Oral Communication

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Popularity and Benefits From Using Whole Body Cryotherapy (WBC) as Additional Therapy of Multiple Sclerosis in Poland

Topic: Neuroscience

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BACKGROUND

Multiple sclerosis (MS) affects approximately three million individuals globally, with around 50,000 cases in Poland. This presentation aims to raise awareness about the use of Whole Body Cryotherapy (WBC) as an adjunctive treatment for MS, focusing on its potential to reduce oxidative stress, alleviate pain and fatigue syndrome symptoms, as well as improve functional status, quality of sleep and overall quality of life.

METHODS

According to data from the National Health Fund (NFZ), the percentage of MS patients receiving reimbursed cryotherapy treatments remains relatively constant, accounting for about 2.3% to 2.5% of all cryotherapy sessions. Between 2010 and 2022, around 16,249 treatments were provided to MS patients out of a total of 751,438 annual systemic cryotherapy procedures. This treatment is covered by the NFZ as part of the guaranteed benefits and is included in the Coordinated Care Programme for MS Patients (Regulation No. 61/2020/DSOZ).

RESULTS

A study conducted from 2017 to 2021 across three different centers in Poland revealed an increase in the number of NFZ-funded cryotherapy treatments for MS patients, rising from 0.9% in 2017 to between 1.16% and 2.54% in 2019.

The Polish Multiple Sclerosis Society endorses systemic cryotherapy and includes it in tenders co-financed by the State Fund for Rehabilitation of Disabled People. Furthermore, in 2020, the NFZ introduced new regulations that included cryotherapy procedures in the catalogue of comprehensive specialist care services for MS patients.

CONCLUSION

Tender data confirms that WBC is a common and safe rehabilitation method for MS patients.

Statement of Disclosures

None

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