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Case Series: Unbiased Deep Sequencing Analysis of Acute Infectious Conjunctivitis in an Ambulatory Eye Center in Berkeley, California

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Seasonal Conjunctivitis Outbreak Reporting for Prevention and Improved Outcomes (SCORPIO) Study Group

Abstract

Significance: Acute infectious conjunctivitis poses significant challenges to eye care providers. It can be highly transmissible and as etiology is often presumed, correct treatment and management can be difficult. This study utilizes unbiased deep sequencing to identify causative pathogens of infectious conjunctivitis, potentially allowing for improved approaches to diagnosis and management.

Purposes: To identify associated pathogens of acute infectious conjunctivitis in a single ambulatory eye care center.

Case Reports: This study included patients who presented to the University of California Berkeley eye center with signs and symptoms suggestive of infectious conjunctivitis. From December 2021 to July 2021, samples were collected from 7 subjects (ages ranging from 18 to 38 years old). Deep sequencing identified associated pathogens in 5 out of 7 samples, including human adenovirus D (HAdV), *Haemophilus influenzae*, *Chlamydia trachomatis*, and human coronavirus 229E (HCoV-229E).

Conclusions: Unbiased deep sequencing identified some unexpected pathogens in subjects with acute infectious conjunctivitis. HAdV was recovered from only one patient in this series. While all samples were obtained during the COVID-19 pandemic, only one case of HCoV-229E and no SARS-CoV-2 was identified.

Infectious conjunctivitis is a common ocular disease affecting all ages and socioeconomic statuses, with outbreaks frequently occurring in the community, schools, military units, nursing homes, workplaces, and healthcare facilities.¹⁻⁴ Previous studies have reported that viruses cause 80% of all cases of acute conjunctivitis, with the remaining caused by bacteria, and to a lesser extent, fungi and protozoa.⁵ Of those caused by viruses, human adenovirus (HAdV) is the most presumed cause of conjunctivitis.⁶⁻⁸ Infectious conjunctivitis may be confused with non-infectious conjunctivitis (caused by allergy or irritants) since both conditions have overlapping signs and symptoms. The diagnosis of conjunctivitis is typically made through clinical evaluation alone, and confirmative microbiologic tests are rarely obtained unless there is high suspicion of a sexually transmitted disease. First-line providers often empirically manage presumed infectious conjunctivitis, leading to misdiagnosis and inappropriate treatment.

Errors in recognizing the etiology of infectious conjunctivitis can have a substantial impact. In the US, estimates indicate nearly \$430 million/year may be spent in prescriptions and medical care for viral conjunctivitis.⁹ There is also a societal cost. Excessive antibiotic

use increases the likelihood of ocular surface antibiotic resistance which can impact vision-threatening conditions such as corneal ulcers.¹⁰ Patients incorrectly diagnosed with viral conjunctivitis may unnecessarily be quarantined and needlessly miss work or school. Conversely, if there is a failure to recognize an infectious etiology of conjunctivitis, the condition may be transmitted to others since appropriate hygiene protocols may not have been recommended. Thus, by understanding regional variances in etiologies of infectious conjunctivitis, better education and guidelines can be implemented to help decrease healthcare spending, reduce antibiotic resistance, and improve patient outcomes.

Seasonal Conjunctivitis Outbreak Reporting for Prevention and Improved Outcomes (SCORPIO) is an international, multi-center study that utilizes an unbiased approach, RNA deep sequencing, to identify and track the causes of conjunctivitis epidemics, worldwide. RNA-sequencing allows for the detection of any pathogen in a clinical sample, including bacteria, parasites, fungi, DNA and RNA viruses. The University of California Berkeley Eye Center is a participating site in SCORPIO and this study presents the results of a case series of participants who presented with signs and symptoms of acute infectious conjunctivitis.

METHODS

This research was reviewed by an independent ethical review board and conforms with the principles and applicable guidelines for the protection of human subjects in biomedical research. The research was approved by the University of California, Berkeley, and the University of California, San Francisco Institutional Review Board. No identifiable health information was included in this case report. Study informed consent was obtained from all participants. Samples were obtained from July 2021 through December 2021 at an urban university eye center.

