

Association between D Dimer and Inflammatory Markers in COVID-19 Patients with Preexisting Chronic Kidney Disease

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Authors' contributions

This work was carried out in collaboration among all authors. Author NSM designed the study, wrote the protocol, performed the statistical analysis, Author RK managed the study methodology and the analyses of the study. All authors read and approved the final manuscript.

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ABSTRACT

Background: Renal involvement in Covid 19 disease is an independent predictor of mortality in Covid 19 patients. Hyperinflammation and hypercoagulability are the important key factors for assessing severity of Covid 19 disease. Management of Covid 19 infection in preexisting CKD patients is a challenge.

Aim: 1.To compare D- Dimer, CRP, PCT, Lactate, LDH and Ferritin of Covid 19 CKD patients with that of Covid 19 patients without CKD.

2. To evaluate the correlation between D-Dimer levels and Inflammatory markers in Covid 19 CKD patients.

Study Design: An observational cross sectional study

Place and Duration of Study: Dept of Biochemistry, Institute of nephrourology, Bangalore, India. from July 2020 to Dec 2020

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Methodology: Study population were categorised into 3 groups, Group 1 (Covid 19 with preexisting CKD), Group 2 (Covid 19 without CKD) and Group 3 (CKD without Covid 19) . All the groups were assayed for D dimer, CRP, PCT, Lactate and LDH using Abbott ci4000 chemistry and immuno assay analyser, in Biochemistry laboratory. Student t test was used to analyse the significance between Group 1&2 also Group 1&3. Pearson correlation was done to analyse the association between d dimer and inflammatory markers in Group 1.

Results : In our study, a peaked and statistically significant (P value = <0.0001) D-Dimer values were observed in Group 1 (7.4 ± 2.5), compared to Group 2 (3.4 ± 2.1) and Group 3 (1.5 ± 0.4]. Similarly CRP, PCT, LDH, Ferritin, and Lactate levels were higher in Group 1 compared to other two groups.

D- Dimer had strong positive correlation with CRP ($r= 0.702$), PCT ($r= 0.66$) , LDH ($r=0.67$) and moderately positive correlation with Lactate ($r=0.42$) in Group1.

Conclusion: This study shows Covid -19 patients with preexisting CKD had significantly higher levels of hypercoagulability marker (D-Dimer) and of hyperinflammatory markers (CRP, PCT, Lactate, and Ferritin). Therefore, it is possible that COVID-19 infection in CKD is more likely to cause severe hyperinflammatory and hypercoagulable state with a worse prognosis.

Keywords: D dimer; CRP; PCT; Lactate; Covid19 disease; chronic kidney disease.

1. INTRODUCTION

Corona virus disease-2019 (COVID-19) which was originally discovered in China, later infected the whole world, has emerged as a fatal disease in last one year, as the severity rate and case fatality rate of the disease, are increasing day by day [1,2]. The disease manifestations range from asymptomatic, mild influenza-like illness to severe pneumonia, acute respiratory distress syndrome (ARDS), multi-organ failure, leading to death [3]. So far, Biochemical markers like serum C-reactive protein (CRP), Procalcitonin (PCT), Ferritin, Lactate dehydrogenase (LDH), and Lactate levels are proven to be strongly associated with the severity of Covid-19 [4-7].

Chronic kidney disease (CKD) is a chronic inflammatory state caused by many factors including infection, oxidative stress, obesity, and immunologic factors, thus has a strong association with Inflammatory markers [8,9]. CRP and PCT are the key inflammatory markers, being used for assessing severity in CKD [10,11]. Hyperferritinemia is also known to be associated with high mortality in CKD patients on dialysis [12]. Coronary heart disease and Multi organ failure due to severe infection and sepsis are the major causes of morbidity and mortality in patients with chronic kidney disease (CKD) thus having an association with hypercoagulability marker D- Dimer [13,14].

D-Dimer, a fibrin degradation product, is being used as a specific biomarker for diagnosing of thromboembolic events in both Covid 19 and CKD patients [15-17].

