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Review

# Infection Prevention and Control (IPC) Strategies According to the Type of Multidrug Resistant (MDR) Bacteria and Candida Auris in Intensive Care (ICU): A Pragmatic Resume, Pathogens R<sub>0</sub>, and Cost-Effectiveness Analysis

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**Abstract:** Multidrug resistant organisms (MDROs) outbreaks have been steadily increasing in Intensive care units (ICUs). Still, healthcare institutions and workers (HCW) reached no unanimity on how and when implementing infection prevention and control (IPC) strategies. We aimed to provide a pragmatic, physician practice-oriented, resume of strategies towards different MRDOs outbreaks in ICU. We performed a narrative review on IPC in ICUs, investigating patient-to-staff ratios, education, isolation, decolonization, screening and hygiene practices, outbreak reporting, cost-effectiveness, reproduction-number(R<sub>0</sub>), and future perspectives. The most effective IPC strategy remains unknown. Most studies focus on a specific pathogen or disease, making the clinician losing the big picture. IPC strategies proved their cost-effectiveness regardless typology, country, or pathogen. A standardized, universal, pragmatic protocol for HCW education should be elaborated. Likewise, a rapid outbreak recognition tool elaboration (i.e., an easy-to-use mathematical model) would improve early diagnosis and spreading prevention. Further studies are needed to express in favor or against MDROs decolonization. New promising strategies are emerging and need to be tested in the field. The lack of IPC strategies application has made, and still makes ICUs a major MDROs reservoir into the community. In a not-too-distant future genetic engineering and phage therapies could represent a plot-twist in MDROs IPC strategies.

**Keywords:** Infection prevention and control; hospital-acquired infections; outbreak; multidrug resistant bacteria; acinetobacter baumannii; candida auris; vre; kpc; basic reproduction number; decolonization

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## Introduction

Hospital acquired infections (HAI) are a major concern for public health and a major issue in ICU [1]. HAI per definition are infections acquired after hospitalization that manifest themselves 48 hours after admission to the hospital. Most common HAI include ventilator-associated pneumonia (VAP), central line-associated bloodstream infection (CLABSI) and catheter-associated urinary tract infection (CAUTI) [1].

According to WHO *Global Report on Infection Prevention and Control* (IPC) of 2022, 7% in high-income countries and 15% in low- and middle-income countries (LMICs) of patients acquire at least one HAI during hospitalization [2].

These numbers raise dramatically if we take into consideration only adult ICUs: almost one out of three (30%) hospitalized patients develop a HAI: in fact, almost half of all cases (48.7%) of sepsis with organ dysfunction treated in ICUs are hospital-acquired[2,3] , resulting fatal in 52.3% [3].

These global estimates of HAI frequency are probably downgraded by several factors: the lack of HAI surveillance and outbreak reporting systems, poor adherence to standardized protocols and poor studies quality [2].

The reason for ICU higher percentages grounds only partially to its intrinsic risk factors for infection acquisition (i.e., the use of invasive devices, high severity of acute illness, predisposing underlying conditions, being at age extremities [4]): the lack of infection control is the real killer.

According to WHO, Infection prevention and control (IPC) national programs and operational plans are not available in all countries and, when available, they could be not fully implemented. This is the case of Italy and Romania in Europe; Bolivia, Costa Rica and Honduras in south-central America; India, Nepal, Bhutan, Myanmar, Tagikistan, Turkmenistan, Iraq and Afghanistan in Asia [2]. In Africa, 15 out of 54 states find themselves in this condition [2].

These programs are a key element to put IPC into practice and contrast *multidrug resistant organism* (MDRO) spreading in- and out-side from the hospital setting.

IPC is based on two different, but complementary approaches: the targeted and the universal. The targeted approach consists in screening and isolation, whose details are usually contained in a bundle.

The aim of this narrative review of literature is to summarize and display the most successful and pragmatic strategies to achieve infection control in ICU outbreaks.

Methodology

This review reports the major risk factors for HAI acquisition identified in ICU setting and proposed strategies in guidelines, WHO recommendations, international institutional statements, outbreaks report in the last 25 years, although not being comprehensive of all literature as a systemic review would do. Every statement and statistics reported in the following section of the paper are referred to adult ICU departments, unless otherwise marked.

The search was conducted on PubMed electronic database and included only peer-reviewed articles. No language restriction was applied. Publications were firstly screened by title, abstract and year of publishing by CF. Afterwards, CF evaluated the full articles in order to assess the eligibility for inclusion, and consequently reviewed by DP, LP and PT. The quality of data and accuracy of description of the proposed strategy, together with the novelty, were considered as the most-weighting factors in selection process.

Outbreaks Genesis

A HAI outbreak could be defined as an increased number of cases of a certain HAI among patients or healthcare personnel superior to the expected number, which is clustered by time and place [5–7].

Transmission occurs differently depending on the pathogen, involving environmental, health-care organizational, laboratory and host-dependent factors [4].

Routes of transmission for some of the most common pathogens isolated in ICU [8] are displayed in Table 1. Hematogenous route was not listed as the routinary use of gloves for invasive procedures is commonly adopted and effectively prevents from blood-borne diseases.

**Table 1.** The routes of transmission for some of the most frequent difficult-to-treat pathogens in ICU setting.

Routes of transmission in ICU
Direct or indirect contact

<p>Bacteria: MDR-GNB [9] (including <i>CRE</i>, <i>ESBL carriers</i> [10], <i>MDR-Klebsiella spp</i>, <i>MDR-Acinetobacter baumannii</i> [11], and <i>MDR-Pseudomonas aeruginosa</i>), <i>MRSA</i> [12], <i>VRE</i> [13], <i>Clostridium difficile</i> [13]</p> <p>Fungi: <i>Candida auris</i> [14], <i>Scedosporium spp</i> [15]</p> <p>Virus: Ebola virus [16]</p>
<p>Water contamination [17]</p> <p>Bacteria: <i>Legionella spp.</i>, <i>Pseudomonas spp</i>, <i>Acinetobacter spp</i>, and <i>Serratia</i></p> <p>Fungi: <i>Aspergillus spp.</i>, <i>Mucor spp.</i>, <i>Trichosporon spp.</i>, <i>Scedosporium spp</i> [18] and <i>Fusarium</i></p> <p>Virus: <i>Norovirus</i></p>
<p>Air contamination</p> <p>Bacteria [19]: <i>CRE</i>, <i>Acinetobacter baumannii</i>, <i>Pseudomonas aeruginosa</i>, <i>Corynebacterium striatum*</i>, <i>Legionella spp.</i>, <i>MRSA</i> [20]</p> <p>Fungi: <i>Aspergillus spp</i> [21], <i>Fusarium spp</i> [18], <i>Scedosporium spp</i> [15,18], <i>Lomentospora spp.</i> [18]</p> <p>Virus: <i>human coronaviruses</i> (including <i>SARS-CoV-2</i> [22]), Ebola virus [16]</p>
<p>Droplet and airborne spread [23]</p> <p>Bacteria: <i>Mycobacterium tuberculosis</i>, <i>Bordetella spp</i>, <i>Pertussis</i></p> <p>Virus: <i>human coronaviruses</i> (including <i>SARS-CoV-2</i> [22]), <i>Varicela-Zoster virus</i>, <i>Measles virus</i>, influenza viruses (including <i>H1N1</i>, <i>H2N3</i>, <i>H5N1</i>), <i>Parainfluenza viruses</i>, <i>Respiratory Syncytial Virus</i>, <i>Adenoviruses</i></p>

MDR-GNB: Multidrug-resistant gram-negative bacteria; CRE: Carbapenem resistant Enterobacterales; ESBL: Extended-Spectrum Beta-lactamase.\*It did not escape our attention that MDR-Corynebacterium striatum is an emerging MDR-GB (Multidrug-resistant gram-positive bacterium) [24] that soon could be included among pathogens the requiring-isolation. Although the route of transmission has not been clearly identified [25], as frequently presented as respiratory infections having similar characteristics compared to MDR-GN ‘s, we decided to list it in ‘Air contamination’ pathogens’ route.

Although outbreaks involve a large number of individuals, risk factors for HAI acquisition should be taken into consideration for both type of patient and type of infection.

**Risk Factors for Outbreak**

Outbreaks generally depart from a non-diagnosed infected or a colonized patient for a transmittable disease [26]. Therefore, the first risk factor is represented by the lack of diagnosis.

