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## Original Article

# Diagnostic Values of Platelet to Lymphocyte Ratio and Neutrophil to Lymphocyte Ratio in the Early Diagnosis of Early-Onset Neonatal Sepsis in Full-term Newborns

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## ABSTRACT

### Article information

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**Background:** Neonatal sepsis is regarded as one of the major health problems throughout the world. Neutrophil to Lymphocyte ratio [NLR] ratios as well as Platelet to Lymphocyte ratio [PLR] are simple, low cost and easily calculated biomarkers that may be employed for earlier diagnosing of neonatal sepsis.

**Aim of the work:** The present study aims for the assessment of the Platelet to Lymphocyte ratio [PLR] as well as the Neutrophil to Lymphocyte ratio [NLR] in full-term neonates with early-onset sepsis [EOS], and its impact on management.

**Patients and Methods:** The study involved 50 full-term neonates divided into two groups; patients' group included 30 full-term neonates, diagnosed with EOS [positive blood culture] compared with control group which included 20 healthy full-term neonates.

**Results:** The study showed no significant difference between cases and controls as regards demographic data. Patients with early-onset sepsis showed significant elevation of absolute neutrophil counts, NLR, PLR, C-reactive protein, in comparison with the control group. Positive predictive value [PPV] of NLR was 99%, PLR was 73%.

**Conclusion:** NLR and PLR are predictive reliable markers in diagnosing and detecting early onset neonatal sepsis. NLR and PLR showed higher specificity results compared to CRP.

**Keywords:** Lymphocyte; Neutrophil; Platelets; Newborn; Early-onset sepsis.



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## INTRODUCTION

Neonatal sepsis is regarded as a major problem in neonates all over the world that leads to significant mortality and morbidity, specifically in developing countries [1]. Sepsis is a common illness among newborns, affecting up to 1–5 per 1000 neonates in developed countries, and about 10–50 per 1000 neonates in the developing countries [2].

Clinical Sepsis and proven Sepsis in neonates is classified in accordance with the absence or the presence of the positive blood culture. As for the time of symptoms onset, they are categorized as Early-Onset Sepsis [EOS] and Late-Onset Sepsis [LOS]. In case the neonate is presented with clinical signs and inflammation with increase in the biomarker, but the blood culture is negative, then sepsis is defined as clinical Sepsis [3,4].

On the contrary, in case of proven sepsis, the neonate is presented with positive blood cultures as well as clinical and laboratory signs of infection or inflammation [5]. The time of onset defines the type of sepsis. Those developing in the first three days of neonate's life are called EOS, while the ones developing from 4 to 28 days of neonate's life are called LOS [6].

Early onset sepsis is primarily due to maternal transmission of organism either intrauterine or early after delivery. An immune system reaction is caused by microorganism transmission to the blood circulation of neonates that leads to systemic inflammatory response syndrome [SIRS], which may lead to sepsis, multiple organ failure, and finally death [7]. Early diagnosis and therapy may inhibit the SIRS to progress and prevent sepsis-related morbidity and mortality [8].

The suspension of EOS depends largely on the presence of maternal risk factor, in addition to certain clinical and laboratory signs. Clinical signs are nonspecific and subtle in neonatal EOS. Nonspecific clinical signs of the newborn and the deficiency of accurate biomarkers can result in antibiotic resistance due to delayed diagnosis and introduction of treatment, unnecessary hospitalization, and antibiotic misuse [9].

The parameters routinely used for neonatal sepsis have variable diagnostic values such as absolute neutrophil count [ANC], total leukocyte count, C-reactive protein [CRP], and immature/total neutrophil [I/T] ratio. Procalcitonin, which is a marker of specific bacterial infection, is expensive and not always available in all health service

facilities such as rural areas [10]. Blood culture is the gold standard for the diagnosis of neonatal sepsis, but it is time consuming and often with negative results [1].

In recent studies, it has been reported that platelet and lymphocytes have a major role in the inflammatory process. PLR is an indicator of the balance between inflammation and thrombosis. Therefore, the inflammatory status leads to accelerated megakaryocyte proliferation and associated thrombocytosis [11-13].

