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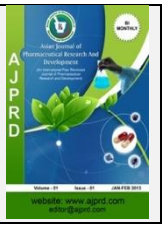

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Review Article

Guillain-Barré Syndrome: A Comprehensive Review of Pathophysiology, Diagnosis, and Advances in Management

Harsh Vardhan Katariya, Shivkumar Patel, Kashish Parvani, Mohit Buddhadev, S P Srinivas Nayak

Dept of Pharmacy Practice, Parul Institute of Pharmacy & Research, Parul University, Vadodara, Gujarat.

A B S T R A C T

Guillain-Barre syndrome (GBS) is an uncommon autoimmune disease-almost in all hysterical cases-paralysis in the strong muscle group and the progressive muscle weakness are the cardinal features associated with peripheral nerve destruction. The review aims at presenting all-rounded discussions on the latest understanding of pathophysiology, diagnostic strategies, and remedies in the recent management of GBS. The pathogenic events include immune-mediated demyelination and axonal degeneration, often provoked by infections. The clinical manifestations span from minor symptoms, progressing to a high-risk clinical condition defined by respiratory failure, implying the need for an early diagnosis and therapy. Improvements in the diagnosis modalities of electrophysiological studies and cerebrospinal fluid analysis have favored early detection-colon or reclassification of subtypes. Treatment modalities include immune modulatory therapies with intravenous immunoglobulin (IVIG) and plasma exchange (PLEX) treatments, but emerging treatments are conveying new hope toward better outcomes. With this background also include recent advances in aspects of supportive treatment, prognostic indicators, and ongoing research on novel classes of therapeutic agents. However, great strides have been made to improve and individual customize treatment strategies, and a greater understanding of long-term outcomes is achieved but remains work to be done. The article presents as a testimony to early recognition, multidisciplinary approach to management, and enthusiasm for continuing to research human subject areas to improve prognosis and quality of life further.

Keywords: Guillain-Barré Syndrome (GBS), Autoimmune Neuropathy, Peripheral Nerve Demyelination, Axonal Degeneration, Cerebrospinal Fluid Analysis Electrophysiological Studies, , Intravenous Immunoglobulin (IVIG)

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*Address for Correspondence:
S.P Srinivas Nayak, Assistant Professor, Dept of Pharmacy Practice, Parul Institute of Pharmacy & Research, Parul University, Vadodara, Gujarat,

INTRODUCTION: -

Guillain-Barré syndrome (GBS) is an uncommon disorder in which the immune system erroneously attacks the peripheral nervous system, that is, the network of nerves that transfers signals from the brain and spinal cord to other parts of the body; it is pronounced Ghee-yan Bah-ray.[1]GBS is also known as "acute inflammatory demyelinating polyradiculoneuropathy (AIDP)." It is a form of neurological disorder in which the immune system of an individual is expressed against the peripheral nervous system. These are the nerves found outside the brain and spinal cord. The onset of GBS can be sharp and unspecific. In many cases, individuals require immediate hospitalization because it may develop over a few days. Or it may take as long as a few weeks, and the greatest weakness occurs within the first week or two of symptom appearance.[2]The GBS may commence suddenly and can escalate within the span of a few hours to a few days and then even up to weeks until certain muscles are completely nonfunctional. Some cases of GBS are not severe at all; they may be manifested only with transient weakness. Others can produce near-total paralysis, such that a person cannot breathe without assistance. In these instances, the disease is at most life-threatening as it could interfere with breathing, blood pressure, or heart rate. Fortunately, the vast majority survive from even the most severe cases of GBS. These people might still experience some residual weakness after recovery.[3]

PATHOPHYSIOLOGY:

The pathophysiology of GBS can best be delineated into two seminal stages: immunological trigger which initiates this process and resultant immune-mediated disruption to axons or myelin. Traditionally the electrophysiology has also divided GBS into two groups: acute inflammatory demyelinating polyradiculoneuropathy (AIDP) and acute motor axonal neuropathy (AMAN). The new EAN/PNS guidelines no longer support this view: The premise that the neurophysiological dichotomy between demyelinating versus axonal GBS reflects a real underlying difference in the pathology of the primarily demyelinating versus the axonal type of GBS is under challenge.[3]

