

Immobilization test as an assessment of the treatment effectiveness in patients with restless legs syndrome on the basis of diabetic polyneuropathy

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Restless legs syndrome (RLS) is characterized by unpleasant sensations and motor disturbances in the lower extremities. The aim of the study was to examine the efficacy of pramipexole in patients with RLS on the basis of diabetic polyneuropathy (DPN) with the use of immobilization test (IT). The study involved 76 patients with type 2 diabetes mellitus complicated with DPN. In 19 (25%) patients RLS was found. All patients received the standard therapy of DPN and pramipexole 0.750 mg once a day and were examined with IT before and 30 days after treatment. The following data received: on the basis of treatment average movement index (MI) decreased from 47.2 ± 1.5 to 19.6 ± 1.2 ($p=0.04$). After treatment, decrease in the number of PLM (-72%) was noted more in the first 30 minutes of the test, as opposed to the last 30 minutes (-28%). Treatment with pramipexole increased the average interval between movements in seconds ($p=0.035$). According to the MI, 2 (10.4%) patients had a mild form of RLS, 4 (21.1%) patients – severe and 13 (68.5%) patients – moderate form of RLS. After 30 days of therapy, 6 (31.5%) patients had mild, 9 (47.4%) – moderate stage of RLS, in 4 (21.1%) patients number of PLM was less than 10 per 1 hour. Conclusions: Our research showed the efficacy of pramipexole in patients with RLS on the basis of DPN, which was proven by IT, as a reliable and probable test for determining the severity of RLS and the response to treatment.