

The Tale of a Bacteria Battle

*A study on Staphylococcus aureus, its prevalence, clinical possibilities and
our fighting tools*

KFL082

3882 words

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1 Prologue

Good writing starts strong. Not with a cliché, not with a banality, but with a contentful observation that provokes curiosity.

Stephen King

A few years ago, in summer of 2021, I was accepted into a program at the Barcelona Autonomous University, aimed to divulge microbiology and biotechnology to a group of 50 biology-loving students. That's where I learned bacteria in detail, as well as how a microbiology/biotechnology lab functions. I fell in love with the discipline at first sight. I wondered how research in this field works, and so, I thought it was a good topic to develop for my Extended Essay.

This Extended Essay has the objective of studying bibliographically the effects of *Staphylococcus aureus* on the human body, as well as the ways humanity has developed to defeat it. Experimentally, it has one main objective, and several secondary ones: mainly, I want to find out the natural prevalence of *Staphylococcus Aureus* among my fellow schoolmates. Secondarily, I want to improve my lab etiquette and fluidity; to improve my protocol-making, how I follow them in the lab and how I deal with problems that may arise from them; to learn how to work with limited resources; and to practice my staining and microscope use. The research question I will follow is What is the prevalence of *Staphylococcus aureus* in our school to which my hypothesis is About 30%.

This study requires taking samples from human subjects. This is a one-off sampling process: the subjects are required only once. The results are then communicated

to the subjects via e-mail or by being delivered a physical piece of paper. They are informed previously on the process they are going to go through, as well as the purpose of the experiment. Each subject must read and agree to two documents: an informed consent which explains everything about the experiment¹ and a GDPR notice which documents the use of their data as well as an expected timeline for data anonymisation and destruction². All participants were screened to be over the age of 16, in order to ease the process and require no previous authorisation by parental figures on the data collection. The experimentation followed has no effect on the subjects[1].

Since bacteria were used, some aspects of the experiment must be clarified and discussed. Previously to starting the experiment, I read profusely the WHO's Laboratory Biosafety Manual and Associated Monographs (4Th Edition)[2] in order to find ways to mitigate any possible risk. During the experimental phases, there were no accidents or incidents. All plates were accounted for and controlled closely. No person other than me was allowed to come in contact with a plate that had been cultivated or with any used but not disinfected auxiliary material. The cultivated plates were considered Biosecurity Level 2. All possibly infected material was disposed of taking into account the risks that the bacteria in question posed, using fresh bleach.

Before starting the experimentation, and following the guidelines dictated by the IBO about the EE, I had a talk with my coordinator in order to solidify the fact that there was no alternative to taking cutaneous samples from human beings, as well as a discussion on bacteria and the risks that this experiment implies.

¹See annex 1

²See annex 2

2 Theoretical context

Each source that I read, I would look through the bibliography and the footnotes, and use that as a map for the next thing I would read.

Alexander Chee

§2.1 Bacteria and bacterial infections

Bacteria are prokaryotic organisms, generally single-celled, which are part of the Monera animal kingdom. Their sizes range from between 30 nm and 100 nm and are ubiquitous¹ organisms. This form of life is believed to be the first one to have ever appeared on Earth, as well as the one responsible for the oxygen-rich atmosphere the Earth currently has. Some species are hard to culture in a laboratory environment, but generally, those that can be cultured in a controlled environment are grown in agar plates[3].

Pathogenic bacteria are bacteria that have the ability to cause disease². These are not the most common type of bacteria, as the majority of them are either harmless or beneficial to the human body through symbiosis, such as the bacteria that help with digestion in the stomach[3].

¹Ubiquitous: found everywhere

²A disease is a particular abnormal condition that negatively affects the structure or function of all or part of an organism, and that is not immediately due to any external injury[4].

§2.2 The enemy: *Staphylococcus aureus*

Staphylococcus aureus (also known as Staph) is a GRAM-positive bacteria, the most studied and one of the most prevalent³ of its genus. Staph bacteria are usually harmless. However, they can, in some cases, cause serious infections that, in some cases, can lead to sepsis or death. Some of its distinctive characteristics include having a very thick glycopeptide wall, which allows it to withstand extreme temperatures and osmotic pressures, therefore rendering most classic methods of food conservation (such as cooking, smoking, freezing, or salting) completely useless against said bacteria; a protein A capsid, which binds to many eukaryote organisms; as well as thermoresistant enterotoxins. It's an extremely resistant (and thus ubiquitous) bacteria. It can be found in human skin, especially below the nails, and mucous surfaces (such as the mouth or the nose), as well as in certain foods such as ham (even after it's been cooked or curried), eggs, poultry and both raw and cooked dough.

³Prevalence: the percentage of a population that is affected with a disease

Staphylococcus aureus has three main parts to its virulence: its cell wall, its membrane-bound factors and its secreted factors. Staph's **cell wall** is made up of three parts, going from inside to the outside of the cell: a plasma membrane, a peptidoglycan layer and a slime (sometimes also called capsule) layer[5]. The plasma membrane consists of a lipid bilayer that is semipermeable⁴, which regulates the transport of materials entering and exiting the cell. Integrated inside them are a type of integral protein⁵ called penicillin-binding protein (PBP), amongst other proteins such as protein channels. We will only talk about PBPs because they are the Achilles's Heel of bacteria, as long as one has the proper tools to exploit it. Whilst the name implies PBPs are only sensible to penicillin, the name actually came to be this way because it's how they were discovered, and in fact could be resistant to it but sensible to other similar antibiotic agents. Variations in this protein may lead in some cases to antibiotic resistance, such as MRSA (*Methicillin-Resistant Staphylococcus aureus*), a variation of Staph that is the result of a variation in this protein called PBP2A. The different variations of *Staphylococcus aureus* will be discussed in more detail in a following section.

