

## REVIEW ARTICLE

# An Overview of Transfusion-Transmitted Infectious Agents among Blood Donors in Saudi Arabia

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### SUMMARY

**Background:** The safety of donated blood during transfusion is important; however, blood donation can entail risks owing to contamination of the blood with transfusion-transmitted infections (TTIs). Ensuring the safety of blood and blood components is a major global goal to guarantee their availability to patients. Unsafe blood not only affects the patients but also extends the risk to their partners, contributing to the spread of TTIs and posing a burden on society. This review emphasizes the trends and prevalence of TTIs among blood donors in Saudi Arabia over the years.

**Methods:** A systemic search of the main electronic databases were conducted for publications on TTIs among blood donors in Saudi Arabia.

**Results:** The overall prevalence of TTIs among blood donors varies from province to province with a higher incidence observed among older individuals. Despite an overall decline in TTIs among blood donors in the country, the frequency of these infections persists among donors. In addition, screening tests for occult HBV should be considered.

**Conclusions:** The overall findings regarding TTIs in Saudi Arabia vary by province, with a higher incidence observed among older individuals. Comprehensive investigations into the overall incidence of TTIs in Saudi Arabia are warranted, with extensive studies from different regions and blood donation centers.

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#### KEYWORDS

transfusion-transmitted infections, blood donors, HIV, HBV, HCV, Saudi Arabia

#### INTRODUCTION

Infectious agents represent a significant global health burden, resulting in 2.3 million deaths each year [1]. The prevalence of transfusion-transmitted infections (TTIs) among blood donors is a major health and economic concern in transfusion medicine, as these infectious agents can be transmitted through blood transfusions. TTIs, including hepatitis B virus (HBV), hepatitis C virus (HCV), and human immunodeficiency virus (HIV), are ranked among the leading causes of death worldwide [2,3]. Viral hepatitis alone is a major cause of morbidity and mortality globally [2]. An estimated 2 billion people are infected with HBV, 25.7 million with

HCV, and 35.3 million with HIV worldwide [4]. The most common TTI agents screened in donated blood include HBV, HCV, HIV, anti-human T Lymphotropic Virus I/II antibodies (HTLV I/II), *Treponema pallidum* (syphilis) [5,6], and *Plasmodium* species (malaria) [7]. In some areas, screening protocols extend to other blood-borne viruses, including cytomegalovirus and emerging viruses such as West Nile. Despite measures taken to screen donated blood for TTIs, transmission to patients still occurs [5]. Therefore, various safety measures have been implemented to ensure that transfused blood is safe and poses a low risk of causing TTIs. These measures include checking clinical history and gathering personal information regarding sexual activity and travel to endemic areas [1]. Strict donor screening protocols are essential for the safety of transfused blood and blood components for patients [6]. Current screening protocols utilize a combination of sensitive, conventional serological methods and molecular techniques to detect TTIs, even in the early stages (during the early antigen period) and among asymptomatic individuals [6,8]. The most commonly used serological markers for TTIs are related to viral infections. A combination of serological markers and molecular techniques (nucleic acid testing [NAT]) is widely employed for detection of HBV, HCV, and HIV. The serological markers for HBV include hepatitis B surface antigen (HBsAg), anti-hepatitis B surface antibodies (anti-HBs), and anti-hepatitis B core antibodies (anti-HBc), while the NAT marker is HBV DNA. The serological marker for HCV is anti-hepatitis C virus (anti-HCV), and for NAT, the marker is HCV-RNA. The serological marker for HIV is anti-HIV antibodies (anti-HIV), with HIV-RNA as the NAT marker. Serological markers are also used for HTLV I/II, syphilis, and malaria [6]. Saudi Arabia is considered an endemic area for HBV infection [9,10], with recent prevalence estimated at around 1.3% [11], while HCV prevalence is estimated at 1.1% [12]. A previous report estimated the prevalence of HBV infection to be 16.7% in Saudi Arabia in 1989 [13]. HBV and HCV are significant health burdens that require immediate intervention and public health strategies to control the spread of these infections [10-12]. In contrast to them, the incidence of HIV is estimated to be 3 per 100,000 in Saudi Arabia [14]. Alswaidi and O'Brien (2010) reported the prevalence of HBV to be 1.31%, HCV 0.33%, and HIV 0.03% in a study involving 74,662 individuals who underwent premarital screening in Saudi Arabia [15]. The incidence of TTIs among blood donors is also a major health concern owing to the deleterious effects of these viral infections, such as liver cirrhosis and hepatic carcinoma. Given that Saudi Arabia is a large country with a high population of both citizens and expatriates, epidemiological studies on the exact prevalence and percentage of TTIs among blood donors will provide a better understanding of the situation. This information can help establish national strategies and initiatives to eliminate blood-borne viruses, thereby reducing the risk of TTIs and ensuring

