



# Effective Health Care

## Treatment of Restless Legs Syndrome

### Nomination Summary Document

#### Results of Topic Selection Process & Next Steps

- Treatment of restless legs syndrome will go forward for refinement as a systematic review. The scope of this topic, including populations, interventions, comparators, and outcomes, will be further developed in the refinement phase.
- When key questions have been drafted, they will be posted on the AHRQ Web site and open for public comment. To sign up for notification when this and other Effective Health Care (EHC) Program topics are posted for public comment, please go to <http://effectivehealthcare.ahrq.gov/index.cfm/join-the-email-list1/>.

#### Topic Description

**Nominator:** Individual

**Nomination Summary:** The nominator questions whether there are any effective treatments for restless legs syndrome, especially in elderly patients. No specific interventions, comparators, or outcomes are named in the nomination.

**Staff-Generated PICO**

**Population(s):** Patients with restless legs syndrome

**Intervention(s):** Dopaminergic agents, antiparkinson agents, benzodiazepines and other sedative-hypnotics, opioids, or antiepileptics

**Comparator(s):** Nonpharmacologic treatment (exercise, stretching) or no treatment

**Outcome(s):** Reduction of symptoms, quality of life

**Key Questions from Nominator:** None

#### Considerations

- The topic meets all EHC Program selection criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- Restless legs syndrome (RLS) is a common neurological disorder characterized by an irresistible urge to move one's body to stop uncomfortable or odd sensations. These sensations occur in the muscles during periods of rest or inactivity, particularly in the evening, and can be described as burning, itching,

or tickling. No recent systematic review or practice guidelines were identified that address the treatment of RLS. Because of the numerous treatments that are FDA approved or available off-label for this condition, a review on this topic would help to inform clinical practice surrounding the treatment of RLS including any harms of these treatments, particularly in specific subpopulations such as elderly patients. Therefore, this topic will move forward as a new systematic review by the EHC program.