

FAMPRIDINE IN MULTIPLE SCLEROSIS: BEYOND WALKING

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Introduction

Fampridine is indicated in patients with multiple sclerosis (MS) with walking disability (EDSS 4-7). It has been reported that 40% of these patients present an improvement on walking speed (WS) of at least 20%. Data regarding fampridine impact on other symptoms of MS are scarce.

Objectives

To evaluate the effect of fampridine on WS, cognition and manual dexterity (MD) in MS patients.

Methods

We included all MS patients who started fampridine from March to November 2015. Our evaluation protocol included Timed 25-Foot-Walk (T25-FW) to measure WS, Symbol Digit Modality Test (SDMT) for cognition and 9-Hole Peg Test for MD. Patients were evaluated at baseline and after 2 weeks of fampridine 10mg twice daily. We defined as responders those who had a faster WS of at least 20%.

Results

Thirty patients were included, 73.3% females, with a mean age of 51.4 years old, and a median EDSS of 5.5. The responders were 19 (63.3%). After 2 weeks of fampridine there was a significant improvement in the WS (31.36 vs 30.66 p=0.001) and MD (32.53 vs 30.66 p=0.005). For cognition, as measured by SDMT, we found no difference (32.13 vs 32.87 p=0.165). Considering only the responders population, there was a trend towards improvement in SDMT yet not significant (30.1 vs 31.9 p=0.055).

Conclusion

In this population fampridine improved not only the WS but also manual dexterity. We did not confirm benefits in cognition. Further clinical trials are warranted for definition of fampridine's action beyond its impact on walking.