the transfusion of safe, risk-free blood. Blood safety and availability are crucial for effective healthcare systems. According to WHO estimates, around 118.5 million blood units are donated annually worldwide [16], with approximately 325,847 whole blood units collected in Saudi Arabia per calendar year [17]. Furthermore, the Saudi Arabian vision 2024 is to improve the healthcare system [18]. Therefore, this review aims to provide a comprehensive overview of the frequency and patterns of TTI agents, including HBV, HCV, and HIV, among blood donors across all 13 provinces of Saudi Arabia.

## MATERIALS AND METHODS

A systematic electronic search was conducted for published reports on TTIs among blood donors in Saudi Arabia using major databases, including PubMed/PubMed Central, Web of Science, Science Direct, DOAJ, EBSCO, Scopus, and Google Scholar. The search keywords included HBV, HCV, HIV, TTIs, prevalence, incidence, seroprevalence, blood donors, and Saudi Arabia, either alone or in combination. Reports on the incidence of TTIs among the general population or patients from hospitals were excluded from this review.

### **Incidence of TTIs among blood donors worldwide**

The seroprevalence of TTIs in China among 66,311 blood donors from 2005 to 2010 was 0.87% for HBV, 0.86% for HCV, and 0.31% for HIV [19]. In Iraq, the seroprevalence among 69,915 blood donors was 2.3% for HBV and 0.1% for HCV [20]. In the Gulf countries (Saudi Arabia, United Arab Emirates, Bahrain, Qatar, Kuwait, and Oman), the incidence of TTIs, including HBV, has been declining over the years [21].

### **Incidence of TTIs among blood donors in Saudi Arabia**

The frequency and pattern of TTIs among blood donors vary by province in Saudi Arabia [22-29], although a decline in rates has been reported over the years [26, 30]. In 2003, a nationwide study reported the incidence of HCV among 557,813 blood donors from 1998 to 2002 at 1.1% [22], with the Eastern region showing the highest incidence of HCV [22]. In 2022, another nationwide study involving 375,218 blood donors indicated an overall positivity rate of 8.7% for TTIs [31]. Furthermore, this study reported a prevalence of TTIs among blood donors at 2,256 per 100,000 [31]. The serological markers indicated that out of the 8.7% (32,785), the majority were for HBV, including 10.4% for HBsAg, 52.5% for HBcAb, and 22.8% for HBV NAT. Additionally, the seroprevalence of HCV-Ab was 4.6%. The study further revealed that the highest incidence of TTIs was around 4.3% in the central regions, followed by approximately 3% in the southern regions, with other regions showing rates of 1.1% to 1.3% [31].

### **Incidence of TTIs among blood donors in Riyadh province**

In 1998, the prevalence of HBV and HCV among 15,006 blood donors in Riyadh city from 1992 to 1995 was reported as 4% for HBsAg and 1% for anti-HCV [32]. In 2004, the seroprevalence of 24,173 blood donors in Riyadh city from January 2000 to December 2002 showed a prevalence of 1.5% for HBsAg, 0.4% for anti-HCV, and no detection of HTLV I/II or HIV [24]. In 2016, the prevalence of TTIs among 8,501 blood donors at King Khalid University Hospital in Riyadh from January 2011 to January 2012 was 0.7% for HBV, with occult HBV at 0.2% [33].

In 2018, the prevalence of TTIs among 3,014 donors who donated to the blood bank of King Khalid University Hospital was 0.03% for HBsAg, 8.8% for anti-HBc, and 0.23% for both HBsAg and anti-HBc [34]. In 2020, the positive reactivity of TTIs among 4,590 blood donors was 1.0% for HBV, HCV, and other TTIs, but negative for HIV [25]. Another study in 2020 reported a 0.7% prevalence of TTIs among 38,621 blood donors who donated blood from January 2016 to December 2018 at King Khalid University Hospital [35]. The prevalence of HBsAg was 0.29%, anti-HBc was 4%, HCV was 0.3%, and HIV was 0.005% [35]. In 2021, a study of 3,733 young adult blood donors from January 2019 to December 2020 showed that 0.19% tested positive for HBsAg, 5.44% for anti-HBs, 6.96% for anti-HBc, and 0.27% for HBV NAT. Additionally, 0.32% and 0.027% were positive for anti-HCV and HCV NAT, respectively [36]. A recent study (2023) in Riyadh reported that out of 58,898 blood donors, 0.6% were positive for HBsAg, 9.0% for anti-HBc, 0.9% for HCV, 0.4% for HIV, 0.4% for HTLV, 0.6% for syphilis, and 0.1% for malaria [37]. NAT showed that 0.6% tested positive for HBV-DNA, HCV-RNA, and HIV-RNA [37].

