



MS in Finland



WHAT IS MS?

Multiple sclerosis (MS) is a complex neurodegenerative disease affecting approximately 12,080 of the 5.5 million¹ people in Finland.

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



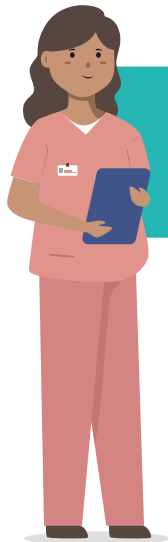
FATIGUE



REDUCED MOBILITY



COGNITIVE DYSFUNCTION



COUNTRY CONTEXT

Healthcare organisation in Finland is complex as many actors are involved in healthcare decision-making at the national and local level.²

Spending as a share of GDP and per capita health spending are lower than in neighbouring Nordic countries but similar to the European Union average.

Health coverage is universal and financed primarily through general taxation. However, out-of-pocket payments for outpatient and long-term care are high, resulting in a growing uptake of private health insurance.²



COUNTRY RANKING

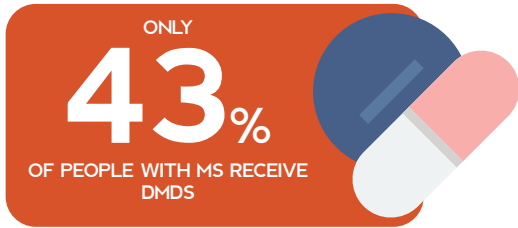




WHAT DID THE BAROMETER FIND?



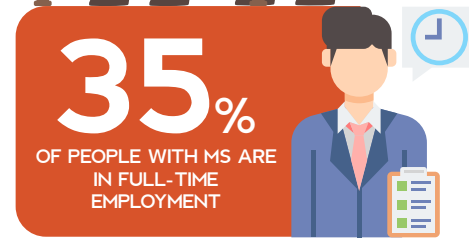
The recently established national MS registry covers 90–99% of the Finnish MS population, and has greatly improved the accuracy of research. There are nearly 200 nurses with certifications in MS, and widespread access to multidisciplinary care teams. However, there are still areas for improvement:



Only 43% of people with MS are receiving disease-modifying drugs.



Under 50% of people with MS have access to physical rehabilitation services.



Only 35% of people with MS are in full-time employment, and just 15% in part-time employment.



POLICY RECOMMENDATIONS

Develop a national neurological disease plan that includes a comprehensive approach to MS, with an adequate budget for implementation.



Ensure that all people with MS have publicly funded rehabilitation programmes spanning cognitive, psychological and occupational support.

Develop nationally specific treatment guidelines for paediatric MS.



More information can be found at www.emsp.org or contact info@neuroliitto.fi

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