

**A STUDY ON THE PREVALENCE OF CLOSTRIDIUM  
DIFFICILE INFECTION AND ASSOCIATED RISK  
FACTORS IN LARGE HOSPITAL SETTINGS IN  
KOTA KINABALU, SABAH**

**NUR NASHYIROH IZAYATI BINTI MASTOR**

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Disahkan oleh  
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Tarikh : 4 DISEMBER 2018

**DR. MOHAMMAD ZAHIRUL HOQUE**  
Associate Professor  
Faculty Of Medicine & Health Sciences  
University Malaysia Sabah  
Malaysia  
MMC FULL Reg. No.53838

(Assoc. Prof. Dr Mohammad Zahirul Hoque)

Penyelia Utama

(Assoc. Prof. Dr Shamsul Bahari bin Shamsudin)

**Dr. Shamsul Bahari Shamsudin (PhD)**  
Associate Professor  
Faculty of Medical & Health Sciences  
Universiti Malaysia Sabah

Penyelia Bersama



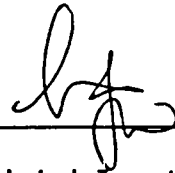
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# CERTIFICATION

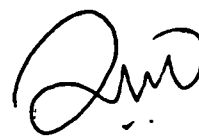
NAME : NUR NASHYIROH IZAYATI BINTI MASTOR  
MATRIC NO : MM1521003T  
TITLE : A STUDY ON THE PREVALENCE OF CLOSTRIDIUM DIFFICILE  
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HOSPITAL SETTINGS IN KOTA KINABALU, SABAH  
DEGREE : MASTER OF SCIENCE (MEDICAL SCIENCE)  
VIVA DATE : 9 NOVEMBER 2018

**CERTIFIED BY;**

## **SUPERVISOR**

Assoc Prof. Dr. Mohammad Zahirul Hoque

Signature



---

## **CO-SUPERVISOR**

Assoc. Prof. Dr. Shamsul Bahari bin Shamsudin

Signature



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## ABSTRACT

*Clostridium difficile* is a gram positive anaerobic bacterium and has emerged as a global public health problem especially in hospitalized patients. The prevalence rate of *Clostridium difficile* infection (CDI) varies among different regions of the world. *C. difficile* can be found in soil, water and faeces and it is naturally present in normal healthy human intestine. CDI is transmitted via faecal-oral route and by contact with the stool of infected patient or through healthcare workers. There have been only a few studies reported from Asia Pacific countries including Malaysia. Antibiotic is the predominant risk factor for CDI other than advanced age, comorbidities and length of hospitalization. The aim of the present study was to determine the prevalence and risk factor associated with CDI among hospitalized patients in a large tertiary hospital in Sabah, Malaysia. A total number of 1475 stool suspected for CDI from two hospital in Kota Kinabalu Sabah were tested with two commercial rapid diagnostic test kits; (1) C. DIFF QUIK CHEK COMPLETE (Alere, Techlab, USA) and (2) DUO TOXIN A&B (VEDA Lab, France) according to manufacturer's protocol. Adult and children stool samples were taken from Queen Elizabeth Hospital and Women and Children Hospital Kota Kinabalu Sabah Malaysia from January 2016 to May 2018. The patient's age range from 1 to 97 years old. The demographic data and other clinical information were obtained from hospital medical record and analysed using a standard questionnaire base on Bauer MP et al (2011). In this present study, we found that the overall prevalence of adult CDI was 4.6% (57/1226). There were 35.7% (20/56) of the positive adult CDI patients belong to more than 65 years of age group. Results from C. DIFF QUIK CHEK COMPLETE (Alere, Techlab, USA) showed 14 positive cases were either antigen or toxin positive. The rate of antigen positivity was 17.5% and toxin positivity was 82.5%. Stool tested with DUO TOXIN A&B test kit indicated 57.9% toxin B positivity, 10.5% toxin A&B and 1.8% toxin A. Out of examined patients 56.8% were male and 87.7% of the study population had prior history of antibiotic uses and comorbidity was reported 64.1%. Recurrence rate was 14.3%. For children data, we observed 80 of the 249 stool samples were positive either *C. difficile* antigen and/or toxin. The overall incidence was 32.1%. The rate of antigen positivity was 86.25% and toxin positivity was 13.75%. The median age of the studied children was 6 years. Similar with adult CDI patients, children female patients are more common diagnosed with CDI in our study compare to male children. Most of the test positive children were colonized with non-toxigenic *C. difficile*. The recurrence rate was 11.25%. In conclusion, the total prevalence was 9.3% and we observed low incidence of toxigenic *C. difficile* among hospitalized adult and children patients from the two hospitals during the study period. The findings of this study suggest that long-term surveillance is needed to understand the epidemiology of the dangerous emerging pathogen and control the infections in hospital and community.