A rapid outbreak recognition tool (i.e., an easy-to-use mathematical model) should be proposed to improve early diagnosis and spreading prevention. For example, the identification of [3] cases in 5 days could be an outbreak triggered test as experimented by Elliot et al [27].

Several are the factors that interlude the outbreak genesis both generic and pathogen-specific. All generic risk factors are listed as separate paragraphs in this review, including patients’ colonization (Box.1) [19,28,29] management, and pathogen-specific risk factors as sub-paragraphs or focus.

Among the most underrated, artificial fingernails have been associated with HAIs, such as *Serratia marcescens* bloodstream infections (BSI) in hemodialysis patients [30] and ESBL-producing *Klebsiella pneumoniae* and *Pseudomonas aeruginosa* invasive infections in neonatal ICUs [31].

Notably, a body mass index (BMI) ≥30 and elevated number of hospitalization have also been associated with a major risk of acquiring MRSA [32,33], CRE [34], and VRE [34] colonization.

Intravenous and inhalation drugs use are important risk factor to community-acquisition of MRSA colonization, therefore they have to be screened at admission [32].

Box.1 MDROs colonization
<ul style="list-style-type: none"><li>It is defined by the presence of a MDR microorganism without the evidence of tissue invasion or associated symptoms.<ul style="list-style-type: none"><li>Regular sites: respiratory secretions (nostrils, pharynx, endotracheal aspirates), wounds, skin, urine, and rectum. More than one site could be interested by the same colonization.</li><li>Sterile sites (not interpretable as colonization): blood, liquor, pleural, peritoneal, synovial liquids.</li></ul></li><li>A colonized patient always represents a potential source of transmission.</li><li>It requires contact and/or respiratory isolation beyond routine IPC procedures.</li><li>Decolonization is not currently recommended in ICU setting.</li></ul>

Strategies

IPC strategies are multiple and synergic. All variables that are worth considering in the purpose of a successful infection control process are reported below. They include patient-to- nurse ratio (PNR), patient-to-intensivist ratio (PIR), healthcare staff education, isolation types, MRDOs decolonization, hand hygiene, shoe hygiene, screening, environmental cleaning, antimicrobial stewardship program, outbreak reporting, special populations, cost-effectiveness and R<sub>0</sub>, new experimented strategies, and future perspectives. The quality of evidence and strength of these practices according to the pathogen are listed in ESCMID guidelines for Infection Control 2014 [9]. To our knowledge, no further updates have been published of these guidelines.

1. NURSE-TO-PATIENT RATIO

There is solid literature and strong guidelines regarding the patient to nurse ratio (PNR) (Table 2). This ratio should be 1 : 1 or 1 : 2, according to the kind of ICU. Several international organizations have stated that in ICU setting every patient must have immediate access to an ICU specialist nurse, suggesting a PNR of 1:1.

**Table 2.** Studies aiming to evaluate patient-to-nurse (PNR) optimal ratio in ICU setting.

Type of study	Study author and year of publishing	Country	Time period	Sample size	Suggested ICU PNR	Higher ratios are associated with higher mortality
Guidelines	Bray K et al. 2010 (the British Association of Critical Care Nurses, the Critical Care Networks National Nurse Leads) [35]	UK	-	-	1: 1	Yes



	American Nurses Association (ANA) and California Legislation (Assembly Bill No. 394)	California, USA	-	-	2 : 1	Yes
Narrative review	Suresh K. Sharma et Ritu Rani 2020 [36]	India	-	-	1 : 1	Yes
Retrospective observational study	Falk AC 2023 [37]	Sweden	15 years	2 ICUs (9,814 patients)	1 : 1	Yes
Cross-sectional, retrospective, risk adjusted observational study	West E et al. 2014 [38]	UK	16 years	65 ICUs (38,168 patients)	0,5 : 1	Yes*

\*ICU with 1 : 1 compared to 0,5 : 1 PNR showed a slightly higher estimated mortality in the first group, although not statistically significant. Authors conclude that probably health care managers should consider not only the PNR, but also their educational level, and specific skills. ICU: intensive care unit. PNR: patient-to-nurse ratio.

## 2. PHYSICIAN/PATIENT RATIO

Currently there is no clear recommendation on the *patient to intensivist ratio* (PIR) by actual guidelines (Table 3). Five studies have been published on this topic before Jeremy M. Kahn et al. tried in 2023 to give an answer to this question with a multicenter cohort study on 29 ICUs in 10 hospitals in the United States of America [39]. They failed to find an association between a higher intensivist-to-patient ratio and higher mortality.

Neuraz et al. in 2015 were the first to find an association with PIR, namely a two-fold increase in shift-specific mortality among French ICU patients cared for by doctors with > 14 vs < 8 patients [40]. Moreover, Gershengorn HB et al. in 2017 conducted a similar study in United Kingdom, finding a positive association between PIR (*patient-to-intensivist ratio*) and ICU patients mortality also among British ICU patients [41]. Five years later, Georgshengorn et al. repeated the study on Australian and New Zealand ICUs, but no association with PIR was found [42].

Furthermore, studies conducted on this topic in USA always failed to find an association between PIR and ICU mortality.

However, as Kerlin MP and Caruso P. stated in their paper and also Kahn et al. pointed out, all the five studies that preceded their one suffer from several methodological limitations [43,39]. For instance, they took into consideration intensivist-to-patient ratios averaged over the length of the entire ICU stay, overlooking that ICU census changes day by day and that could obscure daily variations that could influence outcomes. Moreover, they generally extrapolated intensivist-to-patient ratios from ICU census data, neglecting that intensivists may provide care in multiple ICUs within a single day. Additionally, in all these studies intensivists were in the majority Anesthesiologists/Intensivists, but many other specialists, ranging from 10% to 30% approximately, belonged to different medical specialties.

**Table 3.** Studies evaluating the association between intensivist-to-patient ratio and higher mortality rates in ICU setting.

Study author and year of publication	Country	Type of study	Time period	Sample size	Median PIR	Higher ratios resulted to be associated with higher mortality
Neuraz A et al. 2015 [40]	France	Multicenter observational study	2013	5,718 patients (8 ICUs)	5.6	Yes
Gershengorn HB et al. 2017 [41]	UK	Retrospective cohort study	2010-2013	49,686 patients (94 ICUs)	8.5	Yes
Dara SI et al. 2005 [44]	USA	Retrospective cohort study	2001-2003	2,492 patients (1 ICU)	8.4*	No
Gershengorn HB et al. 2022 [42]	Australia and New Zealand	Retrospective cohort study	2016-2019	27,380 patients (67 ICUs) in the “narrow cohort” and 91,206 patients (73 ICUs) in the “broad cohort”	10.1	No
Agarwal A et al. 2022 [45]	USA	Cross-sectional observational study	2020-2021	1,322 patients (62 ICUs)	12	No
Kahn JM et al. 2023 [46]	USA	Retrospective cohort study	2018-2020	51,656 patients (29 ICUs)	11.8	No
Estenssoro E et al. 2017 [47]	Latin America (51% from Brazil, 17% Chile, 13% Argentina, 6% Ecuador, 5% Uruguay, 3% Colombia, and 5% between Mexico, Peru, and	Cross-sectional observational study	2015-2016	257 ICUs	1:1-1:3 (11%) 1:4 to 1:7 (46%) > 8 (41%)	Not evaluated

Paraguay.  
)

\*calculated; ICU: Intensive Care Unit; PIR: patient-to-intensivist ratio; UK: United Kingdom; USA: United States of America.

3. EDUCATION

Beyond nurse- and physician-to patient ratios, HCW education on IPC is what affects the most infectious diseases transmission and relative associated mortality.

Therefore, not only nurses, but all healthcare personnel (physicians, healthcare workers, medical and nursing students, cleaning staff) [48] should undergo an “IPC course” as soon as they are hired by the hospital, just before taking an active part in ward activities [49,50]. Furthermore, a “refresh IPC course” periodically, established by hospital protocols, not inferior to once per year (or per month, according to local epidemiology). The frequency of the “refresh IPC course” should be rapidly implemented in case of an outbreak [51].

IPC courses should provide information on pathogens’ transmission, isolation and hand hygiene instructions, and a practical simulation of the procedures. An initial and final practice test should be performed in order to verify the effectiveness of the course and awareness achieved among the healthcare personnel.

The Cochrane Effective Practice and Organisation of Care (EPOC) group elaborated a seven-items educational model to enhance the uptake of educational contents (Box.2).

