

Research Article

An Observational, Cross-sectional Study on Epidemiology and Clinical Spectrum of Tuberculous Meningitis in a Tertiary Care Hospital in Eastern India and Role of CSF CBNAAT for Rapid Diagnosis

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A B S T R A C T

Background: Tubercular meningitis (TBM) accounts for 70 to 80 percent of all neurological tuberculosis and is a major health issue in a country like India. But we don't have adequate amount of data regarding the epidemiology and clinical pattern of TBM. In this study we aimed at exploring the epidemiological, clinical picture of TBM and compared different diagnostic modalities for early detection.

Methods and Materials: 50 patients with history and clinical features compatible with tuberculous meningitis were assessed through a detailed history and clinical examination followed by CSF study and an MRI of the brain.

Results: CSF study showed lymphocytic pleocytosis (92% cases) along with raised mean CSF protein 182.2 ± 80.2 mg/dl (Mean \pm SD) and reduced mean sugar 35.8 ± 12.3 mg/dl. CSF for AFB had least sensitivity (4%) but highest specificity (100%). CBNAAT showed both acceptable sensitivity (77%) and specificity (96%). CSF ADA had high sensitivity (85%) but low specificity (18%). Age >40 years, Altered consciousness, GCS<10, TBM stage 3, CSF glucose ≤ 30 mg/dl & Presence of hydrocephalus were significantly associated with mortality from TBM (p-value<0.05).

Conclusion: CSF CBNAAT having acceptable sensitivity and specificity for diagnosis of TBM and can be used for early diagnosis as an alternative to CSF culture due to its rapidity and other bio-medical advantages. Factors associated with adverse outcome can be used in future as components of risk prediction models.

Keywords: Tuberculous Meningitis, Epidemiology, CBNAAT, Prognostic Factors

Introduction

Tuberculosis is one of the leading causes of mortality and morbidity in developing countries. In India 2.2 million people are affected every year and approximately 400,000 people die due to TB.¹ Neurological tuberculosis comprises 5-10% of the cases of extra-pulmonary tuberculosis and tuberculous meningitis (TBM) accounts for 70 to 80 percent of cases of neurological tuberculosis.^{1,2} It occurs more frequently in children, particularly below four years and HIV-TB co-infection.^{3,4}

Diagnosis of tuberculous meningitis is based on history, CSF study and imaging. Lymphocytic pleocytosis with raised protein and low glucose constitute typical CSF picture of TB meningitis. Demonstration of AFB in the CSF by microscopy is the most crucial part of the investigation but the yield of CSF smears by ZN (Ziehl-Neelsen) staining and auramine staining is low (4%-40%) and is found to be a function of the volume and number of samples of CSF.⁵

Amplification of the *Mycobacterium tuberculosis* specific DNA sequences by polymerase chain reaction (PCR) has been evaluated as a means of rapid diagnosis of TBM. The Xpert MTB/RIF (Cepheid, Sunnyvale, CA, USA) is an automated, real-time PCR for detecting MTB (*Mycobacterium tuberculosis*) complex and rifampicin (RIF) resistance.⁶⁻⁸ It is an easily operable closed-cartridge based system that not only gives results within 2 hours but also helps in detection of multidrug resistance (MDR). Moreover, it has reduced risk of cross-contamination of study sample and safe in terms of bio-safety parameters. So, for rapid diagnosis of TB meningitis where delay in treatment initiation can cause severe neurological sequelae in upto 25% of cases this testing system is a paradigm shift.^{9,10}

In this study we wanted to have a look at the epidemiology and clinical spectrum of tuberculous meningitis in HIV seronegative adults, to compare the efficacy of CSF microscopy, CSF ADA, CSFCBNAAT and CSF culture in detection of *Mycobacterium tuberculosis* in patients suspected of having TBM. This study also aimed at determining the sensitivity & specificity of CSF CBNAAT for diagnosis of TB meningitis. We also searched for correlation between mortality among TBM patients and different clinical and laboratory parameters.

Materials & Methods

It was an observational, cross-sectional, single institutional, prospective study in all adult patients, with history and clinical features compatible with tuberculous meningitis, admitted in the medicine department of our hospital from January 2020 to June 2021.

