

## SUMMARY OF CURRICULUM VITAE.

### ***Personal information***

Raymond Theodorus Catherina Maria Koopmans

born: 23-12-1957

Private address: Hatertseweg 13, 6581 KD, Malden

Married and three children

### ***Education and employments***

- 1964 - 1970: primary school: St. Josefschool, Tegelen (L)
- 1970 - 1977: high school: gymnasium β, St. Thomacollege, Venlo
- 1977 - 1985: medical school: Radboud University Nijmegen.
- 31-8-1985: graduation as MD
- 2-9-1985 to 13-4-1987: nursing home physician in "Margriet" nursing home, Nijmegen.
- from 13-4-1987 till now: elderly care physician in the 'Waalboog' foundation, Nijmegen
- 1-6-1990 to 1-12-1993: PhD thesis.
- 18-4-1994: Academic promotion at the Radboud University Nijmegen. Thesis entitled: life, illnesses en death of nursing home patients with dementia: a study of comorbidity, functional status and mortality. Supervisor: Prof. dr. C. van Weel, co-supervisors: Prof. dr. P.G.A.M. Froeling and Prof. dr. Y.A. Hekster.
- 1-1-1995 – 1-1-2009: Employed at the Department of Nursing Home Medicine of the Radboud University Nijmegen, Medical Centre :
- \* January 1995 - March 1998: educational coordinator of the specialist training program for nursing home physicians
  - \* March 1998 – June 2000: head of the specialist training program for nursing home physicians
  - \* June 2000 – June 2003: research coordinator
  - \* June 2003- March 2005: Head of the Department of Nursing Home Medicine
  - \* March 2005: chair in Nursing Home Medicine
- March 1995 - Jan 1996
- Sep 1996 – July 1998: Medical manager in 'Joachim en Anna' nursing home
- Jan 2009 – May 2009: Head of the unit education and member of the management team of the Department of Primary and Community Care

May 2009 – now

Member of the management team of the research unit

Sep 2012 – now:

Themeleader of research theme: chronic diseases and elderly care

### ***Supervisor of PhD students***

Currently I am supervisor of 20 PhD students (elderly care physicians, psychologists, nurse, general practitioner) on various subjects like early and late onset dementia, especially neuropsychiatric symptoms, psychotropic drug use, mental health (depression, apathy and patients with somatic and psychiatric problems), organization of care for frail elderly living in the community, palliative care (palliative sedation, polypharmacy), geriatric rehabilitation, professional development, patient safety.

### ***Academic Network***

I am the chair of an academic network of 13 large care-organizations in the south of the Netherlands (see: [www.ukonnetwerk.nl](http://www.ukonnetwerk.nl); in Dutch).

### ***Publications 2011- now***

- Helmich E, Bolhuis S, **Koopmans R**. Medical student and depression. *JAMA* 2011; 305; 38-9.
- Leontjevas R, Gerritsen DL, Vernooij-Dassen MJ, Teerenstra S, Smalbrugge M, **Koopmans RT**. Nijmegen Observer-Rated Depression scale for detection of depression in nursing home residents. *Int J Geriatr Psychiatry*. 2011 Dec 2. doi: 10.1002/gps.2819. [Epub ahead of print] PubMed PMID: 22134989.
- Leontjevas R, Gerritsen DL, Vernooij-Dassen MJ, Smalbrugge M, **Koopmans RT**. Comparative Validation of Proxy-Based Montgomery-Åsberg Depression Rating Scale and Cornell Scale for Depression in Dementia in Nursing Home Residents With Dementia. *Am J Geriatr Psychiatry*. 2011 Oct 10. [Epub ahead of print] PubMed PMID: 21989316.
- Eijk MS, van der Linde H, Buijck BI, Zuidema SU, Koopmans RT. Geriatric rehabilitation of lower limb amputees: a multicenter study. *Disabil Rehabil*. 2011 Sep 29. [Epub ahead of print] PubMed PMID: 21958418.
- Buijck BI, Zuidema SU, Spruit-van Eijk M, Geurts AC, **Koopmans RT**. Neuropsychiatric symptoms in geriatric patients admitted to skilled nursing facilities in nursing homes for rehabilitation after stroke: a longitudinal multicenter study. *Int J Geriatr Psychiatry*. 2011 Sep 19. doi: 10.1002/gps.2781. [Epub ahead of print] PubMed PMID: 21932248.
- Wetzels RB, Zuidema SU, de Jonghe JF, Verhey FR, **Koopmans RT**. Response to Volicer's Letter to the Editor. *Am J Geriatr Psychiatry*. 2011 Dec;19(12):1046-1047. PubMed PMID: 21878806.