<b>Box.2 The seven educational strategies elaborated by the Cochrane Effective Practice and Organisation of Care group [52] to promote the uptake of guidelines.</b>
<div>1. Printed educational materials</div> <div>2. Educational meetings</div> <div>3. Educational outreach</div> <div>4. Local opinion leaders</div> <div>5. Audit and feedback</div> <div>6. Computerized reminders</div> <div>7. Tailored interventions</div>

Nowadays IPC educational and training programs, when present, differ consistently among WHO countries [53], rarely provided by academic institutions, and frequently practicing IPC physicians are not specialized in infectious disease or clinical microbiology [53]. WHO latest guidelines on core components of IPC programmes [48] (Box.3) suggest a different and targeted training for each of the identified three categories of HCW: IPC specialists, HCW involved in patients care (i.e., nurses, health care assistants), and auxiliary personnel (cleaning, administrative and managerial staff). No standardized, universal, pragmatic education protocol has been elaborated so far, so we reported some of valuable examples (Table 4).

<b>Box.3 Core components of IPC (Infection prevention and control) programs at the National and Acute Health Care Facility Level according to WHO guidelines of 2016.</b>
<div>1. IPC programs</div> <div>2. IPC guidelines (both national and at facility level)</div> <div>3. IPC education and training</div> <div>4. Health care-associated infection (HCAI) surveillance</div>



5. Multimodal strategies for implementing IPC

6. IPC monitoring, evaluation and feedback

7. Workload, staffing and bed occupancy (at the facility level)

8. Built environment, materials and equipment for IPC (at the facility level)

**Table 4.** Education models proposed to cope with healthcare-associated infections (HCAI) in Intensive Care Unit (ICU).

Study author and year of publication	Country	Type of infection	Most relevant proposed solution
Meneguetti MG et al. 2019 [49]	Brazil	CAUTI	<div><div>- Daily checklist of CAUTI</div><div>- Biannual training for HCWs</div></div>
McNett et al 2020 [54]	USA	VAP	<div><div>- Educational meetings, auditing and feedback</div><div>- Developing tools</div><div>- Use of local opinion leaders</div><div>- Financial incentives [55]</div><div>- Building a coalition</div></div>
Mogyodi et al. 2023 [56]	Hungary	VAP	<div><div>- A single educational session</div><div>- Interactive slide presentation and discussion for nurses and nurse assistants.</div><div>- Education focused on:<div><div>○ Incidence, risk factors, and pathophysiology of VAP</div><div>○ Recommended preventive measures</div><div>○ ICU nurses' compliance impact on patient outcome</div></div></div><div>- Elaboration of a poster summarizing the 5-components bundle</div><div>- Two-weeks duration of educational intervention</div><div>- Refresh IPC course after one year</div></div>
Phan et al. 2018 [57]	Vietnam	All HCAI	<div><div>- Two sessions of 3 hours educational course<div><div>- Focus on HH</div></div></div><div>- Educational programme activities:<div><div>○ Ten minutes video displaying the reasons for HH</div><div>○ Small group discussion about the reasons for HH</div><div>○ A role-playing game where HCWs had to identify pathogens using an ultraviolet light on participants' hands to determine whether the hands had been washed</div><div>○ Small group discussion to determine the five moments of HH [58]</div><div>○ Practice and discussion of procedural aspects of hand washing technique (six steps of HH) [59]</div></div></div></div>

			○ Lecture about the efficacy of alcohol-based hand-rub compared to water and soap handwashing
			- Different training programs to different categories of HCWs
Moghnieh et al. 2023 [53]	Eastern Mediterranean Region (Afghanistan, Barhain, Iraq, Kuwait, Jordan, Lebanon, Oman, Pakistan, Palestine, Qatar, Sudan, Syria, United Arab Emirates, Yemen)	All HCAI	- Training outside the country and exposure to other experienced countries
			- Strengthen and create focused IPC education mod ules in undergraduate health sciences majors
			- University specialties and higher degrees in IPC
			- Make IPC training mandatory for all HCW with periodic licensing and relicensing
			- Training of hospital administrators
			- National supervision of IPC education and training
			- Develop undergraduate IPC education modules
			- Need for national IPC curriculum

CAUTI: catheter-associated urinary tract infections. HCAI: healthcare-associated infections. HCWs: healthcare workers. VAP: ventilator associated pneumonia. HH: hand hygiene.

4. ISOLATION

Isolation of the colonized/infected patient is a key moment for infection control [9]. Without isolation, the others IPC approaches may be not sufficient.

According to ESCMID guidelines of 2014, precautionary isolation for recently-admitted patients in ICU should be always performed in order to avoid the uprise of infection clusters among ICU patients and staff, and further hospital clusters [9]. Isolation should be discontinued only after the negative result of screening procedures (see SCREENING section).

Isolation rooms are preferably single rooms whenever possible. It is mandatory to provide a single room in case of neutropenic patients or specific airborne diseases (measles, varicella virus, tuberculosis) [26].

There are three kinds of isolation: contact isolation, respiratory isolation, or both.

The kind of isolation that should be adopted varies depending on where the pathogen was isolated.

Respiratory Isolation

Respiratory isolation is required every time a respiratory airways samples (rhinopharyngeal swabs, sputum, bronchial airways liquid fluid or aspirate) result positive for a potential air-spreading pathogen for human being [9]. Such pathogens are listed in Table 1.

Two kinds of respiratory isolation room should be available in every ICU [60]:

- A negative-pressure room for patients who resulted to be colonized or infected by potential air-spreading pathogens;
- A positive-pressure for patients who are likely more susceptible of acquiring an infection, such as solid-organ transplanted (SOT) recipients, hematopoietic stem cell transplanted (HSCT) patients, presence of hematological disorders, chronic use of corticosteroids, calcineurin inhibitors, anti-metabolites and other immunosuppressants.

The duration of isolation depends on the possibility of pathogen eradication [9].

Whenever the pathogen is eradicated, the patient can quit the isolation room.

A single isolation room is mandatory in case of some airborne pathogens (tuberculosis, measles, varicella virus) and neutropenic patients [26].

#### *Contact Isolation*

Contact isolation is required every time a skin or rectal samples (swabs) result positive for a potential direct or indirect contact transmitted pathogen for human being, especially MDROs (multi-drug resistant organisms) [26]. That include all resistance acquirable through plasmid transmission, among others ESBL (Extended-Spectrum Beta-lactamase) resistance [26]. Such pathogens were listed in Table 1.

Contact isolation is also required in case of diagnosis of particular diseases known for being transmitted also by contact (i.e., Ebola).

Contact isolation is mandatory for both infected and colonized patients by these organisms [26,9]. CRE rectal colonization could last up to one year [61], while VRE's for approximately 6 months [62]. MRSA skin colonization has been reported to be in average 9 months [63,64,65], older age is associated with a longer duration of colonization for both MRSA [63] and CRE.

### 5. MDROs DECOLONIZATION

Although the eradication of the pathogen could possibly serve to prevent both further transmission and infection development [66], is not currently recommended.

#### *Gram Negative Bacteria (GNB)*

There is no recommendation in favor or against routine MDR-GNB decolonization in ICU patients by actual guidelines.

In general patients, ESCMID-EUCIC guidelines do not recommend routine decolonization of 3GCephRE and CRE carriers, though they do not extend this statement to immunocompromised (e.g., ICU, neutropenic or transplanted patients) as only few studies have been conducted on this population. Its effectiveness and long-term side effects are encouraged to be assessed through appropriate RCTs (randomized control trials) [67].

However, several recent studies suggest an increased risk of CRE infection development in CRE colonized ICU patients [68,69,70,71] and satisfactory rates of decolonization effectiveness [72,73].

For CRAB (carbapenem-resistant *Acinetobacter baumannii*), AGRE (aminoglycoside-resistant Enterobacteriaceae), CoRGNB (colistin-resistant Gram-negative organisms), CRSM (cotrimoxazole-resistant *Stenotrophomonas maltophilia*), FQRE (fluoroquinolone-resistant Enterobacteriaceae), PDRGNB (pan-drug-resistant Gram-negative organisms), and XDRPA (extremely drug-resistant *Pseudomonas aeruginosa*) carriers the evidence is still limited and no recommendation have been proposed neither for ICU nor for non-ICU carriers [67].

