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Timeframes for chronic inflammatory demyelinating polyneuropathy diagnosis

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Chronic inflammatory demyelinating polyneuropathy (CIDP) is an acquired progressive or relapse-remitting immune-mediated disease of peripheral nervous system [1, 2]. Typical variant includes development of symmetric motor and sensory nerve fibers functions abnormalities [3]. The diagnosis of CIDP reveals on clinical presentation and electrophysiological data due to EFNS/PNS criteria [4]. Instead of presence of European CIDP criteria and large variety of laboratory and instrumental methods, there are many difficulties to make an appropriate diagnosis [4, 5].

The aim of this study is to determine the approximate time needful to make the diagnosis of CIDP. Clinical and laboratory assessment was performed to 90 patients with confirmed CIDP diagnosis hospitalized at neurological department №3 of City hospital №2 and neurological department №2 of clinic of research institute of neurology of Pavlov University. The approximate time between symptom appearance and diagnosis was $2,49 \pm 0,43$ years, while timeframe between symptoms initiation and doctor's appointment was about 4 months ($0,30 \pm 0,05$ years). There weren't any correlations between age, sex, severity of disease and time of CIDP diagnosis.

Conclusion and significance. CIDP is an autoimmune chronic disease which often needs special medication like steroids, plasmapheresis, intravenous immunoglobulins and cytostatics. The earliest recognition of CIDP helps to start an appropriate therapy and give follow up for patient to prevent relapses and manage his condition. Such time consuming CIDP diagnosis means that EFNS/PNS criteria aren't ideal and not many neurologists know enough to be suspicious of such disease. We need to challenge these facts and improve the diagnostic approaches and provide more information about CIDP in outpatient and inpatient healthcare departments to recognize CIDP earlier.

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