# Microbiological Assessment of Some Smoked Dried Fish Samples Sold in Open Markets in Port Harcourt Metropolis, Rivers State, Nigeria

 Amachree D<sup>1</sup>., Akinrotimi O.A<sup>2\*</sup> Orokotan O.O<sup>3</sup> and Ayaobu-Cookey, I.K<sup>4</sup>
 <sup>1</sup>Department of Fisheries and Aquatic Environment, Faculty of Agriculture, Rivers State University, Nkpolu-Oroworukwo, Port Harcourt, Rivers State, Nigeria
 <sup>2</sup>Department of Mariculture, Nigerian Institute for Oceanography and Marine Research, Buguma, Rivers State, Nigeria
 <sup>3</sup>Gabrovic Agric Nig. Ltd. Fishery Consultancy Services, RD Road, Rumuodara, Port Harcourt, Rivers State, Nigeria
 <sup>4</sup>Department of Aquaculture, Nigerian Institute for Oceanography and Marine Research, Victoria Island, Lagos, Nigeria
 \*Corresponding Author Email: ojoakinrotimi@gmail.com DOI: 10.56201/rjfsqc.vol.11.no1.2025.pg105.114

#### Abstract

This study evaluated microbiological quality of smoked dried fish samples sold in some markets in Port Harcourt metropolis, Rivers State, Nigeria. Three replicates of four common species of smoked dried fish samples namely: Herring Clupea harengus (Sawa). Horse mackerel-Trachurus trachurus (Kote). Atlantic mackerel- Scomber scombrus (Titus), and Sphyraena barracuda (Panla) were obtained randomly from the retailers at different sales-point in Choba Junction, Rumuokoro, Mile 1, and Creek Road markets all located in Port Harcourt metropolis of Rivers State, Nigeria. Each sample was transported to the laboratory in a labelled and sterile polythene bags for analysis. Microbiological analysis which include: Total aerobic bacterial counts, Coliform counts and Salmonella counts were evaluated in each fish samples using standard laboratory methods. The results obtained indicated that the values of Total aerobic bacterial counts ranged from 0.64 x  $10^4$  cfu/g to 6.68 x  $10^4$  cfu/g, while Coliform counts ranged from 0.66 x 10<sup>4</sup> cfu/g to 4.44 x 10<sup>4</sup> cfu/g and Salmonella count ranged from 0.74 x 10<sup>4</sup> cfu/g to 1.93 x  $10^4$  cfu/g. Among the three bacteria under consideration, the Total aerobic bacteria count consistently recorded higher values in all the sampled fish species studied, this was closely followed by Coliform count, while Salmonella occurred the lowest in all the sampled fishes. The three microbes were moderately present in all the smoked fish samples. However, the lowest values were observed in the specie T.trachurus. Given the amounts of microbial load discovered in the fish samples examined, it is therefore recommended that consumers of smoked fish should cook it to an appropriate temperature in order to prevent food-borne diseases in the study area.

Keywords: Microbial analysis, Fish products, Food safety, Markets

#### INTRODUCTION

In human diet, fish is a significant source of protein, lipids, and minerals, particularly in tropical nations [1]. The world's population is growing, which is driving up demand for seafood. In contrast to meat protein, it is also comparatively inexpensive. Compared to meat, milk, and eggs, fish offers a higher grade of protein, which may help alleviate malnutrition [3]. Consuming fish has therapeutic benefits in managing illnesses like cancer, asthma, coronary heart disease, and arthritis due to the presence of omega-3 unsaturated fatty acids [4]. Because of their high water content and sensitive tissues, fish are particularly vulnerable to spoiling and microbial contamination [5]. Fish smoking is one of the classic processing techniques used to reduce or minimize postharvest losses because fish is a highly perishable commodity due to its high sensitivity to autolysis, oxidation, hydrolysis of lipids, and microbiological spoiling [6]. Furthermore, heat treatment eliminates water and stops bacterial and enzymatic activity in fish, according to Bankole et al. [7]. Following harvest, fish can be preserved by freezing (best done when conditioned to -10°C) and refrigerating (4°C). Additional popular methods include sun drying and smoking, both of which have been connected to a stronger germicidal effect as temperatures rise. Food inspectors, makers, and handlers must ensure that food is free of hazardous germs because eating has a direct impact on health, especially when it comes to fast food or other foods that are meant to be taken uncooked. Numerous bacteria have been shown to change the nutritional content of food, endangering the health of anyone who eats tainted food. Numerous locally sold food products have been shown to be highly contaminated with Staphylococcus, Bacillus, and other germs [8].

