

## CV Prof. Dr. med. Christoph Heesen



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|-----------------------------|--|---|
| <b>Date of birth:</b>       | 10.3.1965 in Mainz, Germany  |   |
| <b>Present position:</b>    | Head MS Outpatient Unit and Day Hospital since 1995<br>Deputy Head inims since 2006                                |   |
| <b>Address:</b>             | University Medical Center<br>Multiple Sclerosis Day Hospital, Building W34<br>Martinistrasse 51<br>D-20246 Hamaurg |   |
| <b>Medical studies</b>      | 1985-1987<br>1987-1993<br>1993   | University of Marburg<br>Kiel<br>London   |
| <b>Thesis</b>               | 1993   | Medizinische Hochschule, Lübeck<br><b>"Soluble Interleukine-2 Receptors and Cytokines (IL-6 and TNF) as Activity markers in Wegener's Granulomatosis"</b> |
| <b>Approbation</b>          | 1994   |   |
| <b>Medical assistant</b>    | 1993-1994<br>1994-2004   | Dep. of Neurology at the<br>Zentralkrankenhaus Bremen Ost<br>Dep. of Neurology, UMC Hamburg Eppendorf   |
| <b>Neurologist</b>          | 2002   |   |
| <b>Senior attending</b>     | 2004-2006  | Dep. of Neurology, UMC Hamburg Eppendorf  |
| <b>Habilitation</b>         | 2004   | University Medical Center Hamburg-Eppendorf:<br><b>"Stress regulatory systems in MS"</b>  |
| <b>Foundation of INIMS</b>  | 2006   | Move to the "Institute of Neuroimmunology and Clinical MS-Research, UMC Hamburg   |
| <b>Deputy head INIMS</b>    | 2006-2014  |   |
| <b>Head MS day Hospital</b> | since 2014   | in the new INIMS (Institute of Neuroimmunology and MS)  |
| <b>Appl. Professor</b>      | 2009   |   |
|                             |  | since 2015 Member of Hamburg Ethics committee   |
| <b>Honours:</b>             | 2004<br>2012   | Stiftung Lebensnerv for the habilitation<br>Fürst Donnersmarck Stiftung for the EBSIMS trial  |

**Summary of teaching and research experience:**

Research activities were started in the field of Psychoneuroimmunology of MS (studies on cognitive stress and immune function in MS, studies on immune-endocrine and disability effects of an exercise program) in cooperation with the Dept. of Med. Psychology (H. Schulz and S.M. Gold) sponsored by the Hertie-Foundation. Recently with S.M. Gold back in Hamburg, the focus is on mechanisms of depression but aiming to unravel the biologic basis of neuropsychiatric symptoms in MS.

Since 2001, there has been a close cooperation with the Unit of Health Sciences and Education. Together with I. Mühlhauser in 2001 C. Heesen started in the area of "Informed shared decision making" and "evidence-based patient information" in MS. The project extensively studied the theoretical and methodological problems of decision making and participation in MS. Several new instruments were developed and studies on risk perception, information interest, knowledge, decisional role preferences in MS have been performed (see Heesen 2012, Heesen 2011, Heesen 2010a, b and 2005 for review). Evidence-based patient information modules have been developed on relapse management and immune therapy as well as a program for recently diagnosed pwMS covering diagnosis, prognosis and early treatment. In parallel, effects of different kinds of data presentation are under study. Four RCTs on different drug treatment education approaches were performed between 2005-2012 showing that education about complex medical facts is appreciated and may lead to altered health behavior. In addition the work on risk perception, tolerance and communication has been expanded through collaboration with W. Gaissmaier from the Harding Center of Risk Literacy in Berlin (Head: G. Gigerenzer) as well as the SLC (Head: M. Daumer) with collaboration in studies on individualized risk counseling. A large observational and educational project with Biogen-Idec has recently been started to study risk stratification in natalizumab treated pwMS. Within the AutoMS project ([www.automsproject.org](http://www.automsproject.org)) C. Heesen and A. Solari from Milan work on establishing tools to assess autonomy preferences, risk knowledge in RRMS as well as monitoring tools for decision making processes on a European base. Strong input here comes from J. Kasper and S. Köpke.

With the move of the outpatient neurological rehab center Hamburg to the university ground next to the MS center, the interaction is enhanced and piloting as well as conduct of education studies much easier. We recently started education programs on fatigue and a metacognitive training for cognitive disturbances in MS. Also modules of educational programs developed earlier by C. Heesen's group have been taken up by the rehab center.

In 2010 C. Heesen and A. Solari (Milano) established the Special interest group (SIG) "Patient education" in the European Network of MS rehabilitation centers "Rehabilitation in MS" RIMS).

In 2012 C. Heesen organized the 17th annual RIMS conference in Hamburg with a major focus on shared-decision-making. With 270 participants and 106 abstracts, it was one of the largest RIMS conferences so far.

**Membership of medical societies:**

Deutsche Gesellschaft für Neurologie  
Rehabilitation in MS (RIMS), Executive board since 2011

**Clinical Multicenter Trials where I was involved in: 18****IIT PI in clinical monocenter trials**

HAGIL (Modafinil in MS-Fatigue) 2003-2007

EBSIMS (Steroid therapy education programme) 2003-2006

ISDIMS (Evidence-based patient information on immunotherapy in MS) 2004-2006

**IIT PI in clinical multicenter trials**

PEPADIP (patient education on diagnosis, prognosis and early treatment in MS) 2009-2011

PEPIMS (patient education programme on immunotherapy in MS) 2010-2011

SABA (safety, tolerability and mechanism of action of boswellic acids in MS) 2010-2015

RESCON (Relapse escalation treatment in optic neuritis) since 2013

DECIMS (Decision coaching on MS immunotherapy) since 2014

**Last GCP Training: 2012**

## 6 best papers:

Köpke S, Kern S, Ziemssen T, Berghoff M, Kleiter I, Marziniak M, Paul F, Vettorazzi E, Pöttgen J, Fischer K, Kasper J, Heesen C. Evidence-based patient information programme in early multiple sclerosis: a randomised controlled trial. *J Neurol Neurosurg Psychiatry*. 2014 Apr;85(4):411-8.

Briken S, Gold S, Patra S, Vettorazzi E, Harbs D, Tallner A, Ketels G, Schulz K, Heesen C. Effects of exercise on fitness and cognition in progressive MS: a randomized, controlled pilot trial. *Mult Scler*. 2013 Oct 24. [Epub ahead of print] PMID: 24158978.

Spitzer C, Bouchain M, Winkler LY, Wingenfeld K, Gold SM, Grabe HJ, Barnow S, Otte C, Heesen C. Childhood trauma in multiple sclerosis: a case-control study. *Psychosom Med*. 2012 Apr;74(3):312-8. Epub 2012 Mar 9.

Heesen C, Kleiter I, Nguyen F, Schäffler N, Kasper J, Köpke S, Gaissmaier W (2010) Risk perception in natalizumab-treated multiple sclerosis patients and their neurologists. *Mult Scler* 16(12):1507-12.

Heesen C, Schäffler N, Kasper J, Mühlhauser I, Köpke S (2009) Suspected multiple sclerosis – what to do? Evaluation of a patient information leaflet *Mult. Scler*. Sep;15(9):1103-12.

Köpke S, Kasper J, Nübling M, Mühlhauser I, Heesen C (2009) Patient education programme to enhance decision autonomy in multiple sclerosis relapse management: randomised controlled trial *Mult. Scler*. Jan;15(1):96-104.



Hamburg, 15.4.15