#### *Gram Positive Bacteria (GPB)*

To our knowledge, MRSA decolonization with intranasal mupirocin and chlorhexidine bathing is not explicitly recommended by any guidelines [12], except for those on an orthopedic or cardio-surgery waiting list [74]. Still, there are many evidences that systemic screening followed by decolonization of MRSA in all ICU patients (universal approach), decreases the incidence of MRSA colonization or infection up to 52% [75]. In fact, SHEA/IDSA/APIC guidelines highlight that active surveillance with contact precautions is inferior to universal decolonization in reducing MRSA isolation in adult ICUs [12] (REDUCE MRSA Trial) [76] and universal decolonization with daily CHG bathing plus 5 days of nasal decolonization should be performed in this setting to reduce endemic MRSA clinical cultures [12] (quality of evidence: high). Therefore, endemic status should be assessed. Predictors of decolonization failure, could be the respiratory tract colonization [77], younger age (0-17 years) [66], refugee status [66] and having one or more comorbidities [66], who would possibly need different decolonization strategies.

However, physicians should bear in mind that MRSA colonization is associated with a 4-fold increase in the risk of MRSA infection development [78]. More than 50% of MRSA colonized patients develop the infection in ICU setting [79] and MRSA colonization is also associated to an increase in hospital admission, with further consequent possible transmission and outbreak development [80].

As far as we know, no guidelines have been elaborated on VRE decolonization indications or practice. That was probably due to the scarcity of studies conducted on this topic so far. Some studies on MRSA decolonization, showed that chlorhexidine bathing could be effective in reducing VRE acquisition and infection development too [12]. Cheng et al. obtained VRE decolonization applying a combination of polyethylene glycol for bowel preparation, a five-day course of oral absorbable linezolid and non-absorbable daptomycin to suppress any remaining VRE, and subsequent oral *Lactobacillus rhamnosus* GG, beyond environmental cleaning and isolation [81]. A non-antibiotic decolonization protocol for both VRE and CRE have been recently proposed by Choi et al. consisting in a 4-items bundle: using a glycerin enema for mechanical evacuation, daily lactobacillus ingestion for restoration of normal gut flora, chlorhexidine bath, and bed sheets and clothing changed every day [82]. Both proposed protocols need to be experimented in further studies to assess their efficacy, but firstly, studies on VRE decolonization benefits should be conducted.

#### *Candida Auris* (CA)

According to the Centers for Disease Control and Prevention (CDC), the efficacy of *Candida auris* decolonization is not known [83]. Chlorhexidine or topical antifungals have been proposed empirically, but evidences are still scares.

*Candida auris* is nowadays the biggest emergent threat in USA and European ICU as, contrarily to other MRDOs, no antifungal, single or in combination, have shown solid efficacy. Thus, IPC measures are the best available weapon. Beyond ECDC in-hospital hygiene recommendations, contact tracking, single-room contact isolation, surveillance though periodic skin-swab testing of the healthcare personnel, co-hospitalised patients, and cohabitants who came in contact with the *C. auris* carrier, could result to be effective in tackling *C. auris* spreading.

## 6. HAND HYGIENE

Hand hygiene (HH) is crucial for infection control. According to WHO recommendations, hand hygiene should be performed passing from one patient to another in all settings regardless the presence of an ongoing infection or colonization.

WHO recommendations on HH are based on two rules: the six movements and the five moments of hand hygiene [59].

Healthcare staff cannot exempt itself from knowing these rules and put them into practice as per the strong evidence these practices have shown.

It has been proved that appropriate HH is associated with a reduction of HAI incidence up to 50% [84], including a 50% reduction in MRSA infections.

Although the success rate in preventing HAI development and spreading declared by WHO, a systematic review conducted by Kathryn Ann Lambe and colleagues in 2019 enhanced that mean HH compliance was only 59.6% in adult ICU, ranging from 64.4% of high-income countries to 9.1% of low-income countries. This percentage also varies in consideration to the type of ICU (neonatal 67.0%, pediatric 41.2%, adult 58.2%) and the type of healthcare workers (nurses 43.4%, physicians 32.6%, others 53.8%) [85].

A Brazilian study esteemed that with a 20-second manipulation of a without adhering to contact precautions, there was a 45% possibility that HCW (healthcare worker) hands got contaminated with a CRE. After shaking hands with this HCW, the possibility to get contaminated likewise was of 22% [86]. If the first HCW had used gown and gloves or would have washed his hands, that would have been respectively 10% and 0% [86].

In case of outbreak, it would be useful to implement compliance with direct observations of the “five moments” performed by healthcare workers followed by individualized verbal feedback [51].

7. SHOE HYGIENE (SH)

Shoe soles represent a potential vector for pathogen transmission [87]. As well as hand-hygiene, HCW shoe bottoms can carry pathogens from an environment to another. Therefore, decontamination is needed when passing from a patient to another, especially when MDRO carrier. Rashid et al. conducted a systematic review looking for an effective decontamination strategy for shoe soles in 2016, but did not succeed. This was also due to the scarcity of data present on this topic. Among mechanical strategies, the use of shoe covers or disposable boots seemed to be the most effective in reducing bacterial load in sanitary setting, while adhesive mats proved to be ineffective [87]. Among chemical strategies, tanks or adhesive mats supplemented with 3-1 benzoisothiazolin or 0.2% benzylkonium were able to reduce bacterial load [87]. Also treating boots with peroxygen disinfectant reduces bacterial load up to 1.4 log<sub>10</sub>. Boot baths with 6% sodium hypochlorite seems to prevent virus transmission [88].

On a par with HCW shoes, all HCW equipment including badges, stethoscopes, oximeters, ultrasonography probe, but also smartphones, should be disinfected with antiseptics such as chlorhexidine and benzalkonium, although MDR-efflux pump QAC carriers or GNB could be resistant [89].

8. SCREENING

Key points for MDROs screening are summarized in Box.4.

a. Risk-assessment scores

Risk-assessment scores (Table 5) could be applied at admission and recalculated daily in order to foresee the risk of colonization acquisition and/or infection. Hereby, HCW can promptly put into practice the consequential IPC measures.

To our knowledge, no definitive colonization score was elaborated so far for CRAB and CRPA, although Dalben et al. identified some colonization risk factors for their acquisition in ICU: male sex, surgery prior to admission, APACHE II score and colonization pressure in the week before an outcome [90]. Tacconelli et al. identified some others risk factors for CRAB colonization and infection development, such as quinolones use [91]. Meschiari et al. identified as independent risk factors the use of permanent devices, mechanical ventilation, urinary catheters, McCabe score, length of stay, and carbapenem use for CRAB colonization acquisition in ICU setting [92].

**Table 5.** Applicable risk-assessment scores for outbreak-related pathogens’ colonization and/or infection development.

Type of MDRO	Type of risk	Risk-assessment score	Description	Performance
Candida spp. [93]	Colonization	Candida Colonization Index [94]	Ratio of the number of (non-blood) sites colonized with Candida spp /total number of sites cultured Threshold = 0.5	PPV = 66% NPV = 100%
	Infection	Candida score [95]	Candida Score = TPN (1 point), surgery (1 point), severe sepsis (2 points), Multifocal Candida colonization (1 point). Threshold = 2.5	Sensitivity = 81% Specificity = 74% PPV = 16% NPV = 98%

		Ostrosky-Zeichner Clinical Prediction Rule [96]	Mechanical ventilation $\geq$ 48hours AND Systemic antibiotic AND CVP (on any of day 1–3 of ICU admission) plus $\geq 1$ of: any major surgery (days 7–0), pancreatitis (days 7–0), use of steroids/other immunosuppressive agents (days 7–0), use of TPN (days 1–3), or dialysis (days 1–3)	Sensitivity = 50% Specificity = 83% PPV = 10% NPV = 97%
ESBL-producing <i>Enterobacteriaceae</i>	Colonization	Tumbarello et al. [97]	Recent ( $\leq 12$ months before admission) hospitalization, transfer from another health care facility, Charlson comorbidity score $\geq 4$ , recent ( $\leq 3$ months before admission) $\beta$ -lactam and/or fluoroquinolone treatment, recent urinary catheterization, and age $\geq 70$ years.	With cutoff score $\geq 3$ :  Sensitivity = 94% Specificity = 41%  PPV = 44% NPV = 93%
	Infection (BSI)	ESBL Prediction Score (ESBL-PS) [98]	Outpatient procedures within 1 month, prior infections or colonization with ESBL within 12 months, and number of prior courses of $\beta$ -lactams and/or fluoroquinolones used within 3 months of BSI.	With cutoff score $\geq 1$ :  Sensitivity = 88% Specificity = 77%  PPV = 16% NPV = 99%  With cutoff score $\geq 3$ :  Sensitivity = 43% Specificity = 96%  PPV = 33% NPV = 97%



