

# Empowering the patient: *dispelling myths and identifying opportunities*

A NEUROLOGY PERSPECTIVE

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# Why adherence is difficult in neurology?



- Chronic diseases – prophylaxis vs. acute treatment
- Issues with cognition, motivation and mood
- Complex treatment regimes (co-morbidities)
- Cost of treatment
- Adverse reactions e.g. psychiatric symptoms or sexual dysfunction
- (Perceived) lack of efficacy – invisible improvements

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# What can be done?

- Literature shows that individual, short-term interventions do not work
- Patients need to be supported not blamed
- Family members, community and patient organisations can all play a role

## Example: Disease-Modifying Therapies in multiple sclerosis

1. They may still suffer relapses
2. Disability may not improve
3. Symptoms may not improve
4. Side effects are usually not severe but frequent and unsettling
5. The best available way to manage side effects



Solution:  
MANAGE  
EXPECTATI

# Other Solutions...



- Focus on multi-disciplinary teams, especially Specialist Nurses
- Promote shared-decision making, with improved 'doctor'- patient communication
- Empower patients and increase health literacy
- Use imaging
- Treat co-morbidities, including mental wellbeing issues

# Example: Parkinson's Disease

- Levodopa = gold standard for treating dopamine deficiency state in PD
- But ... half-life is short, requiring multiple daily doses
- Eventually leads to “wearing-off” phenomenon and thus, drug adherence issues
- So... we need initial **long-acting, prolonged release, once daily, combination** preparations of dopamine agonists
- Could this improve adherence by simplifying the drug regimen and postponing inevitable use of gold standard?

- More research: basic, clinical and applied
- New value-added formulations:
  - Longer lasting
  - Combination
- Better use of PROMs
- Better use of HTA

*... in a partnership for progress!*



More  
solutions...

PROMs  
Community  
Cost-Reduction  
Mental-Wellbeing Adherence  
Multi-Disciplinary Holistic  
Patient-Organisation Research  
Shared-Decision-Making  
Value-Added-Medicines Waste  
Manage-Expectations  
Long-Term Specialist-Nurses Partnership  
HTA Health-Literacy  
Communication  
Family

Empower  
Support



Thank you for  
listening!

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