

A Review of Dengue Research in Malaysia

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SUMMARY

Dengue infection is a major cause of morbidity and mortality in Malaysia. To date, much research on dengue infection conducted in Malaysia have been published. One hundred and sixty six articles related to dengue in Malaysia were found from a search through a database dedicated to indexing all original data relevant to medicine published between the years 2000-2013. Ninety articles with clinical relevance and future research implications were selected and reviewed. These papers showed evidence of an exponential increase in the disease epidemic and a varying pattern of prevalent dengue serotypes at different times. The early febrile phase of dengue infection consist of an undifferentiated fever. Clinical suspicion and ability to identify patients at risk of severe dengue infection is important. Treatment of dengue infection involves judicious use of volume expander and supportive care. Potential future research areas are discussed to narrow our current knowledge gaps on dengue infection.

KEY WORDS: *Dengue, Malaysia, serotypes, epidemiology, economic burden, diagnosis, prevention, vaccine*

SECTION 1: REVIEW OF LITERATURE

EPIDEMIOLOGY

Demographic

The incidence of dengue has increased dramatically around the world in recent decades. World Health Organization (WHO) estimated about 2.5 billion people (two-fifths of the world's population) were at risk for dengue. Today, the disease is endemic in more than 100 countries, including Africa, America, Eastern Mediterranean, South East Asia, and the Western Pacific. Among these regions, South East Asia and the Western Pacific are the most seriously affected¹. Prior to 1970, there were only nine countries in the world that experienced dengue epidemics. By 1995, this increased four-fold¹. In Malaysia, dengue cases have increased since the first major outbreak in 1973¹.

There were several published papers recording the number of dengue cases and dengue incidence rate since 1982²⁻⁹. From the unpublished data from dengue surveillance system, Vector Borne Disease Section, Ministry of Health (MOH) Malaysia, there is a trend of increasing cases of dengue from 16,368 cases in 2001 to 46,171 cases in 2010. The sudden drop of cases in 2011 could be due to the methodology difference in case reporting and need further exploration (Fig 1).

Dengue infections affected all age groups, gender and ethnicity. In a one-year retrospective study in Negeri Sembilan in 2010, involving 1,466 cases of dengue infection, the youngest affected was 8 months old and the oldest was 89 years old. The mean age was 32.2 ± 15.8 years old. In terms of ethnic groups, majority who were affected were Malays, followed by Chinese and Indians (Ratio of 4.1:1.5:1). More males were affected than females (Ratio 1.4:1.0)¹⁰. The pattern of male predominance was observed consistently over several years across six culturally and economically diverse countries in Asia¹¹. In Malaysia, as in Singapore¹² the incidence of dengue among the paediatric population has been declining while the incidence in the adult population has been on the rise. In 2006, about 80% of reported dengue cases in Malaysia were in the > 15 years age group Ministry of Health (MOH). Dengue became one of the leading causes of hospital admission among adults.

Distribution of reported dengue cases were more concentrated in urban areas. As shown in a Negeri Sembilan study in 2010, the highest number of dengue cases (81.9%) was reported from Seremban, its largest city. Of these, 8.3% were dengue haemorrhagic fever¹⁰. Since most reported dengue cases were from urban areas, the seropositivity rate of dengue IgG in healthy volunteers would be expected to be higher in subjects from urban areas compared to those from the rural regions. A cross-sectional epidemiological study of dengue IgG seroprevalence in 1000 Malaysian adult population (35 to 74 years), showed a high prevalence of up to 91.6%¹³. Among these subjects, however, the seroprevalence rates between urban and rural areas were similar. Chen WS et al. reported a lower prevalence of seropositivity (76.5%) in a smaller study (39 females, 46 males, with mean age of 42.8 years, from Dec 2000 to Dec 2001)¹⁴.

Dengue virus and serotypes

Dengue virus is a single stranded RNA virus. It belongs to the family of *Flaviviridae*, which comes from the genus of *Flavivirus*. It contains three structural proteins, namely capsid protein C, membrane protein M, and envelope protein E. Seven nonstructural proteins: NS1, NS2a, NS2b, NS3, NS4a, NS4b and NS5. At the time of writing of this article, five serotypes of dengue viruses have been identified. However, for the purpose of this review article, only four serotypes will be discussed.

All four dengue serotypes (DEN 1, 2, 3 & 4) could be isolated in Malaysia at any point of time. The simultaneous presence of all four serotypes indicates that Malaysia is "hyperendemic" for dengue. However different serotypes have predominated throughout the years. From 1992 to 1995, and in 2001-2002 DEN 3 predominated¹⁵. DEN 2 and then DEN 1 predominated

over the period of 1998-2000 and 2004-2006 respectively⁴. DEN 4 was once the predominant serotype in Malaysia from 1967-1969. After that period, DEN 4 occurred at low levels (less than 5%) for many years until 2001, when there was a slight increase¹⁶. The latest publication from the Institute of Medical Research (IMR) showed that DEN 3 was once again the predominant serotype for the years 2008 and 2009¹⁷.

In a phylogenetic study of the DEN 2 strains that caused two major outbreaks in the country in 1990s, two different DEN 2 genotypes were identified: DEN 2 Asian 1 and DEN 2 Cosmopolitan. Eighty percent of the isolates were DEN 2 Cosmopolitan, which was further divided into Clade I and Clade II. The latter was responsible for two major outbreaks in the 1990s. These strains originated from the same ancestral lineage, suggesting that both came from the same DEN 2 gene pool¹⁸.