Inclusion Criteria

- Patients having clinical features of meningitis with or without signs of irritation
- MRI brain findings suggestive of tubercular meningitis

- CSF showing features of pleocytosis, predominantly lymphocytosis, decreased glucose levels (CSF: plasma glucose ratio less than 0.5), high protein levels and an ADA > 9.5 IU/L
- Presence of tuberculosis elsewhere (e.g., miliary tuberculosis or abdominal TB) presented with signs and symptoms of tubercular meningitis

Exclusion Criteria

- Children less than 13 years
- HIV-TB co-infection
- Already on anti-tubercular drugs
- Patients with features suggestive of pyogenic meningitis

Study Methods

Patients selected based upon the above-mentioned inclusion and exclusion criteria were thoroughly examined clinically (including Fundoscopic examination) and their clinical history was taken in detail.

From this we collected data regarding various study parameters then we did some investigations to identify different factors of clinical spectrum that has an effect on outcome. We did following investigations:

1. Complete hemogram with ESR, serum electrolytes, LFT
2. CSF study (Lumbar Puncture) for:
 - Cell count, Cell type
 - Protein, Glucose, CSF: Plasma glucose ratio
 - Gram stain, pyogenic culture & sensitivity
 - ZN stain for AFB & CSF culture (BACTECMGIT 960 method)
 - Fungal stain
 - CSF ADA (Adenosine De-Aminase)
 - CSF CBNAAT (Gene Xpert MTB/RIF)
3. Contrast enhanced MRI brain

The cases were divided into definite TBM, probable TBM and possible TBM according to Diagnostic Criteria in the Uniform Tuberculous Meningitis Research Case Definition as given by Suzaan Marais et al.¹¹

Ethical clearance was taken from institutional ethics committee for conducting this study.

No source of financial support was there for doing the study.

Statistical Analysis

For statistical analysis SPSS 24.0 and Graph Pad Prism version 5 was used. For numerical variables mean and standard deviation were used to represent the data. Categorical variables were represented by count and percentages. For categorical variables, Chi-Square and Fisher Exact tests were used, while for continuous variables, the mean and SD were compared using independent samples t test with 95% confidence interval (CI). All tests were 2-tailed and p value less than 0.05 was taken as significant.

Table 1. Distribution of General Characteristics of Study Population

Characteristics		Number of Patients (N=50)
Age of Patients (In years)		
15-29		22 (44%)
30-44		18(36%)
45-60		07 (14%)
>60		03 (6%)
Mean Age(In Years)		29.8
Gender	Female	24 (48%)
	Male	26 (52%)
Residence	Rural	32 (64%)
	Urban	18 (36%)

Table 2. Distribution of Symptoms among Patients

Characteristics		Number of Patients (N=50)
Duration of Symptoms (In Days)		
<28		10 (20%)
28-60		31 (62%)
>60		09 (18%)
Fever	Present	47 (94%)
	Absent	06 (6%)
Headache	Yes	33 (66%)
	No	17 (34%)
Vomiting	Yes	32 (64%)
	No	18 (36%)
Convulsion	Yes	05 (10%)
	No	45 (90%)
Dimness of Vision	Yes	07 (14%)
	No	43 (86%)

Results and Analysis

Total 50 patients were analyzed in this study, a majority of the study population was male (52%) and most of them were in the age group of 15-29 years (Mean age 29.8 years) (Table 1).

Most of the (94%) patients presented with fever and headache (66%). Only 10% presented with convulsion and 14% with dimness of vision. Mean duration of symptom was 42.1 days (Table 2).

Half of the patients had no sputum for AFB report. Among the other half 24 (96%) patients had a negative sputum for AFB report and only 1 (4%) patient had a positive report. Among the study population only 13 (26%) patients had

military shadow/ chest infiltrates present in their chest x-ray.

On clinical examination, it was found that 58% Patients had an altered state of consciousness, 32 patients had a GCS score of <10. Around 20 patients (40%) had cranial nerve (CN) palsy involving 6th cranial nerve most commonly along with 2nd, 3rd and 7th CN. 10 patients had features of paresis either in form of hemiparesis/ quadriparesis (Table 3).

