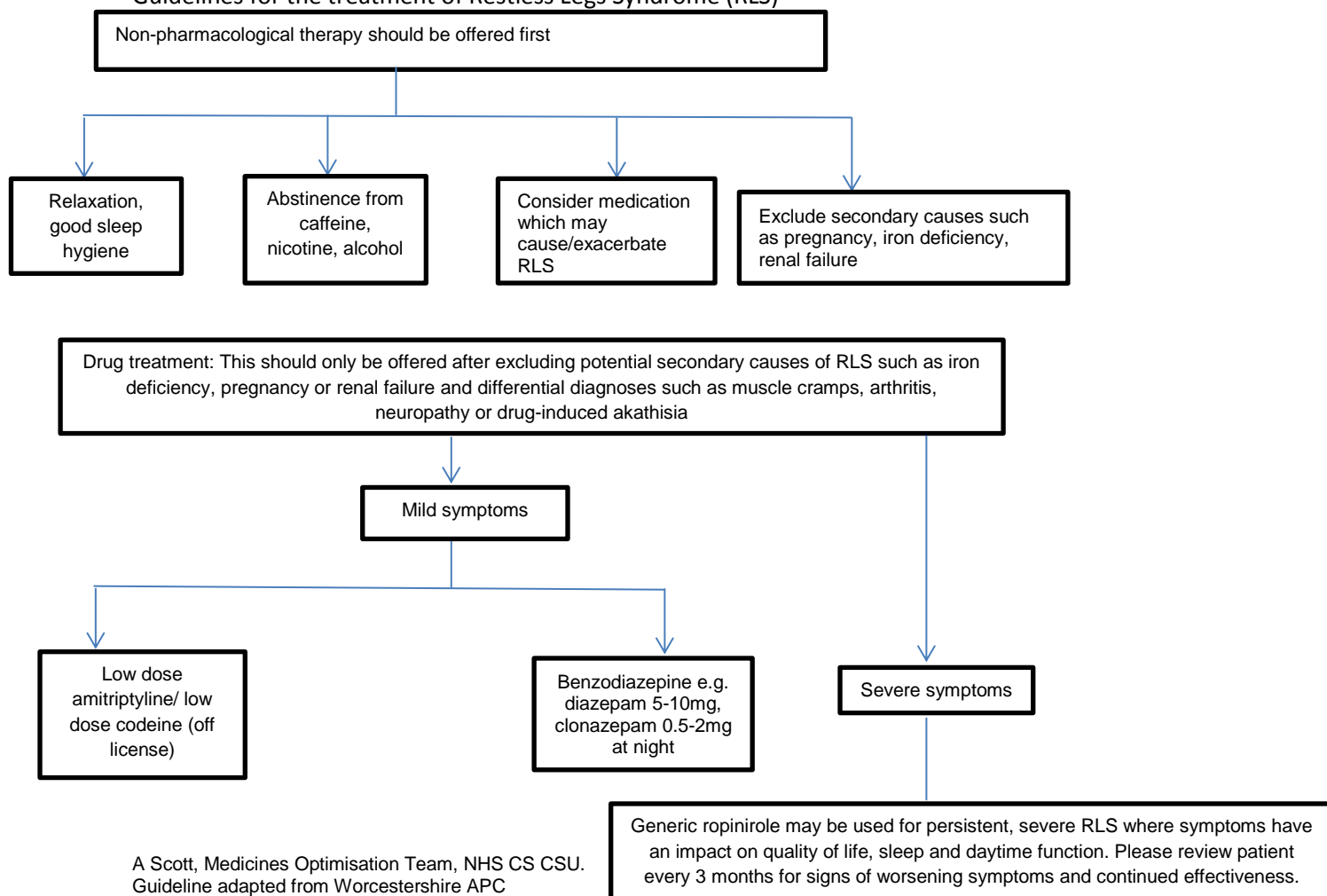


Berkshire West Area Prescribing Committee Policy Statement

Drug Name	Ropinirole (generic brands)
Indication under review	Treatment of severe restless leg syndrome (RLS)
Policy No:	APC 079
Date of Issue:	May 2014
Review Date:	May 2017
Policy Statement: Generic ropinirole is recommended as a treatment option for severe restless leg syndrome (restless leg syndrome rating scale score ≥ 24) after conservative measures and other treatments have failed to be of benefit.	
Traffic Light Status	Green
Key Points considered: <ul style="list-style-type: none"> Local consultant neurologists are in favour of having the option of at least one licensed treatment for patients with moderate to severe RLS who have failed on conservative and other treatments. Based on the limited evidence of benefit in patients with a baseline score of 24, the APC agreed to approve ropinirole as an option for patients failing conservative and first line treatments. 	