- Zuidema SU, de Jonghe JF, Verhey FR, **Koopmans** RT. Psychotropic drug prescription in nursing home patients with dementia: influence of environmental correlates and staff distress on physicians' prescription behavior. *Int Psychogeriatr.* 2011 Dec;23(10):1632-9. Epub 2011 Aug 4. PubMed PMID: 21813036.
- Leontjevas R, Evers-Stephan A, Smalbrugge M, Pot AM, Thewissen V, Gerritsen DL, **Koopmans** RT. A Comparative Validation of the Abbreviated Apathy Evaluation Scale (AES-10) With the Neuropsychiatric Inventory Apathy Subscale Against Diagnostic Criteria of Apathy. *J Am Med Dir Assoc.* 2011 Jul 15. [Epub ahead of print] PubMed PMID: 21764646.
- van Vliet D, de Vugt ME, Bakker C, **Koopmans** RT, Pijnenburg YA, Vernooij-Dassen MJ, Verhey FR. Caregivers' perspectives on the pre-diagnostic period in early onset dementia: a long and winding road. *Int Psychogeriatr.* 2011 Jul 1:1-12. [Epub ahead of print] PubMed PMID: 21729410.
- Wetzels RB, Zuidema SU, de Jonghe JF, Verhey FR, **Koopmans** RT. Prescribing pattern of psychotropic drugs in nursing home residents with dementia. *Int Psychogeriatr.* 2011 Oct;23(8):1249-59. Epub 2011 Jun 20. PubMed PMID: 21682938.
- Gerritsen DL, Smalbrugge M, Teerenstra S, Leontjevas R, Adang EM, Vernooij-Dassen MJ, Derksen E, **Koopmans** RT. Act In case of Depression: the evaluation of a care program to improve the detection and treatment of depression in nursing homes. Study Protocol. *BMC Psychiatry.* 2011 May 20;11:91. PubMed PMID: 21599894; PubMed Central PMCID: PMC3123630.
- van Gaal BG, Schoonhoven L, Mintjes JA, Borm GF, **Koopmans** RT, van Achterberg T. The SAFE or SORRY? programme. part II: effect on preventive care. *Int J Nurs Stud.* 2011 Sep;48(9):1049-57. doi: 10.1016/j.ijnurstu.2011.02.018. Epub 2011 Mar 26. PubMed PMID: 21440891.
- Eikelenboom-Boskamp A, Cox-Claessens JH, Boom-Poels PG, Drabbe MI, **Koopmans** RT, Voss A. Three-year prevalence of healthcare-associated infections in Dutch nursing homes. *J Hosp Infect.* 2011 May;78(1):59-62. PubMed PMID: 21435737.
- van Gaal BG, Schoonhoven L, Mintjes JA, Borm GF, Hulscher ME, Defloor T, Habets H, Voss A, Vloet LC, **Koopmans** RT, van SU, **Koopmans** RT, Bosmans JE, van Tulder MW, Eefsting JA, Gerritsen DL, Pot AM. Grip on challenging behaviour: a multidisciplinary care programme for managing behavioural problems in nursing home residents with dementia. Study protocol. *BMC Health Serv Res.* 2011 Feb 21;11:41. PubMed PMID: 21338502; PubMed Central PMCID: PMC3051882.
- Hobbelen JS, Tan FE, Verhey FR, **Koopmans** RT, de Bie RA. Prevalence, incidence and risk factors of paratonia in patients with dementia: a one-year follow-up study. *Int Psychogeriatr.* 2011 Sep;23(7):1051-60. Epub 2011 Jan 27. PubMed PMID: 21269542.