A surveillance data analysis of dengue serotypes in Negeri Sembilan over a 1-year period in 2010 showed the presence of all serotypes. DEN 3 the predominant serotype in January, co-existed with DEN 2 until May. Thereafter, DEN 1 was the predominant serotype¹⁰.

Other than circulation of the viruses from within the locality, one study showed that there were multiple entries of DEN 2 and DEN 4 into Sarawak. These isolates were closely linked to those circulating in different localities in South East Asia from 1997 to 2002, based on phylogenetic analysis. Nonetheless, there was little exportation out of Sarawak¹⁹.

PATHOGENESIS

The pathogenesis underlying the wide spectrum of clinical presentations of dengue is not well understood. The risk of Dengue Hemorrhagic Fever (DHF) was higher in situations of hyperendemicity when two or more virus serotypes were circulating simultaneously. The presence of pre-existing dengue antibodies, either by prior infection or passive immunity via maternal antibodies, would in fact, enhance viral infectivity and multiplication leading to a higher viral load. In primary dengue infection, dengue virus attaches to the target cell via highly sulphated glycosaminoglycan heparin sulfate, from which it penetrates target cells via high affinity receptor. In contrast, in secondary dengue infection, dengue virus mediates its entry into target cells via Fc γ -receptors. This phenomenon is called antibody-dependent enhancement (ADE). The virus combines with specific antibody, creating a complex that is taken up by mononuclear cells, dendritic cells and B-lymphocytes via a FcR mediated endocytosis²⁰.

A post-mortem study by Jessie K *et al.* reported that viral antigens but not viral RNA were found in Kupffer and sinusoidal endothelial cells of the liver, alveolar macrophages, multinucleated cells, vascular endothelial cells, macrophages and vascular endothelium in the lung and kidney tubular cells. The absence of strongly positive immunohistochemistry signals in these cells indicated absence of replication activities. There was no evidence of the involvement of megakaryocytes in the bone marrow at the time of death. Therefore thrombocytopenia during the later acute phase of dengue is probably not related to failure of platelet production²¹. Another post-mortem study demonstrated that dengue RNA was not retrievable from the brain tissue, suggesting that dengue virus replication in the central nervous system is rare in the later stages of disease²². In another work, Fong MY *et al.* analysed four encephalitogenic DEN 3 isolated in 1996, and compared them with five non-encephalitogenic DEN 3 viruses. Their envelope protein E showed high degree of similarity, suggesting that the

neurovirulence of encephalitogenic dengue virus was not attributed to their envelope protein²³.

To further understand the pathophysiology of dengue infection, the investigation of various immune parameters, cytokines and antibody was reviewed by Shamala D²⁰. Seventeen different peptides, C, E, NS2B, NS3, NS4A, NS4B and NS5 regions were found to evoke significant response in T cells of patients with dengue infections. Indeed, at the defervescence stage, viral load falls abruptly. It could be the response of the T cells to various stimuli that lead to tissue damage and severe immune response, followed by vascular leakage, bleeding and shock²⁴. A study on the effect of active cytokines in the serum of DHF patients on human umbilical vein endothelial cells demonstrated changes in the vascular endothelium. The authors suggested that the production of cytokines during dengue significantly enhanced vascular permeability. However, this vascular permeability effect was transient²⁵. At the febrile phase, IP-10 and MIP-1b were significant in dengue patients, with and without warning signs. At this stage, only MIP-1b was found to be significant in patients with warning signs. The IP-10 together with MIP-1b, G-CSF and MCP-1 were significant in patients during defervescence. Significant correlations between different cytokines group and the level of blood leukocytes, platelets and liver enzymes could be seen²⁶.

Genetic markers might be implicated in predicting susceptibility and/or protection to severe clinical manifestation of dengue infection. HLA-B*53 probably conferred susceptibility to DHF, while the HLA-A*03 and HLA-B*18 might confer protection from progression to severe disease. Interestingly, in the Malay subgroup, HLA-B*13 and B*18 were probably associated with disease susceptibility and protection, respectively²⁷.

PRESENTATIONS

The clinical presentation in the early febrile phase of illness is that of an undifferentiated fever. The prevalence of individual symptoms varied from one report to another. The most common symptoms were fever (100.0%), followed by headache (27% - 100%), myalgia and arthralgia (39%- 99%), and nausea and vomiting (38%- 54%). Less common symptoms were rash (18-24%), petechiae and bleeding tendencies (7.0%-62%), and neurological deficits (1.2%). Abdominal pain and tenderness, gastrointestinal bleed, jaundice, hepatomegaly and ascites were predictors of the need for intensive care as reported by Ooi ET *et al.*²⁸. Additionally, hepatomegaly and liver dysfunction were more common in DHF than Dengue Fever (DF)²⁹.

The tourniquet test, recommended by the World Health Organization (WHO) had a sensitivity of 82.8% and a specificity of 23.5%³⁰. The positive predictive value (PPV) was 70.7% and negative predictive value (NPV) was 28.6%^{30,31}. The presence of atypical reactive lymphocytes was seen in 85% (23/27) of patients with dengue fever³². However, the full blood picture was not a routinely requested investigation in the management of dengue, neither was laboratory confirmation of dengue.

