

Knowledge of Staff Nurses Regarding Restless Leg Syndrome (RLS) in Depressive Patients

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Abstract

The present study aims at assessing knowledge of staff nurses regarding restless leg syndrome (RLS) in depressive patients. A descriptive survey research design was used. Sixty staff nurses (N = 60) were selected using simple random technique sampling method. Data collected were pooled and analyzed by using descriptive and inferential statistics. The study revealed that among 60 staff nurses 26.66% (16) had inadequate knowledge, 50% (30) had moderate knowledge, and only 23.33% (14) had adequate knowledge. In conclusion, staff nurses need to have adequate knowledge regarding RLS, association with depression, and association with antidepressant medication because effective treatment of RLS will result in a significant improvement in depression in some cases.

Keywords: depression, dysesthesias, restless leg syndrome, staff nurses, Willis–Ekbom disease

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INTRODUCTION

Restless legs syndrome (RLS) is a common and curable ailment, which hinders the onset of sleep and disturbs sleep. The syndrome is primarily characterized by dysesthesias in the lower extremities arising particularly at bedtime, connected with a compelling need to move the legs.^[1] RLS also known as Willis–Ekbom disease (WED).^[2]

Many patients with RLS have been complaining of terrible psychological discomfort due to this disorder;^[3] therefore, RLS symptoms along with the loss of sleep can cause distress and lead to psychiatric illness and decreased wellbeing. In spite of the fact that the first study creating awareness of psychiatric comorbidity in patients with RLS was reported more than 30 years ago, the development being made in exploring this relationship has been very less.^[4]

Around 40% of individuals with RLS complain of symptoms that would be suggestive of depression if evaluated without knowledge or consideration of the RLS. Interestingly, greater depression severity has been observed with increased severity of RLS.

In one of the two current epidemiological studies, the MEMO study, depression was stated to be more common among patients with RLS, when compared to normal individuals^[5] and Philip *et al.* found RLS to be significantly associated with reduced general health and mental health based on the two self-reported questions included in their study.^[6]

If assessed without knowledge or contemplation of the RLS about 40% of people with RLS complain of symptoms that would be indicative of depression. Interestingly, greater depression severity

had been found with increased severity of RLS.^[5]

Considerable improvement in depression can be found in certain cases with effective treatment of RLS.^[7] In other situations, treatment with antidepressant medications will be required. When a patient has RLS and depression, treatment can include a delicate balancing act, as probably the most effective and widely used antidepressants may worsen certain aspects of RLS.

METHOD

A descriptive research design where descriptive survey approach was used to assess the knowledge of staff nurses regarding RLS in depressive patients.

Sixty staff nurses were selected from a psychiatric hospital of Bangalore through simple random sampling technique. The data were collected by using structured knowledge questionnaire developed by researcher, and pooled data were analyzed by using descriptive and inferential statistics.

RESULTS

The collected data were analyzed under the following headings (Tables 1–3).

- (i) Section I – Demographic characteristics of respondents
- (ii) Section II – Aspect wise and over all knowledge score of respondents
- (iii) Section III – Association between knowledge score of respondents with selected demographic variables

Section I

Table 1. Demographic Characteristics of Respondents. N = 60.

Sl. no	Demographic variables	Category	Staff nurses	
			Frequency	Percentage
1	Age	22–25 years	10	16.67
		26–29 years	16	26.66
		30–33 years	24	40.00
		34 and Above	10	16.67
2	Gender	Male	22	36.67
		Female	38	63.33
3	Educational status	Diploma in Nursing	30	50.00
		BSc Nursing	12	20.00
		Post Basic BSc Nursing	16	26.67
		Any other specify	02	03.33
4	Marital status	Married	36	60.00
		Unmarried	24	40.00
5	Have you attended any depressive client with RLS	Yes	34	56.67
		No	26	43.33
6	Working experience in years	<5 years	12	20.00
		6–10 years	14	23.33
		11–15 years	24	40.00
		16 and above	10	16.67
7	Previous information regarding RLS. If yes source of information	Mass media	02	03.33
		Journals	04	06.67
		Colleagues	16	26.67
		No information	26	43.33
		Any others specify	12	20.00

Table 1 signifies that out of 60 respondents 40% (22) are between age group of 30 and 35 years, 63.33% (38) were females and 50%(30) respondents were Diploma nurses. Majority of respondents had 11–15 years of work experience and 56.67% (34) respondents had attended depressive

clients with RLS. Respondents main source of information was colleagues 26.67% (16) followed by other source of information.

Section II

Table 2. Aspect Wise and Over all Knowledge Score of Respondents.

Sl. no	Knowledge aspects	Statements	Max. Score	Respondents knowledge		
				Mean	SD	Mean (%)
1	Introduction and concept of RLS	9	9	6.16	2.23	68.45
2	Prevalence RLS	5	5	2.23	1.05	44.06
3	Medications on RLS	8	8	4.03	1.70	53.75
4	Diagnosis and management	5	5	3.66	1.37	73.02
	Over all	27	27	16.35	6.35	59.82

In Table 2, the aspect wise mean knowledge score of respondent was ranged between 44.6 and 73.2% (Figure 1). The highest mean (73.2%) knowledge score was found in the diagnosis and

management, followed by introduction and concept (68.45%), medication on RLS (53.75%). The total mean knowledge score was found to be 59.82% with SD of 6.35 regarding RLS in depressive patients.

