

A Study to Assess the Prevalence of Restless Leg Syndrome (RLS) among Antenatal Mothers

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Abstract: *Purpose of the study: To determine the Prevalence of Restless leg Syndrome among antenatal mothers. Methodology: Quantitative research approach has adopted a total of 210 participants were selected through a convenient sampling technique. Data were collected by administering International Standardized tools that is Cambridge Hopkins Diagnostic questionnaire. The data was analyzed by using descriptivestatistics. Results: The study result showed that antenatal mothers have a prevalence rate of restless leg syndrome during pregnancy of 54.8%. The Prevalence of restless leg syndrome was more in second (43.3%) and third trimester (42.4%). Conclusion: This study concludes that more than half of antenatal mothers have restless leg syndrome during pregnancy. RLS is a common problem that occurs in pregnancy and found more prevalent in second and third trimester but there are no specific guidelines for RLS management. So we need to develop guidelines for RLS management and educate pregnant women.*

Keywords: Prevalence, Restless leg syndrome.

1. Background

Pregnancy is creative and productive period in every woman's life. One of the significant events that necessitated special care for women from conception to the postnatal period. Every pregnant women wishes to enjoy her nine months of pregnancy, but the joyous pregnancy experience is not always joyous.¹

Pregnant women have at least two - or three times higher risk of experiencing restless leg syndrome than the general population.²Maternal and Fetal outcomes adversely affected by restless leg syndrome during pregnancy.³

Restless legs syndrome is defined as a formication, abnormal sensation, usually in the legs, that causes an impulse to move the limbs and is temporarily relieved by activity. The symptoms of restless leg syndrome are triggered when you are resting and, in the evening, or at night. Pregnancy is thought to be a risk factor for developing RLS, though the precise mechanisms are unknown. Compared to the general population, pregnant women had a prevalence of 19–26 percent of restless leg syndrome, while women aged 25–34 years had a prevalence of 11 percent. As a result, RLS is more common in the last trimester, but its occurrence at pregnancy has not been thoroughly investigated.⁴

Although there is no specific test for restless leg syndrome, nonspecific laboratory tests are used to diagnose other risk factors like a vitamin deficiency. As per the Centers For Disease and Stroke, four symptoms of restless leg syndrome are used to confirm. Symptoms are very severe at night and less severe in the morning, though symptoms may occur during the day in most cases.⁵

2. Objective

To identify the restless leg syndrome among antenatal mothers.

3. Methodology

Quantitative research approach was adopted total of 210 participants were selected through a convenient sampling technique. Research study was conducted in Himalayan Hospital of Dehradun Uttarakhand. Data were collected by administering socio - demographic performa and International Standardized tools that is Cambridge Hopkins Diagnostic questionnaire. The data was analyzed by using descriptivestatistics.

4. Result

Table 1: Frequency and percentage distribution of socio demographic characteristics of Antenatal Mothers. (n=210)

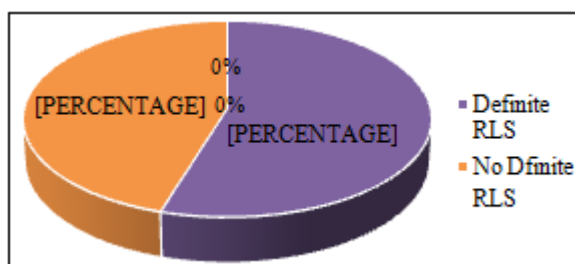
S. No	Variables	Frequency	Percentage
1	Age in years		
	19 - 23 year	36	17.10%
	24 - 28 year	98	46.70%
	29 - 33 year	61	29.00%
2	34 - 38 year	15	7.10%
	Educational Status		
	No formal education	9	4.30%
	Primary education	50	23.80%
	Secondary education	85	40.50%
3	Seniorsecondary education	51	24.30%
	Graduate and above	15	7.10%
	Type of Family		
	Nuclear	58	27.60%
4	Joint	112	53.30%
	Extended	40	19.00%
	Area of Living		
5	Rural	97	46.20%
	Semi urban	89	42.40%
	Urban	24	11.40%
6	Occupational Status		
	Home Maker	163	77.60%
	Private Job	27	12.90%
	Government Job	2	1.00%
7	Self Employed	18	8.60%
	Type of Work		

	Heavy Work	138	65.70%
	Moderate Work	23	11.00%
	Sedentary Work	49	23.30%
7	Dietary Pattern		
	Vegetarian	48	22.90%
	Non - Vegetarian	150	71.40%
	Eggetarian	12	5.70%
8	Gravida		
	Primi	117	55.70%
	Multi	93	44.30%
9	Trimester		
	First	30	14.30%
	Second	91	43.30%
	Third	89	42.40%
10	Hemoglobin Level		
	below or at 10g/dl	112	53.30%
	Above 10g/dl	98	46.70%
11	Any Complications during pregnancy		
	YES	66	31.40%
	Anemia	20	9.50%
	Hypothyroidism	29	13.80%
	Hypertension	11	5.20%
	GDM	6	2.90%
	NO	144	68.60%
12	Do you feel restlessness/pain in legs?		
	YES	174	82.90%
	NO	36	17.10%
13. (a)	Previous knowledge regarding RLS		
	a) YES	85	40.50%
	b) NO	125	59.50%
13. (b)	If yes, then specific source of knowledge:		
	YES	85	40.50%
	Family members	45	21.40%
	Previous experience	18	8.60%
	Health worker	9	4.30%
	Media/book	13	6.20%
	NO	125	59.50%

Table 2: Prevalence of Restless Leg Syndrome during pregnancy among antenatal mothers. (n=210)

Variable	Frequency	Percentage (%)
Prevalence	115	54.8%

Table no.2 shows that prevalence of restless leg syndrome among antenatal mothers was 54.8%.



Graph 1: Shows the prevalence of restless syndrome among antenatal mothers. (n=210)

Graph 1 shows that 55% of antenatal mothers had definite restless leg syndrome and 45% of mothers had no definite restless leg syndrome which was analyzed by Cambridge Hopkins diagnostic questionnaire.

5. Discussion

According to the present study findings, the majority of about 55% of the total antenatal mothers were suffering from restless leg syndrome. This finding correlated with Debora A Galdino Alves, Luciane Bizari Coin de Carvalho et. al. (2010) conducted a cross - sectional study to identify RLS prevalence using the interviewed method on 524 Brazilian pregnant women. (18 - 45 years old) pregnant women who came to the prenatal outpatient clinic to consult an obstetrician. The study shows that the prevalence of RLS during pregnancy was 13.5% in the sample, among which 90.1% of the cases started with their symptoms during pregnancy.

6. Conclusion

A descriptive study was conducted to assess the prevalence of Restless Leg Syndrome among antenatal mothers. This study concluded that out of 210 participants, 54.8% (115) antenatal mothers were suffering from Restless Leg Syndrome during pregnancy and it found that the Prevalence of restless leg syndrome was more in second (43.3%) and third trimester (42.4%) as compare to first trimester (14.3%).

7. Limitations

Random selection of participants not done.

8. Recommendation

- 1) A similar study can be done on a large sample.
- 2) A similar study can be done in the community area.
- 3) Experimental - Comparative study can be done.

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