, and integrons. Through horizontal gene transfer, *Candida auris* can acquire genes that encode resistance to antifungal drugs, allowing it to become resistant to drugs that it may not have been able to resist before.<sup>37,38</sup>

# **Treatment Options**

The treatment of *Candida auris* infections can be challenging due to its resistance to multiple antifungal drugs. However, several treatment options are available, and the choice of therapy depends on various factors such as the severity of the infection, patient characteristics, and drug susceptibility testing.<sup>39-42</sup>

Antifungal therapy is the primary treatment for *Candida auris* infections, and the drugs commonly used include echinocandins, azoles, and polyenes.<sup>41-44</sup>

- Echinocandins: they are a class of antifungal drugs that inhibit the  $\beta$ -glucan synthesis in the cell wall of fungus, which is essential for its structural integrity. They are the first-line agents for the treatment of *Candida auris* infections. 3 main echinocandins, micafungin, caspofungin, and anidulafungin, are currently being used for clinical treatment.<sup>45</sup>
- Azoles: Azoles are another antifungal class of drugs that target the cell membrane of fungi by inhibiting ergosterol synthesis. They are available in both oral and intravenous forms and are generally well tolerated. Azoles such as fluconazole, voriconazole and isavuconazole are used for the treatment of *Candida auris* infections.<sup>45,46</sup>
- **Polyenes:** Polyenes, such as amphotericin B, are antifungal drugs that bind to ergosterol, a component of the fungal cell membrane, and form pores, leading to cell death. They are generally reserved for severe infections due to their toxicity and are often used in combination with other antifungal agents.<sup>46</sup>

Drug resistance is a significant concern in the treatment of *Candida auris* infections. The fungus can develop resistance to antifungal drugs through several mechanisms, such as mutations in drug target genes, overexpression of efflux pumps, and alterations in the cell wall. Therefore, drug susceptibility testing is essential to guide the choice of antifungal therapy.<sup>47-49</sup>

Combination therapy with multiple antifungal agents may be necessary in some cases, particularly in severe infections or in patients with compromised immune systems. Combination therapy may increase the effectiveness of treatment and reduce the development of drug resistance.<sup>50,51</sup> non-pharmacological measures such as infection control and prevention measures are also essential in the management of *Candida auris* infections. These measures include rigorous hand hygiene, environmental cleaning and disinfection, and isolation precautions for infected patients.<sup>52-54</sup> Early diagnosis and prompt initiation of appropriate therapy are crucial in improving patient outcomes and reducing the spread of the fungus.<sup>54</sup>

# Infection Control Measures

*Candida auris* can survive on environmental surfaces for long periods, making it difficult to control. Some important considerations are:

- **Surveillance:** Hospitals should have a system in place for detecting the presence of *C. auris*. All patients should be screened for the fungus, especially those who have been hospitalised in countries where the fungus is endemic.<sup>55,56</sup>
- **Isolation:** Patients who tested positive should be isolated in a private room with negative pressure. Wear appropriate personal protective equipment (PPE) for those healthcare workers entering the room.
- Hand hygiene: To control this spread, maintaining hand hygiene is essential. Healthcare workers should use soap to wash their hands and water or use alcohol-based hand sanitisers while caring for patients with *C. auris* (both before and after). They should also avoid wearing jewellery or watches and keep their nails short and clean.
- Environmental cleaning: Environmental cleaning is crucial to control this spread. All surfaces in the patient's room should be cleaned and disinfected regularly with an appropriate disinfectant. This includes bedrails, bedside tables, and medical equipment. Healthcare workers should wear gloves and other appropriate PPE when cleaning the room.<sup>57</sup>
- **Cohorting strategy:** This strategy is used to group patients with the same infection together. Patients with *C. auris* should be cohorted to prevent the spread of the fungus to other patients.
- Antifungal stewardship: Antifungal stewardship is the responsible use of antifungal drugs to prevent the development of resistance. Hospitals should have a program in place to monitor the use of antifungal drugs and ensure that they are used appropriately.<sup>58</sup>
- Education and training: This is critical in preventing the spread of *C. auris*. Healthcare workers should be educated on the risks associated with *C. auris* and how to prevent its spread. They should also receive training on the appropriate use of PPE and how to clean and disinfect patient rooms.

- Communication is essential to control the spread of C. auris: Hospitals should have a system in place for communicating the presence of C. auris to other facilities of healthcare workers to prevent the spread of the fungus.59
- Screening and decolonisation of patients who have been exposed to C. auris: This is an effective strategy in preventing the spread of the fungus. Patients who have been exposed should be screened for the fungus, and those who test positive should be decolonised.
- Patient education: This is critical in preventing the C. auris spread, and they should be educated on the risk factors associated with the pathogen and how to prevent its spread. They should also be encouraged to speak up if they see healthcare workers not following infection control measures.<sup>60,61</sup>

Surveillance, isolation, hand hygiene, environmental cleaning, cohorting, antifungal stewardship, education and training, communication, screening and decolonisation, and patient and family education are all essential in controlling the spread of *C. auris*. Healthcare facilities should have a comprehensive programme in place to prevent the spread of this potentially deadly fungus.

