A LONGITUDINAL STUDY OF CLINICAL EVOLUTION, MANAGEMENT AND ASSOCIATED COSTS OF MODERATE ALZHEIMER’S DISEASE PATIENTS, THE EVOCOST STUDY: DESIGN AND BASELINE DATA

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Introduction: There is a lack of long-term data on the disability progression associated with Alzheimer's Disease (AD) and the burden on non-professional caregivers increases especially in moderate AD patients because disease management becomes more complex.

Aims: The main objective of the EVOCOST study is to describe clinical evolution, management and associated costs of moderate AD patients over 12 months in Spain.

Methods: The EVOCOST study is a Spanish prospective multicentre cohort following 200 community-dwelling moderate AD patients, with visits at baseline, 6 and 12 months according to routine clinical practice. Data on socio-demographic characteristics, disease history, comorbidities, clinical evolution (severity -GDS-, cognition -MMSE-, global status -CGI-, functional disability -BADL and IADL- and behaviour -NPI-Q), caregiver burden (ZBI) and resource use will be collected at each visit.

Results: At baseline 199 patients were included, 74% of them women with a mean age of 79 years (SD 7). Mean time since diagnosis was 2.5 years (SD 2.4). Cognitive and functional scores were following: MMSE 15.2 (SD 2.9); BADL 2.7 (SD 2.7); IADL 2.9 (SD 2.0). NPI-Q total severity and distress scores were 6.6 (SD 5.5) and 8.2 (SD 8.2) respectively. Age of caregivers was 62 years (SD 14), 57% were women and 88% of them were spouses. ZBI total score was 26.6 (SD 16.1) and monthly time spent on care was 232 hours (SD 252).

Conclusions: The EVOCOST study is an extensive data source to assess long-term clinical evolution and determinants of management and caregiver's burden associated with moderate AD.