CPE	Colonization	Papafotiou et al. [99]	Karnofsky score, previous hospitalization, stay in a Long-term care facility, history of $\geq 2$ different interventional procedures, previous CPE colonization or infection, renal replacement therapy, and diabetes with end-organ damage	With cutoff score $\geq 27$ :  Sensitivity = 72% Specificity = 81%  PPV = 15% NPV = 98%
CRAB	Infection	Cogliati Dezza et al. [100]	CRAB colonization, higher CCI, multisite colonization and the need for mechanical ventilation.	Unknown
XDR A. baumannii	Colonization	Moghnieh et al. [101]	Urinary catheter placement $> 6$ days, ICU contact pressure for $> 4$ days, presence of gastrostomy tube, and previous use of carbapenems or piperacillin-tazobactam	Unknown
MRSA	Colonization	Torres et Sampathkumar [102]	Nursing home residence, diabetes, hospitalization in the past year, and chronic skin condition/infection	With cutoff score $\geq 8$ :  Sensitivity = 54% Specificity = 80%
VRE	Colonization	The PREVENT score [103]	Age of $\geq 60$ years, hematological disease, cumulative antibiotic treatment for $> 4$ weeks, and a VRE infection	Sensitivity = 82% Specificity = 77% PPV = 57%

				NPV = 92%
MDROs	Colonization	AutoRAS- MDRO [104]	Electronic health records (EHRs)	Sensitivity = 81% Specificity= 79% PPV = 49% NPV = 94%

### ***b. CRAB screening***

Actually, there is no consensus on CRAB active screening strategies [9]. Garnacho-Montero J et al recommend weekly rectal, pharyngeal, and tracheal swabs [105]. Valencia-Martín et al. found a sensitivity of 96% combining rectal and pharyngeal swabs compared to 78% of rectal swab only [106]. Different values, but same conclusion were drawn by Nutman et al.: 94% sensitivity combining buccal mucosa, skin, and rectal swabs compared to 74% rectal swab only [107]. They also found that the most sensible swab was the buccal mucosa for respiratory culture-positive patients and the skin swab for respiratory-negative patients. Meschiari et al. found that skin samples (100%), followed by the rectal samples (86%) showed the best sensitivity, but due to the waiting period to receive screening test they suggested adopting contact precautions measures to all ICU patients until outbreak end [51].

### ***c. Rectal screening for carbapenem resistant Gram negative bacteria (CR- GNB)***

This screening should be performed at ICU admission and repeated at least once a week according to local epidemiology [9,108]. In order to promptly identify CR-GNB rectal colonized or CR-GNB infected patient, an active surveillance system involving the microbiology laboratory and infection control staff should be implemented [109].

Contact precautions should be adopted, including [109,108,9]:

- Single-use gloves and gowns wearing during assistance (worn at the moment of entering in the room of the CR-GNB colonized patient and removed at the moment of quitting the patient's room)
- Gloves and gowns should be used individually for every CR-GNB colonized patient, since the CR-GNB could vary for species and resistance profile
- Gloves and gowns should be changed according to the WHO guidelines in the 'Five moments' and 'six movements' [59].

### ***d. Skin screening for MRSA***

As for rectal screening, the skin screening should be performed at admission and repeated at least weekly in ICU [110]. Other situations in which active screening is encouraged are: preoperatively, upon initiating dialysis, at admission to a particular unit, or upon identifying a potential outbreak [110]. Swab samples should be collected in nostrils, throat, and perineum. Other sites could include be wound, sputum or eyes. [66]

### ***e. Environmental samples surveillance***

Environmental samples should be collected according to the CDC Environmental Checklist for Monitoring Terminal Cleaning in order to prevent the spreading of CR-GNB and other dangerous microorganisms, paying particular attention to high-touch surfaces [111](see the Cleaning section).

Environmental samples should be collected with sterile BHI moistened gauze, as normal swabs revealed a low sensitivity for *Acinetobacter baumannii* (0 to 18%) [51,112].

### ***f. Whole genome sequencing (WGS)***

Genomic characterization of CR-GNB could be useful to identify putative transmission chains [113] and to stratify patients [51]. For instance, lately, non-functional adeN was found to be associated

with an increased virulence and hyper invasiveness [114]. In Meschiari et al. study [51] only two patients who acquired a CRAB clone with inactivation of adeN survived, probably because of a younger age and better immune status. Their hypothesis was that the inactivation of adeN could have contributed to higher mortality rates of their outbreak, similarly to other studies [115,116,117], despite appropriate therapy with cefiderocol.

Box. 4 Keypoints for multidrug resistant organisms (MDROs) screening
<div><div>1. Use of risk-assessment scores for MDROs acquisition and infection development</div><div>2. Active screening for MDROs through weekly sample collection (skin, rectal, and/or respiratory according to the pathogen)</div><div>3. Environmental samples surveillance on high-touch surfaces periodically (no standardized period has been proposed, but it would be advisable at least once a week)</div><div>4. Whole genome sequencing (WGS) whenever an MDRO is identified to identify putative transmission chains, and to stratify patients.</div><div>5. Isolation, contact precautions, hand hygiene and environmental cleaning should be performed in conformity with actual guidelines (see Environmental cleaning and Hand hygiene sections)</div></div>

9. ENVIRONMENTAL CLEANING

The room and bed cleaning are essential for IPC in ICU. For this reason, the cleaning should be standardized with a hospital protocol and realized on a routine basis or when a patient is moved or discharged from the room (ie, terminal cleaning). In the protocol, environmental service personnel training, use of checklists, and/or monitoring of ‘high-touch’ contact surfaces with healthcare workers’ hands should be provided [111].

The ICU cleaning encloses both surfaces and air cleaning.

Air Cleaning

Ventilation system, together with an appropriate use of heating and air conditioning are fundamental in preventing the acquisition of HAI. High-efficiency particulate air (HEPA) could be useful for the prevention of fungi infections, including *Aspergillus* spp [118] . Recently, air purifiers seem to be effective in reducing microbial load in the air and on surfaces in ICU [119], and worth to be included in ICU cleaning routine.

Surfaces Cleaning

The cleaning, including the isolation rooms and the open space areas, should be performed with 10% sodium hypochlorite for environmental surfaces and hydrogen peroxide wipes for all medical devices. This has also proved to be effective against *C. auris* contamination [120,121].

It should be performed on all surfaces, particularly focused on the most ‘High-touch’ surfaces [111], defined by Kisk Huslage et al. in 2015 as sustaining more than 3 contacts per interaction with the patient [111]. Among the 109 ICU surfaces studied, three were identified as ‘high touch surfaces, namely the bed rail, the bed surface, and the supply cart. These 3 surfaces accounted for 40.2% of the contacts recorded in the ICUs. Considering the medical-surgical floor, the ‘high touch’ surfaces, defined as sustaining more than 1 contacts per interaction, were: the bed rail, the over-bed table, the intravenous pump, and the bed surface (48.6% of all contacts with medical-surgical floors). In the same study, appeared that Bed rails had the highest frequency of contact in both types of healthcare settings, accounting for 7.76 contacts per interaction in the ICUs [111].

Anyway, in order to write the hospital protocol, a local assessment of which are the 'high-touch' surfaces should be performed and integrated with above-mentioned data.

Of course, the protocol must take into consideration the concentration and type of pathogens found on the specific environmental surfaces, to address the best kind of disinfection.

Several studies demonstrated that standard cleaning with self-monitoring is insufficient to control the CRAB environmental spread [51,122]. This information becomes more relevant considering that environmental contamination seems to be the most frequent source of CRAB cross-transmission in ICU [51,122,123].

Moreover, Carling PC et al. highlighted that less than 50% of standardized environmental surfaces have been cleaned during the terminal room cleaning [124].