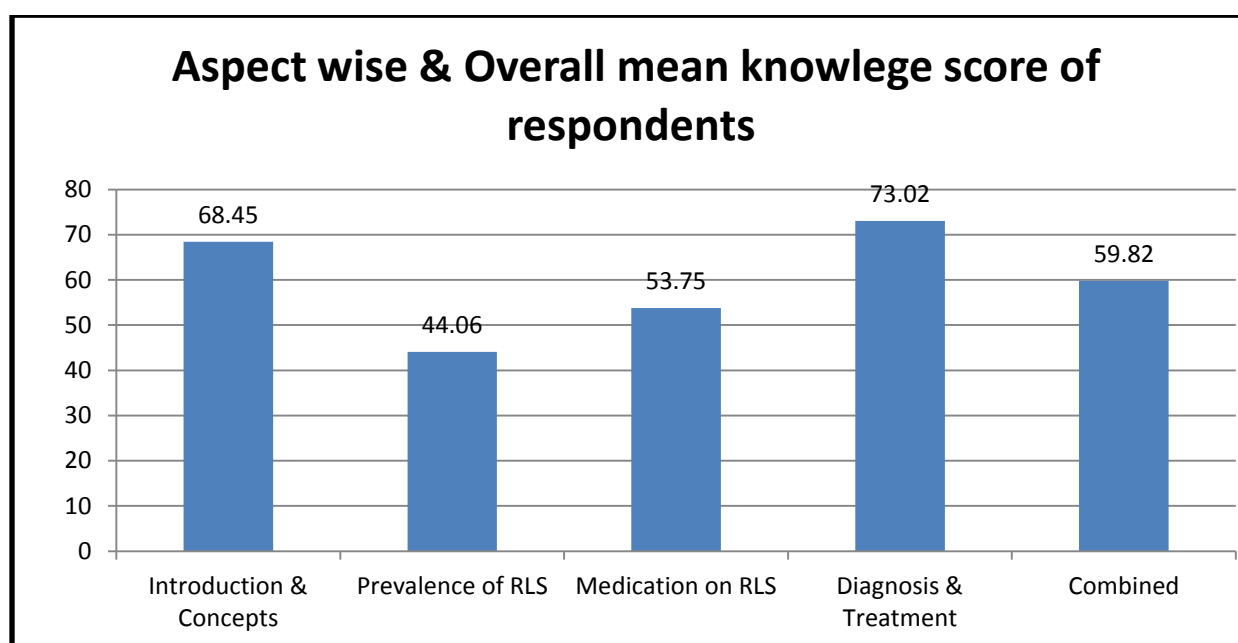


Fig. 1. Distribution of Respondents According to Aspect Wise and Overall Mean Knowledge Score.

Table 3. Percentage Distribution of Staff Nurses According to Overall Knowledge level.
N = 60.

Knowledge level	Category	Respondents	
		Frequency	Percentage
Inadequate	≤50% score	16	26.66
Moderate	51–75% score	30	50.00

Adequate	>75% score	14	23.33
Total		60	100

Table 3 implies that out of 60 respondent 26.66% (16) had inadequate knowledge, 50% (30) had moderate knowledge, and

23.33 % (14) had adequate knowledge on RLS in depressive patients (Figure 2).

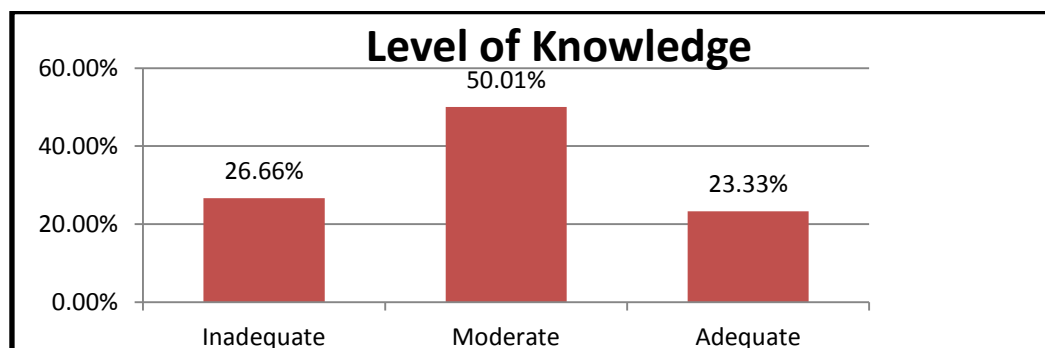


Fig. 2. Percentage Distribution of Staff Nurses According to Their Knowledge Score.

Section III

Significant association was found between staff nurses and with their demographic variables such as age, attended depressive clients with RLS. Work experience and source of information. No association was found between staff nurse and with their Gender and Educational status.

DISCUSSION

The present study finds that out of 60 respondents 26.66% (16) had inadequate knowledge, 50% (30) had moderate knowledge, and only 23.33% (14) respondents had adequate knowledge on RLS in depressive patients. The aspect wise mean knowledge score of respondent was ranged between 44.6 and 73.2%. The highest mean (73.2%) knowledge score was found in the diagnosis and management, followed by introduction and concept (68.45%), medication on RLS (53.75%). The total mean knowledge score was found to be 59.82% with SD of 6.35 regarding RLS in depressive patients.

It is evident from following study findings large number of nurses had inadequate to moderate level of knowledge regarding RLS in depression. Findings suggest that nurses need to be equipped with

knowledge of assessing, diagnosing and how to manage RLS in depression. It is very essential to improve quality of life of patient which at most concern of Nursing & Nurses. Staff nurses need to have adequate knowledge regarding RLS, association with depression, and association with antidepressant medication because effective treatment of RLS will result in a significant improvement in depression in some cases. Study suggests further that to employ various teaching learning strategies to improve knowledge on RLS in depression.

CONCLUSION

RLS significantly diminishes quality of life. Knowledge regarding RLS will result in early diagnosis and effective treatment. Study findings may help in developing effective teaching strategies to impart knowledge regarding RLS in depressive patients.

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