Subjects were recruited from patients of any age presenting with signs and symptoms suggestive of acute infectious conjunctivitis for a duration of less than 14 days. Exclusion criteria were presumed non-infectious conjunctivitis, such as allergic conjunctivitis or medicamentosa. Prior use of topical antibiotics did not exclude the subject.

All subjects were queried about systemic and ocular symptoms. A slit lamp clinical examination confirmed signs of infectious conjunctivitis. External disease photographs were obtained. For sample collection, clinicians wore masks and gloves, and participants were masked. Samples were collected using three different sterile polyester swab applicators (Puritan, Guilford, ME). The inferior conjunctival fornix of each eye was swabbed separately. The final swab included sampling from both anterior nares. All swabs were immediately placed in DNA/RNA Shield (Zymo Research) and transferred to a -20°C freezer for storage until shipment to the University of California, San Francisco. Details of sequencing, library preparation, and bioinformatics analyses have been previously described.¹¹ Briefly, total RNA is extracted from conjunctival swabs and prepared for sequencing. Using a custom bioinformatics pipeline, low quality sequences and human sequences are removed. The remaining non-redundant, non-host sequences are aligned against the National Center for Biotechnology Information (NCBI) GenBank nucleotide database. To account for laboratory and environmental contaminants, background

subtraction using no-template (i.e., water) controls from the same sequencing run is performed. The pre-specified criteria for positive pathogen are 1) it is known to be a human pathogen and represent the most abundant reads after water background subtraction or 2) two or more unique reads covering separate regions in DNA virus genomes or 3) 1 or more unique reads matching RNA virus genomes.

RESULTS

Seven subjects were consented for study enrollment (Table 1). The average age was 25 years (range 19-38). 60% (4/7) were female. The average time until presentation was 5 days (range 3-13). 43% (3/7) presented on a topical antibiotic drop. Both eyes were affected in 71% (5/7) of cases. 86% (6/7) reported tearing. 71% (5/7) experienced purulent discharge and 29% (2/7) described itching. Pre-auricular lymphadenopathy was palpated in 29% (2/7). Sub-epithelial infiltrates and pseudo-membranes were not present in any participant. Representative clinical appearance is demonstrated in Figure 1. Unbiased deep sequencing identified a pathogen in 71% (5/7) of the participants (Figure 2). Bacterial etiologies were identified in 43% (3/7) and included two cases of *Haemophilus influenzae* and one case of *Chlamydia trachomatis*. 29% (2/7) of the samples demonstrated a viral pathogen including once case of HAdV-D, and one case of the commonly circulating human coronavirus 229E (HCoV-229E). In two of the participants, no associated pathogens were identified. One patient in this group was using topical antibiotics prior to the swabbing.

DISCUSSION

The present study utilized unbiased RNA deep sequencing to identify organisms associated with presumed acute infectious conjunctivitis in patients presented to the University of Berkeley eye clinic in Northern California, United States. While the sample size is small, the results suggest several important clinical implications.

Most cases of acute conjunctivitis are thought to be attributed to viruses, with HAdV the most likely etiology. Results of this study indicate a different pattern where HAdV was identified in a single case. It is estimated that 20 million cases of HAdV ocular infections occur every year in the United States (US).¹² Adenoviral species diversity varies by location.¹³ HAdV is a known cause of epidemic keratoconjunctivitis. In particular, HAdV-D, the species isolated in this study, is associated with a severe form of epidemic keratoconjunctivitis. Potential explanations for the low number of adenoviruses isolated in this series include small sample size, the likelihood that infectious conjunctivitis etiology varies by season and region, and the possibility that the patient's immune response cleared the infection prior to swabbing.