In an outpatient setting in a dengue endemic area, thrombocytopenia in the context of an undifferentiated acute febrile illness (AFI) had a sensitivity of 88% and specificity of 71% to predict acute dengue infection. Thrombocytopenia was more useful to exclude than to diagnose dengue infection³³⁻³⁵. On the other hand, there was considerable overlap in clinical features of those with dengue infections with those with other AFI³⁶.

A cross-sectional retrospective study of 121 DHF children admitted to Hospital Kuala Lumpur from January 1999 to May 2001 reported fever in all patients. Vomiting and mild bleeding were observed in almost half of the children. Severe gastrointestinal bleeding was observed only in those with profound shock. Evidence of plasma leakage (pleural effusion and/or ascites) was present in 57% of the cases. Lowest mean platelet count was 41,785 /uL on the 6th day of illness. Hyponatraemia was a significant electrolyte imbalance seen in 65.9% of the cases³⁷.

In a single-centre outpatient-based prospective observational cohort study enrolling 214 patients >16 years with < 72 hours of undifferentiated fever, 65% eventually had a laboratory confirmed diagnosis of dengue, the rest were classified as other febrile illnesses (OFI)³⁸. Of the 140 dengue patients, 11.4% developed DHF, no patients developed Dengue Shock Syndrome (DSS) and 37.1% required hospitalisation. In addition to a recent history of dengue within the family or neighborhood, the three early clinical predictors of dengue at < 72 hours of fever were: nausea and/or vomiting, postural dizziness and lower total white cell count compared to patients with OFI. Symptoms frequently reported by dengue patients such as headache, myalgia, arthralgia and retro-orbital pain were also observed in patients with OFI, with no significant differences between the two groups.

Chikungunya infection is spread by the same vector *Aedes aegypti* mosquito. Both dengue and chikungunya cause similar clinical features such as fever, myalgia, headache, arthralgia, and rash. Compared to patients with chikungunya infection, dengue patients were generally younger. A retrospective study of 60 patients with chikungunya and 120 patients with dengue from April 2008 to July 2009 in University Malaya Medical Centre, showed that the former was independently associated with arthralgia and rash, while latter was associated with myalgia, raised aspartate transaminase and leucopaenia. Arthralgia was seen in about 96% of chikungunya and 30% of dengue. Hence arthralgia is a strong predictor for chikungunya infection; self-reported arthralgia (22.5%) was reported for up to 1 year of follow up³⁹.

Tan PC *et al.* in their study involving 411 patients presenting with miscarriage, found 11 of the subjects to have dengue IgM or NS-1 Ag positive. The sample size was, however, too small to support the correlation between recent dengue infection and early pregnancy outcome⁴⁰. Maternal and neonatal outcomes in dengue IgM seropositive women at delivery were not affected by subclinical recent dengue infection. Rates of preterm birth, mode of delivery, postpartum haemorrhage, low birth weight, and neonatal outcomes were not increased. The prevalence of the maternal seropositive rate was 2.5% (63/2531) with one case of vertical transmission rate, 1.6% (1/64)⁴¹.

Several studies have attempted to describe clinical predictors of severe dengue^{42,43}. All of the ten dengue deaths reported by UMMC from June 2006 till October 2007, had secondary dengue infection (dengue IgG positive and dengue NS-1 positive, or dengue IgG positive in less than two weeks of infection). Clinical and laboratory warning signs of severe dengue included vomiting (90%), diarrhoea (60%), bleeding (80%), and evidence of vascular permeability (60%). Five patients had severe bleeding (gastrointestinal, lungs, brain or per vaginal) (50%), elevated liver enzymes (ALT>1000 IU/L) (50%) and hypoalbuminaemia (70%)⁴².

Haemophagocytic syndrome has been reported in patients whose duration of fever, cytopenia and multi-organ

dysfunction were prolonged beyond the plasma leakage phase of illness. This under-recognised phenomenon is most probably due to a "cytokine storm", caused by activated macrophages that secrete large amount of inflammatory cytokines. Diagnosis should be confirmed by bone marrow examination. Treatment should be supportive; however in severe cases, may include high dose immunosuppressive therapy such as IV methylprednisolone⁴⁴ and intravenous immunoglobulin. Other rare presentation of dengue infections include prolonged thrombocytopenia⁴⁵, myositis⁴⁶ and maculopathy^{47,48}.

Rare complications of dengue fever have been described. Most of these are believed to be immune-mediated. Three main mechanisms have been postulated to explain atypical neurological manifestations: direct neurotropic invasion, systemic complication and post infectious immune mediation⁴⁹. Post-dengue associated Parkinsonism was reported by Azmin *et al.*⁵⁰ in which an 18-year-old man with NS-1 positive dengue developed Parkinson-like features, multiple cranial neuropathies, cerebellar ataxia and brachial plexopathy at day 9 of the illness. He was treated with IV methylprednisolone 500mg daily for 3 days. At one-month review, his symptoms of Parkinsonism and cerebellar ataxia had resolved but weakness in the right deltoid and infraspinatus muscles remained, together with marked muscle atrophy. Electromyogram (EMG) revealed chronic denervation changes involving the right deltoid and right trapezius muscle, which points to right brachial plexopathy. This is the second reported case of dengue-fever associated brachial plexopathy. Cerebellar ataxia following dengue fever has also been reported⁵⁰. In the absence of dengue viral antigen in the cerebrospinal fluid coupled with CSF pleocytosis, the mechanism points towards immune mediation⁵⁰. Other complications include dengue encephalitis⁵¹ and atrial fibrillation⁵².