In 2018, the seroprevalence of TTIs among 3,028 blood donors over two years in Majmaah (city and governorate) in Riyadh province reported an incidence of HBsAg at 0.33%, anti-HBc at 9.81%, anti-HBs at 7.81%, HCV at 0.4%, HIV at 0.2%, HTLV at 0.20%, syphilis at 0.53%, and no detection of malaria [23]. The NAT results were 0.46% for HBV, 0.66% for HCV, and 0.07% for HIV [23]. In Al-Quwayiyah, another city in Riyadh province, the incidence of HBV and HCV among 2,400 blood donors from Al-Quwayiyah General Hospital was reported at 2.12% and 2.37%, respectively [38].

### **Incidence of TTIs among blood donors in the Eastern Province**

The prevalence of HBV and HCV among 95,539 blood donors at King Fahad Hospital, Al-Hofuf, Al-Hasa, from 1987 to 1999 was 3.27% and 0.98%, respectively [39]. In 2004, the seroprevalence of TTIs among 13,443 blood donors from 1998 to 2001 was 2.3% for HBsAg, 15.8% for anti-HBc, 1.4% for anti-HCV, 0.06% for HTLV I/II, and no samples were reactive for malaria or HIV 1/2 [26]. The prevalence of HBsAg, anti-HBc, or anti-HBs and anti-HBc among 26,606 blood donors at

King Fahad Hospital from 2000 to 2003 was 1.9% (514), 3.2% (853), and 10.1%, respectively [40]. In 2011, the incidence of anti-HBc and HCV was 9.15% and 0.83%, respectively, in Dammam [41]. In 2015, the prevalence of TTIs among 7,620 blood donors at King Fahad Hospital, Al-Hofuf, from August 2009 to July 2010 showed 0.67% for HBsAg, 0.9% for anti-HBc, 7.04% for both HBsAg and anti-HBc, 0.013% for HCV, and 0.013% for HIV [42]. NAT results missed early periods of HBV and occult HBV, as reported by Al-Turaifi in 2015 [42]. In 2019, the incidence of TTIs among 22,842 Saudi blood donors from 2011 to 2015 in Dammam showed an overall prevalence of 3.24% for HBV and 0.05% for occult infection of HBV [43]. The overall incidence of TTIs over the years showed a significant reduction from 2011 to 2019 [26,42,43].

### **Incidence of TTIs among blood donors in Makkah province**

In Makkah province, the prevalence of TTIs among 959,431 blood donors at King Faisal Specialist Hospital and Research Center from January 2013 to December 2019 was 7.93% [44]. The prevalence of HBcAb was 4.3074%, HIV 0.055%, HBV 0.34%, anti-HCV 0.3991%, HBsAg 0.1484%, and HBsAb 0.1208% [44]. NAT analysis showed positive results for 0.12% HBV, 0.1234% HCV, and 0.02% HIV [44].

In Makkah city (the second largest city in Makkah province), the prevalence of TTIs among 22,963 blood donors reported from 2011 to 2014 was 0.7% for HBsAg, 6.7% for anti-HBc, 0.44% for anti-HCV, and 0.07% for anti-HIV in 2015 [45]. The NAT analysis showed 0.72%, 0.05%, and 0.03% for HBV-DNA, HCV-RNA, and HIV-RNA, respectively [45]. The overall rate of TTIs among 22,963 blood donors was 7.4% (1,689 blood donors) [45]. A recent report indicated the incidence of HBsAg at 0.4%, anti-HBc at 6%, anti-HBs at 5.5%, HCV at 0.3%, and HIV at 0.3% among 13,706 blood donors [46]. Another recent study in 2024 reported the overall prevalence of TTIs among 40,287 blood donors at Al-Noor Specialist Hospital from January 2017 to December 2022 in Makkah at 7.4% with 6.1% for anti-HBc, 0.4% for HCV, and 0.06% for HIV [47].

