

DTB CME/CPD Answers



Drug and Therapeutics Bulletin

Targinact for restless legs syndrome

Question 1

Mrs MT, a 49 year-old teacher currently being treated for depression and reflux disease, has recently been diagnosed with restless legs syndrome (RLS). Her symptoms have been assessed using the International RLS Study Group (IRLSSG) scale. Which score would equate to severe symptoms?

- a. >10
- b. >15
- c. >20
- d. >30
- e. >40

Answer: c. IRLSSG rating scale score is based on ten questions (rated 0-4) related to symptom severity, frequency and impact. A score of 21-30=severe symptoms.

Question 2

Mrs MT's GP excludes common underlying causes and recommends non-pharmacological interventions first-line. The GP also reviews Mrs MT's current medication as a possible cause of RLS. Which one of the following groups of drugs has not been associated with worsening of RLS?

- a. Proton pump inhibitors
- b. Diuretics
- c. Calcium-channel blockers
- d. Antidepressants
- e. Iron preparations

Answer: e. Drugs that may aggravate symptoms of RLS include CNS stimulants, diuretics, antidepressants, calcium-channel blockers, phenytoin, proton pump inhibitors.

Question 3

Which one of the following drugs is not supported by clinical trial evidence for the management of RLS in adults?

- a. Rotigotine
- b. Pramipexole
- c. Ropinirole
- d. Gabapentin
- e. Zopiclone

Answer: e. Although intermittent use of a hypnotic has been suggested, we are not aware of any randomised controlled trials in people with RLS.

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Question 4

Mrs MT has read about oxycodone/naloxone (Targinact) and would like to know if it could be of benefit to her. Which one of the following statements about the 12-week double-blind randomised placebo-controlled trial is correct?

- a. The maximum dose used in the trial was 20mg/10mg oxycodone/naloxone twice daily
- b. The drop-out rate was higher in the oxycodone/naloxone group than in the placebo group
- c. Most patients had previously been treated with gabapentin
- d. The mean baseline IRLSSG score was 32
- e. The number of patients experiencing constipation did not differ between those taking oxycodone/naloxone group and those taking placebo

Answer: d. A 12-week double-blind randomised controlled trial involved 306 adults with RLS (≥ 6 months), of at least moderate severity (IRLSSG score ≥ 15 for inclusion; mean 31.6 at baseline).

Question 5

In the double-blind randomised placebo-controlled trial, what was the difference in the change from baseline in IRLSSG score between those taking oxycodone/naloxone and those taking placebo at 12 weeks?

- a. 3 points
- b. 7 points
- c. 12 points
- d. 17 points
- e. 25 points

Answer: b. The change from baseline to 12 weeks in the IRLSSG score was greater with oxycodone/naloxone (-16.4 points vs. -9.4 points with placebo, $p < 0.0001$).