Of the two viruses identified in this series, HCoV-229E RNA was detected in one patient with bilateral conjunctivitis. Notably, patient recruitment was performed during the SARS-CoV-2 pandemic, indicating that other coronaviruses, in addition to SARS-CoV-2, can be concurrently circulating in the community. HCoV-229E is an RNA virus first identified in the 1960s and known to cause upper respiratory illnesses.¹⁴ HCoV-229E is believed to be the second most common cause of the common cold after rhinoviruses. While HCoV-229E

is an alphacoronavirus, unlike the other commonly circulating alphacoronavirus, HCoV-NL63, it is not commonly documented to be associated conjunctivitis.¹⁵ In this study, HCoV-229E RNA was detected in both conjunctival samples. However, while HCoV-229E RNA was detected in the nasal sample, the patient denied any respiratory symptoms indicating this was likely the cause of a primary conjunctivitis. This patient's clinical course was typical for a viral conjunctivitis including bilateral conjunctival hyperemia that started in one eye and progressed to the other, tearing, conjunctival discharge upon awakening, and lack of improvement in symptoms after using unknown topical antibiotics for two days. On clinical examination, a mixture of papillary and follicular reaction was noted in both inferior palpebral conjunctivae.

H. Influenza was identified as the cause of infectious conjunctivitis in two participants. With the introduction of a vaccine against *H. influenzae* type b (Hib) in 1987, severe systemic complications, such as pneumonia, from Hib have dramatically declined. Yet, *H. influenzae* remains a commonly identified ocular surface pathogen. In the nationwide Antibiotic Resistance Monitoring in Ocular Microorganisms (ARMOR) study, *H. influenzae* was the most common ocular bacterial pathogen identified a patient population less than seventeen years-old.¹⁶ In both cases of *H. influenzae* conjunctivitis, the patients reported recent flu-like symptoms. *H. influenzae* can occur regardless of age along with upper respiratory infections¹⁷; it is prudent to keep this pathogen in the conjunctivitis differential diagnosis, even in non-pediatric patients.

Identification of the sexually transmitted strain of *Chlamydia trachomatis* as a cause of acute conjunctivitis in this series was surprising. This participant's ocular symptoms and clinical examination was like other participants. Clinical examination revealed a mild follicular conjunctivitis, mild injection, and a lack ocular discharge. As the examiner did not suspect a sexually transmitted disease and diagnosed the patient with viral conjunctivitis, urogenital symptoms and recent sexual history were not queried. Appropriate treatment for chlamydia conjunctivitis requires systemic antibiotics and an incorrect clinical assumption of viral conjunctivitis in this setting could have serious systemic sequelae. The Center for Disease Control has reported a steady increase in the rate of chlamydial infection over the last 20 years in the US, making it the most common notifiable sexually transmitted disease in the US.¹⁸

In two patients, no associated pathogen was identified. This illustrates the challenge of microbial confirmation in presumed cases of infectious conjunctivitis. In one patient, it is possible the pathogen was successfully treated secondary to the use of topical antibiotics (polymyxin B 10,000 units/ml and trimethoprim 1mg/ml) prior to study presentation. Alternatively, conjunctivitis in these two subjects could have been secondary to a resolving viral conjunctivitis or a non-infectious cause such as allergy or toxicity.

While the results of our samples differ from previously expected causes of presumed infectious conjunctivitis, it is worth noting the diagnostic value of unbiased deep sequencing in the setting of infectious disease surveillance. RNA-sequencing is an unbiased, or hypothesis-free, method of pathogen detection. Prior studies have demonstrated high agreement with RNA-sequencing and pathogen-directed polymerase chain reaction

testing^{11,19,20} and better performance of RNA-sequencing over traditional cultures.²¹ Culture performs poorly for the isolation of viruses, and variably for ocular surface bacteria.²² One limitation of polymerase chain reaction-based laboratory testing is that clinicians must have a high degree of clinical suspicion for a particular pathogen before ordering this specific pathogen-directed test. Additionally, several etiologies of conjunctivitis are RNA viruses which are very difficult to detect. With unbiased deep sequencing, in particular RNA-sequencing analysis, viral RNA is reverse transcribed to DNA allowing for RNA pathogen detection. Because unbiased deep sequencing allows for unexpected pathogen detection, we were able to identify some uncommon pathogens in this series. In contrast to the presumption that most infectious conjunctivitis is HAdV in origin, deep sequencing was able to detect HCoV-229E and *Chlamydia trachomatis* as pathogens of conjunctivitis in this series.