- Zuidema SU, Buursema AL, Gerritsen MG, Oosterwal KC, Smits MM, **Koopmans RT**, de Jonghe JF. Assessing neuropsychiatric symptoms in nursing home patients with dementia: reliability and Reliable Change Index of the Neuropsychiatric Inventory and the Cohen-Mansfield Agitation Inventory. *Int J Geriatr Psychiatry*. 2011 Feb;26(2):127-34. doi: 10.1002/gps.2499. PubMed PMID: 20690131.
- Helmich E, Bolhuis S, **Koopmans R**. Medical Students and depression. Letter to the editor *JAMA* 2011; 305: 38-9
- Helmich E, Bolhuis S, Prins J, Laan R, **Koopmans R**. Emotional learning of undergraduate medical students in an early nursing attachment in a hospital or nursing home. *Med Teach*. 2011;33(11):e593-601. PubMed PMID: 22022912.
- Helmich E, Bolhuis S, Laan R, **Koopmans R**. Early clinical experience: do students learn what we expect? *Med Educ*. 2011 Jul;45(7):731-40. doi: 10.1111/j.1365-2923.2011.03932.x. PubMed PMID: 21649706.
- Nordennen van R, **Koopmans R**, Lavrijsen J, Vissers K. Medication management in the elderly population: in search of the right balance. Editorial. *Pain Practice* 2011, 11: 311-13
- van Vliet D, de Vugt ME, Köhler S, Aalten P, Bakker C, Pijnenburg YA, Vernooij-Dassen MJ, **Koopmans RT**, Verhey FR. Awareness and Its Association With Affective Symptoms in Young-onset and Late-onset Alzheimer Disease: A Prospective Study. *Alzheimer Dis Assoc Disord*. 2012 Sep 18.
- Spruit-van Eijk M, Zuidema SU, Buijck BI, **Koopmans RT**, Geurts AC. Determinants of rehabilitation outcome in geriatric patients admitted to skilled nursing facilities after stroke: a Dutch multi-centre cohort study. *Age Ageing*. 2012 Nov;41(6):746-52.
- van Vliet D, de Vugt ME, Bakker C, Pijnenburg YA, Vernooij-Dassen MJ, **Koopmans RT**, Verhey FR. Time to diagnosis in young-onset dementia as compared with late-onset dementia. *Psychol Med*. 2012 May 28:1-10.
- Leontjevas R, Gerritsen DL, **Koopmans RT**, Smalbrugge M, Vernooij-Dassen MJ. Process evaluation to explore internal and external validity of the "Act in Case of Depression" care program in nursing homes. *J Am Med Dir Assoc*. 2012 Jun;13(5)
- Buijck BI, van Eijk MS, Zuidema SU, Gerritsen DL, **Koopmans RT**, van der Linde H. Determinants of quality of life in older adults after lower limb amputation and rehabilitation in skilled nursing facilities. *J Am Geriatr Soc*. 2012 Apr;60(4):796-8.. Erratum in: *J Am Geriatr Soc*. 2012 Jun;60(6):1198.
- Bakker C, de Vugt ME, van Vliet D, Verhey FR, Pijnenburg YA, Vernooij-Dassen MJ, **Koopmans RT**. The Use of Formal and Informal Care in Early Onset Dementia: Results From the NeedYD Study. *Am J Geriatr Psychiatry*. 2012 Apr 4.

