



HOME MANAGEMENT OF ACUTE MULTIPLE SCLEROSIS OUTBREAK, ADAPTATION TO CORONAVIRUS PANDEMIC

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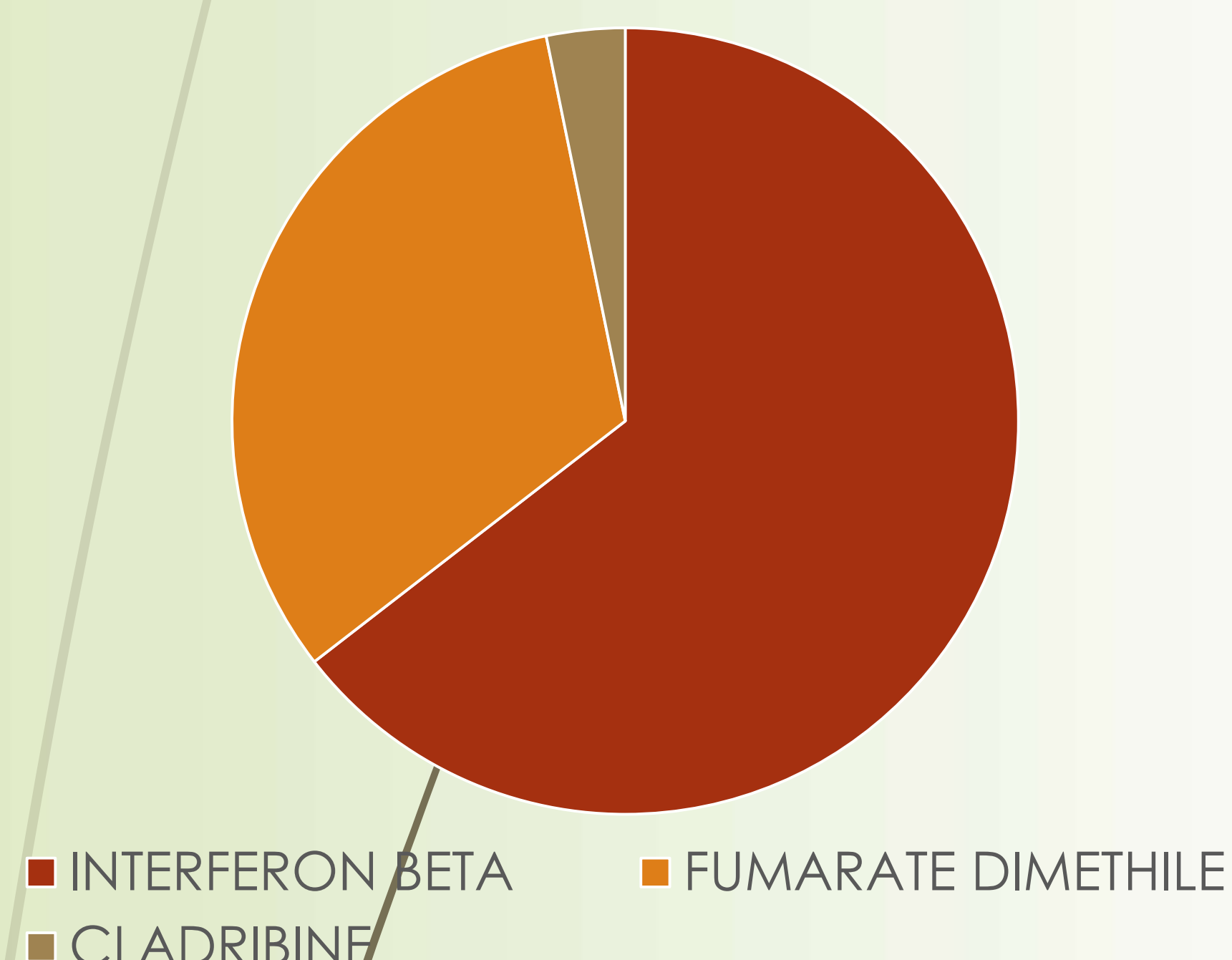
Background and importance

• An outbreak of Multiple Sclerosis (MS) is defined as symptoms and neurological signs typical of demyelinating disease with duration of at least 24 hours. It appears in all forms of MS contributing to short and long term disability

Aim and Objectives

To evaluate oral prednisone effectiveness as a treatment for acute MS outbreaks.

