

Practice Current: How Do You Treat NMO?

While recognizing each case is different, please choose the answer that best reflects your common practice and limit free text to strategies that are not included.

Estimated Time: 2 Minutes

CASE

A 40-year-old woman presents with a severe left optic neuritis and a longitudinally-extensive transverse myelitis that has rendered her blind in the left eye and wheelchair-bound in under a week. Her serum is positive for anti-aquaporin-4 IgG.

1. What is your first-line choice for the acute treatment of this neuromyelitis optica spectrum disorder (NMOSD) attack? *

- IV methylprednisolone
- IV immunoglobulin (IVIG)
- Plasma exchange (PE)
- IV methylprednisolone and PE together
- IV methylprednisolone and IVIG together
- IVIG and PE together
- Other - Write In

*

2. A week passes, and there is little improvement in the patient's symptoms. What is your second-line choice for the acute treatment of her NMOSD attack? *

- IV methylprednisolone
- IV immunoglobulin (IVIG)
- Plasma exchange (PE)
- IV methylprednisolone and PE together
- IV methylprednisolone and IVIG together
- IVIG and PE together
- Other - Write In

*

3. On your second-line treatment, the patient demonstrates greater symptom improvement, and is able to ambulate with a cane, with poor vision in her right eye. After treating the acute relapse, what is your choice for preventative immunotherapy? *

- Oral steroids
- Azathioprine
- Rituximab
- Mycophenolate Mofetil
- Methotrexate
- Mitoxantrone
- Tacrolimus
- Cyclophosphamide
- Cyclosporine
- Maintenance PE
- Maintenance IVIG
- Other - Write In

*

4. Unfortunately, the patient presents to hospital again 6 months later with intractable hiccups, nausea, and vomiting, and a repeat MRI confirms an area postrema syndrome. What is your second-line choice for her maintenance immunotherapy? *

- Oral steroids
- Azathioprine
- Rituximab
- Mycophenolate Mofetil
- Methotrexate
- Mitoxantrone
- Tacrolimus
- Cyclophosphamide
- Cyclosporine
- Maintenance PE
- Maintenance IVIG
- Other - Write In

*

5. How long would you keep this patient on chronic immunotherapy? *

- Lifelong/indefinitely as long as she remains relapse-free, treating complications of therapy as they arise
- As long as she remains free of opportunistic infections, neoplasms, or intolerable side effects; then consider alternative therapies
- Initiate a slow taper after 1 year and reinstitute if additional relapse occurs
- Initiate a slow taper after 2 years and reinstitute if additional relapse occurs
- Initiate a slow taper after 5 years and reinstitute if additional relapse occurs
- Other - Write In

*

Demographic Information

6. What patient population do you treat? *

- Adults (18 years and older)
- Children (0 to 18 years)
- Both (adults and children)

7. How many years have you been in practice? *

- In Training
- Less than 10 years
- 10 or more years

8. What is your primary work setting? *

- Hospital-based (including free-standing, academic, and government)
- Outpatient-based (including neurology clinic, multi-specialty clinic, and private practice)

9. What is your current level of training? *

- Resident/Fellow
- Attending/Consultant/Faculty Board-certified Physician
- Nurse Practitioner (NP)
- Physician Assistant (PA)

Demographic Information

10. Do you currently practice in the United States? *

- Yes
 - No
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LOGIC Hidden unless: #10 Question "Do you currently practice in the United States?" is one of the following answers ("No")

11. In what country is your practice located? *

- Afghanistan
- Åland Islands
- Albania
- Algeria
- American Samoa
- Andorra
- Angola
- Anguilla
- Antarctica
- Antigua and Barbuda
- Argentina
- Armenia
- Aruba
- Australia
- Austria
- Azerbaijan
- Bahamas
- Bahrain
- Bangladesh
- Barbados
- Belarus
- Belgium
- Belize
- Benin
- Bermuda
- Bhutan

- Bolivia
- Bonaire, Sint Eustatius and Saba
- Bosnia and Herzegovina
- Botswana
- Bouvet Island
- Brazil
- British Indian Ocean Territory
- Brunei Darussalam
- Bulgaria
- Burkina Faso
- Burundi
- Cambodia
- Cameroon
- Canada
- Cape Verde
- Cayman Islands
- Central African Republic
- Chad
- Chile
- China
- Christmas Island
- Cocos (Keeling) Islands
- Colombia
- Comoros
- Congo
- Congo, the Democratic Republic of the
- Cook Islands
- Costa Rica
- Cote d'Ivoire
- Croatia
- Cuba
- Curaçao