Management of severe Covid 19 in preexisting CKD patients has become a challenge for nephrologists all over the world. Corrections on the upper limit of all of the above mentioned critical biomarkers in Covid 19 patients with preexisting CKD, becomes very important in managing the same. However, no study has investigated the effect of severe Covid 19 on these critical biomarkers in preexisting CKD patients. Hence in the present study we try to determine the variations in D Dimer, PCT, CRP, Ferritin, LDH, and Lactate in Covid 19 patients with preexisting CKD.

The severe inflammatory reaction is known to be followed by coagulation and fibrinolysis process which thus explains why does venous thromboembolic phenomenon arise as a complication of severe inflammations [18]. Hence in the present study we also try to establish the relation between D-Dimer and inflammatory markers in Covid 19 CKD patients.

2. MATERIALS AND METHODS

This was a cross sectional study conducted in The Institute of Nephrourology (INU), Bangalore, a tertiary care centre, from July 2020 to Dec 2020. All laboratory confirmed COVID-19 cases by Real Time Reverse Transcription Polymerase Chain Reaction (RT-PCR) or Rapid Antigen Test (RAT) who were admitted at this centre in the above mentioned time period were included in the study. They were categorised into two groups, based on the preexisting kidney disease.

Covid 19 patients with preexisting CKD as Group 1 and Covid 19 without CKD as Group 2.

CKD patients who tested negative for Covid 19 were taken as controls, and were in Group 3.

Covid 19 patients were further triaged into mild, moderate and severe groups based on National guidelines as follows, Mild (Respiratory Rate <24/min, SpO₂>94% at room air), Moderate(Respiratory rate: 24 -30/min, SpO₂ 90-94% at room air) and Severe(Respiratory rate >30/min, SpO₂ <90%). As only moderate and severe cases were admitted in the hospital, we also enrolled only moderate to severe Covid 19 cases.

Analysis of various biochemical parameters including D Dimer assay, C-reactive protein (CRP), Procalcitonin (PCT), Ferritin, Lactate dehydrogenase (LDH), and Lactate levels were done in all the three groups.

2.1 Inclusion Criteria

1. Age 18 to 65 years
2. Patients attending outpatient department of nephrourology centre, and those admitted in the wards.
3. Group 1 - Covid 19 patients with preexisting CKD .
Group 2- Covid 19 without CKD
Group 3- CKD patients without Covid 19
4. Covid 19 patients with only moderate to severe disease were included, CKD patients of all stages were included.

2.2 Exclusion Criteria

1. Patients aged <18yrs,
2. Patients with a preexisting history of Venous thromboembolism, or on anticoagulants.
3. Mild Covid 19 cases .
4. Absence of informed consent.

2.3 Laboratory Analysis of Biomarkers

All the parameters were assayed in our Biochemistry laboratory using Abbott CI 4100, Chemistry and Immunoassay analyser..

- i. Urea was assayed by Urease method and Creatinine by Jaffe s method using serum sample.
- ii. D-Dimer was assayed using plasma sample by Immunoturbidimetric method with reportable range of 0.5 -8.5 mg/L.
- iii. Procalcitonin was measured using chemiluminescent microparticle immunoassay (CMIA), with a measuring range of 0.02-100 ng/ml.

- iv. C-reactive protein (CRP) was measured using Immunoturbidimetric method, with the reportable range of 0.50 to 30.00 mg/dl.
- v. Ferritin assay is done by Chemiluminescent Microparticle Immunoassay (CMIA) technique.
- vi. Lactate levels are assayed using plasma sample based on method where lactic acid is converted to pyruvate and hydrogen peroxide (H₂O₂) by lactate oxidase, and increase in absorbance is measured colorimetrically.
- vii. LDH is assayed using serum sample based on the method lactate dehydrogenase catalyzes the conversion of lactate to pyruvate and absorbance is measured colorimetrically.
- viii. RT PCR- Detection of corona virus RNA in nasopharyngeal secretions,was based on single tube multiplex real time RT PCR assay using commercial kit from Q- line molecular. The E-gene, RdRP and Internal control Rnase were the primers and probes used, which were specific for covid 19. The test has a sensitivity of 98.7% and specificity of 100%.
- ix. RAT - Detection of corona virus antigen in nasopharyngeal secretions, was based on the principle of antigen antibody reaction, using commercial rapid antigen kits from BIOCARD with a sensitivity of 92% and specificity of 100%.

