Sociodemographic characteristics of patients with multiple sclerosis disease in Morocco

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INTRODUCTION

Multiple sclerosis (MS) is an acquired chronic, autoimmune, neurodegenerative disease of the central nervous system. It is characterized by inflammation, demyelination and primary or secondary axonal degeneration [1]. MS generally affects young adults, between 20 and 40 years old with a median age of 32 years [2] and a female predominance: sex ratio 2 to 3 per 1.

Multiple sclerosis is the most common cause of neurological disability in young adults with considerable social impact and economic consequences affecting an estimated 2.8 million people worldwide, or 1 in 3,000 people. [3]

In Morocco, according to the results of the 3rd edition of "Atlas of MS" published in 2020 the prevalence rate is estimated at 20/100000 [3].

AIM

This is a descriptive study which aims to analyze the socio-demographic characteristics of patients with multiple sclerosis disease in Morocco.

Global prevalence per 100000 of MS [3]

In 2020 according to "Atlas of MS", the highest prevalence of multiple sclerosis per 100,000 inhabitants are estimated in Europe (153) and Americas (151) and the lowest were in Eastern Mediterranean (36), South and East Asia (9) and Africa (5)

METHODS

This study concerned a sample made up of 420 patients or 6% of the total population estimated by "Atlas of MS", representing 8 regions of Morocco. In this descriptive study, we used the following methods: a survey through an anonymous questionnaire intended and distributed individually to patients, the collection of data through the admission registers at the level of public hospitals and the study of the files of patients who had a consultation with neurologists or had been hospitalized.

Regions of Morocco represented in the sample

Collection methods used in this study

RESULTS

The obtained results, show that, patients with multiple sclerosis are characterized by female dominance (69.8%). In addition, this study showed that patients with this disease are generally young: their average age is 36.33 years.

In addition, almost all of the patients (over 92%) are made up of age groups between 18 and 53 years old. Furthermore the results show that nearly 68.2% of the patients surveyed have a university level and more than half (50%) are single.

Finally, the results of this survey also show that nearly 80% of patients are unemployed, more than 77% have no medical coverage and 69% of the patients surveyed live without treatment. Regarding the date of diagnosis of the disease in these patients, it was between 1991 and 2021. However, almost of them (85%) were diagnosed between 2016 and 2021.

Distribution of patients according to the main socio-demographic characteristics

CONCLUSIONS

To conclude, we point out that we are in the process of completing this research by studying the other characteristics of this disease in Morocco, namely: the clinical and therapeutic characteristics, the risk factors linked to this disease, the quality of life of patients with this disease and the knowledge of health personnel in Morocco on this pathology.

BIBLIOGRAPHY


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