THE PREVALENCE OF NON MOTOR SYMPTOMS AND RESTLESS LEGS SYNDROME IN PARKINSON'S DISEASE: CORRELATION WITH QUALITY OF LIFE

K.A. Abdul Manaf¹, W.N.N. Wan Yahya¹, H.J. Tan¹, R. Azman Ali¹, H. Othman², S. Azhar³, N. Mohamed Ibrahim¹

¹Medicine, ²Pathology, ³Community Health, Universiti Kebangsaan Malaysia, Kuala Lumpur, Malaysia

Introduction: The non motor symptoms (NMS) are important determinants of health, quality of life (QoL) and societal cost in Parkinson’s disease (PD). It occurs early and may even predate the diagnosis of PD. NMS are not well recognized in clinical practice despite their impact and some of these patients were more likely to be misdiagnosed initially leading to inappropriate medical interventions.

Aims: This study was conducted to determine the prevalence of NMS and restless legs syndrome (RLS) in PD and their impact on QoL.

Methods: This was a cross-sectional study involving patients with idiopathic PD. Prevalence of NMS was determined using NMS questionnaires. The QoL and severity of NMS were assessed with PDQ-39 questionnaires and NMS Assessment Scale respectively. Patient who met the criteria of International RLSSG criteria for diagnosis of RLS was identified.

Results: A total of 113 patients consisting of 60 males and 53 females were recruited. The mean age was 64.8 ± 9.0 years. The median duration of illness was 5.0 (2.0-8.0) years. 97.3% of patients reported the presence of NMS. The most common symptoms were gastrointestinal symptoms (76.1%), followed by neuropsychiatric symptoms (72.6%), autonomic dysfunction (64.6%) and sleep disorders (58.4%). Eleven patients (9.7%) had RLS. Patients with PD/RLS had younger age of PD onset ($p=0.023$) and lower serum ferritin levels ($p=0.616$). NMS affected the QoL significantly in all dimensions of PDQ-39. Each dimension of PDQ-39 (mobility, activities of daily living, emotional well being, stigma, cognitions, communication and bodily discomfort) correlated strongly with the severity of NMS.

Conclusions: NMS was highly prevalent in our patients with PD. The presence and severity of NMS adversely affected the QoL of our patients.