# **Future Directions**

As a relatively new pathogen, much is unknown about the future directions of Candida auris. However, based on current research and trends, we can make some predictions about what may lie ahead.62-64

#### **Increased Incidence and Geographic Spread**

Candida auris has already shown a remarkable ability to spread geographically, and it is likely to do so in the future.<sup>65</sup> The fungus has been reported in more than 40 countries, and it has caused outbreaks in multiple regions. As it spreads, the incidence of Candida auris infections is likely to increase.<sup>66,67</sup> Healthcare facilities that have experienced outbreaks in the past are at higher risk of future outbreaks, and new regions may also experience outbreaks as the fungus continues to spread.68

#### **Further Evolution and Adaptation**

Like many microbes, Candida auris has the potential to evolve and adapt over time. This may involve the acquisition of new resistance mechanisms or the development of new virulence factors that allow the fungus to colonise and infect its hosts better. Some researchers have suggested that Candida auris may be able to switch from a commensal organism (one that lives harmlessly on the skin or in the gut) to a pathogen more easily than other Candida species, which could contribute to its virulence.69-71

#### **Emergence of New Clones**

Candida auris is not a single organism but rather a group of closely related strains. New strains of the fungus may

emerge over time, each with its unique characteristics. Some researchers have already identified distinct clusters of Candida auris strains with different geographic and temporal origins, suggesting that the fungus is evolving along different trajectories in different parts of the world. This may have implications for diagnosis and treatment, as different strains may vary in their response to antifungal therapy.72-74

#### Impact on Vulnerable Populations

Candida auris infections are often associated with vulnerable populations, including those with weakened immune systems and those in long-term care facilities. As the incidence of these infections increases, these populations may be at even greater risk. Additionally, some researchers have suggested that Candida auris may be more virulent than other Candida species, which could increase the severity of infections in vulnerable populations.74

#### **Need for New Treatment Modalities**

The multidrug-resistant nature of Candida auris has made it difficult to treat with existing antifungal drugs. As the fungus continues to evolve and adapt, it may become even more resistant to current antifungals. This emphasises the crucial need for the development of newer antifungal agents effective against Candida auris and multidrugresistant fungi.75

#### Improved Surveillance and Control Measures

Given its potential for rapid spread and ability to cause outbreaks, surveillance and control measures are very critical in preventing its spread. This involves enhanced screening of patients in healthcare facilities, improved infection control practices, and the development of new diagnostic tools that can quickly identify Candida auris.<sup>76</sup> Additionally, researchers may need to investigate the environmental reservoirs of the fungus to understand its spread and identify ways to prevent its transmission.<sup>77</sup>

While much is still unknown about the future directions of this fungus, it is likely to continue to spread geographically, evolve and adapt over time, impact vulnerable populations, and drive the need for new treatments, improved surveillance, and control measures. As researchers and public health officials continue to study Candida auris, it will be critical to stay vigilant and proactive in efforts to contain its spread and mitigate its impact.78,79,80

#### Conclusion

In conclusion, Candida auris has emerged as a significant global public health concern, with reported cases spanning over 40 countries and escalating numbers. This fungus is implicated in outbreaks within healthcare facilities, correlating with elevated mortality rates. Its ability to resist multiple classes of antifungal drugs, facilitated by

the formation of protective biofilms and prolonged surface survival, presents formidable challenges for treatment and infection management. The lack of standardised laboratory methods for identifying *Candida auris* complicates timely diagnosis and treatment initiation, potentially leading to misidentification and underestimation of its prevalence. Additionally, limited availability and increasing resistance to effective antifungal medications exacerbate treatment complexities. A comprehensive approach to prevention and control necessitates stringent infection control measures, surveillance efforts, and dedicated research endeavours. Enhanced understanding of *Candida auris* epidemiology, biology, and resistance mechanisms, alongside the development of innovative treatment and diagnostic modalities, is imperative.

In summary, addressing the evolving threat of *Candida auris* demands a collaborative and multidisciplinary response. Vigilant surveillance, ongoing research initiatives, and implementation of effective prevention and control strategies are paramount in mitigating its impact on global public health.

### Conflict of Interest: None

### Source of Funding: None

**Author's Contribution:** The study was conceptualized by SR and PS Methodology, formal analysis, and investigation were carried out by SR and PS The original draft of the manuscript was prepared by SR Review and editing were conducted by MA and PS Overall supervision was provided by PS.

# **Declaration of Generative AI and AI-Assisted**

#### Technologies in the Writing Process: None

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