The cleaning process should not only follow the CDC Environmental Checklist for Monitoring Terminal Cleaning guidelines [125], but also put into practice the Meschiari '*cycling radical cleaning and disinfection*' from '*five-component bundle*' protocol [51]. Environmental contamination appeared to represent the most frequent source

Recently, "No-touch" cleaning methods have been developed, including UV cleaning, and pressurized hydrogen peroxide. Although being effective, they tend to be not well-tolerated, expensive, and limitedly practical, as they require hours before the room being ready for a new patient [126,127]. This makes the *cycling radical cleaning and disinfection* method [51] preferable as faster, easy to use and cost-effective.

## 10. ANTIMICROBIAL STEWARDSHIP PROGRAM

IPC in ICU setting is the result of a teamwork [128,129,130] and effective communication [131]. Beyond ICU personnel (doctors, nurses, HCWs), four key roles are needed to perform the antimicrobial stewardship: the infectious diseases' specialist (IDS) [132], the clinical microbiologist [133,132], and the clinical pharmacology specialist [134].

In case no protocol has been elaborated at facility level, the IDS should be consulted [135]:

- Whenever an infectious disease is suspected;
- When the patient presents fever;
- Whenever a new cultural or serological positivity is released by the microbiological laboratory;
- For antimicrobial therapies initiation, monitoring, and discontinuation.

Adherence to IDS recommendations by the treating doctor has been proved to be of paramount importance for disease progression and outcome, also in terms of mortality [136,137].

The timing of specialists' consultation is essential, and a proactive compared to an event-triggered approach would be preferable [132]. In this regard, Zwerwer et al. recently managed to develop a machine-learning model able to predict infection-related consultations in ICUs up to eight hours in advance based on electronic health records [132].

The IDS should perform at least the first consultation for every patient at bedside, visiting the patient [138]. The IDS should visit the patient every time an important clinical change is present. According to the number and severity of patients suffering from bacterial, virological or fungine infection, a minimum number of weekly visits should be planned [135].

Although many studies witness the commonly inappropriate prescription of those antibiotics identified as 'Reserve antibiotics' in WHO AWaRe antibiotic book [139] worldwide, no exclusivity to IDS prescribers have been established [140].

For hospitals without IDS services, Zimmermann et colleagues are currently conducting a trial with the purpose to identify means to comprehensively and sustainably improve the quality of care of patients with infectious diseases in those settings (trial registration: DRKS00023710) [141].

Antimicrobial stewardship (AMS) remains pivotal and complementary to IPC in fighting antimicrobial resistance.

## 11. OUTBREAK REPORTING

Manuscripts on IPC are mainly conducted during outbreaks. The main limitation of this kind of literature is that it scares and frequently different risk factors are taken into consideration from a study to another [4].

Another limitation is that a universal outbreak definition is lacking [26,142]. One of the most accurate definition list for different pathogens' outbreak is the one offered by the Division of Infectious Disease Epidemiology, West Virginia, USA [5].

The ORION statement (Outbreak Reports and Intervention Studies of Nosocomial Infection statement, 2007) by Sheldon Stone and colleagues proposed a standardized way of reporting an outbreak, that could be useful in prevention and/or management of future outbreaks, other than contributing to current literature [143].

The statement consisted in a 22-items checklist including information on: the number of colonized, infected, and deceased patients; the type of medical department; the number of beds on the ward; performance of genotyping; the study design; and data on costs.

A decade ORION statement publication, outbreak reports globally still did not provide the basic information in the event [142]. After 2017, only a review on CRAB and CRPRA outbreaks mentioned the statement, apparently not using it though for the selection of the outbreak reports, but highlighting the importance of an appropriate reporting [144].

## 12. CRE PREVENTION AMONG SPECIAL POPULATIONS

### *Haematological patients*

Among CRE rectal colonized haematological patients, in a recent retrospective study by Xia Chen et al., receiving proton pump inhibitors and admission to ICU ( $P < 0.05$ ) were identified as risk factors for subsequent CRE infection development [145]. Receiving proton pump inhibitors is recognized to be a predisposing factor to infection also by extended spectrum  $\beta$ -lactamase-producing Enterobacteriaceae. Among this kind of haematological patients, gastrointestinal injury, tigecycline exposure and carbapenem resistance score were not associated with subsequent CRE infection, which may be responsible for subsequent CRE infection in other haematological disorders [146], as well as high-risk disease and mucositis [147].

### *Neutropenic patients*

According to ESCMID-EUCIC guidelines, there are no conclusive evidences on 3GCephRE carriers decolonization benefits in this population. In particular, decolonization of 3GCephRE has been associated to temporary effectiveness and an increased risk of developing ESBL-E BSI in neutropenic colonized patients [67].

For future clinical trials on decolonization by this pathogen, they suggest using the combination of oral colistin sulphate (50 mg (salt) four times daily) and neomycin sulphate (250 mg (salt) four times daily) in severe neutropenic patients [67].

### *Hemodialysis patients*

Patients using a temporary line for vascular access have a greater risk of colonization by MRSA [148].

## 13. COST-EFFECTIVENESS AND MDROs REPRODUCTIVE NUMBER ( $R_0$ )

Cost-effectiveness of IPC strategies implementation, such as screening, laboratory tools, HCW personnel and bed rotations (that require one bed off regular admissions) are to be considered.

In 2022 WHO's global report the impact and cost-effectiveness of IPC measures was addressed to encourage the improvement of IPC programmes [149].

Multidrug resistant organisms' and difficult-to-treat infections are associated to prolonged hospitalization with higher costs in terms of human resources, assistance, drugs, disposables, additional cleaning, length of stay, and laboratory. MDROs reproductive number ( $R_0$ ) should be kept in mind when estimating an outbreak cost (Table 7).

### CRE

Lin et al. developed a computational model in order to predict the cost-effectiveness of CRE surveillance strategies in ICU [150]. The cost of a single CRE patient was esteemed to be \$639,48 based on literature review. Other than reducing CRE colonization acquisition, they found out that up to \$572.000/year could have been saved whenever IPC strategies were implemented in Maryland, USA. That, considering Maryland 2012 incidence of 4.8 CRE every 100.000 persons.

Nowadays the rate of CRE has risen exponentially.

A single identification of a CRE infection or colonization could be responsible up to 11 transmission, according to a Brazilian study [151].

In this study, authors developed a mathematical model to describe the dynamics of transmission of CRE in ICU, and they found CRE transmission  $R_0$  (*basic reproduction number*) to be 11 with the routine IPC before the implementation of the experimented IPC strategies they performed. After IPC implementations,  $R_0$  dropped to 0,41 (range 0-2,1). To our knowledge, this is the only study that was capable of estimating the  $R_0$  of CRE colonized patients.

Recently, many and effective new antibiotics have been discovered against CRE [152], but their costs are still very high.

### VRE

Mac et al. proved the same cost-effectiveness of VRE screening and isolation in medicine ward in Canada [153]. The cost of a single VRE patient was esteemed to be \$17,949 [154] while a VRE outbreak €60.524 [155] based on literature review. Equally to Lin et al. for CRE, they proved both VRE colonization acquisition and relative mortality reduction at a cost-effectiveness threshold of \$50,000/QALY (*quality-adjusted life years*) in Toronto, Canada. According to current literature, VRE transmission  $R_0$  was 1.32 (range 1.03-1.46) [156].

### MRSA

Chaix et al. esteemed the cost of a single MRSA infection in a French ICU to be \$9.275, while IPC measures for MRSA would range from \$340 to \$1480 per patient and \$30.225 for the entire outbreak [157,158]. They proved that a routinary screening together with other IPC measures managed to reduce both costs and MRSA incidence, the latest by 14%. According to a recent review, universal decolonization would be more effective and less expensive than other IPC strategies, but the most effective would be a combination of screening, isolation, and decolonization in ICU setting, even though the most expensive one [159]. Eike Steining and colleagues conducted the first study on community-acquired MRSA  $R_0$ , resulting in a range between 0.97 and 1.60 depending on the strain [160].

In summary, IPC measures in ICU have been proved to be cost-effective wherever MRSA colonization and infection rates are significant, although no cut-off rate has been assessed.

### CRAB

Literature on carbapenem-resistant *Acinetobacter baumannii* (CRAB) outbreak costs is more scares. Coyle et al. elaborated a model estimating CRAB single patient cost up to \$55,122 for a 13-days length of stay [161], confirmed by Young et al., who reported a real-life data cost of \$60,000 in a Korean ICU [162]. Considering a  $R_0$  of 1,5 approximately in Australian ICUs, total outbreak cost would be around \$1 million [27]. Implementing IPC measures, the threshold would be

### *C. auris*

Taori et al. analysed the cost a *Candida auris* outbreak in London, UK, estimated to be €1.217.817, 84. The additional length of stay accounted for half of this sum (€69.645,50/month) [163]. The screening cost for *C. auris* was esteemed to be €269.984 during outbreak (€51.040/month) [163].

