

# National RLS Opioid Registry

## June 2024 Update

### Back to Basics: Medications and Dosages

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This update includes **4-year** information, which has been received for **all RLS Registry participants**.

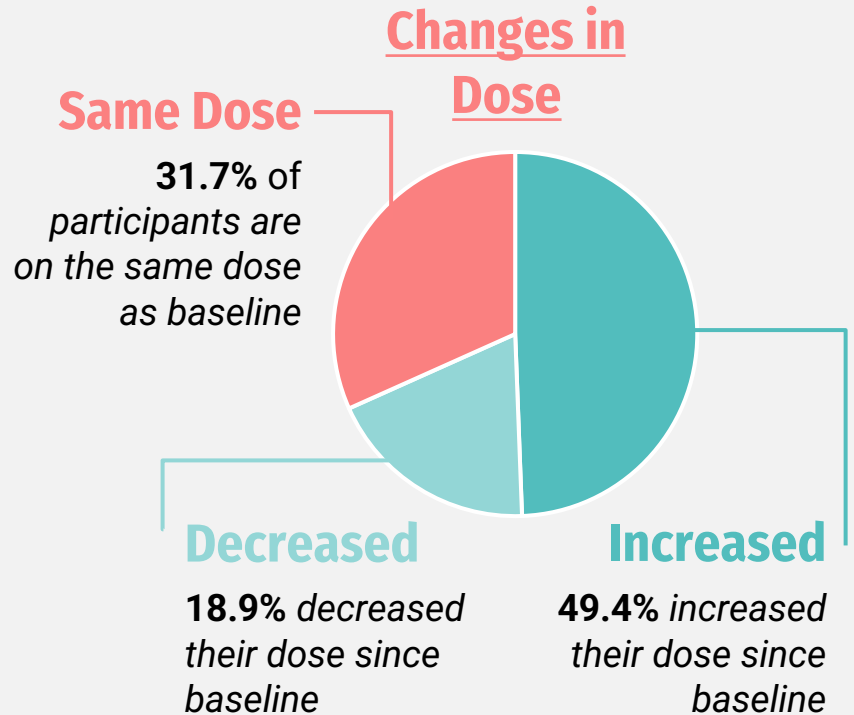
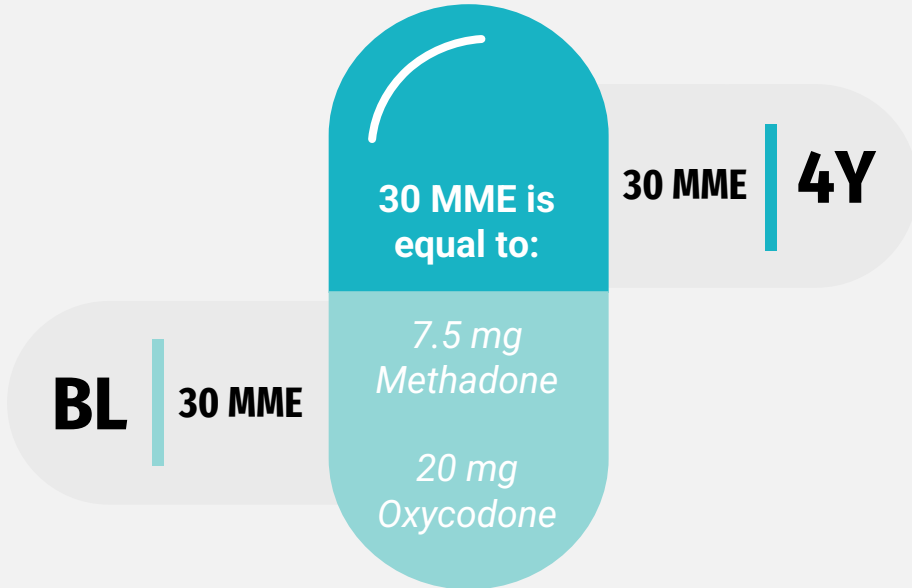


Collection of **5- and 6-year** information is **still in progress**.

# Baseline (BL) to 4-Year (4Y) Opioid Dose Changes

## Morphine mg Equivalent (MME) Dose

*Median dose has remained consistent from baseline to 4-years*



## Opium Types

Roughly the **same number** of people using **methadone** or **oxycodone** at baseline are still using those medications.

Since baseline, **6.6%** of participants have switched to **buprenorphine** as their RLS medication – **more than any other opioid**.