Microorganisms can cause foodborne illnesses and poisoning in humans. Some episodes of food poisoning may be caused by larger populations of bacteria that are physically present in the food that was consumed. In addition to bacterial infections, gastroenteritis, which includes low-grade fever, nausea, vomiting, diarrhea, abdominal pain, and paralysis, can also be caused by viral infections [9]. Recent estimates indicate that because beef is so expensive, people are eating less meat and more fish. Nigeria's demand for fish is expected to have grown by 25% in recent years. In fact, bacteria are naturally present in all of our foods, and during processing, they may have the opportunity to multiply and become more abundant as a result of contamination from the surroundings, tools, or clothing worn by workers [10]. Most chemicals that cause food poisoning only cause symptoms when taken in large quantities after food multiplication. One of the most prevalent health problems and a significant cause of decreased economic production is contamination-related disease [11]. Fish and fish products are not only tasty and satisfying, but they are also typically less expensive than other forms of animal protein. They are also excellent sources of adequate levels of food-based nutrients, including proteins, fats, lipids, vitamins, and minerals. [12].

Around the world, people have taken notice of the unhygienic conditions in which fish are left after being caught but before being served [13]. Furthermore, the microbial contamination of fish is likely caused by a lack of proper hygiene measures. Fish contamination by microorganisms is a serious issue for the environment, public health, and safety [14]. In Nigeria and other countries, eating fish contaminated with diseases has led to major health issues and has been connected to multiple recorded fatalities [15]. Because of their characteristics, fish are a perfect environment for bacteria to survive and grow. Because the main causes of foodborne illnesses are bacteria like E. coli and Vibrio spp. their presence in fish has caused scientists great concern [16]. In Nigeria, smoked fish products may contain bacteria from market centres and processing facilities before they are consumed by consumers. This is because many hawkers and processors typically exhibit their products in an open manner, which may act as a possible source of microbial contamination [17]. Because of this, the study evaluated the potential microorganisms linked to smoked fish in order to determine the extent of their implications for public health in the study area. Thus, the purpose of this study was to evaluate the microbiological quality of smoked fish consumed in the vicinity of Port Harcourt Rivers State, Nigeria, in order to determine the fish's safety for consumption.

#### **MATERIALS AND METHODS**

#### **Study Area**

The study was carried out in four daily markets namely: Choba Junction, Rumuokoro, Mile One, and Creek Road markets located in Port Harcourt metropolis of Rivers State, Nigeria

### **Samples Collection**

Three (3) replicates of four common species of smoked fish samples namely: Herring *Clupea* harengus (Sawa). Horse mackerel-Trachurus trachurus (Kote). Atlantic mackerel- Scomber scombrus (Titus), and Sphyraena barracuda (Panla) were obtained randomly from the retailers at different sales-point in Choba Junction, Rumuokoro, Mile One, and Creek Road markets located in Port Harcourt metropolis of Rivers State, Nigeria. Each sample was transported to the laboratory in a labelled and sterile polythene bags for analysis.

### **Preparation of Media**

The media used are Nutrient agar (NA.), Salmonella Shigella Agar (SSA), and Eosin Methylene Blue Agar (EMB). All media used were prepared according to the manufacturers' instructions. The mean counts of bacteria and mould in colony forming units per gram (cfu/g) of samples were determined [18].

#### **Preparation of Cultures**

The samples were serially diluted after maceration under aseptic conditions. The appropriate dilutions were inoculated on the different agar media. All cultures were incubated in duplicate at 37°C for 24 – 48 hours. The bacteria were inoculated on Nutrient Agar for 24- 48 hours, Salmonella - Shigella Agar (SSA) for 24 hours, and coliform on Eosin Methylene Blue (EMB) agar for 24 hours. Colonies on plates containing 30 - 306 colonies were counted and multiplied by the dilution factor [19].

# **Preparation of Samples and Enumeration of Microorganisms**

The fish samples were surface sterilized separately in 3.5% sodium hypochlorite solution (w/v) with constant agitation for 7 minutes, rinsed thoroughly with sterile distilled water until the traces of hypochlorite were removed and were then dried in an oven at 45°C for 24 hours. The muscles and of the fish samples were pulverized separately using a blender (maker). Five milliliters were taken from each sample into a sterile bottle containing 450 ml of sterile peptone physiological saline to form a stock culture [20]. The sample bottles were placed on a rotator shaker at 120 RPM for 1 hour. 10-fold dilutions were subsequently prepared with peptone physiological saline. Aerobic mesophilic bacteria were enumerated on plate count agar (PCA, Oxoid) at 37°C for 24 hours. Colliform count were enumerated on de Man, Rogosa and Sharpe Agar (Merck) and incubated anaerobically at 30°C for 48 hours. Presumptive LAB was confirmed by oxidase and catalase tests, and confirmed counts were reported as lactic acid bacteria (LAB). Salmonella were enumerated on Violet Red Bile Glucose at 37°C for 24 hours while Staphylococci were counted on mannitol salt agar (Oxoid) at 30°C for 48 hours [21].