DIFFERENTIAL DIAGNOSIS

The nonspecific clinical features of dengue may mimic many acute febrile illnesses such as acute flu-like syndrome, acute rash syndrome, acute diarrhoeal syndrome and acute neurological syndrome. On the other hand, during the critical phase when fever subsides, dengue may mimic acute abdominal conditions, acute respiratory conditions, septicemic shock and any condition with leucopenia, thrombocytopenia and bleeding.

A multicentre prospective study identifying the causes of acute febrile illness in the paediatric group (2-14 years old) in South East Asia found the most common causes in Malaysia to be dengue fever, chikungunya and influenza A. Other tested illnesses included *S. Typhi*, rickettsia and hepatitis A⁵³. Hamidon BB *et al.* reported a case of Seoul hantavirus infection that presented with haemorrhagic fever mimicking dengue infection. Seoul hantavirus is carried by domestic rats. This condition should be considered in dengue-sero-negative patients with clinical haemorrhagic features mimicking dengue⁵⁴.

A single positive dengue IgM should not be considered confirmatory as illustrated by a case⁵⁵ of a 47-year-old man from Pakistan, who was reported to have a mixed infection of leptospirosis and *vivax* malaria, despite a positive dengue IgM which could be explained by a recent dengue infection in the past 3 months. On the other hand, confirmed co-infection of dengue with other infection such as chikungunya has also been described⁵⁶.

DIAGNOSIS

The WHO case classification (1997) for dengue was used to differentiate DF from DHF/DSS. The DHF cases must fulfil all four of the following criteria:

- 1) Fever or history of acute fever lasting 2–7 days.
- 2) Haemorrhagic tendencies evidenced by at least one of the following:
 - a) A positive tourniquet test. The test may be negative or mildly positive during the phase of profound shock. It usually becomes positive, sometimes strongly positive, if the test is conducted after recovery from shock (this limits its clinical usefulness);
 - b) Petechiae, purpura, ecchymoses;
 - c) Bleeding from mucosa, gastrointestinal tract, injection sites or other location haematemesis or melena.
- 3) Thrombocytopenia (100,000 platelets/ μ l or less)
- 4) Haemoconcentration (20% or more rise in the haematocrit value relative to baseline average for the same age, sex and population) or evidence of plasma leakage (i.e. pleural effusion, ascites and/or hypoproteinaemia).

Ng CF *et al.* studied clinicians' ability to classify dengue using the WHO 1997 classification in a university hospital. They observed that DHF/DSS was under-recognised by clinicians. Out of the 520 adult and 191 paediatric hospital records that were reviewed, thrombocytopenia and evidence of plasma leakage were present in 8% of adult and 19% of paediatric patients. Of these patients who fulfilled the criteria for DHF, 93% and 49% respectively, were discharged with a diagnosis of DF⁵⁷.

A retrospective study by Tee *et al.* in Hospital Tengku Ampuan Afzan Kuantan between October 2004 and March 2005 involving 183 cases of confirmed dengue was conducted to evaluate the clinical and laboratory findings that correlated with the development of DHF or DSS. Seventy nine percent (145 cases) were classical dengue, 19% (35 cases) were DHF and 2% (3 cases) were DSS⁴². Table I is a summary of risk factors identified in this study.

Risk factors for haemorrhage in 114 children with DSS were hypotension, mottling, encephalopathy, organ failure, prolonged duration of shock, abnormal glycaemia, normal-low haematocrit at the diagnosis of shock, and abnormal coagulation ($P < 0.05$). However, the independent risk factors for haemorrhage in this cohort of DSS children were duration of shock (OR, 2.11; 95% CI, 1.13 to 3.92; $P = 0.019$) and normal-low haematocrit at the time of shock (OR, 0.72; 95% CI, 0.55 to 0.95; $P = 0.020$). On the other hand, platelet counts were not predictive of bleeding⁵⁸.

Bandyopadhyay S *et al.* in their review of 37 articles, reported that most clinicians reported difficulties in meeting all four WHO criteria for DHF/DSS and used a modified classification⁵⁹.

The positive tourniquet test representing the minimum requirement of a haemorrhagic manifestation did not distinguish between DHF and DF. In cases of DHF, thrombocytopenia was observed in 8.6–96%, plasma leakage in 6–95% and haemorrhagic manifestations in 22–93%. The low sensitivity of classifying DHF could be due to failure to repeat the tests or physical examinations at the appropriate time, early intravenous fluid therapy, and lack of adequate resources in an epidemic situation and perhaps a considerable overlap of clinical manifestations in the different dengue entities.

Some of the limitations of WHO classifications are as follows⁵⁹:

- 1) Dengue with shock without fulfilling all four criteria of DHF
- 2) Severe organ impairment with or without shock are not captured
- 3) Haemoconcentration is hard to define in patients without prior baseline hematocrit.
- 4) Not useful in terms of clinical management

In view of the above limitations, a revised WHO classification in 2009 classifies dengue illness into dengue fever with/without warning signs and severe dengue. Severe dengue is characterised by severe plasma leakage, severe haemorrhage and/or severe organ impairment.

