

Therapeutic Plasma Exchange for the treatment of Neurological Conditions

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Plasmapheresis, also known as therapeutic Plasma Exchange (PEX), is a procedure that involves separating the blood to remove diseased plasma which contains abnormal proteins and auto antibodies and replacing this with FFP/Albumin; the other blood components, primarily red blood cells, are then returned to the patient. This treatment is an alternative or adjunct to the use of IV immunoglobulin (IVIg).



Conditions treated with PEX

There is a published evidence base to show that PEX can effectively treat certain inflammatory diseases of the central and peripheral nervous system e.g.

- Auto Immune Encephalitis e.g. NMDA
- Multiple Sclerosis
- Guillain Barre Syndrome
- Myasthenia Gravis

Clinical Guidance

The American Academy of Neurology (AAN) have recommended PEX as a treatment for a number of Neurological conditions including those above. Guidance can be found on the AAN webpages follows:

<https://www.aan.com/PressRoom/home/PressRelease/893>

<https://www.aan.com/Guidelines/Home/GetGuidelineContent/472>

http://tools.aan.com/professionals/practice/pdfs/gbs_guide_pat_care.pdf

In addition, the use of PEX is recommended by the American Society for Apheresis (ASFA). ASFA guidelines, which are used as a standard of care in the UK, can be found on-line:

http://inbcaves.org/wp-content/uploads/2016/05/Guidelines-on-the-Use-of-Therapeutic-Apheresis_asfa.pdf

How to Access PEX Treatment

NHS Blood and Transplant (NHSBT) are major providers of apheresis services to the NHS. Apheresis Services are delivered by eight multi-disciplinary teams across England who provide a regional, 24/7 service.

If you would like to refer a patient for PEX treatment or discuss the use of PEX to support your patients, please contact your local Therapeutic Apheresis Services Consultant:

<http://hospital.blood.co.uk/patient-services/therapeutic-apheresis-services/tas-units/>