# **Identification of Bacteria**

The isolates were identified using a number of characteristics. Their cultural and morphological characteristics were of vital importance in this process and were thus observed. Motility tests as well as biochemical test were also carried out. Inocula were aseptically transferred from each slide into plates of respective media using a streak plate technique. The isolates were purified by repeated streaking on their respective media. Bacterial plates were incubated at 37°C for 24 hours while fungal plates at 25°C for 72 hours. A 24 hour old culture was prepared from each plate for identification purposes. Bacteria isolates were identified based on their cultural characteristics, Gram staining reaction and various identification tests. Isolates were identified according to the methods described by AOAC [22].

# RESULTS

# Microbiological Evaluations of some Smoked Fish Species Sampled from Some Markets in Port Harcourt Metropolis

The Total aerobic bacteria count (cfu/g) of selected smoked fish samples from some markets in Port Harcourt metropolis are presented in Table 1. The results revealed that the highest values of Total aerobic bacteria count (cfu/g) value of  $6.68 \times 10^3$  was observed in the specie S.scrombus sampled from Rumuokoro r market. While the lowest value of  $0.64 \times 10^3$  was observed in the specie T. trachurus from mile 1 market. However, the average values of 4.32  $x10^3$ , 5.26  $x10^3$ , 3.52  $x10^3$  and 0.98  $x10^3$  were observed in *C.harengus*, *S. scrombus*, S.barracuda and T. trachurus respectively. The Coliform count (cfu/g) of selected smoked fish samples from some markets in Port Harcourt metropolis is shown in Table 2. The results showed that the highest values of Coliform count (cfu/g) value of  $4.44x10^3$  was observed in the specie S. scrombus sampled from Rumuokoro market. While the lowest value of  $0.66 \times 10^3$ was observed in the specie T. trachurus from Creek road market. However, the average values of 2.65 x10<sup>3</sup>, 3,57 x10<sup>3</sup>, 2.34 x10<sup>3</sup> and 0.89 x10<sup>3</sup> were observed in *C. harengus*, *S. scrombus*, S. barracuda and T. trachurus respectively. The Salmonella count (cfu/g) in selected smoked fish samples from some markets in Port Harcourt metropolis are presented in Table 3. The results revealed that the highest values of Salmonella count (cfu/g) value of 1,93x10<sup>3</sup> was observed in the specie C.harengus sampled from Rumuokoro. While the lowest value of  $0.74 \times 10^3$  was observed in the specie T. trachurus from Choba market. However, the average values of 1.20  $\times 10^3$ , 1.16  $\times 10^3$ , 1.45  $\times 10^3$  and 0.87  $\times 10^3$  were observed in C. harengus, S. scrombus, S. barracuda and T.trachurus respectively.

### Microbial Occurrence in some Smoked Fish Species Sampled from Some Markets in Port Harcourt Metropolis

The microbial occurrence in some smoked fish species sampled from some markets in Port Harcourt metropolis are presented in Figure 1. Among the three bacteria under consideration, the total aerobic bacteria count consistently recorded higher values in all the sampled fish species under consideration, this was closely followed by Coliform count, while Salmonella occurred the lowest in all the sampled fishes. The three microbes were moderately present in all the samples. However, lower values were observed in the specie *T.trachurus*.

	Smoked Fish Species			
Markets	C.harengus	S.scrombus	S.barracuda	T.trachurus
Choba	$4.22 \times 10^{4}$	5.34x10 <sup>4</sup>	$2.23 \times 10^4$	$1.75 \times 10^4$
Rumuokoro	$5.51 \times 10^4$	$6.68 \times 10^4$	$3.64 \times 10^4$	$0.65 \text{ x} 10^4$
Mile one	$3.33 \times 10^4$	$3.69 \times 10^4$	$1.45 \times 10^4$	$0.64 \times 10^4$

 Table 1: Total Aerobic Bacteria Count (cfu/g) in Selected Smoked Fish Samples from