- Spruit-van Eijk M, Zuidema SU, Buijck BI, **Koopmans RT**, Geurts AC. To what extent can multimorbidity be viewed as a determinant of postural control in stroke patients? *Arch Phys Med Rehabil.* 2012 Jun;93(6):1021-6.
- van de Ven G, Draskovic I, Adang EM, Donders RA, Post A, Zuidema SU, **Koopmans RT**, Vernooij-Dassen MJ. Improving person-centred care in nursing homes through dementia-care mapping: design of a cluster-randomised controlled trial. *BMC Geriatr.* 2012 Jan 3;12:1.
- Hobbelen JH, Tan FE, Verhey FR, **Koopmans RT**, de Bie RA. Passive movement therapy in severe paratonia: a multicenter randomized clinical trial. *Int Psychogeriatr.* 2012 May;24(5):834-44. Epub 2011 Dec 20. PubMed PMID: 22185768.
- Leontjevas R, Gerritsen DL, Vernooij-Dassen MJ, Teerenstra S, Smalbrugge M, **Koopmans RT**. Nijmegen observer-rated depression scale for detection of depression in nursing home residents. *Int J Geriatr Psychiatry.* 2012 Oct;27(10):1036-44 doi: 10.1002/gps.2819. Epub 2011 Dec 2. PubMed PMID: 22134989.
- Leontjevas R, Gerritsen DL, Vernooij-Dassen MJ, Smalbrugge M, **Koopmans RT**. Comparative validation of proxy-based montgomery-åsberg depression rating scale and cornell scale for depression in dementia in nursing home residents with dementia. *Am J Geriatr Psychiatry.* 2012 Nov;20(11):985-93.
- Eijk MS, van der Linde H, Buijck BI, Zuidema SU, **Koopmans RT**. Geriatric rehabilitation of lower limb amputees: a multicenter study. *Disabil Rehabil.* 2012;34(2):145-50.
- Buijck BI, Zuidema SU, Spruit-van Eijk M, Geurts AC, **Koopmans RT**. Neuropsychiatric symptoms in geriatric patients admitted to skilled nursing facilities in nursing homes for rehabilitation after stroke: a longitudinal multicenter study. *Int J Geriatr Psychiatry.* 2012 Jul;27(7):734-41.
- Leontjevas R, Evers-Stephan A, Smalbrugge M, Pot AM, Thewissen V, Gerritsen DL, **Koopmans RT**. A comparative validation of the abbreviated Apathy Evaluation Scale (AES-10) with the Neuropsychiatric Inventory apathy subscale against diagnostic criteria of apathy. *J Am Med Dir Assoc.* 2012 Mar;13(3):308.
- Helmich E, Bolhuis S, Dornan T, Laan R, Koopmans R. Entering medical practice for the very first time: emotional talk, meaning and identity development. *Med Educ.* 2012 Nov;46(11):1074-86.
- Holmerová I, Koopmans R, Skela Savič B, Egervári A, Hermann B, Ruseckiene R, Tolson D. Advancing long term care: central European perspectives. *J Am Med Dir Assoc.* 2012 Sep;13(7):578-80.
- Helmich E, Bolhuis S, Laan R, Prins J, Koopmans R. Medical students' responses to their first clinical experiences. *Med Teach.* 2012;34(5):424-5.