**Methadone**  
52.3 %



**Oxycodone**  
20.8 %



**Hydrocodone**  
10.2 %



**Buprenorphine**  
9.7 %



**Tramadol**  
6.2 %



**Morphine**  
5.2 %



**Codeine**  
2.4 %



**Hydromorphone**  
1.4 %

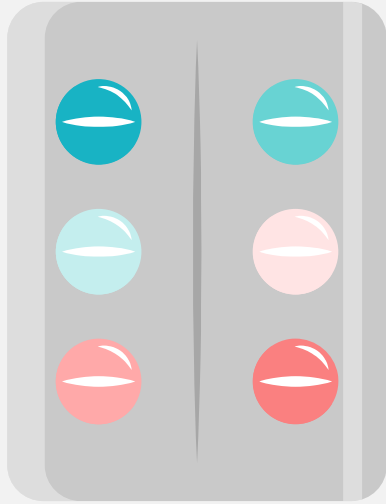


**Fentanyl**  
0.7 %



**Pentazocine**  
0.2 %

# Factors Associated with Large Dose Increases



**Switching Opioid Medications**

**Coexisting Pain Conditions**

**Less than 1 Year on Opioids at Baseline**

**Adding/Removing a Dopaminergic Medication**

**Significant Baseline Depression**

**Painful RLS at Baseline**

# RLS and Insomnia Severity Have Remained Stable

**Baseline RLS  
Severity**  
Moderate



**4-Year RLS  
Severity**  
Moderate

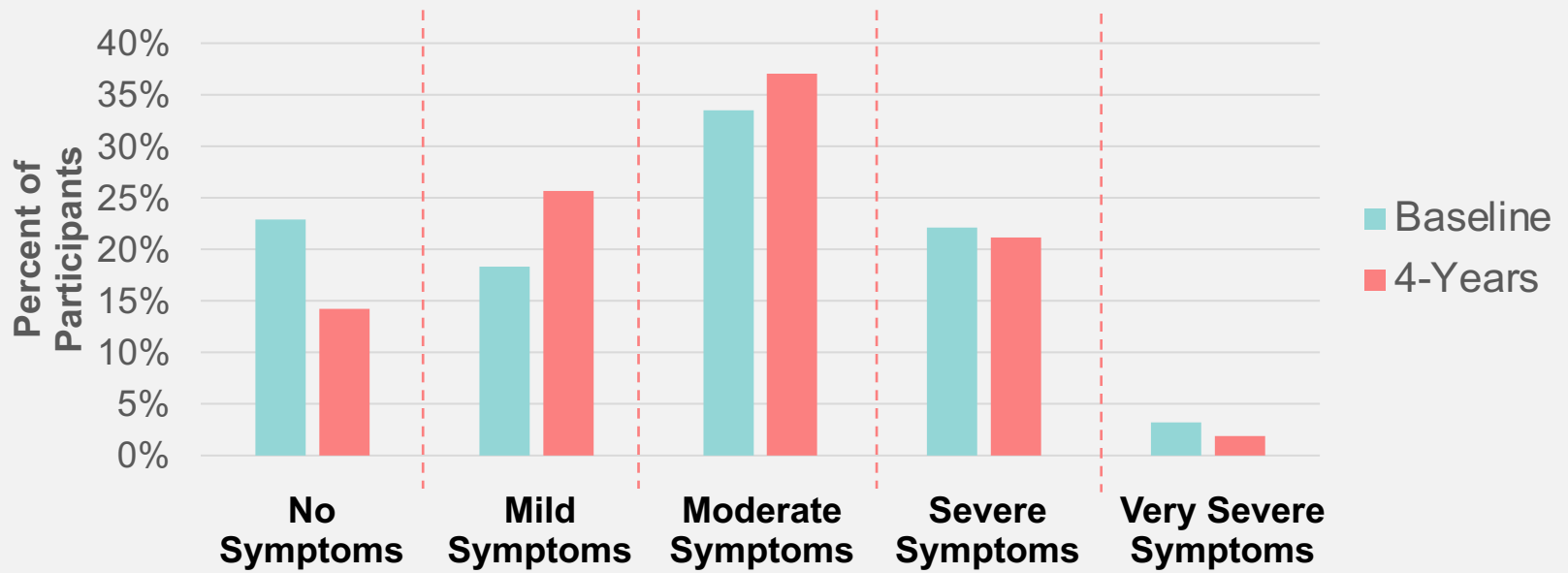


**Baseline Insomnia  
Severity**  
Sub-threshold



**4-Year Insomnia  
Severity**  
Sub-threshold





## Baseline to 4-year past-week RLS severity

The IRLS questionnaire assesses RLS symptom severity over the previous 7 days, while taking current medications. This graph displays the change in symptom severity over four years of opioid treatment. There has been very little change in symptom severity, with a small increase in mild-to-moderate symptoms.



# RLSCurbside.org



**RLS Curbside is a free, confidential, provider-to-provider forum.**

The site was developed **for RLS providers**, to optimize management of complicated RLS patients. We hope this tool will enable healthcare providers to confidently treat RLS with the most effective, evidence-based, personalized treatments for their patients.

**Recommend RLS Curbside to your RLS provider!**





# Thank you for your participation in the RLS Registry!

Baseline: 500

1-Yr: 471

2-Yrs: 457

3-Yrs: 441

4-Yrs: 425

5-Yrs: 365  
to-date

6-Yrs: 153  
to-date

10-Yrs

At 4-years, nearly all still-eligible participants enrolled at baseline (**93.8%**) continue participation. We hope to continue the Registry until 10-years!

We are excited to share that Dr. Winkelman presented 4-year Registry information at the recent National **SLEEP 2024** meeting in Houston, Texas!

*This study is not meant to be used as clinical guidance.*

Questions or comments? Please email [akilty@mgh.harvard.edu](mailto:akilty@mgh.harvard.edu) or call (617) 643-6026.