Fampridine in multiple sclerosis: beyond walking


Abstract

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.