

# **Antimicrobial resistance following azithromycin mass drug administration: potential surveillance strategies to assess public health impact**

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## **Article's main points**

Azithromycin Mass Drug Administration results in a sustained increase in antimicrobial resistance when implemented at a population level. Targeted risk-based metagenomics approaches complementing traditional microbiological methods are recommended for surveillance of emerging short- and long-term antimicrobial resistance.

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## **ABSTRACT**

The reduction of childhood mortality noted in trials investigating azithromycin mass drug administration (MDA) for trachoma control has been confirmed by a recent large randomised controlled trial. Population-level implementation of azithromycin MDA may lead to selection of multi-resistant pathogens. Evidence suggests that repeated azithromycin MDA may result in a sustained increase in macrolide and other classes of antibiotic resistance in gut and respiratory bacteria. Current evidence comes from standard microbiological techniques in studies focused on a time-limited intervention, while MDA implemented for mortality benefits would likely repeatedly expose the population over a prolonged period and may require a different surveillance approach. Targeted short-term and long-term surveillance of resistance emergence to key antibiotics, especially those from the WHO Access group, is needed throughout any implementation of azithromycin MDA, focusing on a genotypic approach to overcome the limitations of resistance surveillance in clinical isolates.

## DISCUSSION

### **Intermittent childhood azithromycin mass drug administration in sub-Saharan Africa: current indications and supporting evidence**

The most frequent indication for azithromycin mass drug administration (AZM MDA) across Africa is endemic trachoma [1]. In 1997, the WHO established the Global Alliance for the Elimination of Blinding Trachoma by 2020 (GET 2020), and there is clear evidence that single-dose AZM MDA reduces the prevalence of active trachoma and ocular infection [2]. A reduction in childhood mortality was observed in studies of AZM MDA for trachoma in the sub-Saharan setting [3 , 4]. The MORDOR I study (Macrolides Oraux pour Réduire les Décès avec un Oeil sur la Résistance, [clinicaltrials.gov # NCT02048007](https://clinicaltrials.gov/ct2/show/study/NCT02048007)) [4] was specifically designed to investigate any potential mortality benefit. The study assigned communities in Malawi, Niger, and Tanzania to four twice-yearly MDA rounds of either 20 mg/kg per dose oral AZM or placebo. This cluster randomized controlled trial demonstrated a reduction of all-cause mortality in under-five year old children of 14% in the treatment group [4]. Mortality reduction (18%) was observed most clearly among infants in Niger and those who were less than 6 months of age, with the highest mortality rate at baseline. Extension for two more rounds during MORDOR II did not show significant evidence of a waning effect of AZM MDA on childhood mortality [5]. In communities who received placebo originally, childhood mortality decreased after receipt of AZM [5].

Emergence of antibiotic resistance linked to antibiotic MDA could be a barrier to widespread implementation. There are concerns that AZM MDA will lead to selection of macrolide-resistant strains of *Chlamydia trachomatis*, and resistance to macrolides and other classes of antimicrobials in other pathogens. Here, we discuss these

concerns and propose a strategy to monitor emerging antimicrobial resistance (AMR) alongside the implementation of AZM MDA for prevention of childhood mortality in sub-Saharan Africa.

### **Anticipated antimicrobial resistance and microbiome changes associated with azithromycin use**

Macrolides bind to the 23S rRNA of the 50S ribosomal subunit and inhibit protein synthesis. Resistance occurs by alteration of the target, active efflux, and antibiotic inactivation [6 , 7]. It can be selective for the 14- and 15-membered macrolides (erythromycin, clarithromycin, azithromycin; M phenotype) or be relevant for the 16-membered macrolides (spiramycin, josamycin), lincosamides (clindamycin), and streptogramin B (MLSB phenotype) [8]. M-type resistance is mediated by chromosomally (*mef*) or plasmid-encoded macrolide efflux genes (*msrA*) [9 , 10 , 11] and generally confers low-level resistance among streptococci, whereas MLSB resistance is caused by methylation of the 23S rRNA, which blocks the ribosomal binding site and commonly confers high-level resistance [8]. The methylase is encoded by *erm* (erythromycin ribosome methylase) genes. This phenotype can be constitutive (MLSB-C) or inducible (MLSB-I) [6 , 7 , 8]. Highly macrolide-resistant *Streptococcus pneumoniae* isolates that have both *erm* and *mef* resistance mechanisms are increasingly reported [8].