2.4 Statistical Analysis

The complete data was compiled in an excel master sheet. Statistical analysis was performed using SPSS software. Continuous variables were expressed as the mean \pm standard deviation. Unpaired independent t test was used to find out significance between Groups 1&2, also between Group 2 &3. *P* value <0.005 was considered significant .

The correlation between D- Dimer and Inflammatory markers was done using Pearson correlation test. Pearson correlation coefficient(*r*) ranging -1 to +1 is considered to assess the correlation.

3. RESULTS

All patients enrolled in the study were divided into 3 study groups, Group 1 were Covid 19 with CKD (n=44), Group 2 were COVID 19 without CKD (n=45) , and Group 3 were CKD without

Covid19 (n=48). Male Female ratio (M/F) in all the three groups were 30/14, 31/14 and 33/15 in Group 1 , 2 & 3 respectively. Mean age of patients enrolled were 49±13 ,46±15 & 45±17 in Group 1 ,2 & 3 respectively[Table-1]. Among total Covid 19 patients(n=89), 54 patients (60%) had moderate disease, 30(33%) had severe disease and remaining 5 (6%) expired in the hospital. Among all Covid 19 patients recruited in the study, 85%(75 patients) were diagnosed based on RTPCR, and 15% (14 patients) were diagnosed based on RAT.

D- Dimer was significantly increased in Group1 (7.4±2.5), compared to Group 2 (3.4±2.1) and Group 3 (1.5±0.4) with P value <0.0001. CRP levels were significantly increased (P =<0.0001) in Group1 (7.0±8.3) compared to Group 3 (0.4±0.2). but the difference was not significant (p value- 0.12) compared to Group 2 (4.7±5.3). PCT levels were significantly increased (P =<0.0001) in Group1 (12.4±22.8) compared to Group 3 (1.5±0.5) , but the difference was not significant.

(P = 0.01) compared to Group 2 (3.2±2.4) .With respect to LDH levels, the difference was not significant (P = 0.53) in Group1 (347.8±108.9) compared to Group 2 (333±104.5) ,was significant (p = 0.004) compared to Group 3 (266±101).Also Lactate levels were significantly increased (P =<0.0001) in Group1 (3.2±1.2) compared to Group 2 (2.02±1.2) and Group 3 (1.9±1.2). [Table-1] .

In Group 1 (Covid 19 with CKD) on comparing D-Dimer levels with inflammatory markers, we found that there was strongly positive correlation (r- 0.66) between the D-Dimer levels and PCT which was statistically significant (P = 0.0003).[Table2 &Fig1]

Also, D dimer levels had strong positive correlation (r-0.702) with CRP levels in Covid 19 CKD patients which was significant.(p = 0.0009). [Table 3 &Fig 2]

Table 1. Clinical and biochemical data

Parameters	Ref range	Group 1 Covid19 CKD (N=44) Mean±SD	Group 2 Covid19 without CKD (N=45) Mean±SD	Group 3 CKD without Covid 19 (N=48) Mean±SD	P1 value	P2 value
Age(yrs)	18-65	49±13	46±15	45±17	0.312	0.3
Sex(n) M/F	NA	30/14	31/14	33/15	NA	NA
Urea(mg/dl)	10-44	166±56	30.96±9.6	155±45	<0.0001	0.3
Creatinine(mg/dl)	0.57-1.1	10.1±3.7	0.9±0.3	9.6±1.3	<0.0001	0.38
D Dimer(mg/lt)	< 0.5	7.4±2.5	3.4±2.1	1.5±0.4	<0.0001	<0.0001
CRP(mg/dl)	< 0.5	7.0±8.3	4.7±5.3	0.4±0.2	0.12	<0.0001
PCT(ng/ml)	<0.08	12.4±22.8	3.2±2.4	1.5±0.5	0.01	<0.0001
LDH (U/lt)	122-220	347.8±108.9	333±104.5	266±101	0.53	0.004
Lactate (mmol/lt)	<0.5	3.2±1.2	2.02±1.2	1.9±1.2	<0.0001	<0.0001
Ferritin (ng/ml)	13-150	1682±399	650±152	380±95	<0.0001	<0.0001