The neutrophil-lymphocyte ratio [NLR] and platelet-lymphocyte ratio [PLR] are inexpensive, simple marker in our community and easily calculated as a part of complete blood counts and due to lack of studies in Egypt.

## THE AIM OF THE WORK

This study aims for assessment of the Neutrophil to Lymphocyte ratio [NLR] and the Platelet to Lymphocyte ratio [PLR] in full-term neonates with early-onset sepsis [EOS].

## PATIENTS AND METHODS

A cross-sectional study of 50 full-term neonates admitted to the neonatal intensive care unit of Sohag General Hospital, from December 2020 to August 2021. The study included two groups; **1] Cases Group:** 30 full term neonates with postnatal age of 1 to 3 days and gestational age  $\geq 37$  weeks and  $< 42$  weeks, selected based on standard risk factors, symptoms as well as signs of neonatal sepsis. Cases with proven sepsis in neonates [positive blood culture] were included, and **2] Control Group:** Included 20 apparently normal healthy newborns [admitted due to conditions other than sepsis, e.g. neonatal jaundice and transient tachypnea of newborn].

**Exclusion criteria:** Small for gestational age [SGA], intrauterine growth restriction [IUGR], perinatal asphyxia, congenital abnormality, maternal Pre-eclampsia and gestational diabetes mellitus [GDM], chorioamnionitis, as well as cases where the mother uses tobacco during pregnancy are all excluded.

**Methods and Sampling:** At admission, samples are obtained from a peripheral vein. Automated hematology analyzer [CELLTAC G; NIHON KOHDEN CORPORATION] determined the complete blood count while Differential leucocytic count was confirmed by microscopic examination of Leishman stained blood film and the immature/total

neutrophil ratio was used to calculate I/T ratio. The NLR was calculated by the neutrophil /lymphocyte ratio, and PLR by the platelets / lymphocyte ratio. Immune-turbidimetric method has been used to measure CRP levels. All previous venous blood samples were collected under complete aseptic conditions.

**Ethical considerations:** Every parent of infants was informed about the nature and steps of the study. Written consent form has been attained from parents. The patients have the right to withdraw from the study at any time. Approval of local ethical committee was obtained.

**Statistical analysis:** Data were organized, charted, and statistically analyzed by IBM personal computer and statistical package SPSS version 23. Descriptive statistics was presented as percentage [%], means and standard deviation [SD]. Student [t] test or Mann-Whitney test were applied to study statistical significance between two quantitative variables. Chi-square test [ $\chi^2$ ] has been also applied to study statistical significance between two qualitative variables. The ROC [receiver operating characteristic] curve was used for the evaluation of the performance of classification schemes where there is one variable of two categories by which subjects are classified. They were constructed by calculating the sensitivities and specificities of the variable. The cutoff value with the highest accuracy was selected as the diagnostic cutoff points. The ROC curve is a graphic representation of the relationship between sensitivity and specificity at different cut-off points for a diagnostic test. Pearson correlation was used to correlate variables. P-value of  $< 0.05$  was considered statistically significant.

## RESULTS

There were no statistically significant differences between patients and controls as regard general characteristics. PROM was more frequent among the case group [P = 0.003]. Regarding vital data, patients group had higher RR and lower SPO<sub>2</sub> [Table 1].

Table [2] shows a statistically significant decrease in platelet count among cases than controls, while there was statistically significant increase in WBCs, immature neutrophils, IT ratio, lymphocytes count, CRP, PLR and NLR between cases and controls.

Table [3] shows that Klebsiella was the most common organism in blood culture [20%] followed by E. coli and group B streptococci [13.3%].

Regarding the relation between clinical findings with NLR and PLR values, it was found that cases with GIT disturbances and temperature instability were significantly associated with positive NLR and PLR among the case group [table 4].

Table [5] and figure [1] show that NLR had a sensitivity of 74%, specificity 96% and positive predictive value [PPV] 99%, negative predictive value [NPV] of 77%, while PLR had a sensitivity of 84%, specificity 75%, PPV 73%, NPV 74% in comparison to CRP which had sensitivity 70%, specificity 73%, PPV 72%, NPV 69%.