Pneumococcal lineages that harbour multiple antibiotic resistance determinants also show a higher degree of mosaicism in housekeeping genes [12]. This facilitates horizontal gene transfer from genetically related organisms, such as viridans streptococci, and increasing exposure to co-colonizing resistant bacteria. The final result may be more interstrain homologous-recombination events with the

incorporation of resistance determinants for  $\beta$ -lactams, fluoroquinolones, and cotrimoxazole in the core genome or on integrative transposable elements for macrolides, lincosamides, tetracycline, and chloramphenicol. These data highlight the importance of the commensal oral flora as a reservoir of macrolide resistance determinants from holistic metagenomic studies [13].

Macrolides are also expected to affect Gram-negative *Enterobacteriaceae*, which are known to harbour various mobile genetic elements (MGE) [14] and serve as a reservoir for antibiotic resistance genes in the gut [15]. The acquisition of novel genes by plasmids through MGE such as transposons or insertion sequences, and their ability to replicate in a wide range of bacterial hosts, makes them perfect vectors for the spread of antimicrobial resistance [16]. Unrelated to macrolide use, such resistance evolution is best described in Gram-negatives where extended-spectrum beta-lactamases (ESBL) are frequently associated with co-resistance to aminoglycosides and fluoroquinolones [17]. Selection of these isolates may be driven by a single antibiotic resulting in resistance to multiple unrelated antibiotics.

Azithromycin is considered a potent potential driver in the selection of such co-resistance because of its very long elimination half-life of >50 hours, high intracellular and prolonged tissue concentration, prolonged rate of dissociation from the ribosomal target with a prolonged postantibiotic effect, large volume of distribution resulting in possible long-term effects in various body compartments, and better activity against common Gram-negative bacteria compared with other macrolides [8, 15, 18]. While evidence linking AZM use to emergence of resistance in Gram-negatives is sparse, there is a clear need for active surveillance in the context of AZM MDA.

Co-resistance and co-selection processes driving AMR may additionally be compounded by microbiome impacts if alterations in the microbiome result in a

predominance of resistance gene-carrying organisms. The gut as a reservoir for antibiotic resistance genes can be disturbed by antibiotics in its composition and function as well as selecting for antibiotic-resistant microbes [19]. Several studies have evaluated the effects of antibiotic exposure on the paediatric gut microbiome diversity, showing variable results [20 , 21 , 22 , 23 , 24]. In general, these studies find reductions in observed richness and Shannon diversity during or shortly after AZM exposure. Once antibiotic treatment is stopped, microbiota may display a certain degree of resilience, being capable of reverting to near their pre-exposure composition after many months [24]. However, complete recovery to the initial state may not occur or be age-dependent, particularly in the context of repeated antibiotic insults during vulnerable time-periods of age [23 , 25]. Overall, AZM may cause important changes in the human gut microbiome, but the effects on antimicrobial resistance of these shifts remain unclear.

### **Evidence summary on antimicrobial resistance following azithromycin MDA in Sub-Saharan Africa**

A recent systematic review [26] of antimicrobial resistance following AZM MDA for trachoma by O'Brien et al. identified that this approach selects for macrolide resistance in some potentially pathogenic organisms, with a possible population-level dose-response resulting in increased resistance selection as the number of distribution cycles increases (**Supplementary Table 1**). Antibacterial resistance emergence has also been seen in the MORDOR I trial (12.3% vs. 2.9% of children carried macrolide-resistant pneumococci in communities receiving AZM vs. placebo) [19]. When antibiotic selection pressure is removed, the prevalence of resistance may return to baseline levels over time, though most studies followed populations for 6 months or less, and results were mixed in studies with shorter follow-up periods

[26]. About half of studies evaluating AMR after AZM MDA did not measure baseline antibiotic resistance in the target pathogens, making it difficult to prove that AZM MDA caused observed changes. *Streptococcus pneumoniae* in nasopharyngeal samples was the main target organism of most studies with less focus on other organisms, such as *Escherichia coli* (stool samples) and *Staphylococcus aureus* (nasopharyngeal samples). Most studies came from Africa with the reported resistance data collected between 1995 and 2017, from longitudinal cohort studies or (repeated) cross-sectional studies except Skalet [27] and Keenan [28], which were RCTs.

### **Impact of different techniques determining AMR**

Most studies determined AMR by phenotypic susceptibility testing using Etest or disk diffusion [26]. Only in three studies were molecular methods applied (such as multilocus sequencing [29], targeted PCR [28] or DNA microarray [30] for detection of e.g. *mef* or *erm* genes). Most of the data generated are presented as the percentage of isolates of a given organism that are resistant to a specific antibiotic. Such data are readily available and easily interpreted, but may not be the optimal method by which to measure changes in resistance from the public-health perspective, in particular changes brought about by antibiotic use [31]. When evaluating the burden of resistance, the density of resistant isolates expressed as rates should be assessed representing the absolute number of resistant isolates in an at-risk population over time [31].