**Keywords:** *Clostridium difficile*, Prevalence, Diagnostic test kit

# ABSTRAK

## **KAJIAN TENTANG PREVALENS JANGKITAN CLOSTRIDIUM DIFFICILE DAN FAKTOR RISIKONYA DI HOSPITAL SEKITAR KOTA KINABALU SABAH, MALAYSIA**

*Clostridium difficile* ialah gram positif anaerobik bakteria dan telah menjadi masalah kesihatan global terutamanya kepada pesakit yang dimasukkan ke wad hospital. Kadar prevalen/kelaziman jangkitan *Clostridium difficile* (CDI) berbeza di kawasan yang bertlainan di dunia. *C. difficile* boleh didapati di dalam tanah, air serta najis dan ia hadir secara semula jadi dalam usus manusia biasa yang sihat. Penularan penyakit ini adalah melalui pendedahan tinja pesakit yang dijangkiti ke mulut (faecal oral route) atau sentuhan langsung melalui pekerja di hospital. Hanya terdapat beberapa kajian yang dilaporkan dari negara-negara Asia Pasifik termasuk Malaysia. Antibiotik adalah faktor risiko utama untuk CDI selain lanjut usia, komorbiditi dan tempoh rawatan yang lama di wad hospital. Tujuan kajian ini adalah untuk menentukan prevalen/kelaziman penyakit CDI dan faktor risikonya di hospital sekitar Kota Kinabalu Sabah Malaysia. Sebanyak 1475 spesimen tinja disyaki menghidap CDI dari dua buah hospital di Kota Kinabalu Sabah telah diuji dengan menggunakan dua jenis kit ujian diagnostik komersial; (1) C. DIFF QUIK CHEK LENGKAP (Alere, Techlab, Amerika Syarikat) dan (2) DUO TOKSIN A & B (VEDA Lab, Perancis) mengikut protokol kilang pengeluar. Sampel tinja pesakit dewasa dan kanak-kanak telah diambil dari Hospital Queen Elizabeth dan Hospital Wanita dan Kanak-Kanak Likas Kota Kinabalu Sabah Malaysia. Umur pesakit adalah dalam lingkungan 1 sehingga 98 tahun. Data demografi dan maklumat klinikal pesakit telah diperolehi daripada rekod kesihatan pesakit dan dianalisis menggunakan asas selidik berdasarkan Bauer MP et al (2011). Dalam kajian ini, kami mendapati prevalen keseluruhan pesakit dewasa yang dijangkiti CDI adalah 4.6% (57/1226). Terdapat 35.7% (20/56) daripada pesakit tersebut adalah daripada golongan mereka yang berumur lebih daripada 65 tahun. Dengan menggunakan kit ujian C. DIFF QUIK CHEK COMPLETE (Alere, Techlab, Amerika Syarikat), 14 kes adalah positif sama ada antigen atau toksin. Kadar antigen positif adalah 17.5% dan toksin adalah 82.5%. Manakala sampel tinja yang diuji dengan kit ujian DUO TOKSIN A & B menunjukkan 57.9% adalah toksin B positif, 10.5% toksin A & B dan 1.8% toksin A. Daripada bilangan pesakit, 56.8% adalah lelaki dan 87.7% daripada populasi kajian mempunyai pendedahan antibiotik terdahulu dan komorbiditi dilaporkan 64.1%. Kadar berulang CDI pesakit adalah 14.3%. Untuk data kanak-kanak, kami menadapati 80 daripada 249 sampel najis adalah CDI positif antigen dan / atau toksin. Insiden keseluruhan adalah 32.1%. Kadar antigen positifiti adalah 86.25% dan toksin adalah 13.75%. Median umur kanak-kanak adalah 6 tahun. Pesakit kanak-kanak perempuan adalah lebih tinggi didiagnosis dengan CDI dibandingkan dengan kanak-kanak lelaki. Kebanyakan kanak-kanak yang positif adalah bukan toxigenic *C. difficile*. Kadar berulang adalah 11.25%. Secara kesimpulannya, insiden secara keseluruhan adalah 9.3% dan CDI prevalens adalah rendah di kalangan pesakit dewasa dan kanak-kanak di dua buah hospital sepanjang tempoh kajian dijalankan. Hasil kajian ini menunjukkan bahawa pengawasan masa jangka panjang adalah penting untuk memahami epidemiologi patogen baru yag berbahaya bagi mengawal jangkitan penyakit ini di hospital dan komuniti.