Prodromal infections

GBS is generally postinfectious, with two-thirds of patients reporting prodromal gastrointestinal or respiratory symptoms. One of the most frequent discussed pathogenic triggers for GBS is that of Campylobacter jejuni, with the incidence ranging approximately 1 in every 1000 cases with respect to GBS caused by the pathogen. Molecular mimicry between surface lipo-oligosaccharide (LOS) and host peripheral nerve gangliosides thus sets off production of cross-reactive antibodies targeting gangliosides such as GM1, GD1a, and GQ1b, which in turn leads to axoglial damage. Other pathogens that have been associated with GBS include Epstein–Barr virus (EBV), cytomegalovirus (CMV), hepatitis E virus (HEV), Mycoplasma pneumoniae, Haemophilusinfluenzae, influenza A virus, and Zika virus. Mycoplasma pneumoniae is known to be connected with anti-galactocerebroside antibodies of the IgG isotype, much more in children. The mechanistic link remainslargely unknown between most of these pathogens and axoglial damage, and molecular mimicry between C (figure 1). GBS in ideal cases has been described postinfectious, but how those patients get rid of their tolerance to self-glycans after a C. jejuni infection has not been properly understood.[3]

Infections (eg, by C. jejuni) may stimulate an immune attack, eventually resulting in GBS. This produces an immune response and depends on some bacterial factor (such as the specificity of lipo-oligosaccharide [LOS]) and on patient-related (host) factor. Genetic polymorphisms of the patients may partly explain the diversity in the severity of GBS. Antibodies against LOS can cross-react with several specific nerve gangliosides and can activate complement. Severity of nerve damages depends on several factors. Weakness and also sometimes sensory abnormalities occur due to nerve dysfunction.[3]

The outcome of GBS can be predicted by the use of the Erasmus GBS Outcome Scale (EGOS). In clinical practice, with the use of EGOS, the chance of walking without assistance after 6 months is predictable based on the age of the patient, presence of diarrhea, and weakness in the first weeks. Despite this treatment, many patients only partially recover from IVIg, with residual weakness and pain and significant fatigue.[3]

SYMPTOMS: -

Guillain-Barré Syndrome (GBS) is an uncommon, potentially serious disorder affecting the nervous system. In the condition, the body's immune system attacks peripheral nerves by mistake. In the majority of the patients, onset of symptoms appears to be acute, as progression of weakness and sensory changes in a period from a few days to weeks often occurs. Despite the majority of the individuals recover completely, it is an enormously variable disorder where some require highly intensive medical care.[4]

- Sudden muscle weakness: Sudden reduction in strength of muscle.
- Pain in your limbs and spine: Discomfort or aching in arm, leg, and back.
- Paralysis of legs, arms, and/or facial muscles: Loss of movement of specified body parts.
- Chest muscle weakness and difficulty breathing: Reduced lung function causing trouble in breath.
- Trouble with speaking and swallowing: Diminished speech performance and food or liquid swallowing problems.
- Abnormal sensations like tingling: Unnatural feeling, like pins and needles.
- Imbalance and clumsiness: Trouble maintaining balance and frequent stumbling.

Early Presentation: -

The initial manifestations of Guillain-Barré Syndrome are usually nonspecific, and they begin with weakness or tingling in the lower limbs. The symptoms are bilateral and symmetrical, ascending from the legs to involve the upper limbs and facial muscles. In many patients, these early manifestations are mild, but in others, they may rapidly progress to more severe forms of paralysis.[4,]

Progression and Severity: -

In nearly one-third of patients, weakness is also found in the chest muscles, leading to respiratory compromise. Respiratory involvement can range from mild dyspnea to severe respiratory failure, requiring mechanical ventilation. Involvement of the facial muscles can compromise speech, chewing, or swallowing and greatly affect the quality of life of the patient, increasing the risk of aspiration.[4,6]The most severe forms of Guillain-Barré Syndrome are potentially life-threatening, particularly through complications associated with paralysis. Major concerns include respiratory failure, cardiac arrhythmias, and autonomic dysfunction. Rapid recognition and management in an intensive care unit is essential to improving outcomes.[5]

