

WHAT IS SPASTICITY ? ⁽¹⁾

Spasticity is one of the most common and disabling conditions associated with many neurological diseases in adults (stroke, traumatic brain, etc.). It is characterized by velocity-dependent muscle hyperactivity.

Spasticity induces multi-level disability related to muscle stiffness, including impaired walking and hand use, pain, disfigurement and contractures.

Management of this condition⁽²⁾ includes pharmacological intervention and rehabilitation with the aim of allowing patients to achieve their goals. The most effective pharmacological treatment is Botulinum toxin (BoNT) injections.

THE SURVEY ⁽³⁻⁵⁾ carenity

An international survey examining patients' and caregivers' perspectives

Location



615 participants were included in the survey (427 patients; 188 caregivers)

Objective: Assess the **burden of spasticity** on patients' lives (patients and caregivers' points of view) and the impact of Botulinum toxin type A treatment (BoNT-A injections)

PERCEIVED BENEFITS

of long-lasting symptom relief

Improved quality of life

Availability of appointments

Longer periods of improved mobility

Less worrying about symptoms

Fewer logistical constraints

More self-confidence

Reduced financial burden

Improved psychological well-being

THE BURDEN OF SPASTICITY

Spasticity influences **patients' daily lives**

At least **88% of patients** experienced difficulties in at least one aspect of daily living:



Carry something
98%



Walking
97%



Driving
96%

Spasticity interferes with **patients' professional life**

Patients' condition may also affect **caregivers' professional life**

44%

of the patients do not work or work part-time because of their condition

29%

of caregivers do not work or work part-time to take care of the patient

Patients' quality of life

is severely impacted by spasticity

Overall quality of life is impacted for almost all the patients, and greatly impacted for **50%** of them.

Regarding the impacted areas of life, sexual life, self-esteem and mental-health are the most affected.

BURDEN OF SPASTICITY AND IMPACT OF BOTULINUM NEUROTOXIN THERAPY

IMPROVEMENTS due to BoNT-A treatment

94%

of patients reported **improved overall life satisfaction** with Botulinum toxin A injections thanks to reduced muscle spasms

82 - 96%

of patients reported **improvements for daily tasks and quality of life domains** (muscle spasms, anxiety, personal relationships, sexual life...)

BURDEN

of receiving BoNT-A injections

78%

of patients had to **take time off** from employment

73%

of patients **reported issues** with BoNT-A treatment, (such as inconvenience of appointments, frequency of injections)

77%

of patients reported that BoNT-A injections represent a **financial burden** (transportation costs being the most common)

LONG-LASTING EFFECTS OF BONT-A TREATMENT WOULD IMPACT LIVES

more than **86%**

of respondents (patients and caregivers) felt that long-lasting effects of BoNT-A treatment would beneficially impact their lives

References:

- (1) Royal College of Physicians, British Society of Rehabilitation, "Spasticity in adults: management using botulinum toxin. National Guidelines" ; 2018.
- (2) E. Chang et al., "A Review of Spasticity Treatments: Pharmacological and Interventional Approaches," Crit Rev Phys Rehabil Med, 2013.
- (3) Bahroo LB, Patel A, Wein T, Wilczynski O, Rios C, Murie-Fernandez M. The patients' perspective on botulinum neurotoxin type A treatment: Results of a multinational survey for patients with spasticity. *Toxicon*. 2018;156:S5-S6.
- (4) Wein T, Patel A, Bahroo LB, Wilczynski O, Rios C, Murie-Fernandez M. Fewer injections of botulinum toxin type A for treatment of spasticity is perceived as beneficial by both patients and caregivers. *Toxicon*. 2018;156:S112-113.
- (5) Patel A, Wein T, Bahroo LB, Wilczynski O, Rios C, Murie-Fernandez M. Burden of spasticity among patients and caregivers: Results of a multinational survey. *Toxicon*. 2018;156:S89.