Consensus recommendations on the management of multiple sclerosis patients in Argentina

Abstract

Introduction: During the last 20 years, multiple sclerosis (MS) disease has seen major changes with new diagnostic criteria, a better identification of disease phenotypes, individualization of disease prognosis and the appearance of new therapeutic options in relapsing remitting as well as progressive MS. As a result, the management of MS patients has become more complex and challenging. The objective of these consensus recommendations was to review how the disease should be managed in Argentina to improve long-term outcomes in MS patients.

Methods: A panel of 36 experts in neurology from Argentina, dedicated to the diagnosis and care of MS patients, gathered both virtually and in person during 2018 and 2019 to carry out a consensus recommendation on the management of MS patients in Argentina. To achieve consensus, the methodology of "formal consensus-RAND/UCLA method" was used.

Results: Recommendations focused on diagnosis, disease prognosis, tailored treatment, treatment failure identification and pharmacovigilance process.

Conclusions: The recommendations of these consensus guidelines attempt to optimize the health care and management of patients with MS in Argentina.

Keywords: Argentina; Consensus guideline; Diagnosis; MS care units; Multiple sclerosis; Personalized approach; Treatment management.

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