Staphylococcus aureus, like all other members of the *Staphylococcus* family, have very thick peptidoglycan layers. This grants them protection from extreme temperatures and high osmotic pressures, which means these bacteria can colonise cooked food and food that has been salted. The most notable example is ham, either cooked, smoked or cured. Since little to no other bacteria can survive in those conditions, *Staphylococcus aureus* takes advantage of it and starts reproducing, draining the resources available for other bacteria.

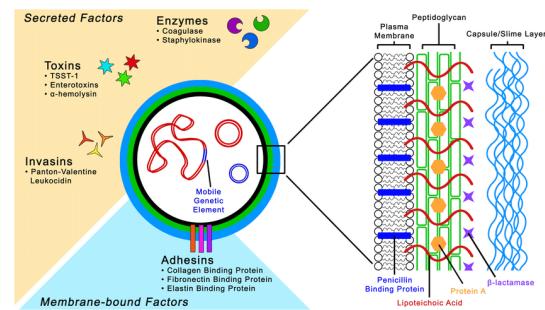


Figure 2.1: Parts of *Staphylococcus aureus*[5].

⁴Semipermeable: it lets water and ions through, but not other molecules. This transport will always be in favour of the pressure gradient, which means that it cannot insert any kind of substance into an environment that has a higher pressure than the other side

⁵Integral protein: protein that is situated perpendicularly to the cell wall, allowing for communication between the exterior and interior

§2.3 The enemy's attacks

Staphylococcus aureus is a species that can cause a handful of different diseases, ranging from, most frequently, skin and respiratory tract infections to infective endocarditis, toxic shock syndrome or osteomyelitis. Several variations of this pathogen exist, with increasing levels of antibiotic resistance: MSSA (*Methicillin-Sensitive Staphylococcus aureus*), having no resistance; MRSA (*Methicillin-Resistant Staphylococcus aureus*); and VRSA (*Vancomycin-Resistant Staphylococcus aureus*), the latter for which no antibiotic concoction that can eradicate the infection is known, and the patients have to use experimental treatments. VISA (*Vancomycin-intermediate Staphylococcus aureus*) is a variation that has medium resistance to vancomycin, being an intermediate step between MRSA and VRSA. Studies have discovered that this genetic factor has been developed by different lineages separately, indicating that there is not a common ancestor of MRSA strains.

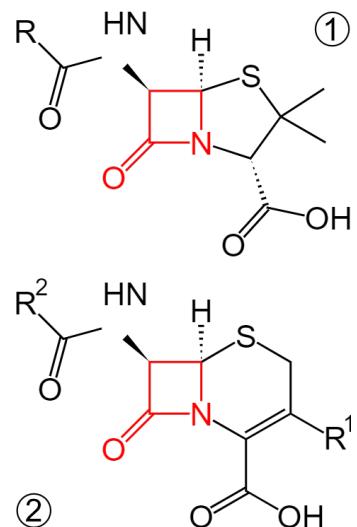
Staphylococcus aureus contains an important quantity of **toxins**, compounds that grant *Staph* most of its pathogenicity. Many of its virulence factors can be described as such. Toxins are usually defined as poisonous substances, which, in our case, means that they have the capacity to mess with the host body directly, without need of a mediating entity. *Staph* has several kinds of toxin in its arsenal: membrane-damaging toxins (which can be receptor-mediated or not), receptor-interfering toxins (which do not damage the membrane), enzymes, and pathway blockers.

§2.4 Our weapons

The tools we have at our disposal to fight off this infection fall into two main categories: chemical factors and biological factors.

The chemical factors are drugs, and they depend both in quantity and type on the variation a particular case falls in. It is **extremely important** to find out the level of antibiotic resistance that a specific infection has before administering any antibiotic, as this treatment course will cause side effects such as killing gut bacteria, diminishing defence system capabilities, and increasing the possibility to develop yet more resistant infections. Generally, a large-spectrum antibiotic has an adequate risk-to-benefits ratio of causing the previously mentioned side effects, so they may be used before switching to a more specific (and in some cases even more violent) treatment.

Starting with the treatment to the least resistant strains of *Staphylococcus aureus*, a -lactam antibiotic (such as methicillin, oxacillin, cloxacillin and penicillin) is the weapon of choice to fight against an MSSA infection. This is because this specific chemical part (just a -lactam ring does nothing by itself) has the ability to inhibit cell wall biosynthesis on the bacterial intruder's body. But once the -lactam ring is cut by an enzyme secreted by the bacteria itself, this type of antibiotic suddenly loses effect against them.



That's where vancomycin comes in. It is a type of glycopeptide antibiotic, just like -lactam, and works by blocking the construction of a cell wall, as all of its type do. This treatment is very invasive and only indicated for the treatment of extremely serious, life-threatening infections by Gram-positive bacteria that have shown to be unresponsive to other antibiotics.

Figure 2.2: Organic chemistry structure of penicillin (top) and cephalosporin (bottom). -lactam ring in red.
Source: WikiMedia

It can be taken as a pill or as an injectable fluid, the latter form proving to be much more effective than the former. This treatment is incompatible with aminoglycosides, a type of antibiotic that inhibit protein synthesis, as it can lead to nephrotoxicity⁶

⁶Nephrotoxicity: toxic to the kidneys

and ototoxicity⁷. Vancomycin can induce platelet-reactive antibodies in the patient, leading to internal bleeding, with petechial haemorrhages on the tongue and bruises on most of the body. Unfortunately, even with use of vancomycin, *Staphylococcus aureus* can develop resistance. In this case, no other option than using a biological factor is left. There has been one study in 2020 that discovered that by modifying the bacteria with a cationic oligo peptide⁸, vancomycin resistance could be bypassed. This could be a good solution temporarily as we wait for phage therapy to get improved on and approved, if it was a sufficiently studied option, which is not. This was discovered in 2020, while bacteriophage trials have been ongoing since the mid 2000s.

