

## Thames Valley Priorities Committees (Berkshire PCTs)

**Policy Statement 115: Pramipexole in the management of Restless Legs Syndrome**  
Ref TV115

**Date of Issue: November 2007**

***The Thames Valley Priorities Committees' recommend that Pramipexole for the management of Restless Legs Syndrome be considered a LOW PRIORITY due to lack of clinical and cost effectiveness***

**Restless Legs Syndrome (RLS)** is characterised by a range of uncomfortable and sometimes distressing motor and sensory symptoms during quiet wakefulness and/or sleep e.g. feelings of burning, tickling, crawling, pain, cramping, numbness, weakness in the lower limbs. Symptoms most commonly occur at night and can be temporarily relieved by moving the legs.

### **Summary of Evidence**

Pramipexole for the treatment of RLS has been studied in four short-term randomised controlled studies. All required that RLS patients had a baseline IRLS score (a subjective, ten-question patient questionnaire) > 15. Observed improvements were modest with a substantial placebo effect. The clinical significance of the results has not been determined. There are no direct comparisons between Pramipexole and other therapies, in RLS.

This statement will be reviewed in light of new evidence or further guidance from NICE.

### **NOTES:**

1. *Exceptional circumstances may be considered where there is evidence of significant health impairment and there is also evidence of the intervention improving health status.*
2. *This policy will be reviewed in the light of new evidence or guidance from NICE.*
3. *Berkshire Priorities Committee policy statements and minutes can be viewed at [www.berkshire.nhs.uk/priorities](http://www.berkshire.nhs.uk/priorities)*