



MS in Portugal



WHAT IS MS?

Multiple sclerosis (MS) is a complex neurodegenerative disease affecting approximately 8,364 of the 10.1 million¹ people in Portugal.

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

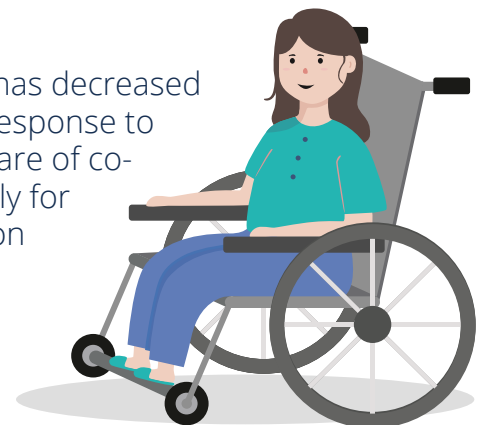


COGNITIVE
DYSFUNCTION

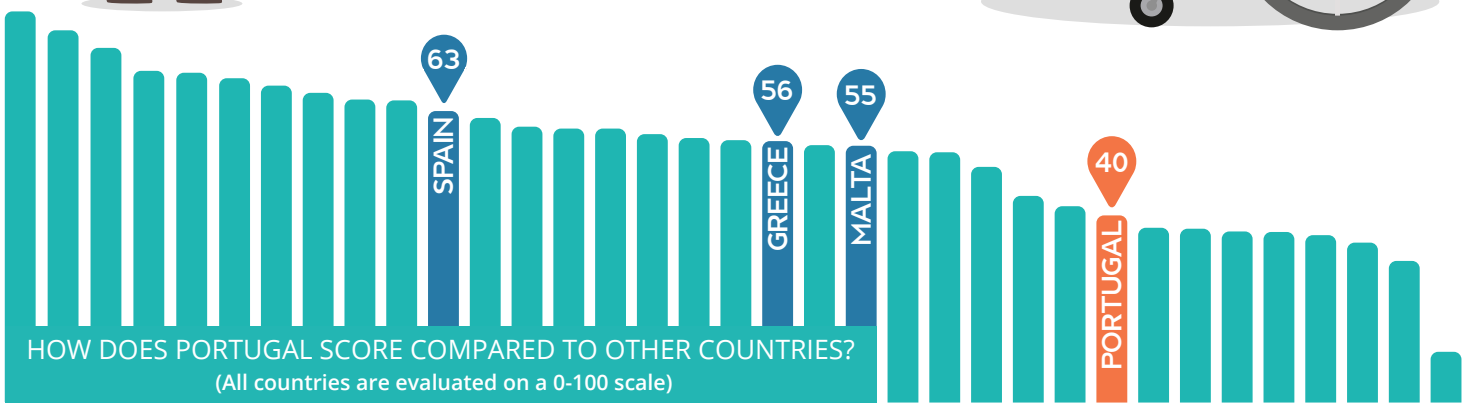
COUNTRY CONTEXT

The Ministry of Health manages health planning and regulation, while regional health administrations manage care delivery.²

In recent years, healthcare spending in Portugal has decreased to below the European Union average, partly in response to cost-cutting measures. This has increased the share of co-payments and out-of-pocket spending, particularly for rehabilitation services.² However, recent legislation has abolished user charges for primary care and prescriptions.



COUNTRY RANKING





WHAT DID THE BAROMETER FIND?




Portugal has made important progress towards better management of MS, including unanimous Parliamentary approval to develop a national MS register as well as strong support for a forthcoming National Strategic Consensus for Multiple Sclerosis. However, significant disparities persist:

While specialist multidisciplinary care is available, access is limited and there are significant geographical inequities.

LIMITED

MULTIDISCIPLINARY CARE



UNKNOWN

EMPLOYMENT PERCENTAGE OF PEOPLE WITH MS




It is not known what percentage of people with MS are in full- or part-time employment, and stigma remains a problem in both workplaces and schools.

People with MS receive no financial support for occupational, psychological or cognitive rehabilitation.


NO

FINANCIAL SUPPORT FOR REHABILITATION



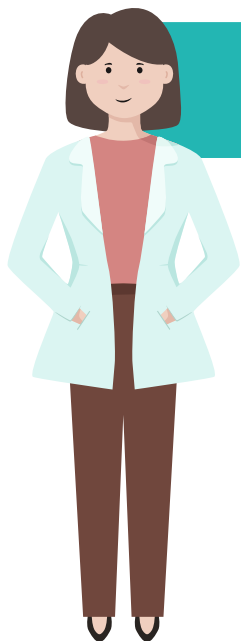
NO

FULLY REIMBURSED SYMPTOMATIC TREATMENTS



Symptomatic treatments are not fully reimbursed.

POLICY RECOMMENDATIONS



Reduce regional disparities and secure financing for specialist care, therapies and equipment such as magnetic resonance imaging (MRI), so that every person with MS can receive a prompt diagnosis and disease-modifying drugs appropriate to their personal needs.



Ensure adequate funding for all people with MS to access specialist rehabilitation including occupational, psychological and cognitive rehabilitation.

Provide self-management training for people with MS and their carers to better empower and support the activities of daily life.



More information can be found at www.emsp.org or contact alexandre.silva@spem.pt

EMSP would like to thank the sponsors which have financially supported this project including Almirall, Biogen, Bristol Myers Squibb, MedDay, Merck, Mylan, Novartis, Roche, and Sanofi Genzyme. EMSP retains editorial control of the Barometer.