P1- Comparison bw group 1 & 2, P2 - Comparison bw group 1 & 3
CRP- C-reactive protien, PCT- Procalcitonin, LDH- lactate dehydrogenase

Table 2. Correlation Between D Dimer and PCT in Covid 19 CKD Patients

Covid19 CKD	D- Dimer	PCT	Pearson correlation	P value
	7.4±2.5	347.8±108.9	r =0.66	0.0003

Table 3. Correlation between D-Dimer and CRP in Covid 19 CKD patients

Covid19 CKD	D- Dimer	CRP	Pearson correlation	P value
	7.4±2.5	7.0±8.3	r =0.702	0.00009

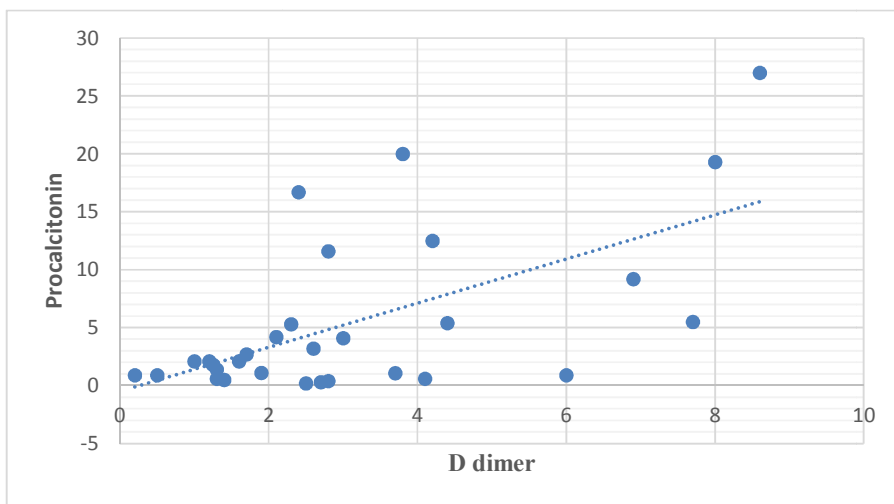


Fig 1. Scatter diagram showing correlation b/w D dimer and PCT in Covid 19 CKD

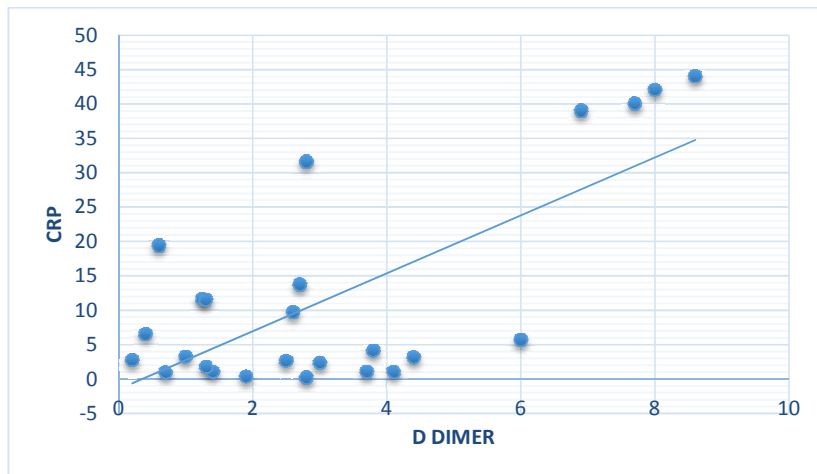


Fig 2. Scatter diagram showing correlation b/w D- Dimer and CRP in Covid 19 CKD patients

