

Understanding the economic burden of secondary progressive multiple sclerosis in Portugal

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Introduction: Information on the economic burden of Secondary Progressive Multiple Sclerosis (SPMS) in Portugal is limited. We aimed to estimate the costs of Portuguese patients with SPMS by level of disability from the societal perspective.

Methods: This analysis was performed considering the Portuguese subgroup of patients with SPMS included in a cross-sectional retrospective Multiple Sclerosis European study. Vast majority enrolled from a national Patients' Association. Unit costs were taken from public sources (EUR 2015). Descriptive analyses are presented by Expanded Disability Status Scale (EDSS).

Results: Hundred-fourteen SPMS Portuguese patients were included, representing 21% of the Portuguese full study sample (n=535). EDSS levels were merged due to limited sample size (EDSS 4-6.5, n=74; EDSS 7-9, n=40). About 75.7% of EDSS 4-6.5 and 47.5% of EDSS 7-9 patients were on disease modifying treatments (DMT). Among those, 32.1% and 15.8% were on their first DMT treatment, respectively. Mean annual costs were €28.493 at EDSS 4-6.5 and €35.215 at EDSS 7-9. Within direct costs, DMTs in EDSS 4-6.5 (50%) and informal care in EDSS 7-9 (32%) were the main cost drivers. Indirect costs represent 64.3%/66.9% of the overall cost in EDSS 4-6.5/EDSS 7-9, respectively. Costs by EDSS in the SPMS subgroup were found to be similar for the overall sample (€28.700 at EDSS 4-6.5; €34.400 at EDSS 7-9)

Conclusion: These results are an important contribution to the knowledge of the economic burden of SPMS in Portugal suggesting that costs do not differ by type of disease when stratified by EDSS category.