Table 3. Distribution of Clinical Findings Among patients

Characteristics	Number of Patients (N=50)
Meningeal Signs	
Present	33 (66%)
Absent	17 (34%)
Level of Consciousness	
Conscious	21 (42%)
Drowsy	13 (26%)
Stuporous	10 (20%)
Comatose	06 (12%)
Glasgow Coma Scale (Gcs Score)	
≤10	16 (32%)
11-14	13 (26%)
15	21 (42%)
Cranial Nerve (Cn) Palsy	
No Palsy	30 (60%)
2nd CN Palsy	04 (8%)
3rd CN Palsy	02 (4%)
6th CN Palsy	13 (26%)
7th CN Palsy	01 (2%)
Paresis of Limb	
No Paresis	40 (80%)
Hemiparesis	09 (18%)
Quadriparesis	01 (2%)
Pupillary Size and Reaction	
Normal Size and Reacting	34 (68%)
Mild Dilated and Sluggishly Reacting	11 (22%)
Fully Dilated and Non-Reacting	05 (10%)
Papilledema	
Absent	26 (52%)
Present	24 (48%)

Table 4. Stage Wise Distribution of Patients

Tbm Stage (British Medical Council Staging)	Frequency (%)
Stage 1	15 (30%)
Stage 2	19 (38%)
Stage 3	16 (32%)

Table 5. CSF Picture among Patient Population

Characteristics	Number of Patients(N=50)
CSF Cell-Count	
≤100	14 (28%)
101-200	18 (36%)
201-300	06 (12%)
301-400	06 (12%)
401-500	03 (6%)
>500	03 (6%)
CSF Differential Cell Count	
Lymphocytic	46 (92%)
Neutrophilic	04 (8%)
CSF Protein (Mg/Dl)	
<40	---
41-100	04 (8%)
101-200	32 (64%)
201-300	09 (18%)
30-400	03 (6%)
>400	02 (4%)
CSF: Plasma Glucose	
<0.5	44 (88%)
>0.5	06 (12%)
AFB In CSF (Zn Stain)	
Present	49 (98%)
Absent	01 (2%)
CSF Culture (Bactec Method)	
Positive	26 (52%)
Negative	24 (48%)
CSF CBNAAT	
MTB Detected	21 (42%)
MTB Not Detected	29 (58%)

According to the British Medical Council Staging System most of the Patients (38%) were of Stage II tubercular meningitis followed by stage III (32%) and Stage I (30%) (Table 4).

The CSF study showed a picture of lymphocytic pleocytosis in a large number (92%) of patients.

The mean value of CSF protein was 182.20 mg/dl, the mean value of CSF glucose was 35.8 mg/dl (Range 12mg/dl-66mg/dl). 88% patient had CSF: Plasma glucose value of <0.5.

80% of study population had high CSF ADA (>9.5). The mean value of CSF ADA was 10.69 with minimum value was 1.7 and the maximum value was 20.9.

Table 6. Comparison of Different Diagnostic Test Methods

Characteristics (According To Csf Culture Positivity)	CSF CBNAAT (95%Ci)	CSF ADA (95%Ci)	CSF AFB (ZN Stain) (95%Ci)
Sensitivity	0.77 (0.50-1.06)	0.85 (0.57-1.13)	0.04 (-0.24-0.32)
Specificity	0.96 (0.68-1.24)	0.18 (-0.03-0.530)	1.0 (0.72-1.28)
PPV	95.23%	55%	100%
NPV	79.31%	60%	82.8%
Likelihood Ratio	18.52	1.13	Undefined

Table 7. Distribution of MRI Brain Findings among Study Population

Mribrain Findings	Frequency (%)
Meningeal Enhancement	
Absent	31 (62%)
Present	19 (38%)
Infarction	
Present	17 (34%)
Absent	33 (66%)
Hydrocephalus	
Present	26 (52%)
Absent	24 (48%)
Tuberculoma	
Present	08 (16%)
Absent	42 (84%)

Table 8. Predictors of Mortality among TB Patients

Variables	Outcome		P-Value	Significance
	Death	Discharge		
Age				
≥40Yrs	9	5	0.001	Significant
<40Yrs	6	30		
Duration of Illness (Days)				
>28Days	14	25	0.087	Not Significant
≤28 Days	1	10		
Fever	2	1	0.153	Not Significant
Noyes	13	34		
Headache	9	8	0.011	Significant
Noyes	6	27		
Level of Consciousness				
Conscious	0	21	0.003	Significant
Altered Consciousness (Drowsy, Stuporous, Comatose)	15	14		
Cranial Nerve Palsy Absent				
Absent	9	21	1.000	Not Significant
Present	6	14		