In Jeddah, the largest city in Makkah province, the prevalence of HIV among 1,061 patients and blood donors screened for HIV from 2007 to 2008 at King Abdulaziz Hospital and King Fahad Hospital in Jeddah was 1.4% (15 out of 1,061) [48]. In 2012, Redwan et al. reported a positivity rate of HBsAg among 638 (139 males and 499 females) Saudi and non-Saudi individuals at 6.11% (39 out of 638) in Jeddah [49]. HBsAg was higher in males (8%; 11 out of 139) than in females (5.61%; 28 out of 499) [49].

In Taif city (another city in Makkah province), only one report indicated HBsAg incidence at 0.33% among 600 blood donors from February 2005 to April 2007 at Al-Hada Armed Forces Hospital, Taif [50].

### **Incidence of TTIs among blood donors in Qassim province**

The prevalence of HBV (HBsAg) and HCV among 11,007 Saudi and non-Saudi healthy blood donors at King Fahad Specialist Hospital, Buraidah, Qassim province, was 3.4% (378 out of 11,007) and 3.7% (403 out of 11,007), respectively [27]. The positive sample of HBsAg was more prevalent in the total population, regardless of nationality, while HCV was more prevalent among non-Saudis [27]. In 2012, the prevalence of HBV and HCV among 8,082 blood donors visiting King Fahad Hospital, Buraidah, from 2008 to 2011 was 1.4% and 0.4%, respectively [51].

### **Incidence of TTIs among blood donors in Asir province**

The prevalence of TTIs among 6,698 Saudi and non-Saudi blood donors in the Asir province, who donated blood from March 2012 to January 2013, was 1.03% (69 out of 6,698) for HBsAg and 6.14% (411 out of 6,698) for anti-HBc [52]. HBsAg was positive only in the male population [52]. In 2013, the prevalence of HBV and HCV among 7,267 healthy blood donors (26 females and 7,241 males) at the Blood Transfusion Center was 0.98% (71 out of 7,267) for HBsAg and 0.069% (5 out of 7,267) for HCV [53]. In 2024, the prevalence of TTIs among 10,095 blood donors who donated blood from November 2020 to December 2022 at Asir Central Hospital, Abha, was 6.3% (633 out of 10,095) [54]. HBsAg was positive in 37 (0.37%) blood donors, anti-HBc in 443 (4.4%) blood donors, and HCV in 45 (0.45%) blood donors [54]. The molecular test showed positivity in 32 donors (0.32%) for HBV-DNA, in 3 (0.03%) for HCV-RNA, and in 9 (0.09%) for HIV-RNA [54].

### **Incidence of TTIs among blood donors in Jazan province**

The prevalence of HBsAg among 14,883 blood donors from June 1995 to June 1997 was 5.4% in Jazan province [29]. Additionally, Ayoola et al. (2003) reported a prevalence rate of HBsAg of 0.9% among 229 children, 5.1% among 1,172 healthy adults, and 9.7% among 4,692 patients [29]. The prevalence of TTIs among 29,949 Saudi blood donors from January 2004 to December 2009 was 3.8% positive for HBsAg, 5.7% positive for anti-HBc, and 0.41% positive for anti-HCV [30]. The incidence of HBV has significantly declined among Saudi blood donors over the years [30]. The prevalence of TTIs among 4,977 blood donors at Samtah General Hospital, Samtah city, from January 2019 to August 2020 was 0.60% for HBsAg, 3.34% for anti-HBs, 7.31% for anti-HBc antibodies, 1.09% for HCV, and 0.16% for anti-HIV [7]. NAT showed 0.4% for HBV-DNA and 0.16% for HCV-RNA [7].

### **Incidence of TTIs among blood donors in Al-Baha province**

In 2016, the overall prevalence of TTIs was 1.3% among 2,807 blood donors from January 2009 to November 2011 in Al-Baha city [55]. The prevalence of HBsAg was 0.8%, anti-HBc was 8.0%, anti-HBs was 5.0%, HCV was 0.04%, and HIV was 0.07% [55]. In 2020, the prevalence of TTIs among 3,461 blood donors from October 2014 to May 2017 in Al-Baha city was 0.3% (10) for HBsAg, 7.3% (253) for anti-HBc, and 0.2% (8) for HCV [56]. Out of the eight who tested positive for HCV, six were confirmed with HCV-RNA, and HBV-DNA was positive in 0.4% (12) [56]. Additionally, 0.2% tested positive for occult hepatitis in 2016 [55] and 0.01% in 2020 [56].

