



Updates in Diagnosis and Management of Neonatal Cholestasis

**Nazim Faisal Hamed^{a†≡*}, Alaa Saud M. Alyasi^{bω},
Abdulaziz Abdulrahman Abdulqader Bedaiwi^{c#}, Turki Saleh Alshehri^{c#},
A. Asseri Muhand Ali^d, Amer Faisal Alqaishesh Alenaze^{e‡},
Ihtifal Salamh Albanagi^{f¥}, Almhd Talal F. Alenezi^{f¥},
Khaled Abdulaziz Alanazi^{f#}, Zaid Ibrahim Z. Al Kharaan^g,
Kawthar Fawaz Mansor Alhamwan^{h¥},
Mohammed Salem Slman Alshahrani^{i†}
and Ahmed Basheer Ahmed Al Obaid^j**

^a Maternal and Child Health Care Center, Tabuk, Northern Border University, Arar, Saudi Arabia.

^b Maternal and Child Health Care Center, Tabuk, Saudi Arabia.

^c King Salman Armed Forces Hospital, Tabuk, Saudi Arabia.

^d Tabuk University, Tabuk, Saudi Arabia.

^e King Khalid Hospital, Tabuk, Saudi Arabia.

^f Maternity and Children Hospital in Arar, Saudi Arabia.

^g Price Sattam Bin Abdulaziz University, Saudi Arabia.

^h Primary Health Care, Qurayyat, Saudi Arabia.

ⁱ Clinical Pharmacy, Medical Services in the General Administration for Drug Control, Riyadh, Saudi Arabia.

^j University of Imam Abdulrahman Bin Faisal, Dammam, Saudi Arabia.

Authors' contributions

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

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Review Article

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[†] Assistant Professor;

[≡] Consultant of Pediatrics;

^ω Neonatology Consultant;

[#] Pediatric Resident;

[‡] Emergency Resident;

[¥] General Practitioner;

[†] Bachelor of Pharmacist;

*Corresponding author: E-mail: nazim_prof@yahoo.com;

ABSTRACT

Neonatal jaundice refers to the yellow coloration of the skin and sclera of newborn babies that results from hyperbilirubinemia. About 50% of term and 80% of preterm babies develop jaundice in the first week of life. Jaundice is also a common cause of readmission to hospital after early discharge of newborn babies. Jaundice mainly develop due to two factors—the cessation of fetal hemoglobin as it is substituted with adult hemoglobin and the comparatively immature metabolic trails of the liver, which are incapable to conjugate and so expel bilirubin as quickly as an adult. This grounds an accretion of bilirubin in the blood (hyperbilirubinemia), causes the symptoms of jaundice. The typical results in an infant who has cholestasis are prolonged jaundice, scleral icterus, acholic stools, dark yellow urine, and hepatomegaly. Trying of diagnosis of children with jaundice must begin with the classification of serum bilirubin into total bilirubin and direct (or combined) bilirubin. Phototherapy is introduced based on risk influences in the nomogram and serum bilirubin levels. IV immunoglobulin is suggested for cumulative bilirubin levels from isoimmune hemolysis regardless of phototherapy and exchange transfusion is designated if there is a risk of neurologic dysfunction regardless beginning of phototherapy. This review aims to summarize current evidence regarding epidemiology, etiology, diagnosis and management of neonatal cholestasis.

Keywords: Neonatal jaundice; hyperbilirubinemia; cholestasis; Icterus.

1. INTRODUCTION

Neonatal jaundice / cholestasis refers to yellowing of the skin and sclera of the newborn due to hyperbilirubinemia. Yellowing of the skin, sclera, mucous membranes, and fluids is the most common clinical finding in the first two weeks of life and occurs in 2.4% to 15% of newborns. In most cases, jaundice is an indirect or unconjugated bilirubin that tenacities instinctively without interference. Nevertheless, obstinate jaundice is uncharacteristic and may indicate severe hepatobiliary and metabolic dysfunction [1].

