GUILLAIN-BARRE SYNDROME, THE CREEPING ENEMY

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Overview

• Pathophysiology
• Incidence
• Causes
• Variants
• Signs and Symptoms
• Diagnosis
• Clinical Course
• Case Study
• References
• Questions
Pathophysiology

- Complex disease process
- Myelin sheath
- Nerve conduction
- Damage
- Re-myelination
Incidence

- 1-3 per 100,000 people
- Men vs Women
- Adults vs children
- 5% mortality
- 20% severe disability
Causes

- Unknown

- Occurrence
  - food poisoning
  - viral / respiratory illness
  - post vaccination

- Consequence
Variants

- acute inflammatory demyelinating polyneuropathy (AIDP)
- acute motor axonal neuropathy (AMAN)
- acute motor sensory axonal neuropathy (AMSAM)
- Miller-Fisher syndrome (MFS).
Signs and Symptoms

• Motor/Sensory System

• Respiratory System

• Cardiovascular System

• Renal System

• Central Nervous System
Diagnosis

• History of presenting problem

• Physical examination

• Diagnostic tests

  ✓ Lumbar Puncture (LP)

  ✓ Nerve Conduction Studies (NCS)

  ✓ Electromyography (EMG)

  ✓ Forced Vital Capacity (FVC)
Clinical Course

• Acute

• Plateau

• Rehabilitation

• Recovery
Case Study

- Rachel at 36 diagnosed with GBS
- Residual ataxia
- Constant tremor in her hands
- Difficulty with fine hand movements
- Kept trying to use her hands to improve function, dexterity
- Used mobile phone to aid movement and aid concentration
- Stabs of pain on movement – from mild to severe aching
- Relieved by frequent turns/passive movement during acute phase
- Over time changed to hyper-sensitivity
- Neuropathic pain does not respond well to narcotic analgesics
Case Study

- Used complementary therapy – music, kept busy, foot baths
- Exercise was difficult
- Goal setting was trialled but often failed
- ‘Tough love’
- Fatigue +++
- Mood adversely affected
- Encourage patient to talk
- Be mindful of patient limitations
- Keep environment safe
Case Study

• Diet is useful – if patient compliant
• “Tough Love”
• Remind patient of who they are – not what they have
• Remind them of what they have in their life to look forward to
• Focus on small gains and progress
• Short visits due to being easily tired
• Include family in patient care if patient wishes
• Patient/family education/pamphlets
• Velcro for clothing, electric toothbrush, double handled cups
• High level of nursing care
References

• Guillain-Barre Syndrome Support Group of New Zealand
• www.GBS-CIPD.org/GBS/All-about-GBS/- Learn more about what causes GBS, treatment of and support for GBS
• www.gbsnz.org.nz/guillain_barre_syndrome - read about patients stories.
• GBS foundation International - A handbook for Caregivers
• Recovery Advice for Patients by Prof RAC Hughes, Prof of Neurology, Guy’s, King’s and St Thomas’ of Medicine, London
• www.GBS-CIPD.org/GBS/all-about-GBS/
• Keer-Keer, T (2014). Guillain-Barre Syndrome: a review of the literature. CNS Neurosciences, Christchurch Hospital