4CPS-138
QUALITY OF LIFE IN MULTIPLE SCLEROSIS PATIENTS WITH PARENTERAL FIRST-LINE TREATMENT: EXPERIENCE IN A UNIVERSITY HOSPITAL

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Background
Parenteral first line treatment for MS include disease modifying therapies

Multiple sclerosis (MS), neurological disorder, demands personalized drug treatment.

Parenteral first line treatment
- Intramuscular (IM): interferon (IFN) beta-1a
- Subcutaneous (SC): interferon (IFN) beta-1a, interferon (IFN) beta-1b, glatiramer acetat

Purpose
To assess the relationship between:

QoL
- Neurropsychiatric complication
- Biological variables (age, EDSS, duration of drug use)

Methods
- Retrospective study, January 2016-september 2017
- Patients with chronic treatment for years
- Data collected from the patients’ medical records
- The instrument used: MSQoL 54 questionnaire with two major components: physical and mental health.
- An excel database was designed to analyze the results

Results

Significant differences in mental and physical health occur at extreme ages of patients (24-64), young patients show more mental affected with poor QoL due to factor such as depression, anxiety and stress.

We found 2 category of patients

<table>
<thead>
<tr>
<th>Over 35</th>
<th>Under 35</th>
</tr>
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<tbody>
<tr>
<td>Neurologic dysfunction</td>
<td>Free of significant physical symptoms</td>
</tr>
<tr>
<td>EDSS &gt;3,5</td>
<td>EDSS 0-1</td>
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<tr>
<td>Good QoL</td>
<td>QoL seriously impaired, despite good response to treatment</td>
</tr>
<tr>
<td>Mental health&gt;&gt;physical health</td>
<td>Physical health&gt;&gt;mental health</td>
</tr>
<tr>
<td>Positive correlation of QoL/age/mental symptoms</td>
<td>Negative correlation between age/mental symptoms/QoL</td>
</tr>
</tbody>
</table>

Conclusion
Is important to assess QoL in MS patients, not common in every clinical practice, from the beginning, during the routine clinical visits to identify those patients most in need of pharmaceutical care. Physical and mental aspects of lives should be screened for carefully. The role of health care clinician should be in education and counseling to improve QoL.

Distribution of parenteral first line treatment
- IFN 80%
- GLATIRAMER 20%

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No conflicts of interest