### **On-going clinical studies/trials**

There are currently 20 actively recruiting or about to recruit randomised controlled trials investigating AZM treatment in the target population registered in



ClinicalTrials.gov (**Table 1**). In 3 cases the trialled AZM treatment course includes more than a single dose. Five studies are associated with the MORDOR trial [4]. Six trials specify that resistance will be assessed in respiratory or gut bacteria with a variety of microbiological techniques used. An additional 7 trials intend to investigate impacts on the nasopharyngeal or gut microbiome without specific assessments of antibiotic resistance. Finally, 6 trials are not planning to evaluate antimicrobial resistance or are limited to the target pathogen for the intervention (*Chlamydia trachomatis* or *Treponema pallidum ssp. pertenue*).

## **Surveillance strategies for antimicrobial resistance during continuous azithromycin MDA**

### **Genotypic versus phenotypic testing of AMR**

Although phenotypic methods remain the cornerstone of clinical antimicrobial susceptibility testing, molecular characterization of AMR determinants is being considered for local, national, or even global surveillance of AMR [32]. In 2015, WHO launched the Global Antimicrobial Resistance Surveillance System (GLASS) in order to standardize the collection of data on AMR for global planning, prevention and intervention programs [33]. Reports to GLASS currently rely on detection of phenotypic resistance, however in the future GLASS may incorporate the results of molecular testing for AMR detection by appropriate methods. Molecular diagnostic methods can be used together with phenotypic testing to yield additional information, provided that the most appropriate molecular AMR tests relevant to the setting are used. There has been a dramatic reduction in cost and an increase in the quality and availability of whole-genome sequencing (WGS), making this technology gradually more accessible for routine scientific use but also for clinical diagnostics and surveillance. In the following section, we discuss advantages and disadvantages of

genotypic versus phenotypic surveillance of antimicrobial resistance in the context of AZM MDA (**Table 2**).

### **Whole metagenome sequencing (WMGS) to detect AMR genetic determinants: Opportunities and challenges**

Traditional microbiology relies upon clonal cultures that select for dominant bacterial species/strains and largely ignore non-pathogenic bacterial species, and this approach has also been used for AMR surveillance. In routine clinical care, culturing of more than a few selected “indicator” organisms is generally difficult for logistical reasons (especially in clinical specimens with a high bacterial load such as stool samples) and may not be helpful in the optimization of patient care. Early sequencing examined specific genes such as the 16S rRNA gene and revealed the microbial biodiversity that had been missed by culture-based methods. Non-pathogenic “commensal” bacteria serve as an antibiotic resistance reservoir and must be addressed since these microorganisms may gain, maintain and deliver genes to other microorganisms [15]. Indeed, many of the clinically relevant resistant bacteria are believed to originate from the environment, together constituting a large and almost unexplored resistance reservoir [34]. As an example, Devirgiliis et al. [35] report on AMR in foodborne *Lactobacillus* and *Lactococcus* species, two genera of Lactic Acid bacteria that often represent the dominant bacterial population in breast-fed infants. Different *Lactobacillus* species were shown to transfer erythromycin and tetracycline resistance genes to *Enterococcus faecalis*, indicating a potential risk of using Lactic Acid Bacteria starters that have not been tested for the absence of AMR genes.

Recent studies, especially in Africa, have predominantly used 16S metagenomics to determine taxonomic profiling and describe community composition (diversity and abundance) [24]. Alternatively, a shotgun metagenomics approach can be used to directly detect antibiotic resistance genes in samples of interest, potentially indicating the impact of an exposure like AZM MDA on the microbial resistance landscape. Arguably this would be highly relevant for public health as an ‘early warning’ system compared with the slower expected AMR changes in indicator pathogens from routine microbiology samples for invasive disease, if available.

Extracting the relevant information to detect genetic determinants related to AMR from WMGS data encounters two main challenges: (1) access to comprehensive databases containing the relevant DNA or protein sequence targets and (2) application of appropriate bioinformatic methodologies to accurately extract the relevant information from WMGS data based on these target databases [32]. This is further complicated by the fact that many genetic mechanisms can result in a given AMR phenotype without easy decision rules for prediction of their correspondence. As a consequence, many of the bioinformatic tools to detect AMR genetic determinants rely on target databases containing well-defined genes or specific single point mutations, where a strong correlation between the genetic determinant and a given phenotype exists and can be extracted from either published peer-reviewed articles or from pre-existing archives such as the Antibiotic Resistance Gene Database (ARDB) [32 , 36 , 37]. These databases are based on *a priori* data and are therefore not suitable for detecting completely new gene families, genes, or point mutations and have to be updated frequently. Such databases do not support the analysis of the large-scale, ecological sequence datasets required for AMR surveillance. Specifically tailored databases such as MEGARes

(<https://megares.meglab.org>) could facilitate the characterization of AMR determinants in the context of large metagenomics studies [36].