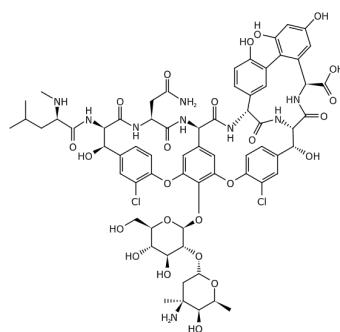


Figure 2.3: Organic chemistry structure of vancomycin. Source: WikiMedia

The biological factor is a bacteriophage, called P68. It comes from the *Caudovirales* order, which means that it is a bacteriophage with tail. This treatment is still in testing, but it appears to be effective and lead to low adverse results. If possible, it would be preferable to use bacteriophage therapy (shortened to phage therapy) instead of going for antibiotics, as it can lead to less side effects than antibiotics, as it only attacks specific bacteria. This means, unfortunately, that the infection has to be pinpointed with extreme accuracy. The use of this treatment also negates the risk of bacteria developing antibiotic resistance. It is, however, unclear whether the bacteriophage could mutate into a dangerous strain. This class of virus has been studied since the late 19th century after being discovered by accident in

water from a river in India. This research, however, was dropped due to penicillin being discovered and used, sometimes abusively, as the main purpose of this research was to use it on war casualties in order to reduce mortality caused by infections.

⁷Ototoxicity: damage to hearing

⁸Cationic oligo peptide: sequence of two or more amino acids that is positively charged

Bacteriophages work in an interesting manner. They work by detecting one very specific bacteria, just like any other virus does with the type of cell they evolved for, then bind to it and inject their genetic material, which then in turn the bacteria considers as its own, inserts it into its own genetic sequence and starts producing the proteins the virus requires, but it doesn't eject them. Once the bacteria is full of phages, a special lytic compound is released which bursts the cell membrane in such a way that it resembles an explosion, but instead of heating up everything in a radius, spreads millions more of bacteriophages, which then bind to other bacteria and the cycle repeats until there's no more bacteria left. The fight from the bacteria point of view consists mostly on trying to outnumber and outreproduce the phages in order to have a chance of survival, even if minimal. There is no known bacteria that shows resistance to phages. That is probably because, unlike the chemical factors, phages can evolve and improve with each generation.

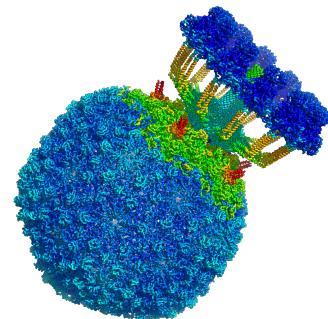


Figure 2.4: P68 structure.
Source: own

3 Physical experimentation

A scientist in his laboratory is not a mere technician: he is also a child confronting natural phenomena that impress him as though they were fairy tales.

Marie Curie

§3.1 Description

This experiment is designed to detect and evaluate the prevalence of *Staphylococcus aureus* in a sample of students from our school. The process used involves extracting a sample from underneath a subject's nails by swabbing, cultivating that sample, and then observing the results of said culture to determine the presence or not of *Staphylococcus aureus* as part of the subject's resident bacterial flora. Each sampling iteration of the process took less than two minutes to complete. However, all the safety measures and actions taken need more time to be taken care of properly; as well as taking into account the fact that cultivating is not a task that can be done in just a day, often needing two to three to fully develop.

§3.2 Protocol followed

The protocol followed was designed based on a similar protocol used in many university laboratories[6], modified to fit the needs of this research paper, peer-reviewed by Olga Sánchez, and uploaded to the Protocols.io platform, to make it easier to follow the days of that the experiment took place in. This protocol underwent 10 different revisions[rocacugatStaphilococcusAureusSampling2022a]. It dictates the following

steps:

- 1) Prepare yourself for the experimentation: wash your hands, put on gloves, put on the lab coat, mask, and goggles. Wash your hands again (gloves still on). Set up the work area; the Bunsen burner should be turned on in such a way that it can cover an acceptable surface to work. Turn it on and try not to break sterility
- 2) Divide each Petri dish in 2 parts. A ruler should be used for this part. Get your subject to wash their hands and observe them. If the nails are extremely short, it may be worth it to take the sample nasally. If the hands don't seem clean enough, teach them proper hand washing techniques.
- 3) Note down their information, crack open a sterile swab pack, dip one of the swabs in Ringer solution and swab away at under their nails or nose. Then, populate the dish with this sample.
- 4) Incubate for 32-48h and observe the results.
- 5) Observe the bacteria under a microscope after a GRAM staining.

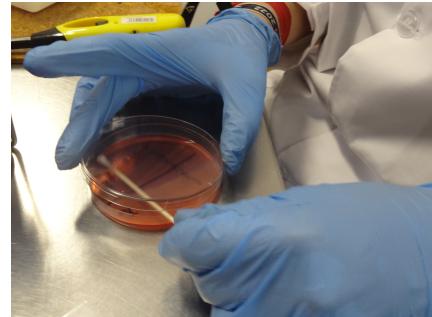


Figure 3.1: Transferring a sample to the agar plate

§3.3 Bill of materials

The materials used, as well as the quantities used, can be found in the following table. On the left, laboratory equipment and, on the right, reagents, staining agents, and consumables used:

Qty	Material/consumable	Qty	Reagent
x80	Sterile cotton swabs	~30mL	Bleach
x1	Kolle handle	~10mL	Methyl violet
x1	Optic microscope	~10mL	Iodine
x1	Binocular magnifier	~10mL	Alcoholic safranin
x1	Dissection tray	~10mL	Methanol
x1	Bunsen burner	<1mL	Ether
x1	Lab coat	x40	Agar MSA plates
x1	Lab goggles	>1L	Ringer solution (9% saline)
x8	Non-powdered gloves		
x10	Slides and slide covers		

§3.4 Biosecurity and risk mitigation

Staph is considered a Biosecurity Level (BSL) 2 pathogenic bacteria[7]. This means that it is associated with a human disease that can pose a moderate human health hazard. In a laboratory where BSL-2 pathogens are handled, usual lab rules should be followed (mechanical pipetting only, surgical hand-washing, prohibition of the consumption of food and drinks in the lab, proper PPE use as well as avoiding splashes or aerosols, adhering biohazard warning signs present on all material used, as well as proper surface and material disinfection via the use of autoclave or proper alternative decontamination method).

