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**CHILDHOOD BRONCHIECTASIS: NATIONAL INCIDENCE, DISEASE  
PROGRESSION AND AN EVALUATION OF INHALED ANTIBIOTIC THERAPY**

**JACOB TWISS**

**A thesis submitted in partial fulfilment of the requirements  
for the Doctor of Philosophy (PhD) in Paediatrics,  
The University of Auckland, 2008.**



## ABSTRACT

**Background:** Bronchiectasis is a chronic suppurative lung disease, defined by dilatation of bronchial airways, resulting in significant morbidity, mortality, and healthcare expenditure. It continues to affect large numbers of people worldwide, particularly indigenous or disadvantaged communities. The goals of this thesis were to determine childhood bronchiectasis occurrence in New Zealand, define its progression, and evaluate a potential new therapy; inhaled antibiotics.

**Methods:** Firstly, a single-centre retrospective study described the prevalence, aetiology and severity of childhood bronchiectasis in Auckland. Secondly, a two year prospective multi-centre study described the incidence, aetiology and severity of new cases of bronchiectasis in New Zealand. Thirdly, disease progression was estimated through retrospective linear mixed-model analyses of pulmonary function and compared to peers with cystic fibrosis. Fourthly, an evaluation of inhaled gentamicin pharmacokinetics was made through a single-dose open-label study. Finally, a randomised double-blinded placebo-controlled two-period community-based crossover trial of inhaled antibiotics was conducted.

**Results:** Children identified had severe, extensive bronchiectasis with an Auckland prevalence of 1:3000 and a national incidence of 3.7:100,000 per year. Compared with New Zealand children of European ethnicity, the incidence was 12 times higher in Pasifika and 3 times higher in Maori. Pneumonia, poverty, immunodeficiency, aspiration and recent immunosuppressive therapy were the most important aetiologies. Children with bronchiectasis had more severe obstructive lung disease than peers with cystic fibrosis (FEV<sub>1</sub> intercept at ten years age 63% versus 77% predicted,  $p < 0.001$ ) but declined more slowly (-0.9% versus -2.5% predicted per annum,  $p = 0.02$ ). Inhaled gentamicin (80mg) safely achieved target concentrations within sputum (mean 697  $\mu\text{g/g}$ ). Despite low adherence, inhaled gentamicin was well tolerated, resulted in reduced symptoms, decreased *Haemophilus influenzae* density (-2.7  $\log_{10}$  cfu/ml,  $p < 0.001$ ), decreased airway inflammation (neutrophils, IL-1 $\beta$ , IL-8, TNF $\alpha$ ) and reduced oral antibiotic use (OR 0.19,  $p < 0.001$ ). No significant change in spirometry or hospitalisation rates occurred over the three months.

**Conclusion:** Childhood bronchiectasis has a high and increasing prevalence in New Zealand, especially in Pasifika and Maori. Children have extensive, progressive disease despite 'standard' management. Inhaled gentamicin is well tolerated, achieves effective concentrations, improves symptoms, reduces bacterial load and airway inflammation as well as oral antibiotic use. However, low adherence suggests poor acceptability.



## ACKNOWLEDGEMENTS

I would like to express my thanks to all those who helped me with this thesis and the research it describes. My principle supervisor, Dr Cass Byrnes (Department of Paediatrics, University of Auckland), was involved in the planning, conduct and interpretation of all five studies and was of great assistance in the preparation of this manuscript. Without fail she found time to meet with me, to offer informed advice, and to give feedback on draft manuscripts. Most importantly of all, she was a source of undying enthusiasm and encouragement at all stages of research and PhD. Professor Innes Asher (Department of Paediatrics, University of Auckland), my co-supervisor, also deserves specific recognition and thanks for her support. The Paediatric Respiratory Service (Starship Children's Health), The Department of Paediatrics (University of Auckland), Ms Tracy Peters (Starship Maori Health Advisor Board) and Ms Metua Faasisila (Pacific Island Family Support Unit) all provided useful assistance in the development and interpretation phases of this research.

The research would not have been possible without financial support from a number of sources:

- The Child Health Research Foundation, New Zealand, provided funding for the direct research costs for Studies Two, Four and Five of this thesis.
- Pharmacia & Upjohn New Zealand Limited (Dr Edward Watson, Medical Director) kindly donated water for injection ampoules for Study Five.
- The Joan Mary Reynold's Fellowship, provided my salary for two years, during which time I was able to start all five studies.

I am grateful to Ms Mata Forbes, (Advisor, Maori Health Services, Auckland District Health Board), Ms Louisa Ryan (Manager, Pacific Island Family Support Unit, Starship Children's Health), and Dr Adrian Trenholme (General Paediatrician, Counties Manukau District Health Board) for agreeing to act as 'ombudsmen' during Study Five.

