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Assessment of restless legs syndrome symptoms in hemodialysis patients in a dialysis unit in South of Santa Catarina, Brazil

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Introduction: Chronic kidney disease (CKD) is characterized by a gradual loss of kidney function over time, one of the replacement therapy is constituted by hemodialysis. The renal patient may present with sleep disturbances, with importance to quantify the impact of these symptoms in their quality of life. Studies on the restless legs syndrome (RLS) show that it may occur in 30% of the renal patients and in 10% of the general population. RLS is characterized by a motor neurological disorder with circadian rhythm, unpleasant feeling in the lower limb during the night and the desire to move the legs. The etiopathogenesis is not well understood, but it is believed that evolves iron metabolism and dopamine neurotransmitters. Diagnosis relies on the history described by the patient. RLS is associated with cardiovascular morbidity and mortality and is underdiagnosed.

Methods: A Cross-sectional study, included adult patients by convenience, under hemodialysis in a dialysis unit in Tubarão, Santa Catarina, Brazil, during the period of August through November of 2016.

Results: The mean age was of the interviewees was 60, 82 years old, composed of 63.6% of men. 78.6% of the interviewees reported having a restful sleep. Despite this fact, a prevalence of snoring was found in 57.1% of patients and the presence of RLS in 19.3%. Other comorbidities were: hypertension, insomnia, diabetes mellitus, and cardiac conditions. Statistically, the dialysis time was higher among patients with RLS ($P=0.03$). The female sex showed to be a risk factor ($P=0.006\%$) and cardiac conditions had a significant association ($P=0.044$ -Fisher), as well as insomnia ($p=0.00011$).

Conclusions: Sleep disorders are prevalent and should be part of the evaluation of all dialysis patients.

Biography

Christine Zomer Dal Molin has completed her Master's degree in Health Sciences at the age of 31 years from University of Southern Santa Catarina, Tubarão, Santa Catarina, Brazil. She is a Nephrologist at Clínica de Nefrologia Ltda Araranguá, Santa Catarina; Nephrologist at Hospital Regional Affonso Guizzo Araranguá; Nephrologist at Clínica Marconato, Tubarão; Hospitalist at Hospital Socimed, Tubarão. Recently, was approved to become an associate professor at Universidade Federal de Santa Catarina, campus Araranguá, she will be teaching for Medical Students. She is applying for PhD in Health Sciences.

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