Cholestasis is a disorder of bile flow that can be owing to intrahepatic or extra hepatic disorders. For distinguishing between benign causes of cholestasis and jaundice, serum bilirubin should be fractionated into conjugated and non-conjugated fractions. If jaundice persists beyond 2 weeks of age, cholestasis or conjugated hyperbilirubinemia should be considered in the differential diagnosis [2].

Infants who develop jaundice over the age of 2-3 weeks first rule out newborn cholestasis and, when established, to quickly ascertain the cause of cholestasis suitable for medical or surgical treatment. Must be evaluated. Infants with cholestasis profit as of primary treatment besides nutritional optimization to avoid complications, even if specific treatments are not available or are not available [3] Imaging tests such as ultrasound and accompanying investigations

such as TORCH titer, urine culture, viral culture, serological titer, amino acids, α -antitrypsin phenotype, etc. are suspected of conjugated hyperbilirubinemia. It might be further contingent on a certain diagnosis [4]. Even with statistics viewing that timely diagnosis of cholestasis and its etiology can hypothetically save lives, delays in diagnosis remain a problematic. Quick release of newborns, insufficient follow-up of persistent jaundice, inadequate assurance due to the presence of pigmented stools, fluctuations in the serum bilirubin, and false diagnosis of breast milk-related jaundice, leads to delayed referrals to assess cholestasis. It is mentioned as the reason for. The necessity for management hinge on the level of bilirubin, the child age, in addition to the primary cause. Treatment may include increased food intake, phototherapy, or exchange transfusions. The purpose of this review is to summarize current knowledge of the epidemiology, etiology, diagnosis and treatment of neonatal cholestasis [5].

2. EPIDEMIOLOGY

Jaundice is the most common condition that requires treatment for newborns. Around 50% of full-term infants and 80% of premature infants got jaundice within a week of birth. Jaundice, in addition, is an important cause of recurrent hospital admission after release of newborns. Jaundice usually appears 2-4 days after birth and resolves 1-2 weeks later, but usually does not require treatment [6].

3. ETIOLOGY

In newborns, jaundice is due to two influences. It is a comparatively undeveloped metabolic pathway of the liver that replaces adult hemoglobin with fetal hemoglobin degradation and does not bind and expel bilirubin as quickly as grown person. This clues to the accretion of bilirubin in the lifeblood (hyperbilirubinemia), which leads to the symptoms of jaundice. Physiological causes account for over 75% of neonatal unconjugated hyperbilirubinemia [7].

Functional jaundice, moreover acknowledged as non-pathological (physiological) jaundice, is mild and temporary. This owing to differences in bilirubin breakdown throughout the neonatal age, resulting in an increased bilirubin load. Neonatal hyperbilirubinemia is mainly caused by increased bilirubin production due to increased red blood cell mass associated with shorter neonatal life and decreased bilirubin clearance due to deficiency of the enzyme uridine diphosphate glucuronosyltransferase (UGT), which is in infants. Because of, approximately 1% of adult's liver and increased enterohepatic circulation [8]. Physiological jaundice usually appears on day 24, peaks on day 45 and disappears after 2 weeks. Physiological jaundice never occurs within the first 24 hours [9].

Correspondingly, the origins of pathological unconjugated hyperbilirubinemia are amplified bilirubin construction, diminished bilirubin imprecation, and augmented enterohepatic circulation. Pathological jaundice can arise in the first 24 hours after birth, it is described by a speedy upsurge in bilirubin levels exceeding 0.2 mg / dL per hour or 5 mg / dL per day [10].

Augmented bilirubin construction in pathological jaundice comprises immune-mediated hemolysis such as ABO and red blood cell inharmoniousness, non-immune-arbitrated reasons as head hematoma, and erythrocyte membrane defects such as hereditary spherocytosis and elliptic erythrocyte disease. Glucose-6-phosphate dehydrogenase and other enzyme deficiencies include (G6PD) deficiency, and pyruvate kinase [11].

