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Stage

Submitted

Type

Poster or Oral

Status

Pending

Abstract Topic

MS and related disorders

Date Submitted

1/12/2023, 3:27 PM

Body

Title

Multiple sclerosis treatment and holistic patient care: Consensus of the Spanish Society of Neurology

Introduction

The management of patients with multiple sclerosis (MS) is complicated and entails several challenges, both in diagnosis and treatment. The growing number of disease-modifying therapies (DMTs) available, the scarcity of accurate biomarkers to predict their effectiveness and safety, and individual patient preferences make therapeutic decision-making very complex. The objective of the study was to offer a set of recommendations on the complete management of the MS patient in clinical practice.

Methods

The recommendations were developed following the Delphi method and taking into consideration the latest scientific evidence and the limitations of existing resources.

Results

The recommendations address nine dimensions, including early diagnosis, early start of DMT, escalation versus early start of high-efficacy DMT, face-to-face and remote follow-up, suboptimal response detection, patient perspective, biomarkers, pregnancy, and vaccination. Early treatment is recommended when possible. The classic terminology of treatment lines is obsolete, since the so-called "second line" DMTs are high-efficacy drugs that can be used as the first treatment option, depending on the patient characteristics and disease. It is also recommended to assess the patient experience using validated tools. Most potential biomarkers are not yet considered useful or feasible enough for routine use, further validation and standardization is required.

Conclusion

This consensus is intended to be a useful tool to improve and standardize MS patient management in clinical practice in Spain.

Disclosure

The authors declare fees for lectures, consultations, assistance to congresses, advisory meetings, personal compensation, teaching or research from: Actelion, Alexion, Almirall, Aventis, Bayer, Bial, Biogen Idec, BMS, Bristol Myers Squibb, Celgene, Daiichi Sankyo, Genzyme, GW Pharma, Janssen, Merck, Novartis, Roche, Sandoz, Sanofi, Teva, UCB Pharma and Viatrix.

Author Details

[C. Oreja-Guevara](#)¹, S. Martínez Yélamos², S. Eichau³, M. Llana⁴, J. Peña Martínez⁵, V. Meca Lallana⁶, A. Alonso Torres⁷, E. Moral Torres⁸, J. Río⁹, C. Calles¹⁰, A. Ares Luque¹¹, L. Ramio Tormenta¹², M. Marzo Sola¹³, J. Prieto¹⁴, M. Martínez Ginés¹⁵, R. Arroyo¹⁶, M. Otano Martínez¹⁷, L. Brieua Ruiz¹⁸, M. Gómez Gutiérrez¹⁹, A. Rodríguez-Antigüedad Zarranz²⁰, L. Costa-Frossard²¹, M. Hernández Pérez²², L. Landete Pascual²³, M. Gonzalez Platas²⁴, J. Meca Lallana²⁵; ¹ Department of Neurology, Hospital Clínico San Carlos, IdISSC, Madrid, Spain / Department of Medicine, Facultad de Medicina, Universidad Complutense de Madrid (UCM), Madrid, Spain.; ² Multiple Sclerosis Unit "EMxarxa": Department of Neurology, H.U. de Bellvitge, IDIBELL, Department of Clinical Science, Universitat de Barcelona, Spain, ³ Department of Neurology, Hospital Universitario Virgen Macarena, Sevilla, Spain, ⁴ Department of Neurology, Complejo Hospitalario Universitario de Ferrol, Spain, ⁵ Department of Neurology, Hospital Universitario San Agustín, Avilés, Asturias, Spain, ⁶ Department of Neurology, Hospital Universitario La Princesa, Madrid, Spain, ⁷ Multiple Sclerosis Unit, Department of Neurology, Hospital Regional Universitario de Málaga, Spain, ⁸ Department of Neurology, Hospital de Sant Joan Despi Moisès Broggi, Sant Joan Despi, Barcelona, Spain, ⁹ Department of Neurology, CemCat-Vall d'Hebrón, Barcelona, Spain, ¹⁰ Department of Neurology, Hospital Universitari Son Espases, Palma de Mallorca, Spain, ¹¹ Department of Neurology, Complejo Asistencial Universitario de León, Spain, ¹² Multiple Sclerosis and Neuroimmunology Unit, Hospital Universitario Dr. Josep Trueta and Hospital Santa Caterina, IDIBGI / Department of Medical Science, Universidad de Girona, Girona, Spain, ¹³ Department of Neurology, Hospital San Pedro, Logroño, Spain, ¹⁴ Department of Neurology, Complejo Hospitalario Universitario de Santiago, Santiago de Compostela, Spain, ¹⁵ Department of Neurology, Hospital Universitario Gregorio Marañón / Red Española de Esclerosis Múltiple (REEM), Madrid, Spain, ¹⁶ Department of Neurology, Hospital Universitario Quiron Salud Madrid, Madrid, Spain, ¹⁷ Department of Neurology, Complejo Hospitalario de Navarra, Navarra, Spain, ¹⁸ Universitat de Lleida, Hospital Universitari Arnau de Vilanova, Lleida, Spain, ¹⁹ Department of Neurology, Hospital Universitario de Cáceres, Cáceres Spain, ²⁰ Department of Neurology, Hospital Universitario Cruces, Barakaldo, Spain, ²¹ Multiple Sclerosis Unit, Ramón y Cajal University Hospital, Madrid, Spain, ²² Department of Neurology, Hospital Nuestra Señora de Candelaria, Santa Cruz de Tenerife, Spain, ²³ Department of Neurology, Hospital Universitario Dr Peset, Valencia, Spain, ²⁴ Department of Neurology, Hospital

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