NARCOMS: Simple Observation of Relapses Perceived to be Inferior to Therapy

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Results: Summary of Patient Characteristics

<table>
<thead>
<tr>
<th>Treatment Type</th>
<th>Percentage of Respondents (N=4452)</th>
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</thead>
<tbody>
<tr>
<td>Observation Only</td>
<td>46% (N=2073)</td>
</tr>
<tr>
<td>IVP</td>
<td>28% (N=1313)</td>
</tr>
<tr>
<td>Oral Steroids</td>
<td>20% (N=892)</td>
</tr>
<tr>
<td>Other</td>
<td>16% (N=681)</td>
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</tbody>
</table>

As compared to the symptoms just before my most recent relapse, my overall MS symptoms 1 month after the relapse treatment were...

52% of ALL respondents felt that their relapse treatment had a negative effect or no effect on their recovery.

In your own opinion, what effect did your most recent relapse treatment have on your recovery?

Results: Factors Associated with Improvement

Symptoms - dichotomized by worse vs. not worse (no change + better)

Covariate | P-value | Odds Ratio | 95% CI (Lower) | 95% CI (Upper)
---|---|---|---|---
Sex | <0.001 | 0.63 | 0.64 | 0.75
6-Relapses | <0.001 | 0.75 | 0.64 | 0.89
10-relapses | <0.001 | 0.68 | 0.68 | 0.90
Time since last treatment | <0.001 | 1.21 | 1.11 | 1.32

Treatment - dichotomized by not better (worse + no change) vs. better:

Covariate | P-value | Odds Ratio | 95% CI (Lower) | 95% CI (Upper)
---|---|---|---|---
IVMP  | <0.001 | 5.08 | 3.15 | 8.33
Oral Steroids | <0.001 | 2.38 | 1.84 | 2.92
Other | <0.001 | 2.08 | 2.58 | 2.92
Home Tx  | <0.001 | 3.33 | 2.49 | 4.47
Clinical site Tx  | <0.001 | 3.13 | 2.36 | 4.14

References
4. Nickerson JT and Martin RA. Poster presented at ECTRIMS, PS64 Amsterdam, 2011.

Methods

Data were collected in the Spring of 2007 by the North American Research Committee on Multiple Sclerosis (NARCOMS) registry. Questionnaires were completed online or on paper per participant preference.

Participants reported their most recent relapse was treated and their perceived response to treatment.

Logistic regression models were used to assess factors associated with treatment efficacy using all participants who responded to all survey questions (N=4452). Backward elimination was used to identify factors significantly associated with symptom recovery and treatment responsiveness.

Factor Reduction Analysis

The factors that were investigated in a model assessing all subjects (N=9701) in terms of what impacted their responses to the questions about symptoms at one month and recovery after treatment were the following:

- Sex (male vs. female)
- Number of relapses (6-5 vs. 1-4, or 10+ vs. 1-4)
- Time since last relapse (number of years, continuous)
- Treatment (IV steroids vs. observation, oral steroids vs. observation, or other treatment vs. observation)
- Treatment location (hospital site vs. unspecified, or clinical site vs. unspecified)
- Only significant findings are shown here.

Conclusions

- Being male and having a greater number of relapses were associated with worse symptom outcomes
- Being male was associated with worse treatment outcomes, while a longer time since last relapse and therapeutic intervention were associated with better treatment outcomes
- 35% of patients who were simply observed felt that their symptoms were worse one month after their relapse compared to just prior to their relapse
- 18% felt that simple observation made their recovery worse
- When treating, however, the most common therapeutic intervention (IVMP) was insufficient in one third of patients

Disclosures

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