Complications and Long-Term Outcomes: -

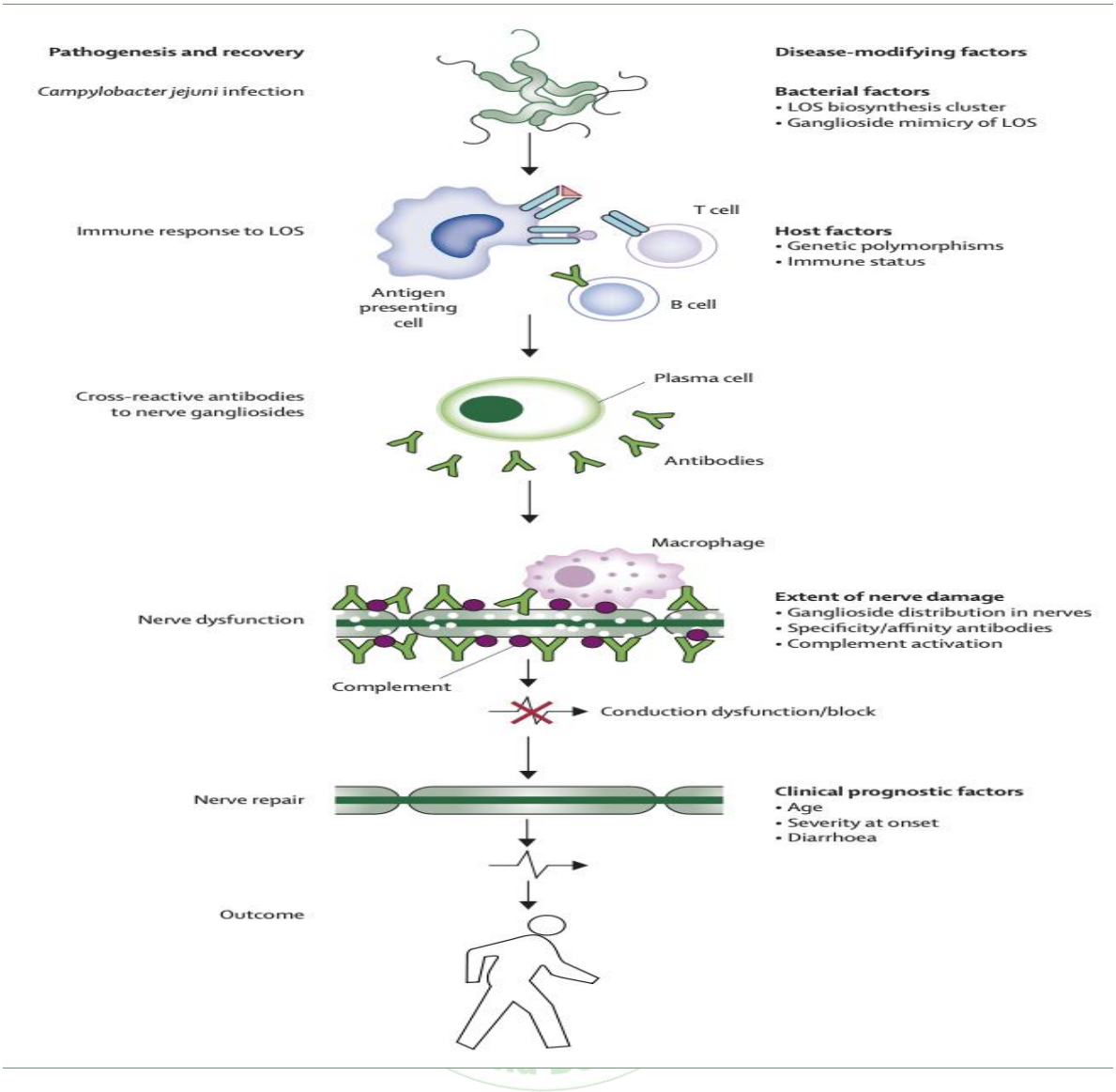

Figure 1: Immunobiology of GBS

While most patients recover completely from Guillain-Barré Syndrome, the recovery time is often long and may take months to years. Even in the best clinical environments, a few percent of patients die from complications. These complications may include[6]: -

Respiratory failure– Paralysis of the muscles that breathe

Sepsis (blood infection) – A potentially life-threatening response to infection.[7]

Pulmonary embolism (lung clots) – A serious complication due to clots that obstruct blood flow to the lungs