Table [6] shows a significant positive correlation between PLR and with WBCs and Total neutrophils, but no significant correlation with the other parameters.

**Table [1]:** General characteristics, anthropometric measures and vital data among the studied groups

		Cases [n=30]	Controls [n=20]	P Value
<b>Age [Hours]</b>	Mean $\pm$ SD	35.9 $\pm$ 20.03	43.2 $\pm$ 21.37	0.2
<b>Weeks of gestation</b>	Mean $\pm$ SD	38.07 $\pm$ 0.98	38.55 $\pm$ 1.73	0.7
<b>Sex</b>	Male	18 [60%]	26 [65%]	0.1
	Female	12 [40%]	14 [35%]	
<b>Mode of delivery</b>	Cesarean	20 [66.7%]	11 [55%]	0.29
	Normal	10 [33.3%]	9 [45%]	
<b>Birth weight [KG]</b>	Mean $\pm$ SD	2.99 $\pm$ 0.35	2.89 $\pm$ 0.36	0.23
<b>Birth Height [cm]</b>	Mean $\pm$ SD	49.6 $\pm$ 1.07	46.65 $\pm$ 1.04	0.45
<b>Head circumference [cm]</b>	Mean $\pm$ SD	33.7 $\pm$ 1.23	34 $\pm$ 1.17	0.45
<b>Temperature</b>	Mean $\pm$ SD	37.6 $\pm$ 1.08	37.38 $\pm$ 0.96	0.46
<b>Respiratory rate [cycle/min]</b>	Mean $\pm$ SD	55.67 $\pm$ 9.7	48.7 $\pm$ 2.9	0.003 *
<b>Heart rate [beat/min]</b>	Mean $\pm$ SD	138.8 $\pm$ 26.8	130.15 $\pm$ 23.24	0.24
<b>Oxygen saturation [SPO<sub>2</sub>%]</b>	Mean $\pm$ SD	84.5 $\pm$ 9.1	93.5 $\pm$ 4.32	<0.001*
<b>Maternal age</b>	Mean $\pm$ SD	25.8 $\pm$ 4	25.7 $\pm$ 4.1	0.9
<b>Premature rupture of membranes</b>	Yes	20 [70%]	7 [35%]	0.003*
	No	10 [30%]	13 [65%]	

**Table [2]:** Comparison between cases and control groups regarding laboratory data

		Cases [n=30]	Controls [n=20]	P Value
Red blood cells [ $\times 10^6/\text{mm}^3$ ]	Mean $\pm$ SD	4.164 $\pm$ 0.9897	4.800 $\pm$ 0.9537	<0.05 *
Hemoglobin [gm/dl]	Mean $\pm$ SD	13.507 $\pm$ 3.6994	16.445 $\pm$ 3.4018	<0.05*
Hematocrit	Mean $\pm$ SD	39.387 $\pm$ 10.2473	47.005 $\pm$ 7.8605	<0.05*
White blood cells [ $\times 10^3/\mu\text{l}$ ]	Mean $\pm$ SD	20.1 $\pm$ 10.648	11.23 $\pm$ 4.21	0.041*
Platelets [ $\times 10^9/\text{mcl}$ ]	Mean $\pm$ SD	128.7 $\pm$ 70.886	208.45 $\pm$ 88.647	0.001*
Immature neutrophils [ $\mu\text{l}$ ]	Mean $\pm$ SD	10067.53 $\pm$ 6074.88	6651.8 $\pm$ 3799.25	0.03*
Lymphocytes [ $\mu\text{l}$ ]	Mean $\pm$ SD	5887.4 $\pm$ 3164.5	7334 $\pm$ 4902.60	<0.001*
I/T Ratio	Mean $\pm$ SD	0.861 $\pm$ 3.9	0.05 $\pm$ 0.038	<0.001*
C-reactive protein	Mean $\pm$ SD	57.93 $\pm$ 37.03	8.35 $\pm$ 12.67	<0.001*
Neutrophil to lymphocyte ratio	Mean $\pm$ SD	2.82 $\pm$ 1.25	1.6 $\pm$ 0.85	<0.001*
Platelet to lymphocyte ratio	Mean $\pm$ SD	0.084 $\pm$ 0.032	0.043 $\pm$ 0.02	<0.001*