The G6PD enzyme contained in red blood cells (RBC) defends contrary to oxidative damage by producing NADPH from NADP. In the presence of that deficiency and oxidative stress factors

such as disease, definite drugs, colorants, foods such as broad beans, hemolysis of RBC occurs [12].

ABO mismatch arises in moms of blood group O who have anti-A and anti-B IgG antibodies that irritated the placenta and lead to hemolysis in infants of blood group A or B [13].

Reduced bilirubin clearance arises in hereditary conditions such as Crigler-Najer syndrome and Gilbert's syndrome, and motherly diabetes and inherited hypothyroidism. Biliary atresia is the most mutual origin of hyperbilirubinemia in newborns. It affects both the intrahepatic and extrahepatic bile ducts and usually presents with brightly colored stools at about 2-4 weeks of age. The initial assessment is by ultrasound and may show signs of a lack of gallbladder and a classic "triangular cord" [14].

Cholestatic jaundice is a common hereditary disorder associated with cholestasis in infants with a homozygous PiZZ genotype. Accumulation of antitrypsin polymers in hepatocytes of patients with the PiZZ genotype causes apoptosis, neonatal cholestasis, and cirrhosis in late childhood.

4. CLINICAL PICTURE

Typical findings in infants with cholestasis are prolonged jaundice, scleral jaundice, acoustic stool, dark yellow urine, and hepatomegaly. In the first few weeks of life, there is a perception that jaundice decreases as the indirect bilirubin component (jaundice caused by breast milk) decreases, leading to the false belief that jaundice subsides and does not require further investigation. You need to be careful [15]. Infants may also present with a bleeding predisposition. Itching; deficiency of vitamins A, D, E, K; and disappointment to grow well. In addition to these common indications, there are precise clinical characteristics dependent on the reason. Coagulopathy could be produced by vitamin K shortage, liver damage, or unadorned liver dysfunction (such as neonatal hemochromatosis) [16]. Splenomegaly is seen. Neurological disorders, including irritation, drowsiness, malnutrition, or seizures and can lead to encephalopathy. May indicate. Heart murmurs increase the probability of Alagille syndrome or biliary atresia [17]. On physical examination, infants with biliary atresia are generally prosperous, look good except for jaundice, and defecation is often acoustic. However, if the

diagnosis is delayed, biliary atresia may be characteristic of advanced liver disease such as ascites and hepatosplenomegaly. The peculiar body and urine odor may indicate the cause of metabolism. Examination of the male reproductive organs and the ability to stare and track moving objects provide useful clues to panhypophysitis or septal dysplasia [18].

5. EVALUATION

The American Academy of Pediatrics endorses worldwide screening by means of TSB or transdermal bilirubin levels or beleaguered screening founded on risk influences. Worldwide TSB/TcB screening can precisely identify children whose TSB scores are probable to surpass the 95th percentile of age. Some studies have shown that the use of hazard scores is as precise as the worldwide test in forecasting hyperbilirubinemia. The grouping of universal screening and risk factor assessment appears to be the most effective way to identify infants at risk for developing hyperbilirubinemia [19].

Evaluation of infants with jaundice should begin by fractionating serum bilirubin directly (or conjugated) bilirubin with total bilirubin. Infants with cholestasis generally have direct bilirubin above 2.0 mg / dL, which accounts for more than 20% of total bilirubin levels. According to recent data, the threshold for direct bilirubin elevation is above 0.8 mg / dL in the first 4 days of life and can exceed 8% to 10% of total bilirubin [20,21].

