Background

Guillain Barre Syndrome (GBS) is a disorder in which the body’s immune system attacks part of the peripheral nervous system. The cause of GBS is still unknown, with suspicions of viral or bacterial infection preceding diagnosis. It can affect people of all ages, gender, or ethnic background, with equal incidence rates in both men and women. The incidence rate for GBS is rare, affecting 1-2 persons in 100,000 annually. Past medical history included weakness and an inability to walk unassisted. She was an elementary schoolbirth at 34 GW. Non-smoker and a social drinker, lived in a one-story home with two bathrooms. She was an elementary education teacher and a basketball coach who prior to pregnancy to regain independence and safety to complete daily and work-related activities.

Case Description

SI was a healthy, very active 27-year-old female hospitalized at 25.5 weeks of gestation (GW) after onset of BLE weakness and an inability to walk unassisted. Past medical history included gravida 3, para 2 with one stillbirth at 34 GW. Non-smoker and a social drinker, lived in a one-story home with two bathrooms. She was an elementary physical education teacher and a basketball coach who prior to her diagnosis enjoyed running and playing with her son.

Evaluation

In the first 3 months following discharge, physical therapy evaluations were performed on a monthly basis. A Midline Manual Muscle Test (MMT) was used to determine muscle strength, assessing muscle groups from the head to the feet. Functional measures including Gait Speed, Manual Muscle Test (MMT), Timed Up and Go (TUG) Test, Berg Balance Scale (BBS), and Modified Barthe Index (MBI) were used to assess functional independence and safety. Interventions

Goals

The significance of this case report was the rare opportunity to document the outcome of a PT intervention for GBS during pregnancy. At the time of discharge, the patient achieved all goals and was able to return to her prior functional status with only mild sensory deficits and minimal weakness. Therefore, the use of functionally-based interventions during PT management of this patient with GBS in pregnancy proved to be beneficial. Future work in this area could compare and contrast the outcomes of other PT interventions for GBS during pregnancy.

Outcome

Interventions

Conclusion

Physical Therapy Management of a Patient with Guillain-Barre Syndrome during and after Pregnancy: A Case Report

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