Faisal T *et al.* suggested an alternative risk criteria derived using the self-organised map (SOM) method. A patient fulfilling any two of the risk criteria is considered a high risk dengue patient. The criteria included:

- a) Platelet count less than or equal 40,000 cells per mm^3 ,
- b) Haematocrit concentration greater than or equal 25% rise, and
- c) Aspartate aminotransferase (AST) rise of five times the normal upper limit for AST/alanine aminotransferase (ALT) rise of five times the normal upper limit for ALT⁶⁰. The usefulness of SOM in clinical management has yet to be identified.

Diagnostic tests

The laboratory confirmation of dengue is a challenging issue. Fig.3 could be a guide on the most appropriate tests to diagnose the infection based on the day of illness and whether the infection is a primary or secondary. Research related to diagnostic tests, done locally or internationally are not reviewed and will not be further discussed here.

Other non-conventional test

Bioimpedance analysis (BIA) of water content in different body compartments of dengue patients and healthy subjects^{61,62} was only able to explain approximately 42% of the variation in serum haemoglobin status, thus limiting its usage as a surrogate monitoring system for haemoglobin and haematocrit levels⁶².

Another study used the multilayer feed-forward neural networks (MFNN) to predict dengue patients' defervescence phase which is solely based on clinical symptoms and signs. This system has a 90% prediction accuracy⁶³. Combining BIA and artificial neural network (ANN), Ibrahim F *et al.* was able to show that ANN provided a system that was able to classify and diagnose patients with risk of severe dengue infection with an overall accuracy of up to 96.27%. The disadvantage of these systems is that they may appear too technical for clinicians⁶⁴.

Thayan R *et al.* showed that both alpha1-antitrypsin and NS1 proteins were overexpressed by two-fold in DHF patients compared with DF patients⁶⁵. By analysing levels of protein expression in peripheral mononuclear cells, Thayan R *et al.* showed that alpha tubulin and thioredoxin peroxidase were over-expressed by 4.9 times in DHF patients and 3.3 times in DF patients, while aldolase was up-regulated by 2.2 times in DF patients compared to DHF patients⁶⁶. The role of these biomarkers as indicators for DHF in dengue infected patients is worth exploring.

In short, management of dengue involves management of fever and adequate oral fluid intake during the febrile phase, usually the first 3 to 4 days of illness. For more details on

outpatient management, please refer to the following youtube videos:

<http://www.youtube.com/watch?v=p6XPWAc0958> – Patient-doctor encounter

http://www.youtube.com/watch?v=tPLLJ2Dka_k – dengue on the rise

After the first 3 to 4 days of illness, monitoring the patient for warning signs of plasma leakage, haemorrhage and shock becomes the main focus of management. Management of dengue shock involves judicious volume replacement with isotonic crystalloids and colloids and supportive care. In a randomised, double-blind comparison study done by Dung N.M. *et al.*⁶⁷, Dextran 70 (a colloid) gave the most rapid normalisation of haematocrit, with restoration of cardiac index, without adverse effect. There has been, however, no study on intravenous fluid management in adult patients with dengue shock.

The greatest challenge of intravenous therapy in dengue shock is to give “just enough” to maintain a “good enough” circulation without excessive fluid overload which leads to difficulties in breathing. Preventive transfusions of packed cells and fresh frozen plasma in paediatric patients with dengue shock syndrome with abnormal laboratory coagulation profile without bleeding are not necessary⁶⁸.

The study of Carica papaya leaves juice in patients with dengue infection shows a clinically modest but statistically significant rise of platelet count after 40 hours of ingestion of the juice⁶⁹. This study was, however, not designed to address the two critical issues in dengue case management: its efficacy when used in the early febrile phase and whether drinking the papaya leaf juice could prevent the more critical complication of plasma leakage.

A case report of fulminant liver failure in an eight-month-old infant highlighted the potential of excessive dosing of paracetamol to cause this complication⁷⁰. This should serve as a cautionary in adults too.

SPECIAL COMPLICATIONS

Acute liver failure is known to complicate severe dengue. However, the pathogenesis is not well understood. Acute liver failure could be a direct effect of severe dengue infection or a result of a secondary bacterial/fungal infection complicating the dengue infection. A retrospective case series of eight patients with DHF and acute liver failure (ALF) was reported by the national hepatology referral centre (Hospital Selayang, Department of Hepatology). Six of the eight cases had secondary bacterial / fungal infection in the blood and all had systemic inflammatory response syndrome (SIRS). All patients received broad spectrum antibiotics and some patients received fluconazole⁷¹. Although N-acetylcysteine infusion was given as a routine in this report, it should be noted that this practice is not evidence-based.

POTENTIAL ANTI-VIRAL AGENTS

The development of antiviral therapy against dengue infection addresses targets that affect viral to host cell attachment, viral entrance or replication. Local research were restricted to laboratory tests on identifying potential candidates for antiviral development, such as NS5 MTase⁷² (methyltransferase (MTase) enzyme which is responsible for assisting viral attachment to host cell via methylation of the viral RNA cap structure) and NS2B/NS3 protease⁷³ (enzyme responsible for viral life cycle via polyprotein processing).

HEALTHCARE SETTING AND ROLE

The role of primary care physician is important not only for early case detection and management, but also to promote preventive measures in the patients contact environment as well as notification for preventive measures to be taken by the state district health office. Ang KT *et al.* reported that 83.9% of hospitalised dengue patients have sought medical consultation at primary care facilities before admission to hospital and 68.7% had been seen on two or more occasions. The mean duration between first contact with primary care and hospitalisation was 1.4 days. Up to 98% of the patients reported that they had not been not advised on preventive measures even though 51.9% had been informed that they could be having dengue⁷⁴.