*Kata kunci: Clostridium difficile, Prevalens, Kit diagnostic*

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## LIST OF ABBREVIATIONS

AAD	Antibiotic Associated Diarrhoea
Ag	Antigen
CAA	Community Acquired Diarrhoea
CA-CDI	Community acquired <i>Clostridium difficile</i> infection
CDAD	<i>C. difficile</i> -associated-diarrhoea
CDI	<i>Clostridium difficile</i> infection
EIA	Enzyme Immunoassay
FMT	Fecal Microbiota Transplant
GDH	Glutamate Dehydrogenase
HAI	Hospital Acquired Infection
HDW	High Disease Ward
HRP	Horseradish peroxidase
ICU	Intensive Care Unit
IgA	Immunoglobulin A
IgG	Immunoglobulin B
IgM	Immunoglobulin M
LCF	Long term care facility
PaLoc	Pathogenicity Locus
PCR	Polymerase Chain Reaction
SCr	Serum Creatinine
WBC	White Blood Cell Count
WCH	Women and Children Hospital
WHO	World Health Organization
QEH	Queen Elizabeth Hospital

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# CHAPTER 1

## INTRODUCTION

### 1.1 Introduction

*Clostridium difficile* (*C. difficile*) is a gram-positive bacilli, it forms spore and its toxigenicity may cause symptomatic illnesses such as diarrhoea and severe diseases pseudomembranous colitis and megacolon (Rupnik *et al.*, 2009). It is widely known as antimicrobial-associated infectious diarrhoea in hospitalized patients in economically developing nations due to increased use of the broad-spectrum antibiotic. *C. difficile* can be found ubiquitous in soil, water and faeces and it is naturally present in the average healthy human intestine. Transmission is via the faecal-oral route and by contact with the stool of an infected patient or through healthcare workers.

*Clostridium difficile* infection (CDI) can be symptomatic and asymptomatic. Two main glucosyltransferases toxins mediate *C. difficile* pathogenicity; toxin A (enterotoxin) and B (cytotoxin) (Kelly and LaMont., 2008). These toxins can be found in pathogenicity locus (PaLoc) of 19.6 kb encoded *tcdA* and *tcdB* within the chromosome of *C. difficile*. Some *C. difficile* may have another binary toxin CDT which encoded by the genes *cdtA* and *cdtB* located in the CDT locus (CdtLoc) (Martinez *et al.*, 2017). Many studies have been done to analyze and comprehend the toxin effect of *C. difficile*. Asymptomatic colonization of these bacteria can also occur with toxigenic strains. Thus, the confirmation of CDI and its detection is through the stool samples with the presence of diarrhoea symptoms.