Many thanks also to my co-authors including (in no particular order):

- Mr Alistair Stewart (Biostatistician, Faculty of Medical and Health Sciences, University of Auckland) for his statistical advice for Studies Three and Five of this thesis.
- Dr Russell Metcalfe (Paediatric Radiologist, Auckland District Health Board) for reviewing and scoring bronchiectasis radiology.
- Dr Jeff Keelan (Senior Lecturer, Liggins Institute, University of Auckland) who was of great assistance with the measurement of inflammatory mediators within sputum samples. The samples analysed by the Cancer Research Lab, Auckland Cancer Society.

- Dr Elizabeth Edwards (Paediatric Respiratory and Sleep Specialist, Auckland District Health Board) who assisted with the development of Study Two.
- Drs Roger Johnson (Chemical Pathology Department, LabPlus, Auckland District Health Board) and David Holland (Chemical Pathology Department, LabPlus, Auckland District Health Board) for assistance with microbiology and chemical pathology Studies Four and Five. All chemical pathology and microbiology was undertaken by staff at Labplus, Auckland District Healthboard.

Thanks also go to:

- Ms Sheri Greene, Ms Shelley Broome, and Mrs Cathy Douglas (paediatric respiratory physiologists, Starship Children's Health) for performing the pulmonary function studies used in Studies One, Two and Three and training me to perform spirometry so that I was able to do this for Studies Four and Five.
- Mr Peter Hodges, (Biomedical Engineer, Starship Children's Health) for reviewing the modifications made to the compressors used in Study Five.
- The Department of Earth and Ocean Sciences, University of Waikato, for allowing me access to their laser diffraction instrument to perform particle size analysis in Study Four.
- The New Zealand Paediatric Surveillance Unit for their input into the study design and assistance with its conduct.

Most obviously of all, this research would not have been possible without the time and effort of the children and families involved in Studies Four and Five and the paediatricians involved in Study Two. It is hoped that the work presented here will be to the children's benefit and those that follow on after them.

Finally I would like to dedicate this thesis to my wife, Lindsay, who not only tolerated the intrusion of this PhD into her life, but supported, encouraged and actively assisted me with its completion. Thank you.

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## LIST OF ABBREVIATIONS

ABPA	Allergic broncho-pulmonary aspergillosis
ADA	Adenosine deaminase deficiency
AIDS	Acquired immunodeficiency syndrome
$\alpha$ 1AT	Alpha one antitrypsin deficiency
ALL	Acute lymphoblastic leukaemia
AML	Acute myeloid leukaemia
ANOVA	Analysis of variance
ATS	American Thoracic Society
BAL	Broncho-alveolar lavage
BD	Twice daily
BMT	Bone marrow transplant
BO	Bronchiolitis obliterans
BPD	Broncho-pulmonary dysplasia
BTPS	Body temperature and pressure, saturated.
BX	Non-cystic fibrosis bronchiectasis
CR1	Component of the complement pathway
C3bl	Component of the complement pathway
CD 4+	Cluster of differentiation 4 (predominantly Helper T Cells and macrophages)
CD 45	Cluster of differentiation 44 (predominantly expressed by T lymphocytes)
CD 8	Cluster of differentiation 8 (predominantly Cytotoxic T cells)
CDSR	Cochrane Database Systematic Review
CF	Cystic fibrosis
CFTR	Cystic fibrosis transmembrane conductance regulator
CFU	Colony forming unit
CGD	Chronic granulomatous disease
CI	Confidence interval (all 95% unless specified otherwise)
CMAD	Count mean aerodynamic diameter
CMV	Cytomegalovirus
CNLD	Chronic neonatal lung disease
CNS	Central nervous system
CO <sub>2</sub>	Carbon dioxide
COPD	Chronic obstructive pulmonary disease
CRQ	Chronic Respiratory Disease Questionnaire
CT	Computer tomography scan
CVID	Common variable immunodeficiency
D <sub>L</sub> CO	Carbon monoxide transfer coefficient
DNA	Deoxyribose nucleic acid
DTT	Dithiothreitol
EBV	Ebstein barr virus
EDTA	Ethylenediaminetetraacetic acid
ELISA	Enzyme-linked immunosorbent assay
EPP	Equal pressure point
ERS	European Respiratory Society
FBA	Foreign body aspiration
FEF <sub>25-75%</sub>	Maximum mid expiratory flow
FEV <sub>1</sub>	Forced expiratory volume in one second
FVC	Forced vital capacity
g	Gram
GORD	Gastro-oesophageal reflux disease