Cardiac arrest – Due to autonomic instability or severe respiratory distress.Despite these complications, advances in critical care and rehabilitation have greatly improved the prognosis for patients with Guillain-Barré. Immunomodulatory therapies, including intravenous immunoglobulin (IVIG) and plasmapheresis, have become standard treatments, significantly reducing the duration and severity of symptoms.[8]

Recovery and Prognosis: -

Most patients improve gradually over time, and most will eventually recover fully. However, many patients may experience residual weakness, fatigue, or sensory disturbances for months or even years following the acute phase of the illness. A few patients may enter into a chronic inflammatory demyelinating polyneuropathy (CIDP), which is a separate disease that must be treated over time.[9]

ETIOLOGY AND RISK FACTORS FOR GUILLAIN-BARRÉ SYNDROME: -

Guillain-Barré Syndrome (GBS) is an extremely rare autoimmune disease in which the immune system of the body mistakenly attacks the peripheral nerves, causing inflammation and demyelination. The exact cause of GBS is unknown; however, most cases are supposed to result from precipitating infections that trigger an abnormal immune response. This post-infectious autoimmune mechanism is very fundamental in the pathogenesis of the disease.[10]

Infectious Triggers

Infections are the most common risk factors for Guillain-Barré Syndrome, with Campylobacter jejuni—the bacterium causing gastroenteritis—most frequently implicated pathogen. Investigations suggest that 20–40% of GBS cases result from a recent infection with Campylobacter jejuni. Clinical manifestations of gastroenteritis often involve nausea, vomiting, abdominal pain, and diarrhea days to weeks prior to the appearance of neurological manifestations.[11]

Other viral infections, which have also been linked with GBS include: -

- Cytomegalovirus (CMV): One of the viruses in the herpesvirus family, known to cause mild to severe symptoms and is especially risky for immuno compromised persons.[12]
- Epstein-Barr Virus (EBV): The agent responsible for infectious mononucleosis, with several autoimmune conditions being associated with it, among them GBS.[12]
- Zika Virus: Outbreaks of Zika virus have shown a dramatic increase in GBS cases, mainly in Latin America, thus showing a very strong temporal and causal relationship.[12]
- Influenza Virus: Influenza infections are one of the well-known triggers for GBS. Various studies have validated that increased risk exists following acute flu illness.[12]

Less Common and Non-Infectious Triggers: -

Guillain-Barré Syndrome can be triggered by non-infectious factors such as vaccinations and surgical procedures in rare cases. Although such cases are very rare, knowing these risk factors is important for reducing misinterpretation and ensuring vaccine safety.[12]

Vaccination and GBS Risk: -

The relationship between vaccines and Guillain-Barré Syndrome has been a topic of much study and controversy. In the past, it was identified that the 1976 swine flu vaccination campaign increased the risk of GBS slightly. However, in later years, numerous research studies have concluded that the risk of developing GBS due to vaccination is minuscule.[13]

1. Influenza Vaccine: Current studies show that the incidence of GBS after influenza immunization is less than 1 in 1 million doses. More importantly, the risk of developing GBS from the influenza virus itself is several times higher than from the vaccine.[13]
2. COVID-19 Vaccines: Preliminary studies have examined whether there is a possible association between the COVID-19 vaccines and GBS. Even though few cases have been recorded, the risk is still minimal compared to the benefits of vaccination.

Surgical Procedures: -

It has also been well identified that surgery may be a very rare precipitating factor for Guillain-Barré Syndrome, often associated with major procedures or trauma. The mechanism is not clearly understood but could be linked to an immune system response to tissue injury or infection within the postoperative period.[13]

TYPES OF GUILLAIN-BARRÉ SYNDROME

Guillain-Barré syndrome (GBS) is a rare autoimmune disorder that affects the peripheral nervous system, causing acute flaccid paralysis. Several distinct subtypes of GBS have been identified, each with unique clinical features and geographical variations in prevalence.