 Some Markets in Port Harcourt Metropolis

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Creek Road	$4.23 \times 10^4$	$5.32 \text{ x} 10^4$	$6.74 \text{ x} 10^4$	$0.87 \text{ x} 10^4$	
Mean	$4.32 \text{ x} 10^4$	5.26 x10 <sup>4</sup>	3.52 x10 <sup>4</sup>	<b>0.98</b> x10 <sup>4</sup>	

# Table 2: Coliform Count (cfu/g) of Selected Smoked Fish Samples from Some Markets in Port Harcourt Metropolis

	Smoked Fish Species			
Markets	C.harengus	S.scrombus	S.barracuda	T.trachurus
Choba	$3.05 \times 10^4$	$3.53 \times 10^4$	$1.54 \times 10^4$	$1.04 \times 10^4$
Rumuokoro	$3.76 \times 10^4$	$4.44 \times 10^4$	$3.88 \times 10^4$	$0.89 \times 10^4$
Mile one	$1.74 \mathrm{x} 10^4$	$3.76 \times 10^4$	$1.05 \times 10^4$	$0.97 \times 10^4$
Creek Road	$2.05 \text{ x} 10^4$	$2.54 \text{ x} 10^4$	$2.90 \text{ x} 10^4$	$0.66 \text{ x} 10^4$
Average	2.65 x10 <sup>4</sup>	3.57 x10 <sup>4</sup>	$2.34 \text{ x} 10^4$	0.89 x10 <sup>4</sup>

Fable 3: Salmonella Count (cfu/g) of Selected Smoked Fish Samples from Some Marke	ts
n Port Harcourt Metropolis	

ts koro ne Road ge	C.harengi           0.75x10 <sup>4</sup> 1.93x10 <sup>4</sup> 1.01x10 <sup>4</sup> 1.12 x10 <sup>4</sup> 1.20 x10 <sup>4</sup>	<i>us</i> <b>S.scrombus</b> 1.08x10 <sup>4</sup> 1.69x10 <sup>4</sup> 0.98x10 <sup>4</sup> 0.88 x10 <sup>4</sup> <b>1.16x10<sup>4</sup></b>	<i>S.barracuda</i> 1.09x10 <sup>4</sup> 1.84x10 <sup>4</sup> 1.65x10 <sup>4</sup> 1.23 x10 <sup>4</sup>	$\begin{array}{r} \hline \textbf{T.trachurus}\\ 0.99 x 10^4\\ 0.74 x 10^4\\ 0.86 x 10^4\\ 0.89 x 10^4 \end{array}$
ne Road	$\frac{1.93 \text{x} 10^4}{1.01 \text{x} 10^4}$ $1.12 \text{ x} 10^4$	$\frac{1.69 \text{x} 10^4}{0.98 \text{x} 10^4}$	$1.84 x 10^4$ $1.65 x 10^4$	$0.74 x 10^4  0.86 x 10^4$
ne Road	$1.01 \times 10^4$ $1.12 \times 10^4$	$0.98 \times 10^4$ $0.88 \times 10^4$	$1.65 \times 10^4$	$0.86 \times 10^4$
Road	$1.12 \text{ x} 10^4$	$0.88 \text{ x} 10^4$		
			$1.23 \text{ x} 10^4$	$0.89 \times 10^4$
ge	1.20 x10 <sup>4</sup>	1.16x10 <sup>4</sup>		0.07 A10
			1.45 x10 <sup>4</sup>	<b>0.87</b> x10 <sup>4</sup>
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Key: TAB- The Total aerobic bacteria count (cfu/g); COL- Coliform Count (cfu/g) SAL- Salmonella Count (cfu/g)

# DISCUSSION

Findings from the current study about the higher microbial load levels in fish sampled from the study area are in line with those of Abolagba *et al.* [23], who noted a similar pattern in smoked fish from a few Benin City markets. The handling procedures used after processing may have contributed significantly to the contamination of the fish products, as evidenced by the higher microbial load seen. Additionally, observations at the processing environment raise the

possibility that post-processing contaminations may start there and spread to the retail market. Processing staff usually did not wash their hands before taking the smoked fish out of the oven [24]. Other processors helped remove the fish from the oven, but they failed to change their clothes or wash their hands. Additionally, there may be a higher chance of post-smoking microbial contamination if smoked fish are placed on trays close to exposed ground. In addition to posing a physical risk to the fish, physical hazards like sand may also encourage the growth of soil microbes. Food safety is an issue because the fish are not given any serious attention before presenting it for sale, including washing, sorting, and packing [25].