A short stay in the emergency department could be an alternative to limit the burden of dengue inpatients while serving as a safety net for untimely discharge and unnecessary admissions. In a retrospective study done in University Kebangsaan Malaysia Medical Centre (UKMMC) from January to March 2010, patients with suspected dengue, who stayed in casualty, had a mean total length of stay of 32.2 hours. All patients were discharged well⁷⁵.

PUBLIC HEALTH MANAGEMENT AND CONTROL OF INFECTION

Research related to public health management and control of dengue infection, done locally or internationally were not reviewed and will not be further discussed here.

VACCINATION

The trend of dengue outbreak is likely to continue in Malaysia unless there is a breakthrough in the dengue vaccine development⁷⁶. Vaccine introduction is a complex process⁷⁷. The Dengue V2V initiative was established in 2009 to act as a global scientific expert's forum to lay the groundwork for rapid dengue vaccine introduction. The first Asia-Pacific meeting was held in Singapore at the end of 2010. The experts recommended few key important points which included documenting the actual human and economic costs of dengue, ensuring reliable surveillance of disease, identifying countries or regions for initial vaccine implementation based on data available, developing local logistical plans for dengue vaccine introduction, implementing holistic educational programmes (for health care workers, decision makers and the public), identifying sustainable source of funding and for each countries to take ownership of the disease and redefine the global view on dengue⁷⁸.

An effective vaccination program with effective dengue vaccine will be most welcomed. This is based on the fact that:

- 1) Dengue poses significant disease burden,
- 2) Current control measures have limited efficacy,
- 3) Disease treatment is limited to supportive care but the outcome is good if timely care is given.

The information regarding dengue vaccine in this article is limited as we only reviewed published data about the vaccine in Malaysia between 2000 and 2013. A Phase III Randomised Controlled Trial (RCT) on safety and immunogenicity of a tetravalent dengue vaccine in children showed that there were satisfactory safety profile and a balanced humoral immune response against all four DEN serotypes via three dose regimen. Most adverse events were of mild intensity and transient. There was no death. At third dose, seropositivity against all four DEN serotypes increased between 6.1-7.96 fold from baseline across all serotypes⁷⁹.

A study that was conducted in two cycles of outbreaks involving dengue virus DEN 2 of the same genotype found that sera of patients from the first outbreaks had poorer neutralisation activity against virus of the second outbreak. There were mild amino acid changes on the viral envelope protein between the same genotypic viruses from two separate outbreaks⁸⁰. This, in part, could explain the eight years cyclical outbreaks of homogenotypic dengue virus in Malaysia. Additionally, effective vaccine should consider the potential subtle antigenic changes that can occur within a homogenotypic dengue virus. Furthermore, from our experience with pneumococcal vaccine introduction, there is the potential for serotype replacement with dengue vaccine.

Teoh BT *et al.* and Cardosa MJ *et al.* report on recent local isolation of ancestral sylvatic DEN 1 and DEN 2 from two separate cases of infected humans^{81,82}. However, unless there is evidence that there are flare up of sylvatic strains, immunity against the existing four serotypes via vaccination may be good enough.

ANTIBODY DEPENDENT ENHANCEMENT (ADE THEORY) AND DENGUE

In the context of vaccination, two questions on the ADE theory should be addressed:

- (i) Would an individual who has yet to complete the full vaccination regime develop a more severe disease?
- (ii) Would an individual with waning antibody levels to sub-neutralising levels sometime after vaccination develop more severe disease?

To date, no evidence of ADE phenomenon has been observed. However, continuous monitoring well beyond vaccine introduction, for at least 5 years is necessary. This is to ensure that the vaccinated population will not succumb to increased risk of severe dengue.

MORTALITY

Case fatality rates for dengue cases is in a reducing trend from 0.31 in 2001 to 0.16 in 2012 (Fig. 2). A report of a tertiary referral hospital revealed a 4.1% mortality rate among DHF paediatric patients⁸³. Since 2008, all dengue deaths were reviewed at hospital and state health departments and finally at the national level. To date, however, there has been no published literature that report on factors that contributed to the mortality.

QUALITY OF LIFE (QOL)

Lum LCS *et al.* in a prospective study showed that all the 207 participants experienced a drastic decrease in their QoL from the onset of symptoms. The QoL was the lowest (40% of healthy status) between the third and seventh day of illness. The duration of impaired QoL was longer than the duration of fever: nine days for ambulatory patients and 13 days for hospitalised patients⁸⁴.

ECONOMIC BURDEN

A large study involving eight countries in America and Asia looked at the economic burden of this disease. The estimated cost of dengue in Malaysia was a mean of USD 317 ± 105 for an ambulatory case and USD 947 ± 389 for a hospitalised case. The average illness lasted 8.6 days for ambulatory patients and 12.6 days for hospitalised patients. Among hospitalised patients, students lost 2.2 days of school, while those working lost on average 6.7 work days per dengue episode⁸⁵. In another study, it was estimated that the economic burden of dengue illness was USD 56 million per year, which is approximately USD 2.03 per capita. The annual expenditure was higher ranging from USD 88 million to USD 215 million if additional cost of managing dengue such as vector control and research and development were included⁸⁶.