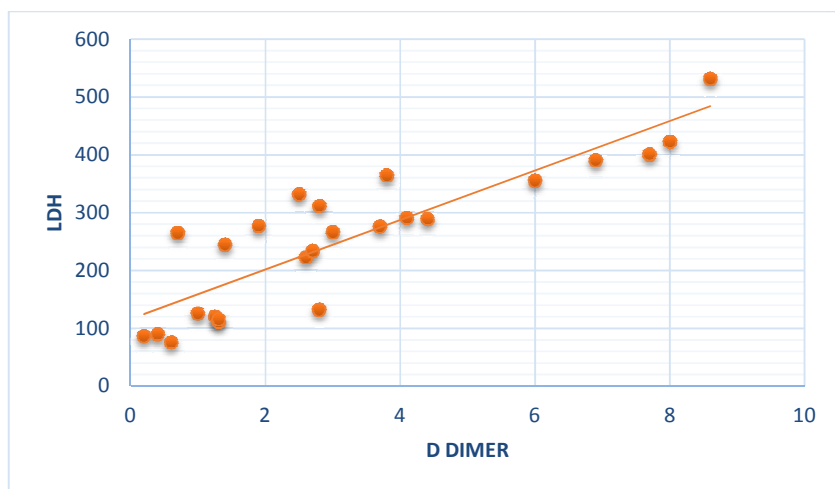


Fig 3. Scatter diagram showing correlation b/w D-Dimer and CRP in Covid 19 CKD patients

Table 4. Correlation between D dimer assay and LDH in covid 19 CKD patients

Covid 19 CKD	D Dimer	LDH	Pearson correlation	P value
	7.4±2.5	347.8±108.9	r=0.67	0.0002

Table 5. Correlation between D-Dimer assay and Lactate in Covid 19 CKD patients

Covid 19 CKD	D dimer	Lactate	Pearson correlation	P value
	7.4±2.5	3.2±1.2	r =0.42	0.036

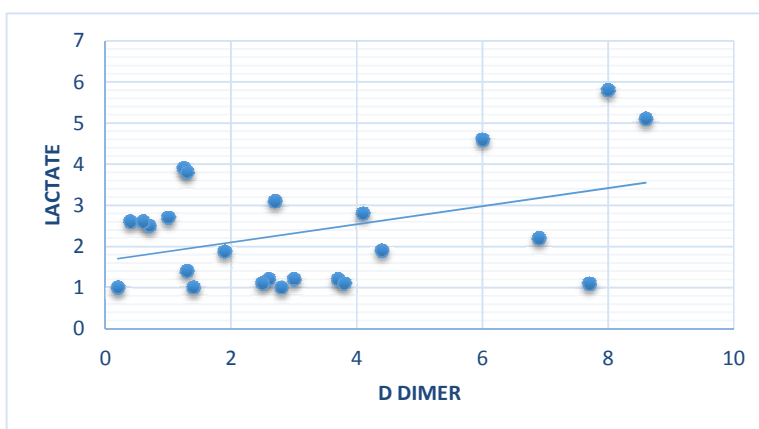


Fig 4. Scatter diagram showing correlation b/w D dimer and Lactate in Covid 19 CKD

Similarly, LDH levels also had strong positive correlation (r=0.607) with D-Dimer levels in the same group which was significant (P=0.0002). [Table4 &Fig3]

However, with respect to Lactate levels, there was moderately positive correlation (r= 0.42) between D-Dimer levels and Lactate levels in Covid 19 CKD patients which was not significant (P = 0.036) [Table 5 &Fig 4].