- van Eijk MS, van der Linde H, Buijck B, Geurts A, Zuidema S, Koopmans R. Predicting prosthetic use in elderly patients after major lower limb amputation. *Prosthet Orthot Int*. 2012 Mar;36(1):45-52.
- Koopmans RT, Lavrijsen JC, Hoek F. Concrete Steps Toward Academic Medicine in Long Term Care. *J Am Med Dir Assoc*. 2013 Sep 7.
- Bakker C, de Vugt ME, van Vliet D, Verhey FR, Pijnenburg YA, Vernooij-Dassen MJ, Koopmans RT. The relationship between unmet care needs in young-onset dementia and the course of neuropsychiatric symptoms: a two-year follow-up study. *Int Psychogeriatr*. 2013 Sep 4:1-10. [Epub ahead of print]
- Leontjevas R, Teerenstra S, Smalbrugge M, Vernooij-Dassen MJ, Bohlmeijer ET, Gerritsen DL, Koopmans RT. More insight into the concept of apathy: a multidisciplinary depression management program has different effects on depressive symptoms and apathy in nursing homes. *Int Psychogeriatr*. 2013 Sep 2:1-12. [Epub ahead of print]
- Helmich E, Bolhuis S, Laan R, Dornan T, Koopmans R. Medical students' emotional development in early clinical experience: a model. *Adv Health Sci Educ Theory Pract*. 2013 Aug 15. [Epub ahead of print].
- Bakker C, de Vugt ME, van Vliet D, Verhey F, Pijnenburg YA, Vernooij-Dassen MJ, Koopmans RT. Unmet Needs and Health-Related Quality of Life in Young-Onset Dementia. *Am J Geriatr Psychiatry*. 2013 Jul 17. doi:pii: S1064-7481(13)
- van de Ven G, Draskovic I, Adang EM, Donders R, Zuidema SU, Koopmans RT, Vernooij-Dassen MJ. Effects of dementia-care mapping on residents and staff of care homes: a pragmatic cluster-randomised controlled trial. *PLoS One*. 2013 Jul 2;8(7):e67325.
- van der Steen JT, Radbruch L, Hertogh CM, de Boer ME, Hughes JC, Larkin P, Francke AL, Jünger S, Gove D, Firth P, Koopmans RT, Volicer L; on behalf of the European Association for Palliative Care (EAPC). White paper defining optimal palliative care in older people with dementia: A Delphi study and recommendations from the European Association for Palliative Care. *Palliat Med*. 2013 Jul 5. [Epub ahead of print]
- Vermeulen CJ, Buijck BI, van der Stegen JC, van Eijk MS, Koopmans RT, Hafsteinsdóttir TB. Time Use of Stroke Patients with Stroke Admitted for Rehabilitation in Skilled Nursing Facilities. *Rehabil Nurs*. 2013 May 29. doi: 10.1002/rmj.79. [Epub ahead of print].
- Leontjevas R, Gerritsen DL, Smalbrugge M, Teerenstra S, Vernooij-Dassen MJ, Koopmans RT. A structural multidisciplinary approach to depression management in nursing-home residents: a multicentre, stepped-wedge cluster-randomised trial. *Lancet*. 2013 Jun 29;381(9885):2255-64.

- Kohnen RF, Lavrijsen JC, Bor JH, Koopmans RT. The prevalence and characteristics of patients with classic locked-in syndrome in Dutch nursing homes. *J Neurol.* 2013 Jun;260(6):1527-34.
- Bakker C, de Vugt ME, van Vliet D, Verhey FR, Pijnenburg YA, Vernooij-Dassen MJ, Koopmans RT. The use of formal and informal care in early onset dementia: results from the NeedYD study. *Am J Geriatr Psychiatry.* 2013 Jan;21(1):37-45.
- Helmich E, Koopmans R. More about nursing homes and medical education. *Acad Med.* 2013 Jan;88(1):8.
- van den Brink AM, Gerritsen DL, Voshaar RC, Koopmans RT. Residents with mental-physical multimorbidity living in long-term care facilities: prevalence and characteristics. A systematic review. *Int Psychogeriatr.* 2013 Apr;25(4):531-48.
- Bakker C, de Vugt ME, van Vliet D, Verhey FR, Pijnenburg YA, Vernooij-Dassen MJ, Koopmans RT. Predictors of the time to institutionalization in young- versus late-onset dementia: results from the Needs in Young Onset Dementia (NeedYD) study. *J Am Med Dir Assoc.* 2013 Apr;14(4):248-53.
- van Vliet D, de Vugt ME, Köhler S, Aalten P, Bakker C, Pijnenburg YA, Vernooij-Dassen MJ, Koopmans RT, Verhey FR. Awareness and Its Association With Affective Symptoms in Young-onset and Late-onset Alzheimer Disease: A Prospective Study. *Alzheimer Dis Assoc Disord.* 2013 July-September;27(3):265-271.
- van de Ven-Vakhteva J, Bor H, Wetzels RB, Koopmans RT, Zuidema SU. The impact of antipsychotics and neuropsychiatric symptoms on the quality of life of people with dementia living in nursing homes. *Int J Geriatr Psychiatry.* 2013 May;28(5):530-8.
- van Vliet D, de Vugt ME, Bakker C, Pijnenburg YA, Vernooij-Dassen MJ, Koopmans RT, Verhey FR. Time to diagnosis in young-onset dementia as compared with late-onset dementia. *Psychol Med.* 2013 Feb;43(2):423-32.