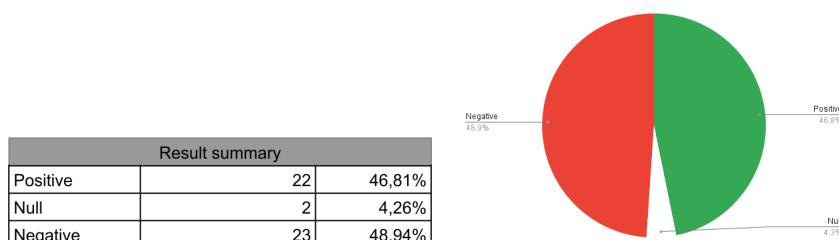
The risks associated with this bacterium were assessed following the protocol designated by the World Health Organisation, and proper security measures were followed at all times when handling biohazardous material. No incidents occurred during the research part of this project, and the protocol defined previous to the start was followed extremely closely. While the laboratory used may not be the most ideal type of laboratory for this type of research, it was certainly adequate to perform a research project like this one, especially after the temporary signage that was temporarily installed[2].

§3.5 Results and analysis

The results obtained can be found in the following raw data table:

Group	Plate	Result	Group	Plate	Result
1BAT A	E1	Positive	FAM	A5	Positive
4ESO B	B12	Negative	FAM	A9	Unknown
1BAT A	C2	Negative	FAM	A10	Unknown
PROF	B4	Positive	FAM	A11	Negative
PROF	F4	Negative	FAM	A12	Positive
1BAT A	E2	Negative	PROF	B1	Positive
1BAT A	E5	Negative	PROF	B3	Positive
1BAT A	E7	Positive	4ESO B	B7	Negative
1BAT A	E6	Positive	4ESO B	B8	Negative
PROF	C1	Negative	4ESO B	B9	Negative
PROF	B2	Negative	4ESO D	B10	Negative
1BAT A	E8	Positive	4ESO D	B11	Positive
1BAT A	E4	Positive	4ESO D	B13	Positive
FAM	D1	Positive	4ESO D	B14	Negative
1BAT A	E3	Negative	PROF	C3	Positive
PROF	B5	Positive	FAM	D2	Negative
FAM	A1	Negative	PROFJ	F1	Positive
FAM	A2	Positive	PROFJ	F2	Positive
FAM	A3	Negative	1 Bat A	F3	Negative
FAM	A4	Positive	1 Bat A	E9	Negative
FAM	A6	Negative	1 Bat A	E10	Negative
FAM	A7	Negative	1BAT A	E11	Negative
FAM	A8	Positive	1BAT A	E12	Positive
		PROF	A9		Positive

The data was then recounted and graphed into the following pie chart:

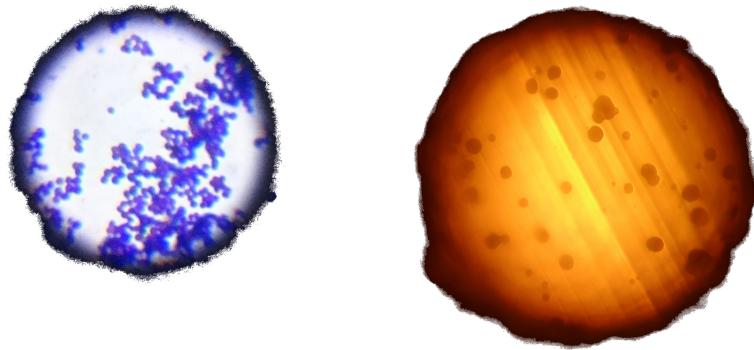


(a) Counts of the result cases.

(b) Pie graph of the result cases.

Figure 3.2: Data processed from results

As we can see, almost 50% of the samples taken tested positive for *Staphylococcus aureus*, compared to the expected 30%[8]. We can, however, see in the UK's Public Health bactaeremia data that Staph infections have been on the rise lately, so it may not be a case of wrong data[9]. On top of that, both of my advisers, Olga and Margarita, have also found their experiments resulting in a higher prevalence than usual of this bacterium, and are finding cases that were once negative but turned positive in the last few years. Most of these results were not only confirmed by the highly-specific detection of the MSA plate, but also by taking the morphological observation into account, both of the colonies and microscopically.



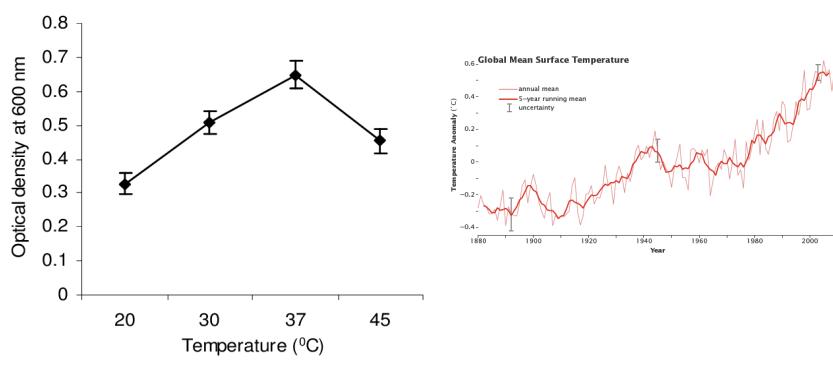
(a) *Staphylococcus aureus* as seen below the microscope. x4000, GRAM
(b) Colonies of *Staphylococcus aureus* staining seen under a magnifying glass

Figure 3.3: Photographies of the results, as collected from my own experimentation (own data).