- Cyprus
- Czech Republic
- Denmark
- Djibouti
- Dominica
- Dominican Republic
- Ecuador
- Egypt
- El Salvador
- Equatorial Guinea
- Entrea
- Estonia
- Ethiopia
- Falkland Islands (Malvinas)
- Farce Islands
- Fiji
- Finland
- France
- French Guiana
- French Polynesia
- French Southern Territories (the)
- Gabon
- Gambia
- Georgia
- Germany
- Ghana
- Gibraltar
- Greece
- Greenland
- Grenada
- Guadeloupe
- Guam

- Guatemala
- Guernsey
- Guinea
- Guinea-bissau
- Guyana
- Haiti
- Heard Islands and Mcdonald Islands
- Holy See
- Honduras
- Hong Kong
- Hungary
- Iceland
- India
- Indonesia
- Iran, Islamic Republic of
- Iraq
- Ireland
- Isle of Man
- Israel
- Italy
- Jamaica
- Japan
- Jersey
- Kazakstan
- Kenya
- Kiribati
- Korea, Democratic People's Republic of
- Korea, Republic of
- Kuwait
- Kyrgyzstan
- Lao People's Democratic Republic
- Latvia

- Lebanon
- Lesotho
- Liberia
- Libya
- Liechtenstein
- Lithuania
- Luxembourg
- Macao
- Macedonia (The Former Yugoslav Republic of)
- Madagascar
- Malawi
- Malaysia
- Maldives
- Mali
- Malta
- Marshall Islands
- Martinique
- Mauritania
- Mauritius
- Mayotte
- Mexico
- Micronesia, Federated States of
- Moldova
- Monaco
- Mongolia
- Montenegro
- Montserrat
- Morocco
- Mozambique
- Myanmar
- Namibia
- Nauru

- Nepal
- Netherlands
- New Caledonia
- New Zealand
- Nicaragua
- Niger
- Nigeria
- Niue
- Norfolk Island
- Northern Mariana Islands
- Norway
- Oman
- Pakistan
- Palau
- Palestine, State of
- Panama
- Papua New Guinea
- Paraguay
- Peru
- Philippines
- Pitcairn
- Poland
- Portugal
- Puerto Rico
- Qatar
- Réunion
- Romania
- Russian Federation
- Rwanda
- Saint Barthélemy
- Saint Helena, Ascension and Tristan da Cunha
- Saint Kitts and Nevis

- Saint Lucia
- Saint Martin (French part)
- Saint Pierre and Miquelon
- Saint Vincent and the Grenadines
- Samoa
- San Marino
- Sao Tome and Principe
- Saudi Arabia
- Senegal
- Serbia
- Seychelles
- Sierra Leone
- Singapore
- Sint Maarten (Dutch part)
- Slovakia
- Slovenia
- Solomon Islands
- Somalia
- South Africa
- South Georgia and the South Sandwich Islands
- South Sudan
- Spain
- Sri Lanka
- Sudan
- Surinam
- Svalbard and Jan Mayen
- Swaziland
- Sweden
- Switzerland
- Syrian Arab Republic
- Taiwan
- Tajikistan

- Tanzania, United Republic of
- Thailand
- Timor Leste
- Togo
- Tokelau
- Tonga
- Trinidad and Tobago
- Tunisia
- Turkey
- Turkmenistan
- Turks and Caicos Islands
- Tuvalu
- Uganda
- Ukraine
- United Arab Emirates
- United Kingdom
- United States
- United States Minor Outlying Islands
- Uruguay
- Uzbekistan
- Vanuatu
- Venezuela
- Viet Nam
- Virgin Islands, British
- Virgin Islands, U.S.
- Wallis and Futana
- Western Sahara
- Yemen
- Zambia
- Zimbabwe

LOGIC Hidden unless: #10 Question "Do you currently practice in the United States?" is one of the following answers ("Yes")

12. In what state is your practice located? *

- Alabama
- Alaska
- Arizona
- Arkansas
- California
- Colorado
- Connecticut
- Delaware
- District of Columbia
- Florida
- Georgia
- Hawaii
- Idaho
- Illinois
- Indiana
- Iowa
- Kansas
- Kentucky
- Louisiana
- Maine
- Maryland
- Massachusetts
- Michigan
- Minnesota
- Mississippi
- Missouri
- Montana
- Nebraska
- Nevada
- New Hampshire
- New Jersey

- New Mexico
- New York
- North Carolina
- North Dakota
- Ohio
- Oklahoma
- Oregon
- Pennsylvania
- Rhode Island
- South Carolina
- South Dakota
- Tennessee
- Texas
- Utah
- Vermont
- Virginia
- Washington
- West Virginia
- Wisconsin
- Wyoming

Thank you for your participation! Please go to our [Practice Current Page](#) for details!
