



MS in Russian Federation



WHAT IS MS?

Multiple sclerosis (MS) is a complex neurodegenerative disease affecting approximately 150,000 of the 145.9 million¹ people in the Russian Federation.

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

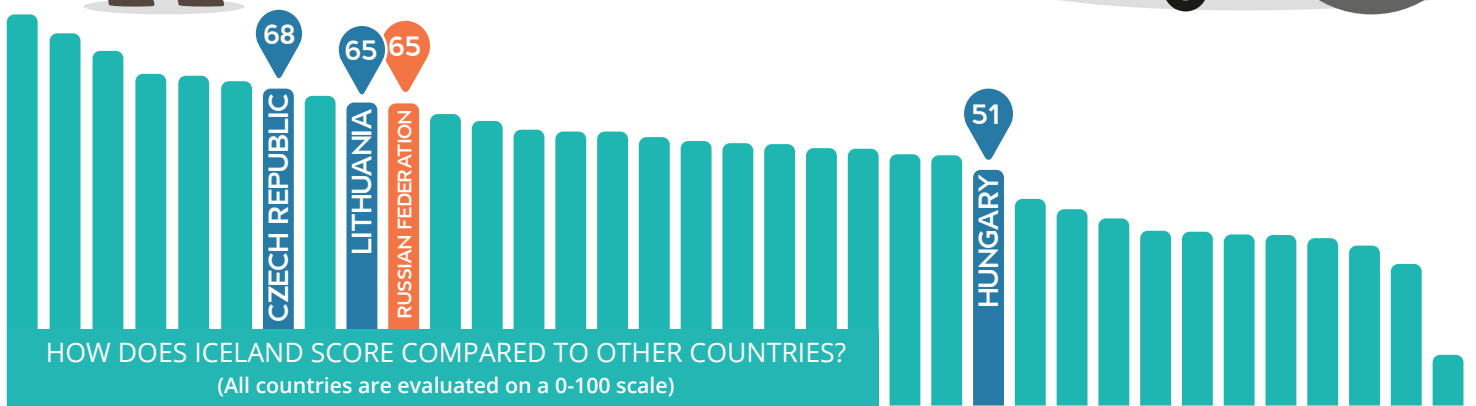
COUNTRY CONTEXT

The Russian Federation has a centralised health system managed largely at the federal level.² Although spending on public health is low, the country provides universal access to a basic package of services.

The Russian Federation has mandatory health insurance, and although there is limited coverage for outpatient prescription medicines resulting in significant out-of-pocket payments, medicines for chronic conditions including MS are reimbursed. There are stark disparities in access to and quality of care between urban and rural areas in Russia, with rural areas having much poorer healthcare overall.



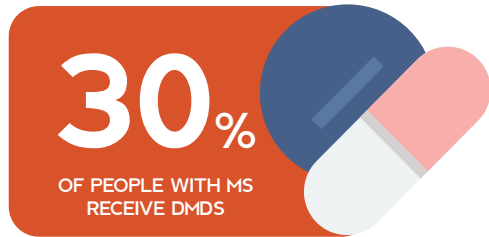
COUNTRY RANKING



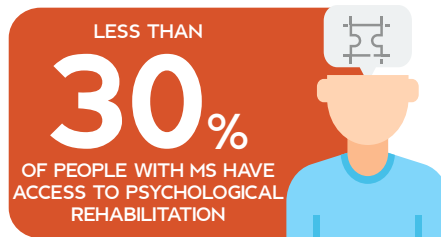


WHAT DID THE BAROMETER FIND?

The Russian Federation has increased the number of disease-modifying drugs (DMDs) with full reimbursement, and while reimbursement of symptomatic treatments is limited and variable, availability of treatments is good. However, there are regional disparities in care and other gaps remain:



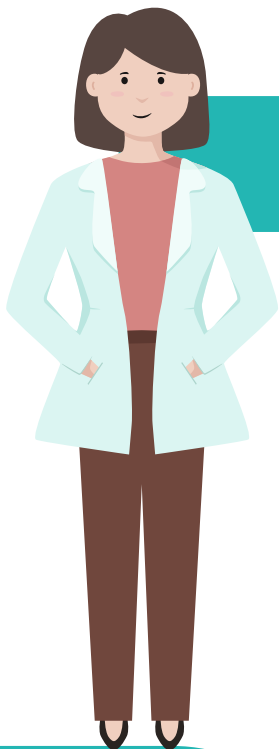
Just 30% of people with MS receive DMDs.



Fewer than 30% of people with MS have access to psychological rehabilitation, and fewer than 20% have access to occupational rehabilitation.



25% of people with MS are in full-time employment, and just 10% are 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.



Reduce regional disparities in the provision of therapies and rehabilitation services, ensuring that every person with MS has access to specialist care and fully reimbursed rehabilitation.

Improve support for people with MS to complete their education and find and maintain employment.



More information can be found at www.emsp.org or contact pzlobin@list.ru

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