

BOB ICB and Frimley ICB Priorities Committee Clinical Commissioning Policy Statement

Policy Name/ Number	BOBFPC94 Primary Restless Legs Syndrome (RLS) (Willis-Ekbom Disease)
Date of BOB ICB Adoption	February 2024

The Buckinghamshire, Oxfordshire, and Berkshire West ICB and Frimley ICB Priorities Committee has considered the evidence of clinical and cost effectiveness of the management of primary restless legs syndrome (RLS).

A referral for specialist opinion will be funded for severe symptoms of RLS ie patients with a score of more than 21 on the International Restless Legs Syndrome Rating Scale (IRLSRS)¹ if the following criteria are met:

- Ferritin levels have been checked and management commenced if appropriate.
- AND
- At least one dopamine agonist has been tried and symptoms have not responded to treatment. This may include pramipexole or ropinirole. Gabapentin has a different mode of action and is off label for RLS but may also be considered as per NICE Clinical Knowledge Summary (CKS)²

Referral for specialist opinion is recommended if diagnosis is uncertain.

¹ <https://www.rls-uk.org/diagnosis>

² <https://cks.nice.org.uk/restless-legs-syndrome>

NOTES:

- Potentially exceptional circumstances may be considered by a patient's ICB where there is evidence of significant health status impairment (e.g. inability to perform activities of daily living) and there is evidence that the intervention sought would improve the individual's health status.
- This policy was developed and recommended by Thames Valley Priorities Committee which was the predecessor of Buckinghamshire, Oxfordshire, and Berkshire West ICB and Frimley ICB Priorities Committee.
- This policy will be reviewed in the light of new evidence or new national guidance, e.g., from NICE.
- BOBFPC clinical policies can be viewed at [Clinical Commissioning Policy Statements & IFRs | BOB ICB](#)

Recommendation made by TVPC	July 2019
Date adopted and issued by OCCG	July 2008 August 2016 October 2019