Economic studies may, however, underestimate the burden of cost if adjustment for under-reporting is not made. Undurraga Y *et al.* stressed the use of expansion factors (EF) to estimate a more accurate burden of dengue in Southeast Asia (SEA). They estimated EF of 7.6 for South East Asia in general and 3.8 for Malaysia^{87,88}. None of these studies included costs associated with dengue prevention and control, disease surveillance and long term sequelae of dengue. If these were included, the economic burden will be even greater.

HEALTH ECONOMICS OF DENGUE VACCINE

In view of the high economic burden of a dengue epidemic⁸⁵, an effective dengue vaccine might be cost-effective. However, more studies will be required to study the particular age-group to be targeted for vaccination.

SECTION 2: RELEVANCE OF FINDINGS FOR CLINICAL PRACTICE

Malaysia has all four dengue virus (DENV) serotypes that infect and circulate among humans.

There may be some genetic predisposition to or protection from severe dengue in certain patients. The findings of inflammatory markers both during the febrile phase and defervescence phase help us to understand the pathogenesis of dengue infection a little bit better. At present, the utility of genetic and biomarkers are still restricted to research purposes.

Clinicians should be aware of the non-specific nature and the wide spectrum of clinical presentation of dengue, and to consider it a possible or probable diagnosis in every case of undifferentiated fever. This has important implications on clinical management and anticipatory follow-up for severe disease and the clinical outcome. Tourniquet test has been shown to be neither sensitive nor specific. The revised WHO classification (2009) is more user-friendly in guiding management of a disease that not only has a diverse but evolving dynamic presentation. In this revised version, clinicians should look out for warning signs and risk factors and conditions known to be associated with severe disease. These include pregnancy, infancy, old age, diabetes mellitus, hypertension, chronic renal failure, chronic heart disease and chronic haemolytic conditions. The warning signs of severe vomiting, severe abdominal pain and lethargy may precede hemodynamic changes of significant plasma leakage.

The laboratory confirmation of dengue is a challenging issue. As Fig. 3 shows the most appropriate tests to confirm the infection which depends on the day of illness and whether the infection is primary or secondary. Dengue IgM is usually present between days 5 and 7 of illness. Therefore, a negative IgM earlier than day 7 does not exclude dengue infection while a positive test may not indicate a dengue infection. A negative IgM for dengue should be repeated during recovery phase. In primary and secondary dengue infection, dengue IgG can be detected in most patients after day 7 of illness. Therefore, IgG is recommended after day 7 of illness if IgM is not detected and IgG done earlier was also negative. Dengue PCR is a useful diagnostic tool in early dengue infection, but the use is limited due to the cost and availability. NS 1 antigen is now increasingly used in the early phase of dengue infection.

Management of dengue infection currently focuses on fluid management but the treating physicians should be aware of the dangerous effects of fluid overload.

Table I: Risk factors associated with the development of DHF or DSS

Risk factors with DHF / DSS	OR (CI)
Patients aged > 30 years	2.37 (95% CI= 1.14-4.94)
Patients aged > 30 years with primary infection	4.24 (95% CI = 1.40-12.84)
Patients aged < 30 years with secondary infection	3.86 (95% CI = 1.29-11.58)
Diarrhoea	2.41 (95% CI = 1.04-5.57)
Patients with secondary dengue infections	2.27(95% CI= 1.08-4.78)
Platelet count < 35,000/mm ³	2.73 (95% CI= 1.26-5.89)
Independent risk factors with DHF / DSS	
Haematocrit values of > 47% for male	13.22 (95% CI= 3.35-52.20)
Haematocrit values of > 40% for female	3.96 (95% CI = 1.52-10.33)
Haematocrit fluctuation of more than 20%	39.71 (95% CI=13.90-113.48)
Activated partial thromboplastin time (APTT) ratio of > 1.25	2.82 (95% CI=1.15-6.90)

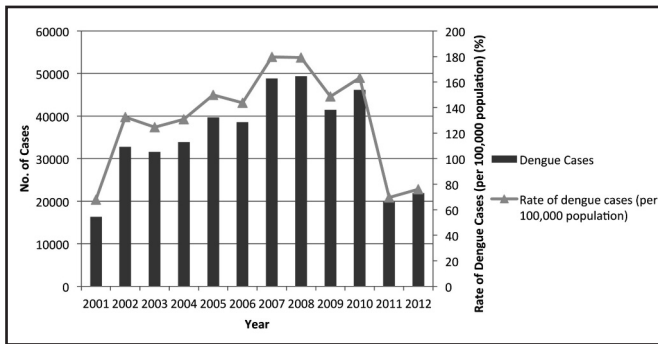


Fig. 1: Number of dengue cases and dengue incidence in Malaysia, 2001-2012.

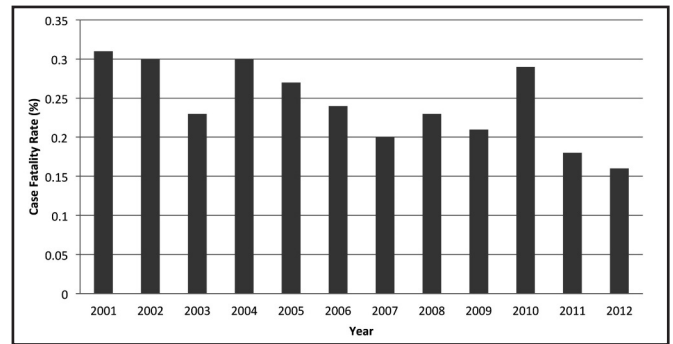


Fig. 2: Dengue Case Fatality Rate (CFR) in Malaysia, 2001-2012.