There may be several reasons for the infection rate and thus natural prevalence to be increasing. One of them could be that since antibiotic abuse is growing with each passing year, the usual resident microbiota is getting killed, leaving more resources for Staph to thrive in that environment. To confirm this theory, we will look at the infection rates of a country that is facing extreme antibiotic abuse (the United States of America) and compare it to another that is controlling their antibiotics a bit better

(the United Kingdom). The former have seen a 210% increase in *Staphylococcus aureus* cases since 2006. However, superfluous antibiotic prescriptions have increased by barely 1%[10]. In the United Kingdom, they have seen a 160% increase in *Staphylococcus aureus* infections[9], and their superfluous antibiotic prescriptions have gone down by 20%. Even though this is very little data to extract conclusions from, there may be a correlation between these two factors.

The other could be climate change. An increase of ambient temperatures could mean a more suitable breeding ground for this specific species and thus leading to a higher-than-usual prevalence. *Staphylococcus aureus*' optimal breeding temperature is between 35°C and 37°C. The global average temperature has increased by 1,1°C[11] in the last 120 years. And *Staphylococcus aureus* has a specific temperature growth curve, just like any other bacteria:



(a) *Staphylococcus aureus* growth curve by temperature[12] (b) Global warming plotted by the year[13]

Figure 3.4: Graphs relating the temperature of growth of *Staphylococcus aureus* and the increase of temperature of the Earth.

So, this correlation may not be completely incorrect, and in fact some scientists warn about an increased number of infectious diseases seeing a growth in numbers due to climate change. One only data point is not enough significant data, so further study is needed on this front.

4 Conclusions

Our reliance on the validity of a scientific conclusion depends ultimately on a judgment of coherence; and as there can exist no strict criterion for coherence, our judgment of it must always remain a qualitative, non-formal, tacit, personal judgment.

Michael Polanyi

§4.1 Bibliographic conclusions

While *Staphylococcus aureus* is a dangerous bacterium given the right conditions However, most times, the immune system can get rid of it before it becomes too large of a problem. However, in some cases, when the entire body gets infected and the infection stops being localized, then that's when there is a problem. There are several strains of *Staphylococcus aureus*, classified by their resistance to antibiotics: MSSA (sensitive to methicillin), MRSA (resistant to methicillin), VISA (intermediate resistance to vancomycin) and VRSA (resistant to vancomycin). While there is no antibiotic that can deal with VRSA, an alternative in the form of a bacteriophage virus, P-68, of the order of the *Caudovirales*

§4.2 Experimental conclusions

This study has concluded that the prevalence of *Staphylococcus aureus* in our high school is 48,8%, one and a half times the expected results. As explored previously, this could mostly be due to climate change or antibiotic abuse, however there may also be other

reasons for why this is happening. Our initial hypothesis, which was that the prevalence of epithelial *Staphylococcus aureus* in school would be at around 30% was found out to be false. Instead, the experimentation found a prevalence of the bacteria being 46,5%. This value, 1,5 times larger than the one expected, may probably have not come from experimental error, as the procedure was followed rigorously, and the risk of contamination was mitigated to levels with which we could confidently say that no plates were subjects of cross-contamination between batches.

§4.3 Strengths and weaknesses

This research was not without its strengths, but neither was it without its weaknesses.

Strengths The protocol was adapted fairly well to the environment it was run in, and no incidents took place during the realization of the experimentation. The cost of the experimentation was relatively cheap, taking into account that reagents in microbiology can quickly get expensive. Reliability was also high, and the questions were answered, hypotheses verified and refused.

Weaknesses While the Agar plates used were definitely adequate for the purpose they were used for, a much more appropriate growth medium called Baird-Parker (BP) could've been used. A much more adequate and comfortable lab environment would also have been a very welcomed improvement.

§4.4 Possible improvements

This research could've been improved by running an antibiogram on the samples, thus checking for antibiotic resistance. While this is fairly safe if adequate protections are taken, it is yet another point that could fail and result in a biosafety incident.

It could have also been improved by obtaining even a larger sample of the population, in order to get an even more significant result. The bacteria could have been sequenced, allowing us to trace back the bacterium one by one, comparing it to locations where a similar strain had been found, tracing back its evolution and possible path followed around the world.

Another interesting factor to be looked at could be the familial relationship between subjects that tested positive. It may be possible that there is some genetic character that causes members of a same family to have a predisposition of having *Staphylococcus aureus* under their nails, as compared to subjects not from the same family.

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I

Appendix

Annex 1 – Informed consent given to subjects before sampling

CONSENT TO BE PART OF A RESEARCH STUDY

1. KEY INFORMATION ABOUT THE RESEARCHERS AND THIS STUDY

Study title: A study on the affection and effects of Staphylococcus Aureus

Principal Investigator: Pol Roca Cugat (ORCID: 0000-0001-8796-8396)

UDG Advisor: [TBD]

UAB Advisor: Olga Sanchez (NIU: 1004137)

Study Coordinator: Núria Feliu Pou, Departament de Llengües estrangeres.

You are invited to take part in a research study. This form contains information that will help you decide whether to join the study.

If you choose to participate, you will be asked to go to the Biology Laboratory PN22, wash profusely your hands and have a sample taken from the subungual tissue. This poses no risk andd will take around 2 to 7 minutes.The results will be delivered to you in 24-48 hours, in paper form. There are no other direct benefits.