These subtypes include Acute Inflammatory Demyelinating Polyradiculoneuropathy (AIDP), Miller Fisher Syndrome (MFS), Acute Motor Axonal Neuropathy (AMAN), and Acute Motor-Sensory Axonal Neuropathy (AMSAN)[14]

Acute Inflammatory Demyelinating Polyradiculoneuropathy (AIDP) – `

AIDP is the most common form of Guillain-Barré syndrome in North America and Europe. It is characterized by immune-mediated demyelination of peripheral nerves, leading to progressive muscle weakness. Symptoms typically begin in the lower extremities and ascend symmetrically toward the upper body. This type of GBS primarily involves sensory loss, hyporeflexia, and autonomic dysfunction. This infection may persist for weeks and often most of these patients may leave the clinic well after treatment of supportive care coupled with immunomodulatory, such as plasmapheresis, and intravenous immunoglobulin IVIG.[14]

Miller Fisher Syndrome: -

The Miller Fisher syndrome is the one variant that arises in very low percentages that form only 1–5 percent of all instances in the U.S but found more among people of the Asian race. Unlike AIDP, MFS typically presents with ophthalmoplegia (paralysis of the eye muscles), ataxia, and areflexia without major limb weakness. The pathology involves generation of the anti-GQ1b antibodies, which target gangliosides in the cranial nerves. The patient may also have diplopia and facial weakness. In general, the prognosis for MFS is good, with most people recovering fully within a few months.[15]

Acute Motor Axonal Neuropathy (AMAN): -

The condition is a largely motor form of GBS and is more prevalent in China, Japan, and Mexico. Differing from AIDP, AMAN is characterized by axonal degeneration without prominent demyelination, specifically targeting the motor nerves. Its clinical presentation consists of acute symmetrical limb weakness, mainly with proximal muscles. Deep tendon reflexes are typically absent; however, the sensory functions remainrelatively intact. AMAN usually follows gastrointestinal infections caused by Campylobacter jejuni. Recovery can be protracted, and the result has been varied with continued weakness in some patients.[15]

Acute Motor-Sensory Axonal Neuropathy (AMSAN): -

AMSAN is another severe form of AMAN that affects both axons at the motor and sensory levels. Its geographic distribution is also similar to AMAN; it is more prevalent in East Asia and Central and South America. AMSAN presents with rapid progression of quadriparesis and sensory deficits, which include numbness, tingling, and loss of deep tendon reflexes. The prognosis is generally poorer in AMSAN as compared to the other subtypes, with an increased chance of prolonged disability. Axonal damage in AMSAN can lead to

incomplete recovery with intensive rehabilitation and long-term management.[16]

DIAGNOSIS OF GUILLAIN-BARRÉ SYNDROME: -

The diagnosis of Guillain-Barré syndrome (GBS) is primarily clinical, relying on a detailed history and neurological examination. Early recognition of GBS is critical, as it can progress rapidly, leading to respiratory failure in severe cases. In uncertain diagnoses, a comprehensive peripheral neuropathy workup is essential to rule out other conditions and confirm the diagnosis. The diagnostic process typically involves biochemical screening, electrophysiological studies, cerebrospinal fluid (CSF) analysis, and assessments of respiratory function.[17]

Biochemical Screening: -

Laboratory tests in the initial stages assistin the process of eliminating secondary causes and determine if there is a systemic cause for neuropathy. The commonly conducted biochemical investigations are as follows:[18]

Electrolyte: This test can identify electrolyte imbalances leading to weakness or paresthesia.[18]

LFTs: These tests assess for underlying diseases of the liver, which have been associated with peripheral neuropathy.[18]

Creatine phosphokinase (CPK): Increased CPK can raise a suspicion for myopathy or muscle damage instead of primary neuropathy.[18]

Erythrocyte sedimentation rate (ESR): An increased ESR might point towards subclinical inflammation or an autoimmune cause, which might mimic or augment the neuropathy.[18]

Electrophysiological Examination: -

Electrophysiological tests such as nerve conduction study (NCS) and electromyography using a needle help confirm the diagnosis of GBS and also distinguishes the types of GBS. Findings that point toward demyelination are:[19]Nerve conduction slowing: This is due to damage to the myelin sheath.

Increased distal latencies: Representing slowed conduction in the distal portions of the nerve.

Increased F-wave latencies: Suggestive of slowed proximal conduction.

Conduction block or dispersion of responses: Commonly found at points of natural nerve compression.[19]

Reduced recruitment of weak muscles: Shown on needle examination in electromyography, representing a failure of adequate activation of motor units.