If cholestasis is present, Kasai hepatoenterostomy (HPE) was performed 30 to 45 days before age, and if there are other disorders (such as hypothyroidism), the outcome of BA patients is good. Further evaluation needs to be completed urgently. Prompt treatment is needed. Levels of liver enzymes, including alanine aminotransferase, aspartate aminotransferase, and alkaline phosphatase, are usually elevated in infants with cholestasis, but their etiology is poorly predicted. (twenty one)

Culture of bacteria from blood or urine could be designated in certain clinical circumstances. Analysis for inherited viral contaminations may comprise a grouping of culture and serology. Immunoglobulin G-based serology designates more transplacental conveyance of motherly immunoglobulin G than newborn contagion [22]. Neonatal screening classifies two curable reasons of cholestasis: galactosemia and hypothyroidism. Raised immune-reactive trypsinogen in newfound airing raises doubt for

cystic fibrosis. At that time, genetic testing and/or sweat testing have a duty to be completed to decide if the baby has cystic fibrosis. Low-slung serum A1AT intensities and atypical protease inhibitor phenotypes (PIZZ and PISZ) remained used to delineate A1AT insufficiency [23].

Hereditary analysis for Alagille syndrome, cystic fibrosis, A1AT insufficiency, three dissimilar procedures of PFIC, and peroxisome insufficiency is commercially accessible. In the nearby upcoming, next-generation DNA sequencing will allow manifold hereditary investigations using small quantities of blood at a comparatively low price [24].

Other investigations commonly used to make a precise diagnosis comprise urinary succinylacetone (for hereditary tyrosineemia), sweat test (for cystic fibrosis), and thyroid frustration. Hormones and tyrosin (in the case of hypothyroidism), whole bile acid intensities in urine serum and urine, as revealed, bile acid outline (bile acid synthesis disorders) and other metabolic disorders), very long chain Serology of fatty acid levels (peroxysome disorders), and other communicable materials [25].

Abdominal ultrasonography should be accomplished as share of an initial assessment of infants with cholestasis to measure the construction, size, and configuration of the liver. To measure the occurrence of ascites, recognize the discoveries of extra hepatic obstructive lesions (common bile duct cysts, masses, gallstones and sludge). Ultrascopy can also detect polysplenia or asplenia, destruction of the inferior vena cava, anterior duodenal portal vein, and situs inversus [26].

If a corporeal examination perceives a heart murmur, an echocardiography must be completed to patterned for anomalies in the heart. Chest x-rays may demonstration cardiac hypertrophy or butterfly vertebrae in patients with Alagille syndrome. Careful slit lamp examination may reveal posterior embryotoxin or other anterior chamber abnormalities in infants with Alagille syndrome, or chorioretinitis in infants with congenital infections [27].

Hepatobiliary scintigraphy with technetium-labeled iminodiacetic acid analogues can help distinguish among obstructive and nonobstructive reasons of cholestasis. Phenobarbital pretreatment may upsurge the compassion of the examination. Many centers do not frequently use this test when assessing

children for cholestasis. Indeed, it may postpone the indicative evaluation deprived of providing concluding diagnostic information. Currently, endoscopic retrograde cholangiopancreatography and magnetic resonance cholangiopancreatography are used absolutely to appraise neonatal cholestasis [28].

Percutaneous liver biopsy is an important diagnostic tool for assessing cholestasis in newborns and can be safely performed in even the smallest infants. In some monocentric studies, the diagnosis of BA was correctly suggested by the histological findings of liver biopsy in 90% to 95% of cases. Recent studies suggest that the predicted liver biopsy findings are slightly lower when examined in a multicenter collaborative research network. Characteristic histological findings of BA include bile duct obstruction of the portal vein, bile duct proliferation, and portal edema and fibrosis [29]. Liver biopsy results include A1AT deficiency (periodic acid shift positive, diabetes-resistant intrahepatic globules), Alagille syndrome (lack of bile ducts), neonatal sclerosing cholangitis (necrotic ductal lesions), It may help identify other causes of neonatal cholestasis.), Viral infection (cytomegalovirus or herpes simplex virus inclusions), metabolic liver disease (lipidosis and pseudoacynal hepatocyte formation), PFIC and storage disease (electromicroscopic findings), and INH (polynuclear giant cells, extramedullary Hematopoiesis and hepatocellular cholestasis). The histological findings of the liver of PNAC may resemble all the characteristics of BA and do not help distinguish between the two states. If the diagnosis is unclear, it may be necessary to repeat a liver biopsy. Some of these diseases are dynamic and may not be diagnosed from liver biopsy results if done early in the disease process [30].