Taking part in this research project is voluntary. You do not have to participate and you can stop at any time. Please take time to read this entire form and ask questions before deciding whether to take part in this research project.

2. PURPOSE OF THIS STUDY

The purpose of this study is to evaluate the percentage of students whose reseident bacterioflora include *Staphylococcus aureus*, as well as a genomic analysis of a random one of the positive samples.

We may use the subungual tissue collected for this study for whole bacterial genome sequencing which involves mapping all of the bacteria DNA to screen for MRSA and MSSA.

3. WHO CAN PARTICIPATE IN THE STUDY

3.1 Who can take part in this study? There is no application criteria.

3.2 How many people are expected to take part in this study? About 40-60 people are expected to take part in this study.

4. INFORMATION ABOUT STUDY PARTICIPATION

4.1 What will happen to me in this study?

- You will be called to the Biology Laboratory
- You will be asked to follow simple instructions to wash your hands
- A sample from below your nails will be taken and cultured
- If positive, your sample may be chosen for sequencing.
- You will be given all your results 24-48h after sampling in paper form.

The process can be found in detail at dx.doi.org/10.17504/protocols.io.81wgb6pk1lpk/v6

4.2 How much of my time will be needed to take part in this study? This will take one day, 5-10 minutes total maximum.

4.3 If I decide not to take part in this study, what other options do I have?
Leave and not get your results.

5. INFORMATION ABOUT STUDY RISKS AND BENEFITS

5.1 What risks will I face by taking part in the study? What will the researchers do to protect me against these risks?

There are no known risks.

5.2 How could I benefit if I take part in this study? How could others benefit?

You may not receive any personal benefits from being in this study. However, others may benefit from the knowledge gained from this study. You will receive your results.

5.2.1 Will the researchers provide information to me about what they learn from analyzing my [type of biospecimen]? We may learn things about your health as part of the research. If this happens, this information will be provided to you. [Insert a description of the types of research results that may be returned, under what circumstances participants will be provided research results, and how participants will be notified.] You may need to meet with professionals with expertise to help you learn more about your research results. The study team/study will not cover the costs of any follow-up consultations or actions.

5.3 Will the researchers tell me if they learn of new information that could change my willingness to stay in this study? Yes, the researchers will tell you if they learn of important new information that may change your willingness to stay in this study.

6. ENDING THE STUDY

6.1 If I want to stop participating in the study, what should I do?

You are free to leave the study at any time. If you leave the study before it is finished, there will be no penalty to you. You will not lose any benefits to which you may otherwise be entitled. If you decide to leave the study before it is finished, please tell one of the persons listed in Section 9 "Contact Information". If you choose to tell the researchers why you are leaving the study, your reasons may be kept as part of the study record. The researchers will keep the information [and type of biospecimen] collected about you for the research unless you ask us to remove the information from our records and destroy the [type of biospecimen]. If the researchers have already used your information in a research analysis, it will not be possible to remove your information.

7. FINANCIAL INFORMATION

No money will be transferred.

8. PROTECTING AND SHARING RESEARCH INFORMATION [AND BIOSPECIMENS]

8.1 How will the researchers protect my information? Following GDPR regulations.

8.2 Who will have access to my research records?

There are reasons why information about you may be used or seen by the researchers or others during or after this study. Examples include:

- University, government officials, study sponsors or funders, auditors, and/or the Institutional Review Board (IRB) may need the information to make sure that the study is done in a safe and proper manner.

8.3 What will happen to the information and/or biospecimens collected in this study?

We will keep the information and/or biospecimens we collect about you during the research, [including information we learn from analyzing your sample, for future research projects and for study recordkeeping. Your name and other information that can directly identify you will be stored securely and separately from the research information we collected from you..

The results of this study could be published in an article or presentation, but will not include any information that would let others know who you are.

8.4 Will my information and/or biospecimens be used for future research or shared with others?

We may use or share your research information and/or biospecimen for future research studies. If we share your information and/or biospecimen with other researchers it will be de-identified, which means that it will not contain your name or other information that can directly identify you. This research may be similar to this study or completely different. We will not ask for your additional informed consent for these studies.

We would like to share your identifiable information or biospecimen with other researchers for future research. We will ask for your consent to do so at the end of this consent document. You can be a part of this current research project without agreeing to this future use of your identifiable information or biospecimen.

9. CONTACT INFORMATION

Who can I contact about this study?

Please contact the researchers listed below to:

- Obtain more information about the study
- Ask a question about the study procedures
- Report an illness, injury, or other problem (you may also need to tell your regular doctors)
- Leave the study before it is finished
- Express a concern about the study

Principal Investigator: Pol Roca Cugat (ORCID: 0000-0001-8796-8396)

Email: proca001@jvvgirona.eu

Study Coordinator: Núria Feliu Pou

Email: nfeliu001@jvvgirona.eu

Annex 2 – GDPR notice given to subjects before sampling

GDPR NOTICE

You are receiving this notice in connection with your participation in the following research study:

Title of Study: A study on the affectation and effects of Staphylococcus Aureus

Principal Investigator: Pol Roca Cugat (ORCID: 0000-0001-8796-8396)

The above-named research study involves the collection of *sensitive personal data* that can identify you. The General Data Protection Regulation ("GDPR") requires researchers to provide this notice to you when we collect and use research data about people located within the European Union (EU) or the European Economic Area (EEA). This notice outlines what personal data we will collect, how we intend to use and protect this information, and your rights with respect to your personal data for purposes of GDPR.

NOTE: The GDPR may apply to *personal data* that you provide while physically located in the EU/EEA. It does not apply to information provided while located outside of the EU/EEA (e.g., while in the United States). GDPR data protection requirements do not apply to your personal data that is rendered anonymous such that you are not identifiable or can no longer be identified.

Personal data – what we will collect

As part of this research study, we will create and obtain information related to your participation in the study from you so we can conduct this research. Research study data will include: contact information and physiological data that arises from the test, which will include the presence or not of bacteria and the concentration of it.

