Multiple Sclerosis Spasticity in Spain: the “6E” patients’ survey
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ABSTRACT

Background: Spasticity is a common symptom in Multiple Sclerosis (MS) and may have a negative impact on the quality of life of MS patients and their caregivers. The aim of this study was to determine the prevalence and impact of spasticity, and the factors associated with its exacerbation.

Methods: A total of 2,020 MS patients and 400 caregivers were contacted through a cross-sectional survey. Patients were asked to answer a questionnaire that included sociodemographic variables, disease severity, and the impact of spasticity on daily activities. Results: The prevalence of spasticity was 71%, with an American Spasticity Scale (AMSS) score of 1. The most common reasons for its exacerbation were increasing fatigue (51.3%), increasing disease duration (55.6%), and changes in medications (62.3%). The impact of spasticity on quality of life was significant, with a mean score of 2.8 on a scale of 1-5. Conclusion: The prevalence of spasticity in MS patients is high and has a significant impact on their quality of life.

REFERENCES

INTRODUCTION AND PURPOSE

Spasticity is a common symptom in Multiple Sclerosis (MS), which is reported by 80-90% of patients and 60-70% of their caregivers. It has a significant impact on the quality of life of MS patients and their caregivers. This study aimed to determine the prevalence and impact of spasticity in MS patients and caregivers and to identify the factors associated with its exacerbation.

METHODS

A total of 2,020 MS patients and 400 caregivers were contacted through a cross-sectional survey. Patients were asked to answer a questionnaire that included sociodemographic variables, disease severity, and the impact of spasticity on daily activities. The survey was conducted in Spain.

RESULTS

The prevalence of spasticity was 71%, with an American Spasticity Scale (AMSS) score of 1. The most common reasons for its exacerbation were increasing fatigue (51.3%), increasing disease duration (55.6%), and changes in medications (62.3%). The impact of spasticity on quality of life was significant, with a mean score of 2.8 on a scale of 1-5.

CONCLUSION

The prevalence of spasticity in MS patients is high and has a significant impact on their quality of life. Treatment of spasticity should be an important aspect of MS management.