If BA, common bile duct cyst, or cholelithiasis is suspected, the infant should undergo intraoperative cholangiography with a mini-peritoneal incision to depict the anatomy of the biliary tract and identify the area of obstruction. If a surgeon finds these lesions on cholangiography, he or she should be able to prepare and perform HPE for BA or common bile duct cyst correction surgery during the same surgical session. The decision to perform cholangiography in an infant with suspected PNAC SBS but developing acolic stool can be

difficult and surgical options should be carefully considered if BA is found [31].

6. MANAGEMENT

To save you acute bilirubin encephalopathy and kernicterus, intense hyperbilirubinemia is dealt with with phototherapy, IV immunoglobulin, or alternate transfusion. There are nomograms to be had to decide bilirubin degrees at which phototherapy and alternate transfusion are indicated [32].

Phototherapy is commenced primarily based totally on danger elements and the serum bilirubin degree at the nomogram. Bilirubin absorbs mild optimally withinside the blue-inexperienced range (460 to 490 nm) and is both photoisomerized and excreted withinside the bile or transformed into lumirubin and excreted withinside the urine. During phototherapy, the eyes of the new child have to be covered, and the most frame floor location uncovered to the mild [33]. It is critical to keep hydration and urine output as maximum bilirubin is excreted withinside the urine as lumirubin. The use of phototherapy isn't always indicated in conjugated hyperbilirubinemia and might result in the "bronze toddler syndrome" with grayish-brown discoloration of the skin, serum, and urine. After phototherapy is discontinued, there's an boom withinside the overall serum bilirubin degree called the "rebound bilirubin."

The "rebound bilirubin" degree is normally decrease than the extent on the initiation of phototherapy and does now no longer require reinitiation of phototherapy [34].

IV immunoglobulin is suggested for growing bilirubin degrees from iso-immune hemolysis in spite of phototherapy. IV immunoglobulin is initiated whilst the bilirubin degree is inside 2 to three mg/dl of the alternate transfusion degree [35].

Exchange transfusion is indicated if there's a danger of neurologic disorder without or with an try at phototherapy. It is used to put off bilirubin from the circulation, and in iso-immune hemolysis, it eliminates circulating antibodies and sensitized pink blood cells. Exchange transfusions ought to take region withinside the schooling of the neonatal or pediatric extensive care unit (NICU/ PICU) through skilled personnel. A double quantity alternate blood transfusion (a hundred and sixty to one hundred eighty ml/kg) is performed, changing the neonate's blood in

aliquots with crossed-matched blood. Complications which could stand up from alternate transfusion are electrolyte abnormalities like hypocalcemia and hyperkalemia, cardiac arrhythmias, thrombocytopenia, blood-borne infections, portal vein thrombosis, graft as opposed to host disease, and necrotizing enterocolitis (NEC) [36].

Phototherapy ought to resume after alternate transfusion till the bilirubin reaches a degree wherein it could be competently discontinued [37].

7. CONCLUSION

Typical findings in infants with cholestasis are prolonged jaundice, scleral jaundice, acoustic stool, dark yellow urine, and hepatomegaly. Evaluation of infants with jaundice should begin by fractionating serum bilirubin directly (or conjugated) bilirubin with total bilirubin. Phototherapy is initiated based on nomogram risk factors and serum bilirubin levels, and despite phototherapy, IV immunoglobulin is recommended to raise bilirubin levels by ischemic transfusion, with or without phototherapy attempts. Exchange transfusion is indicated if there is a risk of neurological dysfunction.

CONSENT

It is not applicable.

ETHICAL APPROVAL

It is not applicable.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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