### 1.2 Research Background

Since CDI outbreaks occurred in Quebec, Canada in 2003, *C. difficile* becomes common in the healthcare environments because of their link to antibiotic therapy. Since then, these bacteria which do not need oxygen to live and reproduce has been widely studied and explored by various scientists in North America and also in Europe.

The numbers of *C. difficile* cases has become significantly increasing significant and the healthcare has been spending almost 1 billion annually in the United States (Kyne *et al.*, 2002). The rising cost might be due to the better

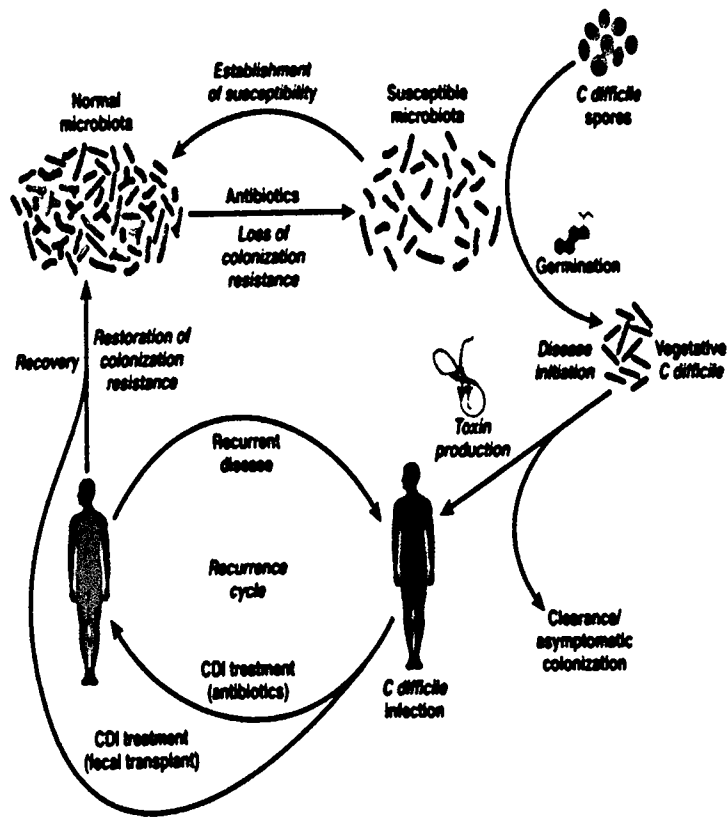


detection method that contributed to the increase reported *C. difficile* cases and also a high frequency of antibiotic usage. In addition to this, since the frequency of disease has increased, the hospital and healthcare facilities become contaminated with *C. difficile* spore making it is easy to affect those who are susceptible.

Many infection control program and disease prevention strategies have been introduced to control the spread of CDI disease such as antibiotic stewardship. This infection control program and disease prevention are mainly to balance between infection control and antibiotic management, at the same time to achieve the optimal clinical outcomes. It is also to decrease adverse drugs events and minimize the development of antibiotic resistance. This creates huge issues for antibiotic stewardship and can lead to increasing antibiotic resistance.

The first true antibiotic 'penicillin' was discovered in 1928 by Sir Alexander Fleming and treated many types of bacterial infections. However, the antibiotic drug has been abused through the improper use of antibiotic by taking a longer duration of antibiotic than necessary and unnecessary prescription of antibiotics by clinicians. The problem arises when *C. difficile* treatment can impact treatments of other diseases. Patient prescribed with an antibiotic for a primary infection increase their susceptibility to CDI and must discontinue and replace with antibiotic specific for *C. difficile* treatment. The possibility for the patient sick again will occur due to the primary infection is not fully cured. The spores present in the gastrointestinal tract have become resistant to antibiotics also possibly contribute to recurrent disease infection and the chance of getting *C. difficile* relapse cycle (Robert and Vincent., 2014; Johnson *et al.*, 1989) (Figure 1).