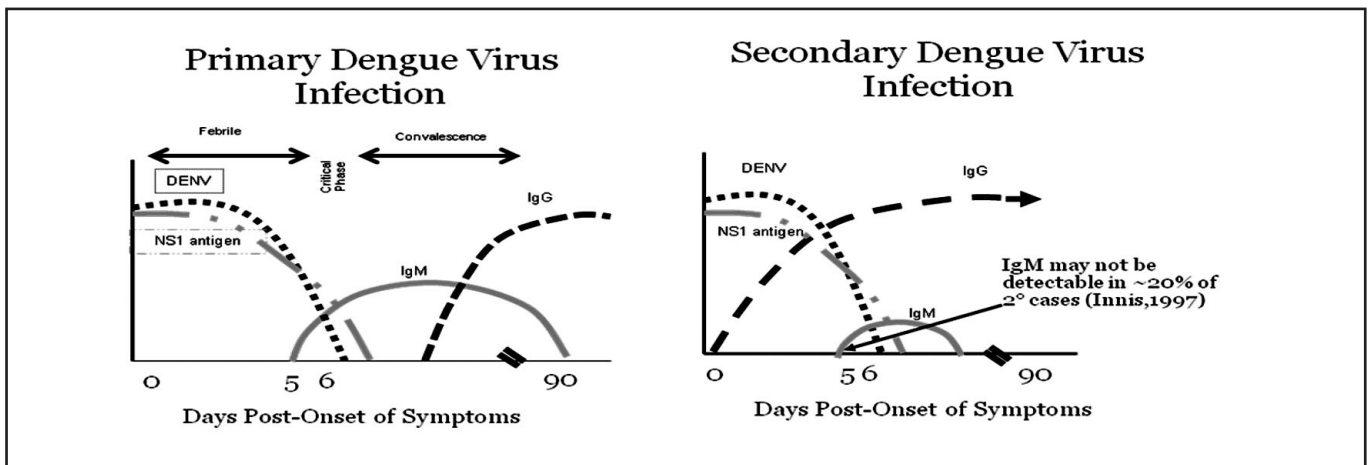


Fig. 3: Relationship between the phases during primary and secondary dengue infections with levels of dengue virus, NS1 antigen, IgM and IgG.

Unusual presentations should provoke considerations of secondary bacterial infections, co-infections with other pathogens, side-effects of drugs such as paracetamol or non-steroidal analgesics and the immune phenomena of haemophagocytosis and post viral infections. Unlike other viruses within the genus *Flavivirus* from the family *Flaviviridae*, dengue neurological complications whether due to encephalitis or encephalopathy appear to have good clinical outcome. However, on the rare occasion where dengue virus could be isolated from the brain tissue, the evidence does not support a direct virus invasion of the brain.

A therapeutic trial of the anti-viral effect of lovastatin in dengue infection is currently ongoing⁸⁹ and due to be completed in 2015. The phase 3 tetravalent dengue vaccine

trial with a follow up period of 25 months⁹⁰ in children has an overall protection of 56.5%. Its protection in adults who bear the major burden of illness is still unknown. Other unanswered questions include the duration of protection and the effect of a new dengue serotype from the sylvatic cycle. The implementation of a vaccination programme requires thorough planning of logistics not least of which is a sustainable source of funding⁷⁹. Unlike other arboviruses, dengue virus is maintained in the human cycle without replenishment from a zoonotic reservoir. Thus, wide spread use of dengue vaccine has the potential to eradicate human dengue infections. However, virus eradication by vaccination may provide an 'empty niche' which may eventually be filled by the adaptation of a related virus.

Both vector control and environmental planning may be the most effective methods to deal with the increasing number of dengue infection at this period of time. However the level of awareness of the environmental factors in dengue transmission among the public and their cooperation is still low.

Several local cohort studies showed that the level of awareness among the public with regards to dengue is still very low.

SECTION 3: FUTURE RESEARCH DIRECTION

The best way forward that will provide a more holistic understanding of the disease, clinical manifestations and pathogenesis is collaborative work among clinicians, epidemiologist, entomologist, primatologist and virologist.

The impact and cost-effectiveness of NS1 Ag in the evaluation of acute fever and the optimum outpatient management of dengue infection and admission criteria should be given priority by the primary care and emergency departments.

The effectiveness of and compliance to the current national guideline on acute management of dengue fever are topics of clinical importance. This includes studies looking at the appropriateness of fluid volume, type of fluids in different stages of dengue infection and the admission criteria. Effectiveness of oral fluid therapy in dengue patients should be evaluated. The effect of paracetamol on the liver function and the efficacy of N-acetylcysteine in severe liver impairment due to dengue should be assessed. The potential effect of statin on dengue should be explored from a different perspective as we eagerly wait for the result from the Vietnam study⁸⁸.

The barriers to implementation of national dengue guidelines should be explored, particularly in view of the large percentage of deaths due to fluid overload. A comprehensive report of dengue deaths may alert clinicians of potential pitfalls in case management. By evaluating various training methods in dengue case management, effective teaching tools may be identified. A more sensitive method of staging the severity of dengue infection should be developed and validated to aid decision-making on outpatient or inpatient care.

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