**Table [3]:** Blood culture among septic group, Total N=30

Blood culture result	N=30	[%]
Klebsiella	6	20.0
Escherichia coli	4	13.3
Group B streptococci	4	13.3
Coagulase-negative Staphylococci	2	6.7
Enterococcus Fecalis	2	6.7
Candida albicans	1	3.3
Staphylococcus epidermis	1	3.3
Staphylococcus heamolyticus	1	3.3
Streptococcus pneumonia	1	3.3

**Table [4]:** Relation between clinical data and the two studied ratios among studied cases

Parameters	Number of cases	NLR			PLR		
		Mean	$\pm$ SD	P-Value	Mean	$\pm$ SD	P-Value
Skin changes	11	2.1	1.01	> 0.05 NS	0.0542	00.081	> 0.05 NS
Petechiae	12	2.03	1.11	> 0.05 NS	0.0478	0.079	> 0.05 NS
Hypotonia	19	2.98	2.2	> 0.05 NS	0.101	0.11	> 0.05 NS
Tachycardia	14	1.85	1.364	> 0.05 NS	0.0193	0.014	> 0.05 NS
Bradycardia	16	2.38	0.99	> 0.05 NS	0.09	0.112	> 0.05 NS
GIT disturbances	21	2.29	1.47	< <b>0.05 S</b>	0.101	0.12	< <b>0.05 S</b>
Poor perfusion	16	1.87	1.366	> 0.05 NS	0.0163	0.011	> 0.05 NS
Poor reflexes	18	2.9	1.003	> 0.05 NS	0.0354	0.066	> 0.05 NS
Apnea	10	1.63	1.003	> 0.05 NS	0.0354	0.066	> 0.05 NS
Grunting	6	1.84	1.849	> 0.05 NS	0.0375	0.039	> 0.05 NS
Tachypnea	13	1.9	1.828	> 0.05 NS	0.0406	0.051	> 0.05 NS
Cyanosis	2	1.27	0.084	> 0.05 NS	0.0204	0.011	> 0.05 NS
Seizures	3	2.5	2.575	> 0.05 NS	0.0268	0.023	> 0.05 NS
Temp instability	15	2.9	1.92	< <b>0.05 S</b>	0.062	0.076	< <b>0.05 S</b>

**Table [5]:** NLR and PLR as predictors of sepsis

	P Value	95% CI	Cutoff value	Sensitivity	Specificity	PPV	NPV	LR+	LR-
NLR	0.02*	0.54-0.81	$\leq$ 1.21	74%	96%	99%	77%	6.1	0.32
PLR	0.015*	0.47-0.75	$\leq$ 0.02	84%	75%	73%	74%	2.6	0.38
CRP	<.042*	62.1 -96.8	$\leq$ 8	70%	73%	72%	69%	8.5	0.17

NLR: neutrophil to lymphocyte ratio; PLR: platelet to lymphocyte ratio; PPV: positive predictive value; NPV: negative predictive value, LR+: positive likelihood ratio, LR-: negative likelihood ratio.]



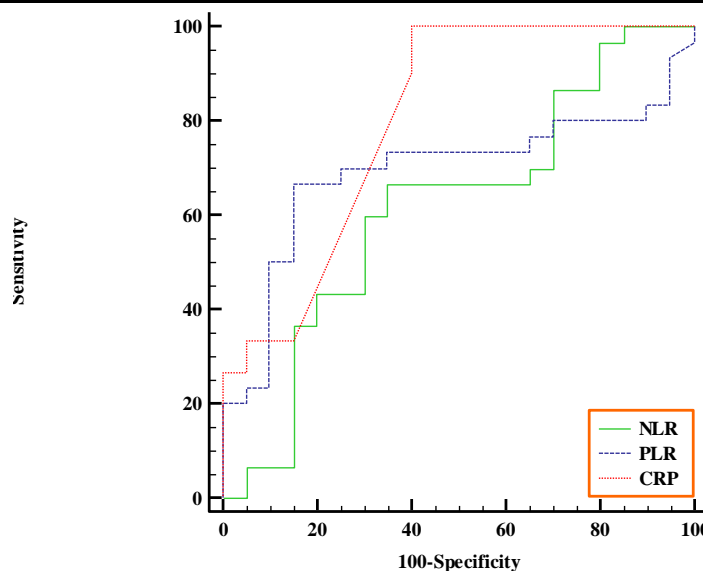


Figure [1]: NLR and PLR as predictors of sepsis

Table [6]: Correlation between CBC parameters and two studied ratios among studied cases