**Figure 1.1 : Cycle of *Clostridium difficile* infection (CDI)**

Source : Robert and Vincent., (2014)

In another study, recurrence of CDI has been identified by the European Society of Clinical Microbiology and Infectious Disease (ESCMID) as the most critical of problem in the treatment of CDI (Bauer *et al.*, 2009). The rate of recurrence CDI reported was 20% by the first episode, 45% after recurrence and 65% after two or more recurrences (Cohen *et al.*, 2010). According to DuPont., (2011), recurrence appears to be related to the merging of many components such as failure to re-establish the normal microflora in the intestine, the existence of *C. difficile* spore in the intestine and a sub-optimal host immune response towards the pathogenic organism and its toxin.

The rising incidence of CDI leads to the higher mortality associated with *C. difficile* virulence and host vulnerability. One study showed that discontinuation of CDI antibiotic and lower immune response to *C. difficile* toxin are the factors that increase CDI recurrent (Kyne *et al.*, 2001).

Kamboj *et al.*, (2011) did a study using molecular typing to compare the types of *C. difficile* isolated that result in the occurrence of initial and recurrent episodes in adult CDI. They found that 88% of recurrence CDI patients are infected with the same strain of *C. difficile* within eight weeks. The same *C. difficile* strain was also found with patients that had second episodes of more than eight weeks with 65 percentages. Figueroa *et al.*, (2012) discovered the same findings while Polage *et al.*, (2012) reported diarrhoea after an initial episode of CDI may not be CDI.

There were observed evidence of publication and studies in Asia on CDI and its associated risk factor including its molecular studies. The probability for circulating strain from another region can spread to Asian region is present. Some ribotypes are hypervirulent and are spreading worldwide such as RT 027, the significant ribotypes in North America, has been reported sporadically in Hong Kong, Japan, South Korea, Singapore and recently, in China (Miller *et al.*, 2010). Another study reported most common ribotypes in East Asia are RT017, 018, 014, 002 and 001, which are also among the top ten most commonly found ribotypes in Europe (Putsathit *et al.*, 2015). By far, there are no significant findings on the hypervirulent strain 027 or 078 in Asia.

Collins *et al.*, (2017) mentioned in his findings that toxin positive B ribotype 017 believed to be originated from the Asian region. Poor awareness among Asian physicians, patients with CDI was incorrectly diagnosed and underdiagnosed resulting in rare prevalence data report in Asia especially in Southeast Asia (Mavros *et al.*, 2012 and Warren *et al.*, 2012). It has also been found that limited clinical information and small sample size in Asia caused CDI study not as widely carried out as the USA and Europe.

Previous studies were done by Nienke *et al.*, (2017) on the prevalence of CDI in Asia using meta-analysis method. They observed the highest prevalence was from East Asia (19.5%) in comparison to South Asia (10.5%) and the Middle East (11.1%). They concluded the prevalence of CDI cases in Asia is concurrent with those has been reported from Western countries where the pool incidence rate of this disease from Asia was 5.3 per 10,000 patient days.

It has been well known that most of the previous studies suggested that the primary risk factor for CDI is antibiotic exposure, extreme age and prolonged hospitalization (Putsathit *et al.*, 2017). The strongest predominant risk factor is the unnecessary antibiotic treatment or redundant therapy result in using broad-spectrum antibiotic by the patient in most Asian countries (Bhatia and Narain., 2010). The impacts not mainly limit to the individual patient level but increase hospital expenses. The symptoms of CDI can be detected on the first day of antibiotic administered up to 8 weeks after termination regardless of how many types antibiotic is given to the patients (Hassan *et al.*, 2012).

