

RESTLESS LEG SYNDROME IN WOMEN

INTRODUCING HEALTHCERT EDUCATION

HealthCert Education is a global professional education provider dedicated to saving lives and improving patient outcomes through accredited primary care education for medical professionals. HealthCert Education does not accept sponsorship or commercial interest investment when delivering course content.

PREREQUISITES

There are no prerequisites.

COURSE CONTENT

This course provides a comprehensive overview of Restless Legs Syndrome (RLS), a common but underdiagnosed neurological condition impacting sleep and quality of life. It explores the pathophysiology, including dopaminergic dysfunction, brain iron deficiency, and genetic factors. Participants will learn to apply the IRLSSG diagnostic criteria in primary care and differentiate RLS from common mimics such as neuropathy, leg cramps, and arthritis. The course outlines appropriate investigations and highlights the importance of identifying secondary causes such as iron deficiency and medication triggers. A stepwise, evidence-based management approach is presented, including lifestyle strategies, iron replacement, and pharmacological options aligned with current guidelines. A case study reinforces clinical application, supporting improved diagnosis, management, and patient outcomes in general practice.

This course is evidence-based, demonstrates best practice and is regularly updated.

RELEVANCE TO GENERAL PRACTICE:

About 5-15% of the population are affected by restless legs syndrome.¹ Restless Legs Syndrome (RLS) is a common but under-recognised neurological condition encountered in Australian general practice, significantly impacting sleep and quality of life. It is frequently misattributed to conditions such as insomnia, neuropathy, or musculoskeletal disorders, contributing to underdiagnosis in primary care.²

General practitioners play an important role in identifying secondary causes such as iron deficiency, renal disease, and medication triggers, which are commonly seen in Australian patients.²

1. Australian Prescriber, Restless legs syndrome, 2008, <https://australianprescriber.tg.org.au/articles/restless-legs-syndrome-1.html>
2. AJGP, Restless legs syndrome, 2023, <https://www1.racgp.org.au/ajgp/2023/september/restless-legs-syndrome>

LEARNING OUTCOMES:

1. Apply the IRLSSG diagnostic criteria in primary care to accurately identify patients with Restless Legs Syndrome and differentiate it from common mimics.
2. Develop and implement an evidence-based, stepwise management plan for RLS in general practice

PRESENTER:

This course is presented by Dr Joe Kosterich.

RECORDING:

Listen and learn about restless leg syndrome in women. The recording can be paused at any point to reflect on content and has a sophisticated search option for locating specific topics. You can copy and paste key slides into your personal document for ongoing reference.

RECOMMENDED READING:

There are recommended open access readings and articles to enhance learning.

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CASE DISCUSSIONS:

There are interactive case discussions to reinforce learning, where participants are encouraged to research, view other responses and discuss topics with other participants. Expert answers are provided once case discussions are submitted.

ASSESSMENT:

There are two online multiple choice examinations for assessment:

- Knowledge-based questions.
- Scenario-based questions with a focus on cases of patient care in the clinical environment.

Assessment is not timed and can be repeated if the 80% pass mark is not achieved with the first attempt.

ACCREDITATION:

HealthCert courses align with the continuing professional development accreditation requirements. This course qualifies for TBC hours for Educational activity and for TBC hours for Reviewing performance.

EVALUATION:

An evaluation at the end of the course enables HealthCert Education to continually improve education content.

FUTURE PATHWAY OPTIONS:

Further topics relating to womens health can be viewed on www.healthcert.com. An online chat option on the web page provides you direct access to an Educational Advisor or, if you prefer email, info@healthcert.com If you would like to speak to an educational advisor, please call 1300 856 695 (Australia) or +44 203 514 0688 (international).

CONTACT HEALTHCERT

Please contact admin@healthcert.com with any questions.

VERSION CONTROL TABLE

All changes must be approved by the Head of Academic Standards or Head of Accreditation.

Version no.	Version date	Authorised officer	Amendment details
1.			
2.			