There are several limitations to this study. In addition to the small sample size, samples were collected from a single urban university eye clinic in Northern California. Our regional results may have been influenced by the testing site being in a metropolitan city with a lot of foot traffic, including international travelers. Another limitation is that samples were collected during a limited period (July 2021 to December 2021), although during the Delta surge in the United States. Previous studies suggest that there may be seasonal variations in the cause of infectious conjunctivitis.^{5,23} Use of topical antibiotic is not an exclusion criterion and could have limited detection of some bacterial pathogens. Another limitation may be this study's inclusion criteria of less than 14 days of ocular symptoms. Especially if an initial infectious inoculum was low, a rapid innate immune response could have promoted pathogen clearance prior to conjunctival swabbing. In an adenoviral conjunctivitis study, polymerase chain reaction was still positive in about half of the participants by day 7, and closer to a quarter of the participants on day 14.²⁴ Therefore, patients with a longer duration of symptoms, such as Case 3 (with 7 days of symptoms and no pathogen detected) and Case 6 (with 13 days of symptoms and *Chlamydia trachomatis* detected,) could have self-cleared an adenovirus virus prior to presentation for care. Longitudinal data regarding the timeline of infectious conjunctivitis viral clearance as determined by RNA-seq is lacking and would provide a more informative inclusion criteria for future studies. An additional limitation is that swabs from patients without infectious conjunctivitis are not included for comparison. RNA-sequencing technology, itself, has some limitations. It is not universally available or yet capable for point-of-care rapid results. Cost and bioinformatic analytic expertise limits broad utilization of this technique. However, with time, this technology is rapidly becoming less expensive and more efficient. The extreme sensitivity of RNA-sequencing allows for the detection of microbial contamination from the environment and laboratory reagents, which may lead to potential false-positive results if appropriate controls are not adequately assessed.

We are encouraged by these preliminary findings and that future reporting from the much broader SCORPIO study may confirm the variety of pathogens that underlie infectious conjunctivitis and address possible geographical and seasonal trends in the incidence and etiology of this common eye disease.

In summary, the associated pathogenic organisms found in subjects with presumed infectious conjunctivitis vary widely. This study highlights the advantages of deep sequencing as a surveillance tool for infectious conjunctivitis and emphasizes the importance of regional and local surveillance of infectious disease outbreaks. A comprehensive understanding of pathogens associated with infectious conjunctivitis allows for clinicians to better promote antibiotic stewardship and create appropriate public health strategies for decreased transmission.

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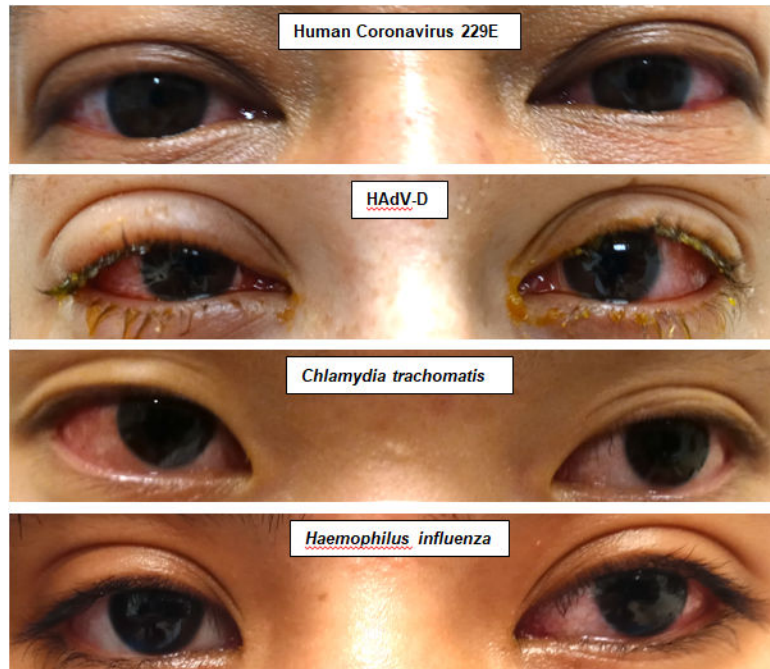


Figure 1. Clinical presentation of four representative study subjects. Clinical presentation of four representative study subjects. Variable conjunctival injection and eyelid edema in 2 representative study subjects with viral conjunctivitis (top images) and 2 with bacterial conjunctivitis (bottom images).