	NLR		PLR	
	r	P	r	P
C-reactive protein	0.26	0.16	0.025	0.89
Red blood cells [ $\times 10^6/\text{mm}^3$ ]	-0.119	0.53	-0.18	0.32
Hemoglobin [gm/dl]	0.001	0.9	0.14	0.46
Hematocrit	0.024	0.89	-0.07	0.71
MCV/fl	0.32	0.086	0.27	0.15
MCH/pg	0.33	0.072	0.037	0.85
White blood cells [ $\times 10^3/\mu\text{l}$ ]	0.118	0.5	0.64	<0.001
Total Neutrophils [ $\times 10^3/\mu\text{l}$ ]	0.22	0.24	0.53	<0.001

## DISCUSSION

Neonatal sepsis is a worldwide major health problem leading to high mortality resulting in some long-term health problems, especially in environments with poor services [14]. In Egypt, the rate of total mortality for the proven neonatal sepsis was 51% and 42.9% for EOS and LOS, respectively [15].

In the present study, 60% of the newborns in the patients' group were males, which agree with many previous studies [16-19]. This could be due to defects in X-linked immunoregulatory genes which are involved with the function of the thymus or with synthesis of immunoglobulin [20]. However, Trotman and Bell [21] found that female gender was associated with poor outcome in with bacterial sepsis. So, the effect of gender on sepsis was inconsistent.

In this study, 66.7% of neonatal septic group were delivered by cesarean section. In agreement with our findings, Naher *et al.* [19] had reported that out of 50 cases of suspected sepsis, 56% of them born by cesarean section. Also, in the study by Signore [22], cesarean delivery is related to a greater risk of neonatal sepsis. On the other hand, Stoll *et*

*al.* [23] observed that infants born by normal delivery were more likely to have EOS. The reason behind this may be the good sterilization and intrapartum chemoprophylaxis which dramatically decrease the risk of sepsis in neonates delivered by caesarean section.

In this study, there was no significant difference between cases and controls as regard of birth weight [ $p=0.23$ ], disagree with many studies [17, 24, 25] whose found that low birth weight [ $<2500$  grams] was associated with higher risk for sepsis. Odabasi and Bulbul [26] also stated that the neonatal sepsis risk increases with decreasing birth weight and gestational age.

In our study, 70% of septic group had history of PROM  $>18$  h, which agrees with Glaser *et al.* [27] who reported that PROM more than 18 hours is a strong risk factor for neonatal sepsis. This also agrees with Procianoy and Silveira [28] who stated that PROM  $>18$  h is considered as a risk factor for early onset neonatal sepsis.

The clinical signs of sepsis in neonates are very broad and nonspecific and are associated with the characteristics of the causative organism and the body's response to the invasion [29].

In our study, clinical evaluation of studied neonates showed that the most frequent clinical findings in the case group were GIT symptoms [gastric residue, vomiting, abdominal distention and diarrhea] in 70%, hypotonia [65%], respiratory distress [65%], poor perfusion [60%], poor reflex [55%] and temperature instability [50%]. This comes in agreement with two studies [30, 31] who described feeding intolerance, respiratory distress, lethargy and poor perfusion as the major clinical presentation of sepsis. Clinical signs and symptoms of sepsis are nonspecific. As a result, the differential diagnosis is broad including most if not all body systems as neonatal infection may be limited to a single organ or may include multiple organs [32].

In the present study, it has been found that hemoglobin and the platelet Counts in the septic group were statistically significantly decreased compared with the corresponding values in the control groups of infants. These results correlated with those of two recent studies [33, 34]. In such cases, the low Hb level could be explained as a result of increased hemolysis of red blood cells caused by bacterial infection in blood [34].