Pulmonary Function Testing:

Monitoring respiratory function is an integral part of GBS care, especially in the severely affected patient who may develop acute respiratory failure. The following measurements are used to assess neuromuscular respiratory function and predict the diaphragmatic strength:[20]

- Maximal inspiratory pressure and vital capacity: Used for evaluation of inspiratory muscle strength. VC <20 mL/kg or a rapid decline suggests impending respiratory failure.
- Maximal expiratory pressure:Abdominal muscle strength.

Negative inspiratory force (NIF): A simple bedside test for assessing respiratory muscle function. Normal NIF is usually greater than -60 cm H_2O. If the NIF approaches -20 cm H_2O, immediate respiratory support should be available.Cerebrospinal Fluid (CSF) Analysis:In GBS, the most useful diagnostic procedure is a lumbar puncture. The classic finding on CSF analysis is albumin cytologic dissociation with elevated protein level and a normal white cell count. In most patients with GBS, CSF reveals:

CSF protein level >400 mg/L: Most have an elevated protein with increased permeability of the blood-nerve barrier. [21]Normal CSF cell counts: In general, fewer than 10 mononuclear cells/mm^3 are seen, which distinguishes GBS from infectious or inflammatory neuropathies.[21]Serial lumbar punctures: A rising CSF protein level on repeat testing further supports the diagnosis.[21]Diagnostic Challenges and Differential Diagnosis:GBS can also resemble other neurological conditions, such as CIDP, vasculitic neuropathy, and myasthenia gravis. Because of this, a diagnosis requires sometimes both clinical judgment and confirmatory testing to avoid incorrect diagnoses. Rapid diagnosis and prompt beginning of treatment, like IVIG or plasmapheresis, is essential forpatients with GBS for an improved outcome.[21]

MANAGEMENT:

Diagnosis

Clinical presentations and findings in CSF characterize the Guillain-Barré Syndrome (GBS).

Confirmatory investigations: blood examinations and electromyography.[22]

General Care Protocols

- Monitoring Pulmonary Function: Check the vital capacity and the frequency of respiration.
- Initial 2-4 hours, then 6-12 hours depending on stability.
- Check for Autonomic Dysfunction:
- Blood pressure and heart rate, ECG, pupils. Preferably continuous monitoring.
- Swallowing Dysfunction: Periodic assessment to avoid aspiration.[22]

Pain Management:

Acute Pain: Follow WHO guidelines; avoid opioids wherever possible.

Chronic Pain: Treat with amitriptyline or antiepileptic medications.

Infection Prevention-Pulmonary Embolism and Cornel Ulcer Prevention. Prevent the onset of Pressure Sores and Contractures: Proper position and physiotherapy. 23

Special Treatment (IVIg or Plasma Exchange-PE)

Indications to Start IVIg/PE:

- Severe cases (GBS disability scale ≥3). Best within 2 weeks onset-IVIg (0.4 g/kg for 5 days) or PE (5 sessions).
- Mild Cases: Uncertain Effectiveness of IVIg (GBS Scale ≤2 or MFS Patients)

- Re-treatment with IVIg - After second deterioration from initial stabilization: repeat 0.4 g/kg for 5 days.
- Re-treatment in non-responders has no proven benefits.[23]

ICU Admission Criteria

- Severe progressive weakness manifesting with impaired respiration (vital capacity <20 mL/kg).
- Artificial ventilation. High risk of pulmonary infection or severe autonomic dysfunction. [23]

Course of Illness and Fluctuations

- Treatment-Related Fluctuation: Possibly repeat treatment.
- Chronic Inflammatory Demyelinating Polyneuropathy (CIDP): Treat when A-CIDP is suspected. Rehabilitation and Fatigue Management [23]

Rehabilitation and Fatigue Management

- Begin physiotherapy early.
- Increase rehabilitation gradually as strength improves.
- A structured program for fatigue management.
- Ensure coordination between patient care organizations for ongoing support.[23]

CLINICAL GUIDELINES FOR THE MANAGEMENT:

Organization	Guidelines	Summary
American Academy of Neurology (AAN)	AAN guideline for the diagnosis and management of GBS	1. Delivers evidence-related statements on diagnosing and managing Guillain-Barré syndrome (GBS). 2. Covers diagnostic criteria, laboratory tests, immunomodulatory therapies (e.g., IVIg, plasma exchange), supportive care, and follow-up after the long-term. 3. Underlines multidisciplinary treatment and complication monitoring.
European Federation of Neurological Societies (EFNS)/Peripheral Nerve Society (PNS)	EFNS/PNS guideline on the diagnosis and management of GBS	1. The full-fledged guidelines for the diagnosis, treatment, and follow-up of GBS. 2. Addressing clinical presentation along with electrodiagnostic investigation and cerebrospinal fluid analysis, and immunomodulatory therapies. 3. Urges early recognition and timely initiation of treatment in cooperation with many disciplines.
World Health Organization (WHO)	WHO guidelines on GBS and related conditions	1. Concerned with GBS management and research in resource limited-settings and in global contexts. 2. This refers to the access to diagnostic capacity, immunotherapy, surveillance, and rehabilitation. 3. Public health intervention and collaboration between health care costs and policymakers.
National Institute for Health and Care Excellence (NICE)	NICE guideline on the diagnosis and management of GBS	1. UK-specific evidence-based recommendations for GBS management. 2. Cover clinical assessments; diagnostic criteria; and therapies such as IVIg and plasma exchange. 3. For instance, it will emphasize patient education, rehabilitation, and interface between primary and secondary healthcare.
Regional or National Clinical Practice Guidelines	Varied based on local healthcare systems and practices	1. Customized to cater to the healthcare practices specific to the locality considering their distinct needs and resources. 2. These are developed by either professional organizations, governmental bodies, or an expert panel. 3. Give attention to clinical assessments, treatment pathways, and conditions specific to the healthcare system.

TREATMENT:

The treatment of GBS involves inpatient hospitalization until the course is stabilized or improves. The patient's condition can progress rapidly leading to neuromuscular emergencies such as failure to breathe or autonomic dysfunction. Admission to the ICU is indicated when patients have severe respiratory compromise or cardiovascular instability. Supportive care continues to be the cornerstone of management, emphasizing respiratory monitoring, cardiac surveillance, nutritional support, and prevention of infection.[24]

Respiratory Management: One-third of patients require mechanical ventilation. Serial assessment of vital capacity and negative inspiratory force (NIF) helps predict respiratory failure. Tracheostomy is often needed for patients on prolonged ventilation. Positioning and respiratory therapy optimize lung expansion and secretion clearance.[24]

Cardiac Monitoring: Continuous telemetry is required for detecting arrhythmias and blood pressure fluctuations resulting from autonomic dysfunction. Hypertension is managed with short-acting agents, while hypotension is corrected with intravenous fluids and supine positioning. Temporary pacing is sometimes requiredin the event of heart block. [25]

Nutritional Support: Enteral or parenteral nutrition provides sufficient calories to a mechanically ventilated or dysphagic patient. Preventive measures are also implemented to prevent aspiration and pneumonia.[25]

Infection Prevention and Mobility Management: Minimize sedation, frequently do physiotherapy, prevent complications such as DVT, use LMWH and compression stockings, and have daily range-of-motion exercises for the prevention of contractures and pressure sores.[26]

Pain Management: For stepwise progression, there are NSAIDs, acetaminophen, and tricyclic antidepressants or anticonvulsants for neuropathic pain. The gabapentin and carbamazepine have also been established to decrease the intensity of pain during acute phases of GBS.[26]

Rehabilitation and Long-Term Care: Physical and occupational therapy enhance strength, mobility, and functional independence. Speech therapy helps with dysphagia and communication issues. Rehabilitation work is concerned with energy conservation, endurance training, and adaptive strategies. Fatigue and psychosocial challenges often persist with time, necessitating long-term follow-up and support.[27]

Immunotherapy: Both IVIG and plasma exchange are equivalent in hastening recovery. IVIG is given to hemodynamically unstable patients for ease of administration. Corticosteroids are not recommended in the treatment of GBS. Experimental treatments including complement inhibitors like eculizumab, and immune adsorption remain investigational. Respiratory and cardiac functions should be monitored closely. Multi-disciplinary management by neurologists, pulmonologists, cardiologists, physiatrists, and physical therapists will further improve the prognosis. Long-term follow-up of residual deficits and persistent fatigue is also essential as well as dealing with psychosocial impacts of the illness. [28]

