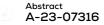




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Multiple sclerosis treatment and holistic patient care: Consensus of the Spanish Society of Neurology

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

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 The classic terminology of treatment lines is obsolete, since the so-called "second line" DMTs are high-efficacy drugs that can be used as the first treatment option, depending on the patient characteristics and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.

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