



Epidemiological profiling of multiple sclerosis and creating its database in Nepal

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Abstract

Background: Multiple sclerosis (MS) is a chronic autoimmune, inflammatory neurological disease of the central nervous system (CNS). MS attacks the myelinated axons in the CNS, destroying the myelin and the axons to varying degrees. Although, MS is not a newly recognized disorder of nervous system, but a frequent diagnosis of MS started only 2-3 decades ago. Many epidemiological studies have been performed in Europe, North America, Canada and Australia where the prevalence of MS seems to be high, and recent studies show an increase in the disease prevalence in such regions. The prevalence is thought to be from 0 to 20 per 100,000 populations in Asia-Pacific region. In this part of the world, MS is at large an unknown, under-diagnosed disease in terms of its incidence, prevalence. Till now, no prevalence study has been done in Nepal. Its nature is not well known even in medical person's knowledge in Nepal. Hence this study is most needed for Nepal's scenario of MS.

Aims: The main aim is to initiate the study on the prevalence of MS and monitor its severity in Nepalese population and create a MS database that will keep accumulating information. This study will be the first study ever done on MS in Nepal.

Methods: The sample size will be determined using Cochran formula. The usage of different questionnaires, Extended Disability Status Scale (EDSS), Functional Scale (FS).

Results: After the study is completed then Nepal will obtain its first database of Multiple Sclerosis which will help in issuing the suitable guidelines for Nepal.

Conclusion: Hence, this study is most needed for epidemiological profiling of Multiple Sclerosis and creating its database in Nepal for the first time ever.

Keywords: Multiple Sclerosis, Neuro-Immunological disease, Neurology, Under-diagnosed, Nepal

Biography

Ayush Chandra, currently a final year MBBS student at Tianjin Medical University, China. He is a founder secretary of the Multiple Sclerosis Society Nepal, the only organization working for neuro-immunological disease in Nepal. He is a junior associate member at the International Headache Society and also a member of the International Parkinson and Movement Disorder Society. His research interest is in the field related to Neurology, Drug abuse, Traditional Chinese Medicine. His present researches focus on creating a database for Multiple Sclerosis disease in Nepal as this neuro-immunological disease is very unknown and under-diagnosed.



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