

FAMPRIDINE, A NEW APPROACH IN THE TREATMENT OF MULTIPLE SCLEROSIS: EFFICACY IN IMPROVING WALKING AND QUALITY OF LIFE

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OBJECTIVES

Fampridine is the first drug authorised for march improvement in Multiple Esclerosis (MS) disease. It enhances electric transmission for muscle stimulation. Our goal was to describe changes in quality of life of patients receiving fampridine regarding health perception (subjective change) and march improvement (objective change).

WHO

HOW

WHEN

METHODS

Patients receiving fampridine 10 mg/12h orally plus their usual MS medication. EDSS, MS type, age and sex data were collected

RESULTS

39 patients, mean age 49 $\sigma=12,6$, 15,4% had Recidivant Recurrent MS, 69,2% Secondary Progressive MS and 15,4% Primary Progressive MS. Mean EDSS punctuation 5,5, 1,15

Health perception was measured with MS Quality Of Life-54 questionnaires. Two punctuations were obtained, physical health and mental health.

Change in march was measured with Time 25-Foot Walk (T25FW) test (time to walk 7,5 meters).

Results before and after treatment were analysed with Student's t-test. Statistical significant relationships between variables were evaluated applying appropriate tests.

Physical health improved 9,05 points, confidence interval CI(5,57-12,52), $p<0,05$. Mental health improved 6,62 points CI(3,58-9,68) $p<0,05$.

TW25F was reduced 9,04 seconds CI(-11,93,-6,14), $p<0,05$.

Improvement was independent of MS type and EDSS punctuation, $p<0,05$. Physical and mental improvement were directly related.

Tests were taken twice, before starting treatment and 14 days afterwards

All patients completed the study

CONCLUSIONS

Fast effect of fampridine is reflected. Better improvement in physical health (both subjective and objective measures) is observed. This might be because the mechanism of action targets directly motor system. Relationship between physical and mental improvement is coherent, because personal autonomy raises self-esteem. Evaluation in larger sample and during a longer period is needed in order to corroborate maintenance of benefit.

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