MULTIPLE SCLEROSIS TREATMENT



MATERIALS AND METHODS

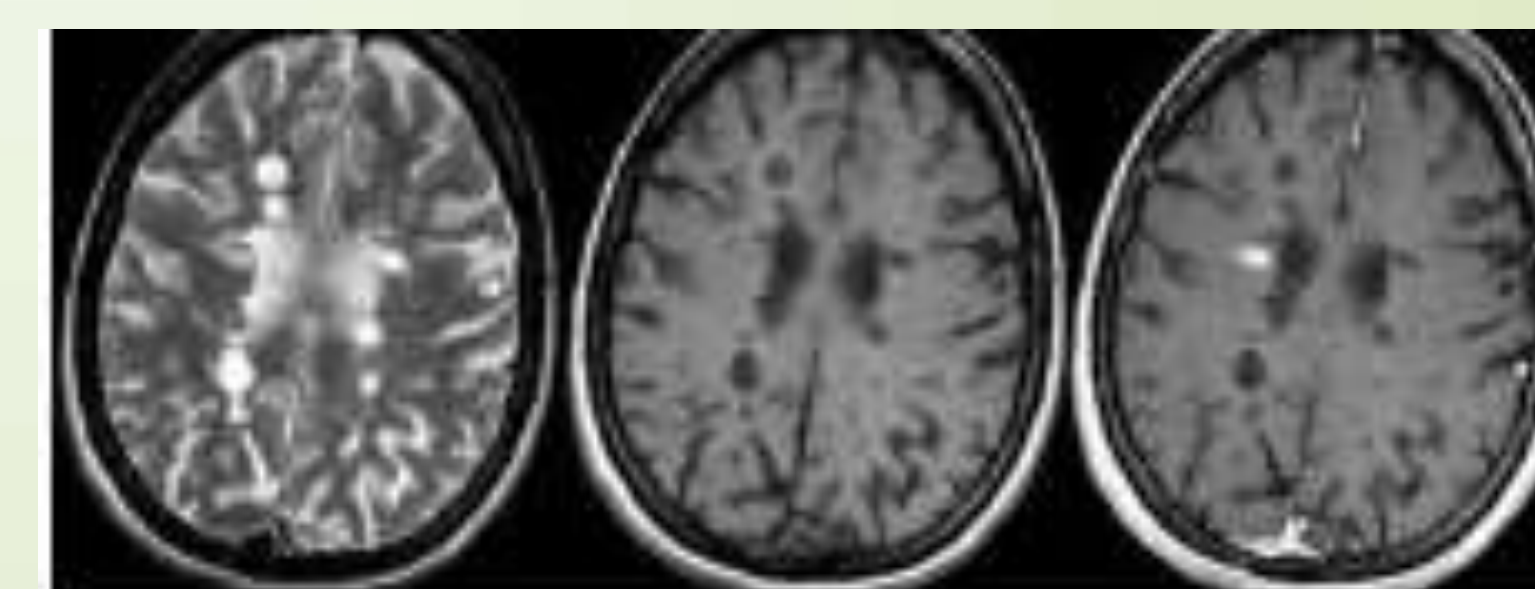
- Retrospective and multidisciplinary study,
- Time study: March-June 2020 (4 months),).
- Data collected: sex, age, type of multiple sclerosis (MS), Expanded Disability Status Scale (EDSS), treatment at the time of the outbreak, symptoms, evolution.
- The programmes used were: patient medical history (DIRAYA®), outpatient dispensing (DOMINION®) and magnetic resonance imaging (CARESTREAM®)..

RESULTS

- 31 patients (25 women)
- The treatment were the following: Interferon-beta (20), dimethyl fumarate (10) and cladribine(1).
- The main symptoms were: paresthesias, muscle weakness and urinary incontinence.
- 83.78% of the patients evolved favourably, a subjective decrease in paresthesia and weakness was observed, magnetic resonance showed less inflammation signs.
- Another aspect to take into was the comfort of the patient in carrying out this treatment from home instead of going to the hospital.

Conclusion and Relevance

•After the results, 1400mg oral prednisone administration for 5 days could be considered safe, effective and comfortable alternative treatment for acute outbreaks in MS. Multidisciplinary care is essential in order to obtain better clinical results



References and/or acknowledgements

•Morrow SA, McEwan L, Alikhani K, Hyson C, Kremenchutzky M. MS patients report excellent compliance with oral prednisone for acute relapses. Can J Neurol Sci. 2012 May;39(3):352-4. doi: 10.1017/s0317167100013500.

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H02 Corticosteroids for systemic use

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