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Introduction:

Given the complexity of multiple sclerosis (MS) and the substantial changes in its therapeutic approach, there is a growing need to create consensus, guidelines and recommendations to help

neurologists to make decisions in their routine clinical practice. Several countries are developing their own consensus considering the particularities each country. Given the heterogeneity of the regionalized Spanish healthcare system, there was a need of a national consensus involving experts representing different Autonomous Communities.

Objectives/Aims:

The aim of this study was to offer a set of recommendations relating to the comprehensive management of MS patients in clinical practice in Spain.

Methods:

The items elaborated by the scientific committee were grouped into nine dimensions related to the management of the pathology, 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 and pregnancy, as well as vaccination. Using the Delphi methodology, 21 neurologists (expert panel) provided the results for generating the final recommendations.

Results:

The panel recommends that after MS diagnosis, the choice of initial treatment should not be based on “treatment lines”, but mainly on the presence or absence of poor prognostic factors for the appearance of relapses or disability progression. Furthermore, the panel emphasizes the importance of using validated tools for assessing the patient experience. While several potential biomarkers have been proposed, the panel considered that further validation and standardization is required before it is feasible and useful enough to use them in routine clinical practice.

Conclusion:

This consensus document provides a set of recommendations for the comprehensive management of MS patients in Spanish clinical practice. The recommendations are expected to optimize patient care and improve their quality of life.

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