The antibiotic that is frequently reported to be the cause of CDI are antibiotics such as clindamycin, cephalosporins and fluoroquinolones that suppress the healthy microflora in the gastrointestinal tract and trigger *C. difficile* growth (Sliming and Riley, 2014; Hensgens *et al.*, 2012). The treatment of CDI depends on the severity of symptoms and disease. Older studies showed that metronidazole is widely prescribed and become the drug of choice for first-line antibiotic treatment for CDI. Vancomycin is the option for moderate to severe CDI cases.

*C. difficile* resistance towards antibiotic is widely discussed although the resistance mechanism is still unclear. Broad spectrum antibiotic usage increases bacterial resistance and the treatment of CDI become ineffective and increases in severity as the alterations of the antibiotic target sites occur (Tian *et al.*, 2016).

Elderliness is known to be associated with CDI. Those aged more than 65 years old prone to get CDI disease due to their lower self-immunity and also comorbidities (Hassan *et al.*, 2012; Nienke *et al.*, 2017). A prospective population-based analysis in Sweden indicated CDI rate was ten times higher in individual older than 65 years (Latisha H and Jimmy D., 2011).

*C. difficile* spore-formed can survive and adapt to the surrounding, especially in the hospital and healthcare facility. The spore has a versatile genetic content which makes it ubiquitous in the environment, hard to eliminate and become broad resistance to the antibiotic for treatment and prevention. Patients in the hospital are exposed to the spore therefore the length of hospitalization is also one of risk factor (Greta *et al.*, 2017; and Elsevier *et al.*, 2015). Intensive care units, surgical and internal medicine departments were observed to be the highest frequencies of antibiotic treatment in the hospital (Elsevier *et al.*, 2015; Florian *et al.*, 2017).

Some studies mentioned that comorbidities and proton pump inhibitor usage are the confounding factors for CDI. The presence of comorbidities lower level of individual body immunity thus intestinal resistance is low and easy to be proliferated by *C. difficile*. Previous studies indicated that inflammatory disease, diabetes mellitus and renal failure are the appropriate populations for interventional studies of CDI screening (Furuya *et al.*, 2015). Cancer and HIV patients tend to predispose to CDI due to immunological failures risk factors (Cecilia *et al.*, 2014).

More frequent and severe outbreaks of CDI of which *C. difficile* has started to spread to a new group of the population with no risk factor since a decade ago (Monnier *et al.*, 2014). Recent studies showed that the susceptibility of *C. difficile* towards antibiotic treatment in particular metronidazole had been decreased (Patrizia., 2016). The recurrence of infections and failure in the treatment open other therapy options for CDI such as rifamycins and fidaxomicin (Viswanathan *et*

*al.*, 2010) and the latest include fecal microbiota transplantation (FMT) for the disease that is resistant to vancomycin.

### **1.3 Objectives of the Study**

#### **1.3.1 General Objectives**

It should be noted that the scope of this study is to investigate the prevalence of *C.difficile* infection (CDI) in two large hospitals setting in Kota Kinabalu, Sabah Malaysia and its associated risk factor. The objective of this study is:

1) To determine the prevalence of CDI cases in large hospital settings in Kota Kinabalu, Sabah Malaysia.

2) To determine the current evidence and risk factors among adult and children of CDI patients such as age, antibiotic usage and length of hospitalization.

#### **1.3.2 Specific Objectives**

The specific objectives of this study are:

a) To determine the prevalence of CDI cases in two hospitals in Kota Kinabalu, Sabah Malaysia.

b) To identify the risk factors that contributes to CDI (Antibiotic usage, ward types and age) among the respondents.

c) To investigate the significant difference of CDI cases among the different age group and gender.

d) To determine the association of CDI cases with age of the respondents.

e) To investigate the association of CDI cases with other confounding factors with CDI positive respondents.

### **1.4 The significance of the study**

The result of this study will help in defining the prevalence of CDI cases in Kota Kinabalu Sabah Malaysia and also identify its contributing risk factor from the subject population. In this study, 1475 suspected *C. difficile* stool samples from the



warded patient of Women and Children Hospital and Queen Elizabeth Hospital Kota Kinabalu, Sabah Malaysia were included.