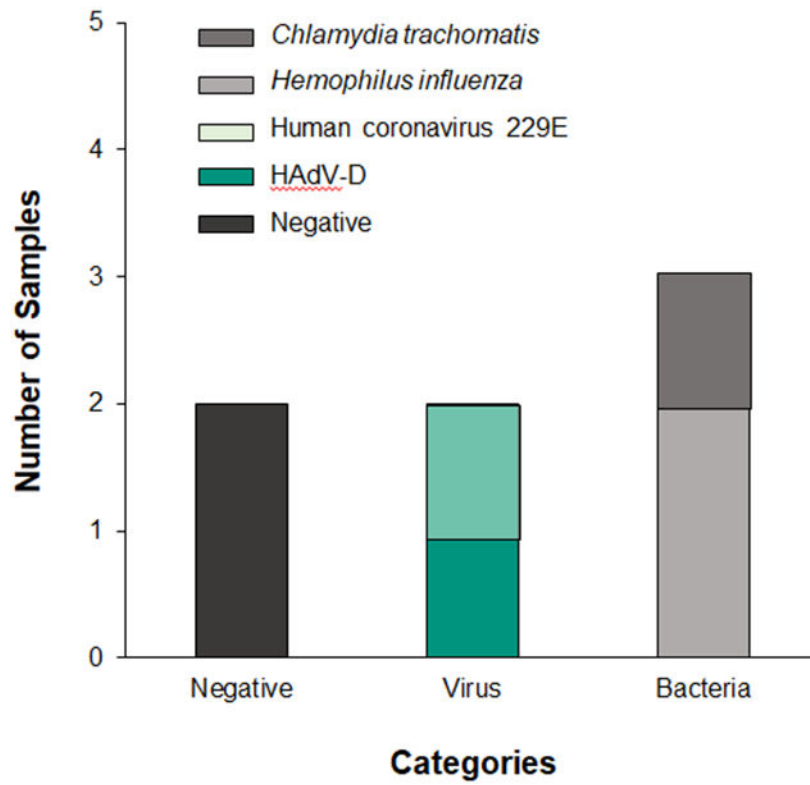


Figure 2. Associated Pathogens Identified. Graph showing the category and frequency of pathogens found in swabs taken from subjects presenting with acute conjunctivitis. “Negative” indicates that no virus or bacteria were found in the samples.

Demographics, systemic symptoms, medication use, ocular symptoms and identified associated pathogens.

Table 1:

| Case # | Age | Gender | Eye affected | Sore throat | Rummy nose | Coughing | Vomiting | Diarrhea | Topical drops | Days of Symptoms | Itching | Tearing | Purulent discharge | Pathogen Identified |
|--------|-----|--------|--------------|-------------|------------|----------|----------|----------|--------------------------------|------------------|---------|---------|--------------------|-------------------------------|
| 1 | 20 | Female | Both | No | No | No | No | No | Moxifloxacin | 7 | No | Yes | Yes | <i>HAdV-D</i> |
| 2 | 18 | Female | Left | Yes | Yes | Yes | No | No | No | 2 | No | Yes | Yes | <i>Haemophilus influenza</i> |
| 3 | 37 | Female | Right | No | No | No | No | No | No | 7 | Unknown | Yes | Yes | None |
| 4 | 21 | Female | Both | Yes | Yes | No | No | No | No | 3 | No | Yes | No | <i>Haemophilus influenza</i> |
| 5 | 38 | Male | Both | No | No | No | No | No | Unknown antibiotics from Japan | 3 | No | Yes | Yes | <i>Human coronavirus 229E</i> |
| 6 | 19 | Male | Both | No | No | No | No | No | Artificial tear | 13 | Yes | No | No | <i>Chlamydia trachomatis</i> |
| 7 | 19 | Male | Both | No | No | No | No | No | Polymyxin/Trimethoprim | 3 | Yes | Yes | Yes | None |

HAdV-D = human adenovirus D.