

What is “The State Of MS” Survey?

STATE OF
MS

“The State of MS” Areas of Focus

The State of MS survey focused on **three main areas** of the MS experience:



**Patient-Physician
Communication**

ECTRIMS
2014



**Treatment
Expectations and
Satisfaction**

AAN 2015



**Treatment
Challenges**

ECTRIMS
2015

- Conducted online 2014
- 982 patients and 900 Neurologists specialized in MS
- Germany, Italy, Spain, the UK or U.S.

Relationship & Communication

High levels of satisfaction were found among both patients and neurologists in many aspects of MS communication¹



1. Tintore, M et. al. (2014, September). P824 The State of MS: Current Insight Into Patient-Neurologist Relationships, Barriers to Communication, and Treatment Satisfaction. Poster session presented at the 2014 Joint ACTRIMS-ECTRIMS Meeting, Boston, MA.

Areas for Improvement

Despite open communication, there are **critical differences** in the perceptions of people living with MS and neurologists when discussing MS symptoms¹

Some MS patients report being **uncomfortable discussing more typical symptoms of MS** with their doctors including:¹

19% Difficulty walking

19% Tremors

18% Muscle spasms

Neurologists tended to **underestimate** their patients' discomfort talking about these symptoms often associated with the disease
2% - 3%

While quite common, **sensitive and more private symptoms** emerged as the **most uncomfortable** for patients to discuss:¹

54% Sexual difficulties

28% Bladder or bowel problems

26% Mood swings

Neurologists **overestimate** their patients' **unease talking about these more private symptoms:**¹

87% Sexual difficulties | **54%** Bladder or bowel problems

37% Mood swings

1. Tintore, M et. al. (2014, September). P824 The State of MS: Current Insight Into Patient-Neurologist Relationships, Barriers to Communication, and Treatment Satisfaction. Poster session presented at the 2014 Joint ACTRIMS-ECTRIMS Meeting, Boston, MA.

Communications Challenges



Time constraints are cited as the greatest barrier by neurologists—and second greatest barrier for patients—when it comes to communication¹

47% Neurologists | 21% Patients

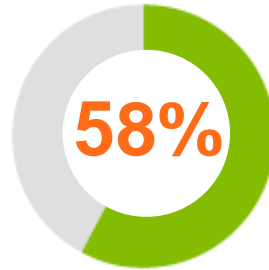


Nearly 1/4 of surveyed patients (24 percent) cited **not wanting to be seen as a “difficult patient”** as a communication barrier¹

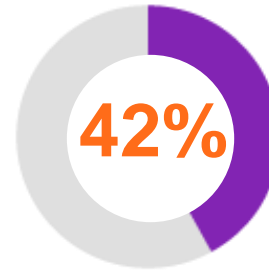
1. Tintore, M et. al. (2014, September). P824 The State of MS: Current Insight Into Patient-Neurologist Relationships, Barriers to Communication, and Treatment Satisfaction. Poster session presented at the 2014 Joint ACTRIMS-ECTRIMS Meeting, Boston, MA.

Treatment Satisfaction

MS patients are **divided** when it comes to satisfaction with their current disease-modifying treatment (DMT)²



very satisfied/satisfied²



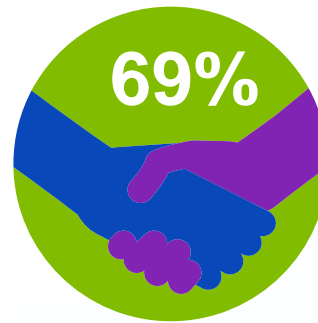
somewhat/not at all satisfied²

The results suggest that treatment satisfaction can be improved by understanding mutual expectations and the factors involved in choosing a DMT for MS.²

Patient-Physician Collaboration

A collaborative relationship between neurologists and patients with MS should be considered when making treatment decisions²

Patients who are satisfied with treatment provide input into the treatment decision-making process²



Of the patients who are satisfied with their therapy, 69 percent **characterize themselves as an equal partner or the primary/sole decision-maker** in choosing their DMT²

Patient-Physician Collaboration

64% Of the patients who are satisfied with their DMT, **64 percent** say they are very comfortable speaking with their neurologist²

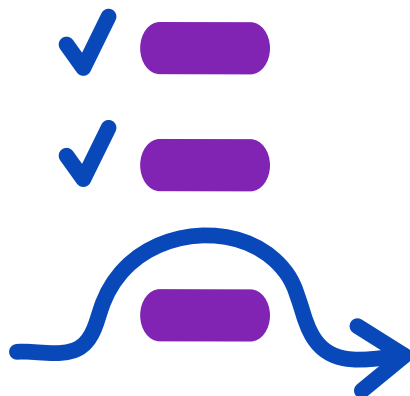


Patients satisfied with therapy cite **comfort speaking with their neurologist²**

43% Conversely, of the patients who are less satisfied with their DMT, only **43 percent** report being very comfortable speaking with their neurologist²

What's Needed to Help?

Techniques to support patients to remember to take their DMT may be as **important** as minimizing side effects⁵



51%

About half of patients admit to having **skipped doses** of their DMT⁵

43% Mainly because they **“forgot”**⁵

However, patients are not always forthright when sharing this information, with **32 percent admitting they did not tell their healthcare provider**⁴



4. Tintore, M et. al. (2015, October). Abstract P643 The State of MS: Treatment Goals and Challenges. Abstract Published on the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS) Website.

5. Tintore, M et. al. (2015, October). P643 The State of MS: Treatment Goals and Challenges. Poster session presented at the 31st meeting of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS), Barcelona, Spain.

Implications



The State of MS survey has sought to bring a **new awareness** to the **diverse experiences** of people living with MS and neurologists



The results underscore the **significance of establishing a strong patient-physician partnership** to best understand the needs, goals and challenges of each MS patient



The survey identified **opportunities to improve** upon communication between patients and physicians, treatment satisfaction and adherence to treatment as we look to **continue to improve overall MS patient care**