Gcs				
≥10	3	34	0.00	Significant
<10	12	1		
TBM Stage				
Stage 3	13	3	0.000	Significant
Others (Stage1 &2)	2	32		
CSF Cell Count				
≥200	06	15	0.851	Not Significant
<200	09	20		
CSF Protein				
≥100	15	31	0.172	Not Significant
<100	00	04		
CSF Glucose				
≤30	10	09	0.002	Significant
>30	05	26		
CSF Cbnaat				
Positive	05	16	0.416	Not Significant
Negative	10	19		
Basal Meningeal Enhancement				
Absent	11	20	0.280	Not Significant
Present	04	15		
Hydrocephalus				
Absent	01	25	0.001	Significant
Present	14	10		

CSF based ZN staining was positive in around 98% of patients. CSF culture (BACTEC Method) among TBM patients showed positive culture in 26 (52%) of patients. CSF CBNAAT detected MTB in 21(42%) patients. Amongst the 21 patients in whom CSF CBNAAT was positive for MTB, only 1 patient had Rifampicin resistant MTB (Table 5).

CSF ZN staining had the highest specificity (ability to detect true negative) followed by CBNAAT (100% vs 96%), but ZN staining had lowest sensitivity (ability to detect true positive). CSF ADA had highest sensitivity (85%) but lowest specificity (18%) among all (Table 6).

On imaging studies (CEMRI Brain) 52% patients had hydrocephalus and 38% cases showed meningeal enhancement. Tuberculoma was seen in only 8 patients (Table 7).

15 (30%) patients died of tubercular meningitis while the rest of the 35 (70%) patients were discharged.

There was statistically significant association between mortality and different clinical, investigational variables, (p-value less than 0.05). Age, headache, level of consciousness, GCS score, TBM stage, CSF glucose content

& hydrocephalus showed statistically significant association with death rate among tubercular meningitis patients (Table 8).

Discussion

The present study was a hospital based observational study which included 50 suspected TB meningitis patients (definite, probable and possible). In the present study out of the 50 patients 44% of them were within the range of 15-29 years of age and median age was 28 years. (Table 1) It was comparable to the study conducted by Christensen et al where 55.26% were in the age group of 20-39 years.¹² In our study there 52% of the patients were male which was in concordance with the sex distribution in the study done by Sarkar D.N. Hossain MI et al.¹³

Almost all (94%) TBM patients had fever and most (66%) of them had headache and vomiting, which are very pathognomonic features of meningeal irritation/infection (Table 2). Findings are comparable to the study conducted by Sharma et al and Archana Aher et al.^{14,15} 10% of the study population had convulsion, which was consistent with the study results conducted by Sirajus Salekeen et al.¹⁶

In the present study it was shown that 66% patients had meningeal sign which was to some extent corroborative to the study done by Sarkar D.N. Hossain M.I. et al.¹³ 58% of patients had altered sensorium at the time of admission in our study which was comparable to the study conducted by Sharma et al, where altered sensorium was present among 65.5 % of the patients.¹⁴

Distribution of Glasgow Coma Scale (GCS) among TBM patients in the present study revealed that 32% had GCS ≤ 10 (Table 3). Besides that, 62% patients were in TBM stage 2 and 3 as per Medical Research Council grading system for tuberculous meningitis. In our study distribution of stage 2 & 3 disease and GCS ≤ 10 on admission was among higher side due to late presentation, misdiagnosis from primary & secondary health care level and late initiation of anti-tubercular therapy.

