

# Therapeutic Plasma Exchange for the treatment of Neurological Conditions

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](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](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/>