Considering this study, a *C. auris* outbreak exceeds in costs an average CRE outbreak (€1.1 millions) [164] and *Clostridium difficile* outbreak (€1.222.376) [165], taking into consideration the long-lasting contamination or the need for closing the ICU for a certain period.



Cost-effectiveness of IPC measures in *C. auris* outbreaks is still to be assessed. Recently, Rosa et al. managed to prove the positive economic impact of the implementation of an in-house PCR (polymerase chain reaction) to screen patients presenting risk factors for *C. auris* acquisition at admission in Miami hospitals, USA [166]. The saving margin in two-years post-intervention period was between \$772.513,10 and \$3 730.480,26, based on a deduced incidence of positivity of 3% [166].

As far as we know, none of *C. auris* studies conducted so far identified *C. auris* transmission  $R_0$ .

**Table 7.** Estimated basic reproduction number ( $R_0$ ), single patient- and associated outbreak- costs of the most common pathogens responsible for outbreaks in ICU based on literature research.

Type of pathogen	Estimated mean single-patient cost per hospital length of stay i	Estimated mean $R_0$	Estimated mean outbreak cost	IPC implementation threshold (up to)
CRE	\$ 639,48	11	€1.1 millions	\$572,000
CRAB	\$55,122-\$ 60,000	1.5	€1.0 millions	\$75,000-\$93,822/QALY
VRE	\$17,949	1.32	€ 60.524	\$50.000/QALY
MRSA	\$ 9.275	0.97-1.6 [160]	\$30.225	\$9.275
<i>C. auris</i>	€ 35.818*	Unknown	€ 1.2 millions	\$3.730.480,26
(HO-CDI)	\$30,049 - \$34,149 [165] [167]	0.55-7.0 [168]	€1.2 millions	\$150 000/QALY [169]

*C.auris*: Candida auris; CRAB: carbapenem-resistant Acinetobacter baumannii; CRE: carbapenem-resistant Enterobacteriaceae; HO-CDI: Hospital-acquired Clostridium difficile infection. MRSA: meticillin-resistant Staphylococcus aureus; QALY: quality-adjusted life year. VRE: vancomycin-resistant Enterococci.

\* Calculated dividing the total cost of the outbreak for the number of patients involved.

Therefore, IPC represent a solid cost-effective solution for CRE, VRE, MRSA and CDI outbreaks and a possibly cost-effective strategy for *C. auris* outbreaks, as they seem to be capable to prevent these hospitalizations with associated costs.

Reproductive numbers of other pathogens possible responsible for outbreaks in ICU have been reported in Table 8.

**Table 8.** Estimated basic reproduction number ( $R_0$ ) of other pathogens possibly responsible for outbreaks in ICU.

Type of transmission	Type of pathogen	Estimated $R_0$ (mean)	Country
Airborne	SARS-CoV-2	1.4 to 6.7 [170] (4.1)	China, Italy, Korea, Peru
	SARS virus	1.7 to 1.9 [171] (1.8)	Hong Kong
	MERS virus	2.0 to 6.7 [172] (4.4)	Saudi Arabia

	H1N1	1.9 [173]	China
	Mycobacterium tuberculosis (MTB)	0.8 to 1.2 [174] 0.2 to 0.4 [175] (0.29)	USA
	Measles virus	0.7 [176] to 25.3 [171] (13)* 12-18 (15) [177]	USA, Italy, Japan Systemic review
Vectorborne	Zika virus	2.3 [178] to 27.2 [179] (14.9)	Brazil, Chile
	Dengue virus	1.1 [180]-1.7 [178,181] (1.4)	Indonesia, Brazil
Bloodborne/ Body fluids contact	Ebola virus	1.1 to 10 [182] (1.95) [182]	West Africa
	HIV (viremic)	(36.8) [183]	Uganda

\*The most recent studies suggest a  $R_0 < 1$  thanks to vaccination.

14. NEW EXPERIMENTED STRATEGIES

Beyond HH and isolation precautions, new experimental IPC strategies have been proposed in the last 10 years. These strategies are focused on MDROs outbreaks (Table 9).  
Most recent applications include the employment of Artificial Intelligence and Machine Learning, but literature is still scarce on this topic.

**Table 9.** New experimented strategies in the last 10 years to prevent MDROs spreading.

Study author and year of publication	Country	Study design	Pathogen	Experimental period	Name of the new strategies
De Freitas DalBen et al. 2016 [184]	Brazil	Prospective study	CRE	Baseline period: 10 months Intervention period: 24 weeks	Educational model based on: <ul style="list-style-type: none"><li>• Simulations of IPC</li><li>• Weekly auditing and feedbacks</li><li>• Weekly Compliance rates presented in a poster in the Unit.</li></ul>
Stachel et al. 2017 [185]	USA	Prospective study	MDROs	8 months	Automated surveillance system to detect hospital outbreak

Fitzpatrick et al. 2020	Ireland	Narrative review	All pathogens	-	Artificial Intelligence in IPC: driven by “big data”, it could find correlations that may indicate medically relevant conditions or identify potential risk factors for outbreaks
Meschiari et al. 2021 [51]	Italy	Prospective study	<i>CRAB</i>	6-years (2013-2019)	Cycling radical cleaning and disinfection
Piaggio et al. 2023 [186]	Italy	Systemic review	All pathogens	-	<ul style="list-style-type: none"> <li>• Use of smart environments and robots to implement Health 4.0, which is based on the integration of Internet of Things, Cloud and Fog Computing, and Big Data</li> <li>• HCWs awareness and training with respect to the design and use of health care technologies that could impact on daily work</li> </ul>
Zwerwer et al. 2024 [132]	Netherlands	Prospective study	All pathogens	3-years (2014-2017)	Machine-learning model to predict the need for infection-related consultations in ICU

ICU: Intensive Care Unit; IPC: Infection prevention and control; USA: United States of America.

One of the most relevant, easy-to-implement, and effective, is the five-items IPC bundle proposed by Meschiari et al. for CRAB outbreaks in ICU (Box.4) [51]. Notably, *A. baumannii* outstands for its endurance and it could survive on dry surfaces up 5 months [187], de facto facilitating its spreading.

Box. 4 Meschiari’s ‘five-components bundle’ of IPC [51].
<div><div>1. Proactive reinforcement of all routine IPC practices among HCWs:</div><div><div>a. Improving HH compliance with <b>direct observations</b> of the WHO “5 moments” performed by IPC nurses followed by individualized verbal feedback;</div><div>b. Establishing an “<b>improvement group</b>” with medical and nursing staff to analyze critical issues regarding HH compliance;</div><div>c. Monitoring compliance with contact precautions performed by IPC nurses using two specific <b>checklists</b>;</div><div>d. Meetings with <b>radiology and transport</b> personnel to reinforce compliance with IPC measures.</div></div><div>2. Extended CRAB screening.</div><div><div>a. For all patients with an expected ICU length of stay &gt; 24 h in ICU</div><div>b. At admission and weekly thereafter.</div><div>c. <u>S</u>wabs should be performed in axilla, in groin, in trachea and rectum.</div></div><div>3. Contact precaution measures.</div><div><div>a. For all patients until discharge, independently of CRAB status.</div><div>b. Single-use gloves and gowns should be worn before entering in each single patient unit, and gloves changed according to <i>WHO 5 moments for HH</i> [59]).</div></div><div>4. Environmental sampling</div><div><div>a. By means of pre-moistened sterile gauze pads, suggested by Corbella et al. as it showed an increased sensitivity for <i>A. baumannii</i> [188].</div><div>b. After rubbing vigorously all ICU surfaces, moistened gauze pads should be firstly put in incubation for 24 h at 37 °C in a screw-cap container with 10 mL of brain heart infusion medium (BHI), and secondly sampled into MacConkey agar plates and incubated aerobically at 37 °C for 48 h.</div></div><div>5. Cycling radical cleaning and disinfection</div><div><div>a. Of all rooms, common areas and patients</div><div>b. Use of 10% sodium hypochlorite for environmental surfaces</div><div>c. Use of hydrogen peroxide in wipes for medical devices</div><div>d. Cleaning and disinfection should be performed from upper corner to opposite lower corner starting from a transitory unit to be kept free. Disinfection should be checked by IPC nurses through fluorescein spray with an UV torch, with a special attention to hard-to-reach areas. If not effectively cleaned, disinfection should be repeated.</div><div>e. All disinfected surfaces should dry completely before re-using them.</div><div>f. After common area sanification, the colonized patient is moved from his original unit to a transitory unit, where patient’s disinfection is performed with 2% leave-on chlorhexidine disposable cloths. In the meanwhile</div></div></div>

- patient’s original unit gets disinfected and, once bed is cleaned, the disinfected patient can come back to his original room. Transitory room gets cleaned thereafter.
- g. The whole cycle process takes around 6h to be completed.
- h. The process requires the recruitment of two-people dedicated to the cleaning and an additional nurse shift.