Early detection and treatment improve the prognosis for older patients as well as patients with rapidly worsening symptoms. Early comprehensive care assures optimal recovery without long-termcomplications.[28]

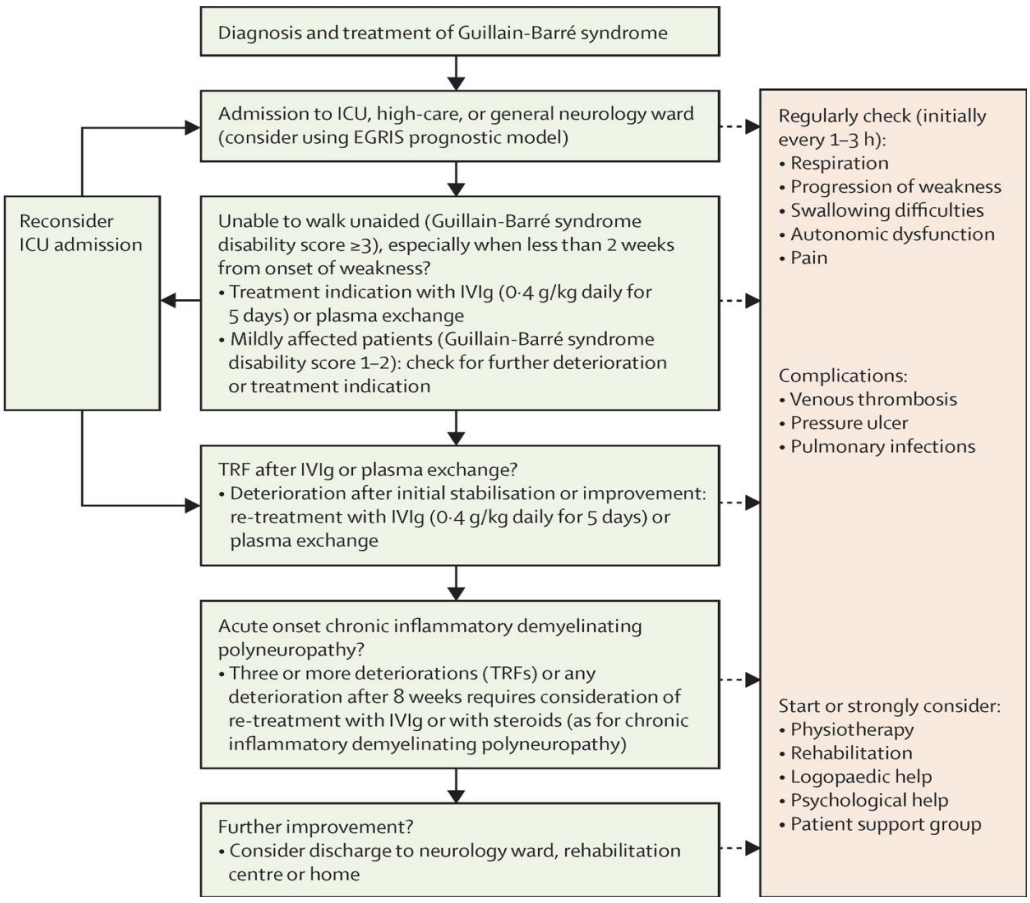

Figure: 2 Treatment approach for Guillain-Barré syndrome

CONCLUSION: -

Guillain-Barré syndrome (GBS) as neurology holds a complex and multifaceted clinical challenge. The understanding of its pathophysiology has advanced significantly, leading to a more accurate diagnosis and beneficial outcome from treatment. Early recognition and timely intervention with established therapies such as intravenous immunoglobulin (IVIG) and plasma exchange (PLEX) are critical for reducing morbidity and mortality. New developments in supportive care combined with research on new therapeutic possibilities show promising avenues for optimizing management strategies. However, there are challenges to overcome in predicting disease progression and individualizing treatment regimens that will improve long-term recovery outcomes. This all-encompassing review needs emphasizing future exploration, interdisciplinary collaboration, and patient-centered approaches to further improve prognosis and enhance the quality of life of those affected by GBS.

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