

RESTLESS LEG SYNDROME

Restless leg syndrome (RLS) is a condition where you feel an uncomfortable sensation in your legs at rest and you are compelled to move them.

1



Chronic kidney disease (CKD) can be a cause and contribute to RLS. People suffering from RLS complain about different sensations. It varies from person to person but is 20-30x more common in dialysis patients. Some people complain about pain, burning, aching. Others complain about prickling, creepy, crawling and itching sensations.

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OCCURRENCE

- At bedtime
- When relaxed
- Sitting or lying down for extended periods of time
- On dialysis
- Traveling far

3



The urge to move your legs can disrupt your sleep patterns. You may have difficulty falling or staying asleep, which can lead to insomnia. This can then result into fatigue and irritability.

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Causes of restless legs syndrome

End Stage Kidney Failure

Anaemia: red blood cells are carrying oxygen through the body, if the HB levels are below the required levels (10-12 g/dl) it will aggravates the condition.

Diabetes: uncontrolled diabetes can lead to nerve damage and can be the cause or aggravate RLS.

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Treatment with medication:

Causes of restless leg syndrome remains inconclusive but some medications have been shown to improve the symptoms and these options should be discussed with your specialist

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Treatment without medication that may provide some relief:

- Massages
- Warm baths
- Warm/cool compresses
- Relaxation techniques
- Exercise

Conclusion:

Treating restless leg syndrome is important it will ensure more comfortable dialysis and will improve quality of life.

7

