1. A patient complains of a crawling sensation and the need to move his legs just as he begins to go to sleep. His only relief is getting out of bed and walking. Which disorder is likely based on this symptom presentation?
   a. Restless legs syndrome
   b. A neurologic disorder
   c. A vascular syndrome
   d. A musculoskeletal symptom

2. Quick progression of severe symptoms can be classified as which type of RLS?
   a. Early onset
   b. Late onset
   c. Midlife onset
   d. Late life onset

3. RLS symptoms are more prevalent in women who are which of the following?
   a. Black
   b. White and nulliparous
   c. Asian with multiple births
   d. White and younger than 50

4. Which type of anemia may be a contributor to RLS?
   a. Vitamin deficiency anemia
   b. Hemolytic anemia
   c. Sickle cell anemia
   d. Iron deficiency anemia

5. Which of the following medications may aggravate symptoms of RLS?
   a. Reglan, gabapentin, diazepam
   b. Reglan, Abilify, Requip
   c. Reglan, Haldol, Benadryl
   d. Reglan, Xanax, Ativan

6. Non-pharmacologic treatments for RLS may include which of the following?
   a. Cold packs placed on the legs prior to sleep to promote muscle relaxation.
   b. Drinking one glass of wine prior to sleep to enhance sleep initiation.
   c. Performing gentle stretching exercises to lower extremities to promote relaxation.
   d. Eating prior to bedtime to promote satiety and feeling of sleepiness to decrease leg sensations.

7. A patient is diagnosed with RLS and ferritin level is 35 ng/mL. The patient should repeat ferritin testing in three to four months with the target goal being:
   a. 40 ng/mL
   b. 50 ng/mL
   c. 60 ng/mL
   d. 70 ng/mL

8. A patient diagnosed with RLS is taking clonazepam for relief. The patient asks how this medication works. Which one of the following would be the best response?
   a. This medication helps relieve anxiety and promote muscle relaxation, potentially reducing the sensations associated with RLS.
   b. This medication helps activate dopamine receptors, signaling pathways to help control symptoms of RLS.
   c. I’m not sure how this medication directly affects RLS, but it will make you sleepy.
   d. This medication blocks opioid receptors, thus blocking the perception of pain associated with RLS.

9. A pregnant patient complains of RLS symptoms and states that the non-pharmacologic treatments have not provided relief. What category of medications could be used in this situation?
   a. Antidepressants
   b. Opioids
   c. Dopamine agents
   d. No medications can be used during pregnancy

10. A patient diagnosed with alcoholism and documented weight loss of more than 60 pounds complains of RLS symptoms. To which of the following therapies will this patient most likely respond?
    a. Heat applied to lower extremities due to loss of fat.
    b. Use of disulfiram to block the effects of alcohol.
    c. Iron replacement therapy along with magnesium.
    d. Antidepressant therapy since alcoholics are often depressed.

**Evaluation**

1. I can identify symptoms of RLS.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can discuss common causes of RLS.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can compare different evidence-based practice treatments for RLS.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

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**Restless Legs Syndrome**

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1. A
   a. B
   b. C
   c. D
   d. E

2. A
   a. B
   b. C
   c. D
   d. E

3. A
   a. B
   b. C
   c. D
   d. E

4. A
   a. B
   b. C
   c. D
   d. E

5. A
   a. B
   b. C
   c. D
   d. E

**Before October 7, 2015, print this page, complete the multiple choice questions by circling the correct answer and mail or fax to: ADVANCE for Nurses, Learning Scope, 2900 Horizon Dr., King of Prussia, PA 19406; 610-278-1426.**

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