How we will use your Personal Data

The personal data you provide will be used for the following purposes:

- To fulfill study objectives as described within the Study Informed Consent Form
- To provide study compensation and complying with compensation-related reporting requirements
- To comply with legal and regulatory requirements, including requirements to share data with regulatory agencies overseeing the research
- To confirm proper conduct of the study and research integrity

Your personal data may be transferred to the United States in condition of storage. The United States does not have the same laws to protect your personal data as in the EU/EEA. However, we are committed to protecting the confidentiality of the personal data you give us. The *Study Informed Consent form* further describes the protections in place to protect the confidentiality of your personal data. Transfer and use of your personal data is on the basis of your consent.

Retention of your personal data

We may retain your personal data for as long as necessary to fulfill the objectives of

the research and to ensure the integrity of the research. We will delete your personal data when it is no longer needed for the study or if you withdraw your consent provided such deletion does not render impossible or seriously impair the achievement of the objectives of the research project. However, your information will be retained as necessary to comply with legal or regulatory requirements. Your data will be anonymized as soon as the results of your test have been sent to you by using a unique randomized identifier. No non-anonymized data will be used for future studies.

Your rights with respect to your personal data

If you participate in this study within the EU/EEA the GDPR affords you certain rights with respect to your personal data, including the right to:

- Access, correct, withdraw, or delete your personal data; however, the research team may need to keep your personal data as long as it is necessary to achieve the purpose of this research;
- Restrict the types of activities the research team can do with your personal data;
- Object to using your personal data for specific types of activities; or
- Withdraw your consent to use your personal data for the purposes outlined in the *Study Informed Consent form* and in this document. (However, this withdrawal will only apply to new personal data not yet collected or created. Personal data already collected or created may continue to be used as outlined in the *Study Informed Consent form* and this document.)

To exercise your rights, please use the contact information below to submit a request. When you submit a request, please indicate your name, the name of this project, your reasons for making the request, if necessary, and other details you think will be useful for us to comply with your request.

Where to address your questions or concerns about your personal data

If you want to make a request relating to the rights listed above or if you have any concerns about how your personal data is being handled, please contact:

Pol Roca Cugat, 1Bat A Ins JVV. Email at proca001@jvvgirona.eu or for urgent contact send a private message via Discord at Peipr#8989.

Your Consent

Your consent is entirely voluntary, but declining to provide consent may impede your ability to participate in this research project.

By clicking below, you indicate that you have read and understood how your personal data will be processed, your related rights, and that you consent to the processing of your data as provided in this document. In addition, you acknowledge

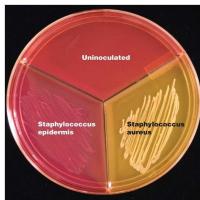
that this information was explained to you, your questions have been answered, and that you wish to continue participating in the study. If any new questions arise, you can contact the research team using the information provided above.

You may print a copy of this form for your files.

Name:

I acknowledge that this new information was explained to me, my questions have been answered to my satisfaction, and I wish to participate in this study.

Annex 3 – Protocol as published in protocols.io



Staphylococcus Aureus Sampling V.10

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Olga Sánchez: Peer review;

Version 10 ▾

Sep 19, 2022

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Mar Roca Cugat

Institut Jaume Vicens Vives, Universitat de Girona

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ABSTRACT

This protocol is intended to study the affection of *Staphylococcus Aureus*, including the MRSA, VISA and VRSA variants, even if it makes the test more difficult to perform. It outlines the basic protocol for a multi-subject study, while using basic and minimal resources found in almost every biology lab.

DOI

dx.doi.org/10.17504/protocols.io.81wgb6pk1lpk/v10

PROTOCOL CITATION

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protocols.io
<https://protocols.io/view/staphylococcus-aureus-sampling-cguctwsw>
Version created by [Mar Roca Cugat](#)

KEYWORDS

Microbiology, sampling, swab, staphilococcus aureus

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Jan 12, 2022

LAST MODIFIED

Sep 19, 2022

PROTOCOL INTEGER ID

70244

GUIDELINES

This protocol is intended to study the affection of *Staphylococcus Aureus*, which is a Biosecurity Level 2 bacterial agent. As such, the laboratory should be adequately to those standards or take measures in order to prevent infection, cross-contamination, or leaks.

MATERIALS TEXT

PPE

- Face shield or protective goggles
- FFP2/KN95 or higher-rated mask
- Latex, non-powdered gloves
- Lab coat

Sampling material

- Clean and sterile cotton swabs ($n+n/10$ being n the number of tests required)
- MSA Agar Petri dishes ($n/(2 \text{ to } 4)$ being n the number of dishes required)
- Sterile Ringer solution
- Permanent marker

Support material

- Bunsen burner
- Incubator
- Ethanol: >80%
- Bleach solution at 50%v in water.
- Reagents to make LB
- Inactivation buffer
- Photospectrometer

SAFETY WARNINGS

This protocol requires interaction with people, possibly infected with a pathogen (especially in 2022, when this protocol was written and put into practice, as COVID-19 was still going strong). As such, there is a risk of infection which can be minimized with proper PPE use.

Proper ventilation is recommended at all times, even when the pandemic situation is over. However, the sterile field must be preserved at all costs, so try to direct the airflow in order for it not to affect the results.

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Preparation

1h

10m



Wash your hands with soap. Put on your lab coat, your mask, and your goggles or face shield. Make sure your mask is airtight and air cannot escape through the sides.

- 1.1 Prepare the area where you are going to work. Disinfect the surfaces with the bleach solution.

The subjects should not be able to walk behind you, only to the side or to the front. Make sure to leave enough distance between the sampler and the subject, but not enough distance as for the sampling to be uncomfortable. The environment should be comfortable, within the following range of temperatures: **20 °C – 35 °C**

You should have a plastic, sealable box to your side or on the table to store the sampled Petri dishes.