#### *Chapters in books 2010-now*

- Book: Palliative care in daily practice. Red: BS wanrooij, A. de Graeff, **R Koopmans**, C. Leget, J. Prins, K. Vissers, H. Vreken en W Zuurmond:
  - Chapter 3: Case 11: A patient with a stroke and swallowing problems. N lensink, **R Koopmans**, J Bossers
  - Case 15: A patient with dementia that refuses to eat or to drink. H. Pasman, **R.Koopmans**
  - Chapter 5.3: Palliative care for people with dementia. **R.Koopmans**
- Book: Psychiatric problems in frail elderly. Red: Ton Bakker, Han Diesfeldt, Dick Sipsma:

- Chapter 9: psychiatric problems in nursing home patients.
- Book: Palliative care: guidelines for clinical practice. Red: A. de Graeff, JMP van Bommel, RHPD van Deijck, BRLC van den Eynden, RJA Krol, WH Oldenmenger EJ Vollaard
  - Chapter: guideline dementia. **R.Koopmans**
- Book: Services for people with dementia. Editors: Hugo de Waal en Kostas Lyketsos.
  - Chapter: services for people with young onset dementia.

### *Supervisor in PhD thesis*

- Co-supervisor thesis of dr. JMGA Schols entitled: in and from the nursing home. Maastricht, March 2000.
- Supervisor thesis of dr. JCM lavrijsen entitled: patients in a vegetative state: diagnosis, prevalence and long-term care in Dutch nursing homes. Nijmegen, July 2005.
- Supervisor of thesis of dr. SU Zuidema entitled: Neuropsychiatric symptoms in Dutch nursing home patiënts with dementia. Nijmegen, February 2008.
- Supervisor of thesis of dr. JS Hobbelen entitled: paratonia enlightened: definition, diagnosis, course, riskfactors and treatment. Maastricht, December 2010.
- Supervisor of thesis of dr. B van Gaal entitled: safe or sorry. Nijmegen, april 2011
- Supervisor of thesis dr. RW Wetzels: Neuropsychiatric symptoms in institutionalized residents with dementia: Course and interplay with cognition, quality of life and psychotropic drug use. Nijmegen, december 2011.
- Supervisor of thesis of dr. D. Van Vliet: Young onset dementia; characteristics and impact, Maastricht, september 2012.
- Supervisor of thesis of dr. R. Leontjevas: Act in case of depression. Validation and effectiveness of a multidisciplinary depression care program in nursing homes, Nijmegen, sep 2012.
- Supervisor of thesis of dr. E. Helmich: Becoming a doctor. The early emotional and professional development of medical students, Nijmegen, september 2012.
- Supervisor of thesis of dr. M. Spruit van Eijck: Determinants of outcome in Geriatric rehabilitation: the GramPs stuDy Nijmegen, november 2012.
- Supervisor of thesis of dr. C. Bakker: Young-onset dementia: care needs and service provision, Nijmegen April 2013.
- Supervisor of thesis of dr. B.I. Buijk: multidimensional challenges in geriatric rehabilitation: the GRAMPS-study, Nijmegen May 2013.