

## WHAT IS MS?

Multiple sclerosis (MS) is a complex neurodegenerative disease affecting approximately 13,000 of the 5.42 million<sup>1</sup> people in Norway.

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

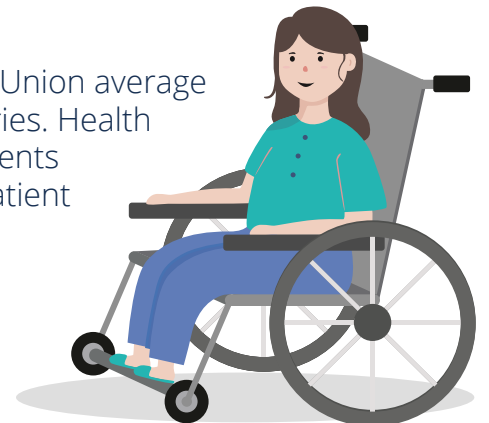


COGNITIVE  
DYSFUNCTION

## COUNTRY CONTEXT

Norway's healthcare system is partly centralised, with the state managing specialised care while municipalities organise primary, long-term and social care.<sup>2</sup>

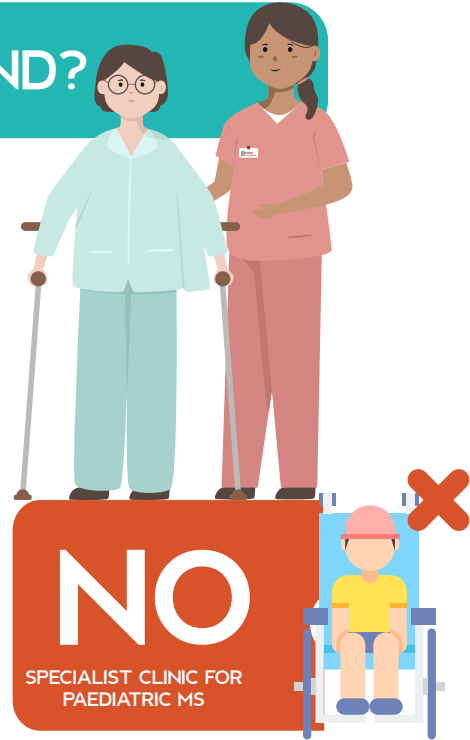
Healthcare spending is higher than the European Union average and in line with neighbouring Scandinavian countries. Health coverage is universal, although there are co-payments for services and out-of-pocket payments for outpatient pharmaceuticals.





# WHAT DID THE BAROMETER FIND?

The adoption of a national brain health strategy in 2017 was an important achievement to help improve MS care in Norway. However, significant gaps remain:



The national registry only covers 50-59% of people with MS.

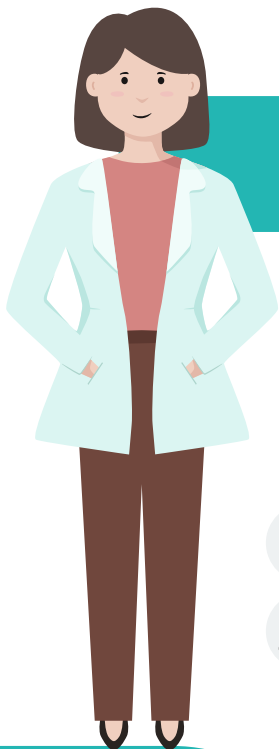


50-59% of people with MS have access to physical rehabilitation services, and access to specialised MS rehabilitation is poor.

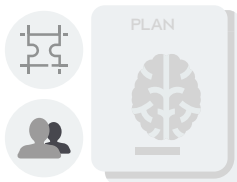


Norway does not have a specialist clinic or clinical treatment guidelines for paediatric MS.

## POLICY RECOMMENDATIONS



Mandate inclusion of all people with MS in the national MS registry.



Ensure that every person with MS has a personalised rehabilitation plan and consistent access to specialised MS rehabilitation, including psychological and social support.

Improve professional awareness for paediatric MS and increase access to specialist paediatric neurologists to reduce diagnostic delays for this rare disease.



More information can be found at [www.emsp.org](http://www.emsp.org) contact [epost@ms.no](mailto:epost@ms.no)

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