Marianna Meschiari et al. when facing a CRAB outbreak in their ICU, decided to implement and systematize IPC measures, which lead to the elaboration of this successful protocol (Box.4).

While previously existing items n. 2 and n. 3 were intensified and revised (multiple sites vs rectal site for n. 2 and universal vs CRAB-carrier only contact precaution measures for n.3), the items 4 and 5 are novelty in the field. In their study, whole genome sequencing (WGS) analysis was performed for all CRAB isolates, environmental or clinical.

The pitfall of this new method is that it is frequently difficult to create a ‘transitory room’ due to the ICU overcrowding currently affecting many ICU all over the world [189].

Moreover, the whole process takes approximately 6h, that implies the need for supplementary HCWs or, more realistically, healthcare assistant shifts, contributing to work overload [190]. It could be still useful to avoid ICU closure and limiting admissions due to extensive CRAB contamination. It is also applicable to open space ICU, the most affected type of ICU by nosocomial epidemics [191]. After the introduction of the *cycling radical cleaning and disinfection* in 2018, Modena ICU (Italy) did not experience nosocomial ICU-CRAB outbreaks anymore, but only sporadic cases [51]. Furthermore, ICU alcohol hand rub use increased more than 3 times, and also total antibiotic use dropped in measure of 18,2%, while meropenem and fluoroquinolones of 83,3% and 84% respectively (percentages were calculated based on original article’s data).

15. FUTURE PERSPECTIVES OF IPC

It has not escaped our notice that IPC strategies could consistently change in the next few years (Table 10). Phage therapy, targeting specific virulence genes and non-antibiotic decolonization strategies seem the most promising ones.

Table 10. Proposed future strategies tackling MDROs spreading in ICU.

First Author and year of publication	Country	Target pathogen	Aim of the study	Suggested technique
Hatfull GF et al. 2022 [192]	USA	MDRB	Fighting antibiotic resistance	Phage therapy
Wang J et al. 2024 [193]	China	MDR-Corynebacterium striatum	Fighting antibiotic resistance	Phage therapy
Skurnik et al. 2016 [194]	USA	CPE	Vaccine against CPE (including NDM-producers <i>E. coli</i> , <i>E. cloacae</i> , <i>K. pneumoniae</i> , <i>K. pneumoniae</i>	Vaccine targeting polysaccharide poly-(β-1,6)-N-acetyl glucosamine (PNAG) in CPE

			<i>carbapenemase (KPC)-producing and PNAG-producing P. aeruginosa)</i>	
Kalfopoulou et Huebner. 2020 [195]	Germany	VRE	Vaccine against Enterococci and VRE	Vaccine targeting capsular polysaccharides and surface-associated proteins in <i>Enterococci</i>
Miller et al. 2020 [196]	USA	MRSA	Vaccine against MRSA	Vaccine targeting <i>superantigens</i> and <i>pore-forming toxins</i> in MRSA
Meschiari et al. 2021 [51]	Italy	CRAB	IPC measures in CRAB's outbreaks	Targeting <i>inactivated adeN</i> gene in CRAB
Ji Yun Bae et al. 2023 [197]	Korea	CRAB	Identifying virulents CRAB's genes associated with higher mortality in VAP	Targeting <i>hisF</i> and <i>uspA</i> genes in CRAB
Choi et al. 2022 [82]	South Korea	VRE and CRE	New non-antibiotic decolonization strategy	4-items bundle: <ol style="list-style-type: none"> <li>1) Using a glycerin enema for mechanical evacuation;</li> <li>2) Daily lactobacillus ingestion for restoration of normal gut flora;</li> <li>3) Skin cleaning with chlorhexidine;</li> <li>4) Bed sheets and clothing changed every day.</li> </ol>
Wong et al. 2023 [198]	USA	All pathogens	Use of artificial intelligence for new antinfective	Artificial intelligence implementation



			drugs discovery, pathogens' pathophysiology and transmission understanding, and diagnostics	
Zwerwer et al. 2024 [132]	Netherlands	All pathogens	Use a machine- learning model to predict the need for infection-related consultations in ICU	Machine-learning model

CRAB: carbapenem-resistant *Acinetobacter baumannii*; CRE: carbapenem-resistant Enterobacteriaceae; CPE: carbapenem-producing Enterobacteriaceae. ICU: Intensive Care Unit. MRSA: meticillin-resistant *Staphylococcus aureus*; PNAG: polysaccharide poly-( $\beta$ -1,6)-N-acetyl glucosamine. VRE: vancomycin-resistant Enterococci.

Take-home messages are displayed in Box.5.

Box.5 Take home messages
<div><div>1.</div><div>The most effective IPC strategy remains unknown, as multimodal approach does not let identify the most effective, given that all strategies are applied simultaneously [106]</div></div> <div><div>2.</div><div>Any outbreak should be a reason to intensify IPC (<i>infection prevention and control</i>) measures [51].</div></div> <div><div>3.</div><div>A single CRE patient, could be responsible up to 11 contagions.</div></div> <div><div>4.</div><div>Further studies are needed to strengthen in favor or against MDROs decolonization in ICU setting.</div></div> <div><div>5.</div><div>A standardized, universal, pragmatic protocol for HCW education should be elaborated.</div></div> <div><div>6.</div><div>A rapid outbreak recognition tool (i.e., an easy-to-use mathematical model) should be proposed to improve early diagnosis and spreading prevention.</div></div> <div><div>7.</div><div>The standard cleaning with self-monitoring is insufficient to control MDROs environmental spread.</div></div> <div><div>8.</div><div>Mechanical removal of biofilm may be more relevant than the type of disinfectant [51,199].</div></div> <div><div>9.</div><div>Weekly rectal, pharyngeal and tracheal swabs for CR-GNB should be performed [105].</div></div> <div><div>10.</div><div>Environmental samples should be collected with sterile BHI moistened gauze, as normal swabs revealed a low sensitivity for some pathogens like <i>Acinetobacter baumannii</i> (0 to 18%) [51,200].</div></div> <div><div>11.</div><div>IPC strategies proved their cost-effectiveness independently to country, pathogen or type of strategy.</div></div> <div><div>12.</div><div>New promising strategies are emerging and need to be tested in the field.</div></div>

Limitations

Limitations of this review include the narrative nature of the study, which lead to the subjectivity in articles and guidelines selection. We decided to mention some of the preventive measure and risk factors among a few special populations to raise physician’s attention towards these categories. A deep focus would require a dedicated, population-based, separate review.

Considering the cost-effective reporting, studies have been conducted in different countries and  $R_0$  should have been calculated differently in each setting, therefore these numbers could not be equally applicable to every country or setting.

## Conclusions

The lack of IPC strategies or its application, have made and still make hospitals, and ICUs in particular, responsible for an increase of MDROs reservoir into the community [26].

Despite the great number of studies on IPC, it is still difficult to evaluate which is the most effective because of intrinsic study limitations [201].

It would be surely interesting to see if the Meschiari 'five-bundle protocol' for CRAB outbreaks, could be applied to other difficult-to-control critical pathogens outbreaks, such as CRE and *Candida auris*.

A univocal, numeric, and easy to calculate definition of "hospital outbreak" of a certain infective disease is still lacking. This would accelerate the outbreak identification process by healthcare personnel and prompt put in place of IPC strategies. Further studies based on the proposed mathematical model provided by the Brazilian group of Sao Paulo should be encouraged to assess in-hospital-acquired pathogens  $R_0$  [202].

Hopefully, in the future plasmid modifications by genetic engineering would represent a plot-twist in CRE infection control strategies, as well as phage therapies [192].

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