

WHAT IS MS?

Multiple sclerosis (MS) is a complex neurodegenerative disease affecting approximately 720 of the 341,250¹ people in Iceland.

Each person will experience this unpredictable disease differently, but common symptoms 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

Iceland has a centralised healthcare system providing universal health coverage supplemented by limited out-of-pocket payments.²

Healthcare spending per capita is higher than the European Union average, but there is a relatively small budget for preventive care and limited access to general practitioners.



COUNTRY RANKING





WHAT DID THE BAROMETER FIND?

MS care in Iceland is improving, driven by recent capacity expansions of the MS Centre and significant efforts to improve awareness of paediatric MS. In addition, physical rehabilitation is now fully reimbursed regardless of disability status. However, there is still room for progress:



NO 

DISEASE PLAN FOR MS

There is no disease plan for MS or neurological conditions more broadly.

24 

PRACTISING NEUROLOGISTS IN THE WHOLE COUNTRY

There are only 24 practising neurologists in the whole country, with only 6 focusing on MS.

NO 

NATIONAL REGISTRY FOR MS

There is no national registry for MS or neurological diseases more broadly.



POLICY RECOMMENDATIONS

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



Establish a national neurological disease registry with mandatory data collection encompassing clinical, occupational and patient-reported data.

Increase the number of practising neurologists and MS specialist nurses to ensure every person with MS has timely access to specialist care.



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

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