



MS in Denmark



WHAT IS MS?

Multiple sclerosis (MS) is a complex neurodegenerative disease affecting approximately 16,500¹ of the 5.7 million² people in Denmark.

Each person will experience this unpredictable disease differently, but common symptoms often include pain, fatigue, reduced mobility and cognitive dysfunction.

There is currently no cure for MS; however, optimal treatment and support have a significant effect on disease progression and quality of life for people with MS.



PAIN



FATIGUE



REDUCED
MOBILITY

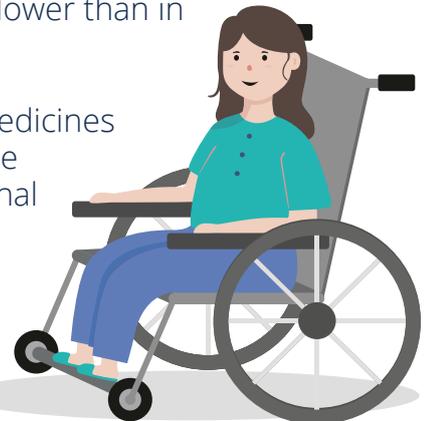


COGNITIVE
DYSFUNCTION

COUNTRY CONTEXT

In Denmark, citizens have good healthcare coverage from a public insurance system; spending on health is higher than the European Union average but lower than in other Nordic countries.³

Individual spending on out-of-pocket payments for medicines and physiotherapy is generally low. However, as service provision and public health are organised at the regional and municipal levels, availability of services may depend on where a person lives.





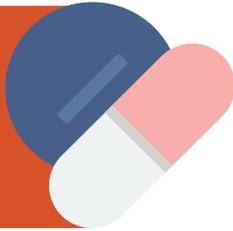
WHAT DID THE BAROMETER FIND?

The national plan for MS treatment and rehabilitation was developed in 2019 and will be implemented in 2020 and 2021, to ensure that each person with MS receives annual access to a neurologist and MS nurse. The Danish MS registry provides a strong platform for assessing access to and quality of care. However, gaps in MS management remain:



48%

OF PEOPLE WITH MS RECEIVE DMDs



Only 48% of people with MS receive disease-modifying drugs (DMDs) in Denmark, the majority of whom have relapsing-remitting MS.

60%

OF PEOPLE WITH PROGRESSIVE MS MEETS WITH A SPECIALIST LESS THAN ONCE YEARLY



60% of people with progressive MS see a neurology specialist less than once a year.

NO DATA

ON THE NUMBER OF PEOPLE WITH ACCESS TO REHABILITATION



There are no data available on the number of people with access to cognitive, psychological or occupational rehabilitation.

POLICY RECOMMENDATIONS



Ensure that all people with MS have annual appointments with a neurologist and the option to use any approved DMD, without restrictions on age or type of MS.



Develop national guidelines for palliative care specific for MS with a cross-disciplinary group including representatives from the Danish Neurology Society, Danish MS nurses, Danish MS Hospitals and the Danish Knowledge Centre for Rehabilitation and Palliative Care (Rehpa).

Dedicate funding for expanding outpatient rehabilitation services to include fully reimbursed cognitive, psychological and occupational support, and reduce any geographical inequalities in access to these programmes.



More information can be found at www.emsp.org or contact

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