Fish samples from Rumuokoro market are more contaminated than those from other areas. Among the sampled species, S.scrombus has the highest bacterial count and was found in the samples obtained from Rumuokoro market while the lowest count was observed in the T.trachurus gotten from mile 1 market. Additionally, the majority of the organisms identified in this study may have entered these foods through contaminated open market conditions, utensil and wrapping material water, improper product storage, handling conditions that were not hygienic, and other sources. The high bacterial count from Rumuokoro market may be due to the environmental condition and also due to the influx of dust resulting from the heavy traffic from which the fishes may be contaminated [26]. The diversity of microorganisms associated with these smoked fishes could be attributed to some features such as exposure at marketplace as the tissues of fish is capable of reabsorbing moisture from the atmosphere. This is corroborated by the report of Eyo [27] who stated that smoked fish samples may have a relatively high water activity level which is a prerequisite for microbial growth. Secondly, is the introduction of the organisms into foods from water used for washing, utensil or wrapping materials. This is supported by the observation of Eklund et al. [28], who stated that any handling of fish and the associated sanitary practice from the point of harvesting can potentially contribute to the micro flora on the final product.

The colony counts obtained are higher than the maximum count of 1 x 10 cfu/g of fish, indicating satisfactory bacteriological quality. The high moisture level of the fish samples encourages the growth of these micro organisms. The relatively high amount of coliform may be the result of food handlers' disdain for basic hygiene practices. The smoked fish, which include: Herring *Clupea harengus* (Sawa). Horse mackerel-*Trachurus trachurus* (Kote). Atlantic mackerel- *Scomber scombrus* (Titus), and *Sphyraena barracuda* (Panla) from different places, had high amounts of bacteria. This result is in line with a study by Okonko *et al.* [29], who observed a similar pattern in a some market areas in Ibadan metropolis. This might be as a result of the comparatively high moisture content in these foods with an intermediate moisture level. One kind of indicator organism that points to a possible fecal contamination is coliform organisms [30]. Although there is more coliform present, the permissible limit of bacterial contamination is 1000 cfu/g [31]. According to the results presented, some foods can lead to gastrointestinal issues and diarrhea in both adults and children. Most of these foods are kept for long periods of time at room temperature, which can encourage the growth of dangerous germs and result in food intoxication [32].

The presence of Salmonella in the sampled fish is of public health significance as no Salmonella is expected to be present in food meant for consumption. Though, Agu *et al.* [33] reported a higher prevalence of 20% in Benin, Nigeria while Raufu *et al.* [34] reported a prevalence of 11.5% in Catfish reared in Maiduguri, in northern part of Nigeria. The isolation of Salmonella from fish in this study may either be introduced through handling post-harvest,

or contamination via the water used. Also, environmental contamination may have contributed to the isolation of these organisms. Likewise, materials used for the preparation or the holding time may have contributed to these contaminations [35]. In this study, bigger fish were observed to have lower or no Salmonella as compared to smaller ones. This may be because microbial contamination may cover more of the entire surface area of a smaller organism faster than a larger organism and since it was not the entire fish that was processed, one can likely miss out some contaminated part more easily in a bigger fish than in a smaller one. This also applies in the case of lengthier fish as compared to smaller ones. This could also be due to the sampling method as small and shorter fish were sampled. This finding seems to be in contrast to the report of Emere and Egbe [36] and Omeji *et al.* [37] on parasite eggs and oocysts in fish whereby it was more in bigger and lengthier ones compared to smaller ones.

# CONCLUSION AND RECOMMENDATIONS

The findings of this investigation demonstrate that smoked fish samples from all of the markets had bacterial counts over the recommended limits on bacterial contamination in food set by the international microbiological standard, rendering them microbiologically unacceptable." The study's findings showed that while smoking can help limit the activities of microorganisms, improper smoking still allows microbial growth and activity to continue, which degrades the fish. The pre-smoked fish from each of the four marketplaces that were examined had high levels of microorganisms. Therefore, it is best to wait until the fish is completely smoked before eating it. Given the results of the study, the following recommendations are made: Regular hygiene practices must be followed in order to stop these bacteria from infecting food products. As a result, greater focus should always be placed on the roadside market's microbiological standards. Because there are so many health concerns involved with direct human consumption, food handlers must adhere to basic sanitary rules when handling smoked fish. Salmonella has been found in fish, according to this study. Despite the low incidence, it is nonetheless important for public health. Therefore, smoked fish should be properly cooked before consumption, so as to reduce the incidence of food borne disease.

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