The Bunsen burner should be to the front of you, within a hand of distance. The fresh swabs and Petri dishes should never be accessible by the subjects.

- 1.2 Using a permanent marker, divide each plate into two to four equal parts. You should help yourself by using a guide, such as a ruler.

- 2 Observe the subject's hands. If their nails are longer than 1-4 mm (the white part of the nail that can overgrow).
Bitten-down nails could lead to invalid results. Too long nails could lead to cross-contamination.
Ask the subject for their identificative and contact information if this has not been done previously.
- 3 Place a Petri dish on the side of the Bunsen burner. The burner will be the center of our sterile field.



Watch out so as not to break the sterile field

Step 3 includes a Step case.

Nail sampling

Nose sampling

step case

Nail sampling

For cases where the nails are 3-6mm long

- 4 Ask the subject to wash their hands thoroughly and below the nails with soap and lukewarm water. Note their subject ID on the bottom (agar side) of the Petri dish.
 - 4.1 Bring the subject's hands below the sterile area generated by the Bunsen burner. Open the Ringer solution and soak the swab. Proceed by swabbing below every nail in both hands. Once done, the subject can be dismissed.
 - 4.2 "Paint" one half of the Petri dish with the swab, softly so as not to break the agar but firmly as to get the sample to transfer to the plate.

5



1d

⌚ Repeat n times

Once the plate has 3 samples, place it in the full plates box.

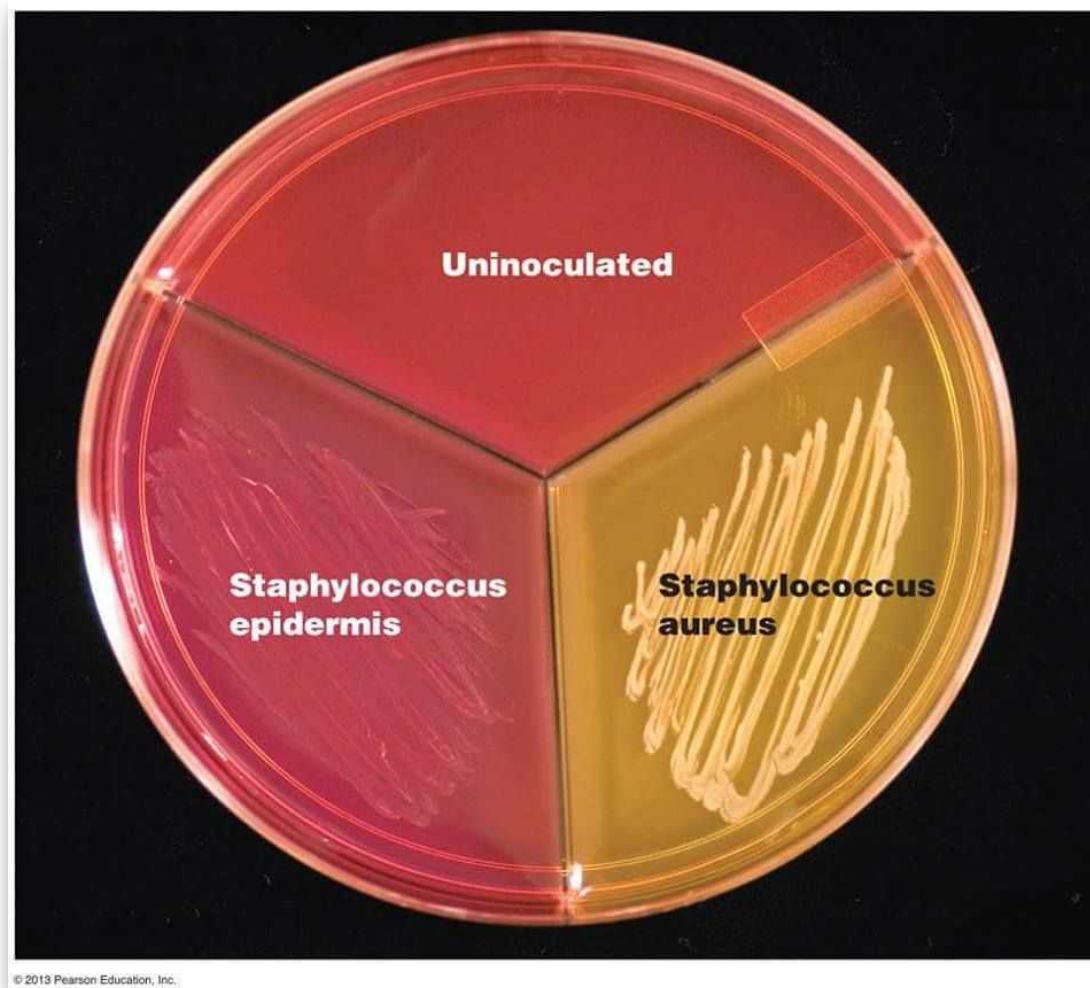
Once there are 20 plates in the box, group them together with tape, write an identificative group number and place it in the incubator.

The incubator should be set to **⌚ 37 °C** and left to incubate for **⌚ 24:00:00**.

Study

1d 2h

6



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It is expected to one of these results. A bright red colour means the sample was uninoculated. A pinkish colour with translucent streaks means there is *Staphylococcus epidermidis* present. A faint yellow colour or a bright yellow colour means there is *Staphylococcus aureus* present

The samples should be taken out of the incubator, the results introduced into the database and communicated to the subject.

7



Using one of the extra MSA Agar plates, culture and purify a sample of *Staphilococcus Aureus*. This can then be treated with GRAM tinture in order to observe it under an optical microscope (ideally at x1000-x1200).



Watch out for impurities/contaminations

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