### **Incidence of TTIs among blood donors in Hail province**

In 1999, the prevalence of anti-HCV was reported at 5.09% among 8,862 diverse subjects, including blood donors at King Khalid General Hospital, Hail city (Hail city is the main city in Hail province of Saudi Arabia) [57]. In 2016, the serological markers from a low sample size population of 361 blood donors recruited over two years (2014 - 2015) in Hail city showed 10% for HBsAg, 8.6% for anti-HBc, 7.2% for HCV, 4.7% for HIV, and 2.2% for HTLV I/II [58]. In 2018, the overall prevalence of TTIs among 11,162 blood donors who donated blood from January 2013 to December 2015 in Hail city was 1.5%. The prevalence of HBV and HCV were 1.2% and 0.04%, respectively, and HIV was non-reactive [59].

### **Incidence of TTIs among blood donors in Madinah province, Tabuk province, and Najran province**

Single reports have been found for each of these three provinces (Madinah, Tabuk, and Najran). In Madinah province, the seroprevalence of HBV among 17,131 blood donors from King Fahad Hospital, Madinah city, was 9.02% for HBsAg, 9.02% for Anti-HBc, and 7.93% for anti-HBs [60].

In Tabuk province, northwest of Saudi Arabia, the incidence of HBV among 3,192 blood donors from June 2005 to May 2006 was reported at 3.0% for HBsAg, and 18.7% for anti-HBc [28].

In Najran province, South of Saudi Arabia, the overall prevalence of TTIs among 955 blood donors in Najran hospital was 5.66% [61]. The prevalence of HBsAg was 0.315%, anti-HBc 5.037%, HCV 0.105%, and HIV 0.21% [61].

### **Occult hepatitis B infection**

Occult hepatitis B infection has been noted among blood donors [43,50]. Occult HBV infection poses a major challenge in blood donation, as it can be missed by routine serological tests [34,50]. Therefore, the use of NAT in Saudi Arabia is recommended, despite the low rates of HBV infection in the Saudi population [50, 56].

### Factors associated with TTIs

There is no evidence of factors associated with increased TTIs. However, a higher incidence of HBV has been observed among older populations compared with younger individuals in Saudi Arabia [56,62]. An overall reduction in HBsAg has been noted among blood donors, particularly among younger individuals [56]. The incidence of HBV and HCV has decreased in younger age groups, attributed to the introduction of the HBV vaccine and HCV screening program among blood donors, as well as the premarital screening program [56]. Additionally, this reduction is largely due to control and preventative strategies aimed at eliminating HBV [11]. The data indicate a link between the incidence of TTIs, primarily HBV and HCV, and age [24,27,28,45,60]. Understanding the relationship between the types of TTIs and demographic characteristics, including age, is crucial for identifying potential risk factors and limiting the rate of TTIs. It has been reported that the lack of immunization contributes to the high incidence of hepatitis B infection among older people [28]. Therefore, raising awareness about the benefits of immunization could be a strategic approach to eliminate hepatitis B infection. Furthermore, a higher rate of TTIs has been observed in non-Saudi blood donors. The data also indicate increases in certain regions of Saudi Arabia, attributed to the presence of expatriates [56].

### CONCLUSION

The overall findings regarding TTIs in Saudi Arabia vary by province, with a higher incidence observed among older individuals. Although the prevalence of TTIs differs across province and within province in Saudi Arabia, the review indicates a high prevalence in the northern parts of the country, when compared with other provinces. This review demonstrates an overall reduction in TTIs over the years but points out that they have not been eliminated. Thus, comparing these trends in TTIs among all provinces in Saudi Arabia should be warranted to provide additional insights. Therefore, understanding the prevalence and pattern of TTIs will help tackle this issue and ensure safe transfusion of blood and blood components for patients. Therefore, further reports should be conducted in all provinces of Saudi Arabia. This will enable healthcare policymakers to provide future directions on tackling TTIs among blood donors (both Saudi and expatriate) and develop strategies to improve prevention and control measures, such as booster vaccinations for HBV or revisions of the current vaccination strategy in Saudi Arabia.

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### Declaration of Interest:

The author has read the journal's policy, and the author declares no conflict of interest.

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