Guidelines for the treatment of Restless Legs Syndrome (RLS)



Restless leg Syndrome Rating Scale

International Restless Legs Syndrome (IRLS) Study Group

<p>Have the patient rate his/her symptoms for the following ten questions. The patient and not the examiner should make the ratings, but the examiner should be available to clarify any misunderstandings the patient may have about the questions. The examiner should mark the patient's answers on the form.</p>	
<p>In the past week... (1) Overall, how would you rate the <u>RLS discomfort in your legs or arms</u>?</p> <p>_ (4) Very severe _ (3) Severe _ (2) Moderate _ (1) Mild _ (0) None</p>	<p>In the past week... 6) How severe was your RLS as a whole?</p> <p>_ (4) Very severe _ (3) Severe _ (2) Moderate _ (1) Mild _ (0) None</p>
<p>In the past week... (2) Overall, how would you rate the <u>need to move</u> around because of your RLS symptoms?</p> <p>_ (4) Very severe _ (3) Severe _ (2) Moderate _ (1) Mild _ (0) None</p>	<p>In the past week... (7) How <u>often</u> did you get RLS symptoms?</p> <p>_ (4) Very often (6 to 7 days in 1 week) _ (3) Often (4 to 5 days in 1 week) _ (2) Sometimes (2 to 3 days in 1 week) _ (1) Occasionally (1 day in 1 week) _ (0) Never</p>
<p>In the past week... (3) Overall, how much <u>relief</u> of your RLS arm or leg discomfort did you get from moving around?</p> <p>_ (4) No relief _ (3) Mild relief _ (2) Moderate relief _ (1) Either complete or almost complete relief _ (0) No RLS symptoms to be relieved</p>	<p>In the past week... (8) When you had RLS symptoms, how severe were they on average?</p> <p>_ (4) Very severe (8 hours or more per 24 hour) _ (3) Severe (3 to 8 hours per 24 hour) _ (2) Moderate (1 to 3 hours per 24 hour) _ (1) Mild (less than 1 hour per 24 hour) _ (0) None</p>
<p>In the past week... How severe was your <u>sleep disturbance</u> due to your RLS symptoms?</p> <p>_ (4) Very severe life? _ (3) Severe _ (2) Moderate _ (1) Mild _ (0) None</p>	<p>(9) In the past week... <u>Overall</u>, how severe was the impact of your RLS symptoms on your ability to carry out your <u>daily affairs</u>, for example carrying out a satisfactory family, home, social, school or work</p> <p>_ (4) Very severe _ (3) Severe _ (2) Moderate _ (1) Mild _ (0) None</p>
<p>In the past week... (5) How severe was your <u>tiredness or sleepiness</u> during the <u>day</u> due to your RLS symptoms?</p> <p>_ (4) Very severe _ (3) Severe _ (2) Moderate _ (1) Mild _ (0) None</p>	<p>In the past week... (10) How severe was your <u>mood disturbance</u> due to your RLS symptoms - for example angry, depressed, sad, anxious or irritable?</p> <p>_ (4) Very severe _ (3) Severe _ (2) Moderate _ (1) Mild _ (0) None</p>
<p>Sum of scores =</p>	
<p>Scoring criteria are: Mild (score 1-10); Moderate (score 11-20); Severe (score 21-30); Very severe (score 31-40)</p>	
<p>1. Answers for this IRLS are scored from 4 for the first (top) answer (usually 'very severe') to 0 for the last answer (usually none). All items are scored. The sum of the item scores serves as the scale score. <i>The International Restless Legs Syndrome Study Group holds the copyright for this scale.</i></p>	

References	<p>Anon. Restless legs: impact and treatment update. <i>Bandolier Journal (online)</i> 2004;125:3 2. SMC information available via: http://www.scottishmedicines.org.uk/files/ropinirole_Adartrel_Resubmission_165_05.pdf</p>
Date taken to APC:	5 th March 2014
Date Ratified by MMC on Behalf of the Board:	21 st May 2014