From the variable results obtained from different studies, it is evident that the causative organisms causing neonatal septicemia vary from nursery to nursery, between different geographical areas and in the same catchment area with time. This variation may be due to environmental differences, microbial etiology of sepsis, and practice of supportive care between centers [35]. In this study, we include cases with only positive blood culture, which is a strength point of this study as blood culture is the main standard laboratory test for diagnosis [36, 37], and blood cultures laboratory processing has been static over the past 30 years, in spite of the increase in antibiotic resistance and advances in analyzer design [38].

Conversely; although blood culture is believed to be the main standard diagnostic test for sepsis, there is a number of limitations including; unavailability of the test in the majority of developing countries, associated technical problem and that it is a time-consuming test [takes more than three days to see at least the first preliminary result] [39]. As a result, diagnosis of neonatal sepsis is established based on the clinical evaluation and the treatment also relies on practical treatment protocol which usually leads to unnecessary hospitalization, increased unreasonable use of antibiotics and excessive family cost [40].

Thus, there is a continuous need for presenting new available, easy to perform and accurate

biomarkers helping physician to early diagnose and manage early onset neonatal sepsis, especially in developing countries with low resources.

In this study, were significantly associated with early onset neonatal sepsis, with much better diagnostic performance than routinely used parameters such as CRP level. Can *et al.* [41] reported a significantly higher NLR among Full term neonates with sepsis compared to control group [ $p = 0.02$ ], which consisted also with Omran *et al.* [42] [ $p < 0.001$ ]. In general, researches conducted among neonates with sepsis have elevated NLR values in comparison with NLR values formerly reported by Hamiel *et al.* [43] in healthy neonates or in the pediatric population. High NLR levels in the septic patients are owing to a disparity between neutrophil and lymphocyte levels. Increased neutrophil count is a front-line defense mechanism in the major role of neutrophils in response to the innate immune system to combat bacterial infections and stimulates the emergency granulopoiesis process. An increase in neutrophil count is accompanied by a decrease in lymphocyte and monocyte synthesis, as well as a decrease in neutrophil apoptosis, but with an increase in lymphocyte apoptosis, resulting in neutrophilia and lymphopenia [1, 44].

During systemic or localized infections, neutrophils are stimulated, leading to a rapid increase of the numbers in circulation [45]. Neutrophils are the most abundant leukocyte circulating in the bloodstream, comprising over 50% of leukocytes, and these cells are particularly adept at phagocytosing and killing microbes [46].

Platelet–neutrophil interactions take place in various groups of inflammatory conditions and infections. Stimulated platelets attach to neutrophils in the circulation and facilitate the recruitment of neutrophils to the site of injury and infection [47].

In addition, the present study found that cases had significant higher leucocyte count in comparison with controls indicating role of leukocytosis in diagnosis of neonatal sepsis [ $p = 0.04$ ]. In addition, cases had significant lower platelet count and lymphocytes in comparison with controls. This observation correlates relation of thrombocytopenia and neonatal morbidity as major consequences of neonatal sepsis.

Although white blood cell [WBC] count, immature/total leukocyte ratio [IT ratio], absolute leukocyte count and acute phase reactants such as C-reactive protein [CRP], procalcitonin [PC] and interleukin-6 [IL-6] are the most commonly used parameters in the diagnosis of newborn sepsis. However, those inflammatory markers, may be



affected by maternal and fetal non-infectious conditions, and their different half-lives may decrease their ability to provide a definitive diagnosis of sepsis [48].

The main limitation of the study is the small sample size, and being single center study. In addition, included cases had proven neonatal sepsis diagnosed by positive blood culture, which is not sensitive enough, and many cases with sepsis may have normal blood culture. Thus, cases with sepsis and normal blood culture were excluded from the study.

**Conclusion:** NLR, PLR are reliable predictive markers in the early detection of neonatal sepsis onset as PPV of NLR was 99%, PLR was 73%. NLR and PLR shows higher specificity results compared to CRP.

**Conflict of interest:** The authors declare that there is no any financial conflict regarding the research and publication.

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