In our study it was shown that; there was cranial nerve palsy among 40 % of patients and papilledema among 48% patients which was comparable to the study conducted by Paithankar et al.¹⁵ It revealed 6th cranial nerve involvement was the commonest one and 3 patients had B/L6th CN involvement. 18% of patients had hemiparesis and 2% had quadriparesis. That was in concordance with the distribution of long tract signs in the study done by Hossain M. I. et al.¹³

In the present study 36% patients had CSF cell-count of 101-200/cu.mm and a mean value of the CSF cell-count was 202.82 (Table 5). The finding was similar to a previous study conducted by Garg et al.¹⁷ In 92% patients the CSF picture was lymphocytic similar to the study done by Sirajus Salekeen et al, where lymphocytic CSF seen among 96.15% of TBM patients.¹⁶

In our study, 64% patients had CSF protein in the range of 101-200 mg/dl and 18% had a range of 201-300. The mean value of CSF glucose is 35.8 mg/dl. These results are consistent with the study findings of Sharma et al and Garg et al.^{14,17}

In the present study 2% of TBM patients had CSF AFB positive by ZN stain and the sensitivity is only about 4%. The finding was similar to the study done by Guo-Dong Feng, Ming Shi et al.,¹⁸ where sensitivity for TBM rarely exceeds 20%.

80% of TBM patients have high ADA (cut-off 9.5) and the mean value was 10.69. Sensitivity and specificity of CSF ADA was 85% and 18% respectively. A study conducted by Bharat et al, where CSF ADA level 10 U/L as a cut off value exhibited 94.73% sensitivity and 90.47% specificity in differentiating tuberculous from non-tuberculous meningitis; it also has 90% positive predictive value and 95.00% negative predictive value.¹⁹ The present study was not concordance to the previous studies.

In the present study 52% of patients have positive culture by

BACTEC MGIT960. In a study by Heemskerk et al.,²⁰ sensitivity of CSF culture was slightly better at around 66.5%.

In our study MTB detected among 42% of patients by CSF CBNAAT i.e. Among 21 patients out of 50 patients and rifampicin resistance detected among 1 TBM patient which was subsequently confirmed by drug sensitivity testing [TABLE 6]. The sensitivity & specificity of CSF CBNAAT was 77% and 96% respectively. Study by Patel et al., showed 67% sensitivity with Gene Xpert and Nhu et al in their study showed that Gene Xpert had 59% sensitivity and 99% specificity.^{21,22} But, sensitivity of Gene Xpert is dependent on bacterial concentration in CSF (minimum 100CFU/mL organisms). Thus, centrifugation of CSF sample can further increase the diagnostic yield. In our study 12% cases that was positive by culture were not detected by CBNAAT which might be due to inadequate bacterial concentration in study sample. Gene Xpert has been recognized by WHO as the preferred initial diagnostic test for TBM.⁹

In our study MRI Brain showed basal meningeal enhancement among 38%, infarction in 34% and Hydrocephalus among 52% of patients. 16% of TBM patients had hydrocephalus. (Table 7). A study conducted by Archana Aher et al showed meningeal enhancement among 62%, hydrocephalus in 8 %, infarcts among 32 % and tuberculomas among 16 % of TBM patients.¹⁵ Another study by Sharma et al where distribution of imaging findings included hydrocephalus (24%), presence of basal exudates (22%), meningeal enhancement (20%), presence of tuberculomas (7%) and presence of infarcts (3.6%).¹⁴

Multivariate analysis shows there is statistically significant association that (p -value <0.05) exist between death and different variables including Age ≥ 40 years, no headache (may be related to delayed presentation), altered consciousness, GCS <10 , TBM stage 3, CSF glucose ≤ 30 mg/dl and Presence of hydrocephalus (Table 8).

With the age of more than 40 years, an absence of headache at presentation was found to be associated with higher mortality, which was also observed in a study by Elizabeth Litta George, Thomas et al.²³ In a study by Yasar KK et al., showed age, stage of TBM, altered sensorium, underlying comorbidities, pulmonary tuberculosis, leukocytosis and CSF/ blood glucose ratio <0.30 were associated with an increased risk of death, which was consistent to our study.²⁴

But there are certain limitations present in this study- First, the sample size was small, involving only 50 patients. Secondly, this was a single centered study, had it been multicentric, the results would have been more corroborative to the results found in study involving a larger population. Third, the duration of the study was short. Lastly, the study population was not randomized so there might be some confounding and biasing factors behind our

results and it did not include HIV sero-positive patients, so results can't be extrapolated to general population.

Conclusion

CSF CBNAAT has shown an acceptable level of sensitivity and specificity along with rapidity of diagnosis for TBM and so it can be used as an alternative to CSF culture. The present study also provides information regarding certain Clinico-investigational parameters that can predict the mortality and thus the prognosis. But further studies are required to reach a conclusive decision.

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Conflict of Interest: None

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