



# MS in France

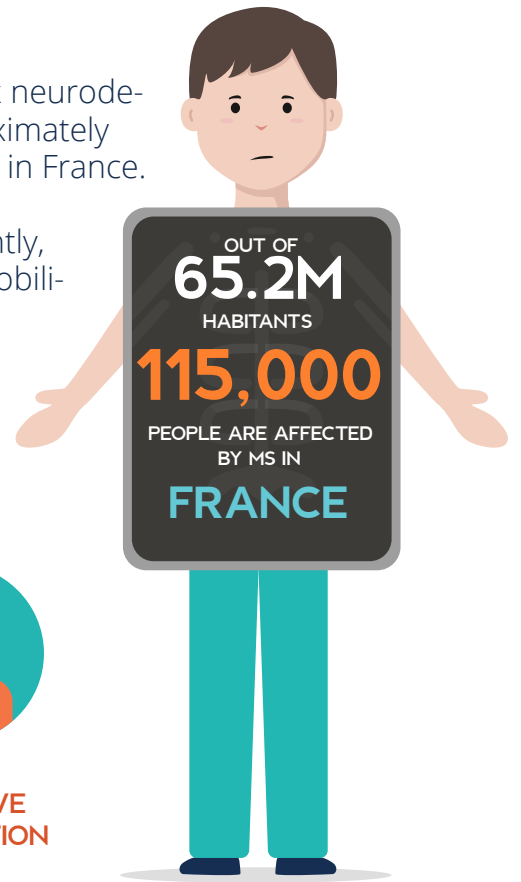


## WHAT IS MS?

Multiple sclerosis (MS) is a complex neurodegenerative disease affecting approximately 115,000 of the 65.2 million<sup>1</sup> people in France.

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



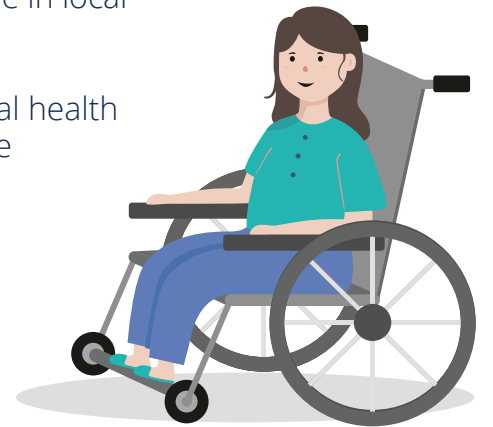
COGNITIVE DYSFUNCTION



## COUNTRY CONTEXT

The state plays a strong role in healthcare provision in France; however, in recent years, regional health agencies have developed a growing role in local healthcare delivery.<sup>2</sup>

Healthcare funding is based on a model of social health insurance, and people with chronic diseases are exempt from almost all co-payments.



COUNTRY RANKING





## WHAT DID THE BAROMETER FIND?

Recent political efforts in France have seen the creation of a national plan for neurodegenerative diseases, expansion of benefits for carers and the creation of an MS parliamentary interest group. Furthermore, 23 MS specialist centres have been established inside universities to improve research and management of MS. However, gaps remain:



**NO DATA**

IN THE NUMBER OF PEOPLE WITH MS ACCESSING REHABILITATION



There are no data available on the number of people with MS accessing physical, psychological, cognitive or occupational rehabilitation.

ONLY **200**

NEUROLOGISTS SPECIALISING IN MS



There are only 200 neurologists specialising in MS, meaning each neurologist may manage approximately 575 people with MS.

**NO**

EARLY PALLIATIVE CARE FOR SYMPTOMATIC TREATMENT OF MS



There is no early palliative care for symptomatic treatment of MS, even though palliative care may be initiated at any stage of chronic neurodegenerative illnesses such as MS in order to manage pain and other symptoms.<sup>3</sup>



## POLICY RECOMMENDATIONS

Ensure that all people with MS have a personalised rehabilitation plan including physical therapy and cognitive, psychological and occupational support, with a needs assessment each year.



Encourage neurologists to include all people with MS in the MS patient registry, educate people with MS on the value of sharing data with disease registries and expand data collection to include use of rehabilitation services, employment rates and patient-reported outcomes.

Provide psychological support to people newly diagnosed with MS through the Social Health Insurance, including improving training of neurologists in psychology, scheduling consultations with trained nurses immediately after diagnosis and offering peer support without delay.



More information can be found at [www.emsp.org](http://www.emsp.org) or contact [contact@unisep.org](mailto:contact@unisep.org) and [guillaume.molinier@ligue-sclerose.fr](mailto:guillaume.molinier@ligue-sclerose.fr)

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1. United Nations Department of Economic and Social Affairs. 2019. World Population Prospects 2019, Online Edition. Rev. 1. Available from: <https://population.un.org/wpp/Download/Standard/Population/>  
2. OECD/European Observatory on Health Systems Policies. 2019. France: Country Health Profile 2019. State of Health in the EU, OECD Publishing, Paris/European Observatory on Health Systems and Policies, Brussels  
3. MS Trust. Palliative care. [Updated 01/03/18]. Available from: <https://www.mstrust.org.uk/a-z/palliative-care>