GSD	Geometric standard deviation
H <sub>2</sub> O <sub>2</sub>	Hydrogen peroxide
<i>H.influenzae</i>	Haemophilus influenzae
HIV	Human immunodeficiency virus
HRCT	High resolution computer tomography chest scan
Ig	Immunoglobulin
IgA	Immunoglobulin class A
IgAD	Immunoglobulin class A deficiency
IgG	Immunoglobulin class G
IgG <sub>1</sub>	Immunoglobulin class G subclass 1
IgG <sub>2</sub>	Immunoglobulin class G subclass 2
IgG <sub>3</sub>	Immunoglobulin class G subclass 3
IgG <sub>4</sub>	Immunoglobulin class G subclass 4
IgG <sub>SCD</sub>	Immunoglobulin class G subclass deficiency
IL	Interleukin
IL-1 $\beta$	Interleukin one beta
IL-10	Interleukin ten
IL-6	Interleukin six
IL-8	Interleukin eight
IVIG	Intravenous immunoglobulin therapy
l	litre
LIP	Lymphocytic interstitial pneumonitis
LRTI	Lower respiratory tract infection
LTB <sub>4</sub>	Leukotriene beta four
<i>M.catarrhalis</i>	Moraxella catarrhalis
MDI	Metered dose inhaler
MEF	Mid-expiratory flow
MEFV	Mid-expiratory flow volume
mg	Milligram
MIC	Minimum inhibitory concentration
ml	Millilitre
MMAD	Mass median aerodynamic diameter
MMD	Mass median diameter
MMEF	Maximum mid expiratory flow
mmol	One thousandth of a mole
MMP	Matrix metalloproteinases
mol	Mole
mosm	Osmoles per millilitre
MPO	Myeloperoxidase
MRC	Medical Research Council, United Kingdom
NAG	N-acetyl-B-D-Glucosaminidase
NCCLS	National Committee for Clinical Laboratory Standards
NR	Not reported
NZ	New Zealand
NZDEP	New Zealand deprivation score or decile
NZPSU	New Zealand Paediatric Surveillance Unit
O <sub>2</sub> <sup>-</sup>	Oxygen radical
OECD	Organisation for economic co-operation and development
OR	Odds ratio
osm	Osmolar (osmoles per litre)
<i>P.aeruginosa</i>	Pseudomonas aeruginosa
Palv	Intra-alveolar pressure

Pari	Company name (nebuliser manufacturer)
Patm	Atmospheric pressure
Pbr	Intra-bronchial pressure
PCD	Primary ciliary dyskinesia
PCP	Pneumocystis jirovecii pneumonia
PD	Pharmacodynamics
PEP	Positive expiratory pressure
PET	Positron emission tomography
PFT	Pulmonary (or lung) function testing
pg	pico-gram
PG <sub>E2</sub>	Prostaglandin E2
pH	The log of the hydrogen ion (H <sup>+</sup> ) concentration (acidity level)
PICU	Paediatric intensive care unit
PID	Primary immunodeficiency
PK	Pharmacokinetics
pKA	The negative logarithm of the acid dissociation constant, Ka.
Ppl	Pleural pressure
PSU	Paediatric Surveillance Unit
QoL	Quality of life
r	Rho correlation
RA	Rheumatoid arthritis
RCT	Randomised controlled trial
RR	Relative risk
RSV	Respiratory syncytial virus
RV	Residual volume
<i>S.aureus</i>	Staphylococcus aureus
<i>S.pneumoniae</i>	Streptococcus pneumoniae
SARS	Severe acute respiratory syndrome
SCID	Severe combined immunodeficiency
SDS-PAGE	Sodium dodecyl sulfate polyacrylamide gel electrophoresis
SGRQ	St George Respiratory Questionnaire
SLE	Systemic lupus erythematosus
SNZ	Statistics New Zealand
SPECT	Single photon emission computed tomography
TDS	Thrice daily
TGF-β	Transforming growth factor – beta
T <sub>i</sub>	Inspiratory time
TIMP	tissue inhibitors of metalloproteinases
T-K curve	Time-Kill curve
TLC	Total lung capacity
TNFα	Tumour necrosis factor – alpha
TOBI	Brand name for tobramycin solution for inhalation
TSI	Tobramycin solution for inhalation (TOBI™)
T <sub>tot</sub>	Duration of one respiratory cycle
μg	micro-gram
UK	United Kingdom
USA	United States of America
Vd	Volume of distribution
VSD	Ventricular septal defect
XLA	X-linked agammaglobulinaemia