The epidemiology of *C. difficile* is changing and the rates of CDI and disease severity are increasing with significant morbidity and mortality has been observed in recent cases involving an epidemic strain. Traditionally, *C. difficile* is a common hospital-acquired infectious disease and has been re-emerged in recent years with greater morbidity and mortality.

Misuse of antibiotic could lead to resistance creating a global antibiotic resistance crisis in 20<sup>th</sup> centuries. Widespread unregulated antibiotic use and inappropriate prescribing in South East Asian countries indicate that CDI could be widespread in these regions where close observation is currently lacking (Popchai et al., 2015). It is found that the antibiotic usage becomes prominent not only in the USA and European country but also in Asia (Putsahit et al., 2017).

The treatment and prevention of CDI such as antimicrobial stewardship and alternative therapies become complicated by the non-stop emergence of new phenotypic and genotypic traits. Adherence of the local guidelines for the antibiotic prescription is vital to ensure the antibiotic with the narrowest spectrum is being used.

Although *C. difficile* has always been a cause of diarrhoeal disease in hospitalized patients, the rates of community-associated diarrhoea disease have increased. In Asia, several studies showed the uprising of CDI cases not only among hospitalized patient but also in the community. The patients become lack of 'classical' risk factor; antibiotic exposure, recent hospitalization and advanced age. The diversity of *C. difficile* strain evolves rapidly due to widely genetic transfer between these bacteria with other bacterial species.

The recent analysis of *C. difficile* with the use of whole-genome sequencing suggests that many cases of CDI were genetically distinct and not transmitted by recent symptomatic carriers in the hospital environment (Eyre et al., 2013). Therefore, long-term surveillance is essential to understand the epidemiology of this dangerous emerging pathogen to control the spreading of infections not only in the hospital but the community as well.

In the Asian region, in order to slow the development of antibiotic resistance, increasing laboratory capacity in the region as well as improving surveillance should be seen as essential in preventing unnecessary morbidity and mortality CDI cases.

## 1.5 Definition of Key Terms

To understand and clarify the terms used in the study, the following are hereby defined:

### 1.5.1 Conceptual Definition

#### a. Prevalence

Prevalence (or to be more correct, prevalence proportion an sometimes point of prevalence) gives a figure for a factor at a single point in time (Jekel *et al.*, 2001).

#### b. Clostridium difficile Infection (CDI)

Three times or more stool passed (watery, loose or unformed) within 24 hours (McFarland., 2008; Thielman and Wilson., 2005; Hempel *et al.*, 2012; Bauver and Dissel., 2009).

#### c. Hospital Acquired Infections (HAIs)

An infection acquired in the hospital more than 24 hours after admission and is admitted other than that infection. An infection is occurring in a patient in a hospital or other healthcare facility in whom the infection was not present or incubating at the time of admission. Also known as nosocomial infection (Horan *et al.*, 2008).

#### d. Antibiotic-associated diarrhoea (AAD)

Diarrhoea occurs in association with antibiotic administration. It happens either during or after taking antibiotics (Susan., 2007).

#### e. Recurrent CDI

Recurrence was defined as an episode of CDI occurring within eight weeks after the onset of a previous infection, provided the symptoms from the earlier episode resolved with or without therapy (Aslam *et al.*, 2005; Greta Roncarati *et al.*, 2017). Recurrent CDI occur either by relapsing with the original infection strain or re-infection with a new *C.difficile* strain.



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- Cecília L. Costa'Correspondence information about the author Cecília L. CostaEmail the author Cecília L. Costa, Carlos Quesada-Gómez, Cibele B. Mano de Carvalho, Rafael H. González, Markus A. Gifoni, Ronaldo A. Ribeiro, Gerly Anne de Castro Brito.(2014) Community-acquired diarrhea associated with *Clostridium difficile* in an HIV-positive cancer patient: first case report in Latin America. *International Journal of Infectious Disease*. Volume 26, Pg 138–139
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