### **Time points, target population and target genes of AMR testing**

One important limitation of many studies on AMR after AZM MDA is the lack of baseline resistance data in the target population. Clearly a high prevalence of resistant pathogens before exposure to AZM MDA is a major additional risk factor for subsequent increases in antimicrobial resistance. One can imagine that the “trough” prevalence of resistance immediately before each round of MDA might progressively increase over several years. Hence, this is the key sampling time point for AMR, and similarly the key population are as yet unexposed children at the age of receipt of AZM MDA (as well as those who are the target population for ongoing MDA cycles) and their household contacts (**Figure 1**). Surveillance should take the approach of repeated cross-sectional sampling in households in target communities to establish population level changes over time. To appropriately target AMR surveillance, health care workers delivering the intervention could also be responsible for sampling infants and their household members prior to each AZM administration. Alternatively, or if there are additional populations of special interest, systematic sampling could be done during health care visits for routine immunisations in children [38] or involve pregnant women visiting antenatal clinics. To assess two large microbial reservoirs, sampling should pragmatically focus on the nasopharynx and stool. Using a metagenomics approach enables to directly target and detect antibiotic resistance genes (instead of target organisms) in samples of interest. This is especially important in the context of AZM treatments, as genes mediating macrolide resistance are mainly found on transferable genetic elements such as plasmids. To determine the required sample size for on-going active surveillance, baseline prevalence of the

target genes must first be assessed, as this will enable definition of a meaningful level of change that it would be desirable to detect. AMR changes in indicator pathogens from routine microbiology samples obtained from diseased individuals are expected to change more slowly and are not feasible to reliably collect and process in many LMIC settings, and will be less suitable for the goal of timely identification of AZM MDA impacts. However, where possible parallel tracking of such changes is important to confirm that observations from colonizing isolates are clinically relevant.

### **Summary: Potential strategies for AMR surveillance**

- Strengthening surveillance of invasive or clinical isolates of key pathogenic bacteria is desirable, but is limited by local capacity, difficult to quality assure, and crucially expected to result in a small number of isolates and show the impact of AMR after a long lag time.
- Young age is most relevant for invasive disease and, for example, pneumococcal carriage. Active surveillance should focus on infants and young children as well as their household contacts and should be incorporated into implementation of AZM MDA or linked to routine but systematic health services contact.
- In general, pre-MDA ‘trough’ prevalence of resistance is a key indicator. All samples, from MDA recipients and household contacts (representing indirect impacts of AZM MDA, presumably through community transmission), should be obtained immediately prior to AZM administration.
- Alongside investments in routine microbiological capacity in regions for which AZM MDA for mortality benefits is relevant, capacity building for local sequencing-based active surveillance is desirable.

## CONCLUSIONS

Azithromycin provides undisputed beneficial effects for treatment of various infectious diseases, however sparse evidence suggests that widespread and long-term exposure of children during MDA will promote macrolide and other antimicrobial resistance. For future studies or where AZM MDA is implemented as a regional or national policy capacity building for monitoring of potential adverse AMR outcomes using both phenotypic and genotypic methods, should be identified as an integral part of program delivery. This has the potential to strengthen local microbiology capacity while providing trends in genotypic resistance to key antibiotics to treat serious infections. Impacts on clinical isolates would be expected to be observed in the more distant future when the impact of AZM MDA may no longer be modifiable. Sampling of a baseline (“trough”) prevalence of AMR is a key indicator and will enable early consideration of steps to mitigate against changing resistance patterns while harnessing AZM MDA benefits to prevent childhood mortality.

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## **Abbreviations**

AMR, antimicrobial resistance; AZM, azithromycin; CAR, Central African Republic; CEF, ceftriaxone; CLI, clindamycin; CLSI, Clinical & Laboratory Standards Institute; COT, cotrimoxazole; cRCT, cluster randomised controlled trial; DOXY, doxycycline; EONS, early onset neonatal sepsis; ERY, erythromycin; GLASS, Global Antimicrobial Resistance Surveillance System; LEVO, levofloxacin; LIN, linezolid; LONS, late onset neonatal sepsis; OTU, operational taxonomic unit; MDA, mass drug administration; MERO, meropenem; MIC, minimum inhibitory concentration; MLSB, Macrolide-Lincosamide-Streptogramin B resistance; MRSA, methicillin-resistant *Staphylococcus aureus*; PCR, polymerase chain reaction; PEN, penicillin; RCT, randomised controlled trial; TET, tetracycline; VANCO, vancomycin; W(M)GS, whole (meta-)genome sequencing.



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