4. DISCUSSION

This was the first study to analyze severity markers of Covid infection in moderate to severe covid 19 patients with preexisting kidney disease. Overall, our study revealed a significant increase in D-Dimer,CRP, PCT, Lactate, Ferritin and LDH levels in Covid 19 with preexisting CKD group compared to other two groups - patients with covid without CKD Group and CKD without Covid 19 Group.

CRP is an acute phase inflammatory protein produced by the liver which may be elevated in few conditions, like inflammation, infection post-surgery, and cardiovascular disease [19]. In our

study, 40 out of 44 (90.9%) patients had high crp levels with 20 of them (45%) had CRP levels >10mg/dl. However, there is no general agreement on a cutoff point for CRP to determine the severity of Covid -19, many studies have used a cutoff of >10mg/dl to be associated with poor outcome in severe inflammatory states [20-23]. Our findings in the present study, would suggest that, a slight change in the CRP cutoff would help the nephrologist to use CRP levels appropriately in monitoring the progression of moderate to severe Covid infection in preexisting CKD patients.

PCT a peptide precursor of the hormone Calcitonin, the production of which is triggered by bacterial infection and thus PCT has been widely used as a promising biomarker for early detection of systemic bacterial infections [24-26]. Raised PCT levels in Covid 19 patients is believed to be due to associated bacterial infection [6]. Similarly raised PCT in severe CKD patients is believed to be due to either associated bacterial infection or due to Immuno modulator therapy that increase pro inflammatory cytokines [27-29]. In the present study, we observed very high levels of PCT in in Covid 19

patients with preexisting CKD Group which explains the high probability of associated severe bacterial infection in the this group.

D-Dimer is a fibrin degradation product, which indicates fibrinolytic activity in blood, is known to be elevated in hypercoagulable states [29]. So far, many studies have reported that D-Dimer levels are significantly elevated in moderate to severe Covid 19 cases, and are associated with high case fatality rate in the same [29-32]. Elevated D dimer levels in Covid 19 patients is probably due to Severe hypoxia of acute respiratory distress syndrome (ARDS) which can lead to activation of extrinsic coagulation pathway, thus increasing the blood viscosity leading to hypercoagulable state [33]

Many studies have also demonstrated correlation between elevated D-Dimer levels and disease severity in CKD patients [34-37]. Raised D-Dimer level in CKD can be attributed to the fact that the decline of GFR may cause endothelial dysfunction with the release of the Von willebrand factor, which promotes platelet adhesion and aggregation followed by micro thrombi formation, and increased D-Dimer levels[28]. Endothelial dysfunction might impair protein c activation, thus enhancing hypercoagulability status [38]. In the present study, we found that, there was eight fold increase in D-Dimer levels in the Covid19 with CKD group indicating the increased risk of hypercoagulability in the same group of patients

We also found that, in the Covid 19 CKD group, the D-Dimer levels had strong positive correlation with inflammatory markers like CRP, PCT, LDH, and Ferritin, a moderately positive correlation with serum Lactate levels. This suggest that there exists a a positive relation between hypercoagulable state and hyperinflammatory state.

5. CONCLUSION

This study concludes that marker of hypercoagulability namely D-Dimer levels are markedly raised in moderate to severe Covid patients with preexisting CKD suggesting D-Dimer should be continuous marker for managing CKD patients if they contract Covid 19 infection. Strong positive correlation between D-Dimer and inflammatory markers suggests considering prophylaxis for venous thromboembolism in Covid CKD patients having raised inflammatory markers alone.

Study also suggests that cut off for hypercoagulability marker namely D-Dimer and hyperinflammatory markers like CRP, PCT, Lactate, and Ferritin need to be revised and more studies are required in this context.

6. LIMITATIONS OF THE STUDY

- 1)The study was carried out in small sample size
- 2) The age group of patients was restricted to 18 to 65 years, we believe to carry out the same in age group <18 and >65 with large sample size.

CONSENT

Informed consent was taken from all the patients enrolled in the study.

ETHICAL APPROVAL

As per international standard or university standard written ethical approval has been collected and preserved by the authors.

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COMPETING INTERESTS

Authors have declared that no competing interests exist.

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