

# Relapse ESCalation treatment trial in Optic Neuritis (RESCON)

<b>Submission date</b> 06/10/2013	<b>Recruitment status</b> Stopped	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 06/08/2014	<b>Overall study status</b> Stopped	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 11/05/2021	<b>Condition category</b> Eye Diseases	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Plasma exchange (PE) is a procedure where the plasma of the blood is replaced by another component called plasma substitute. It has been used as an escalation treatment and after failure of high doses of steroids in the treatment of optic neuritis (inflammation of the optic nerve). However, until now only one study has evaluated PE for the treatment of MS relapses. The current experience in treating optic neuritis that does not respond to steroids with PE is limited. This study will be the first rigorous clinical study in severe optic neuritis that does not respond to steroids, and will provide evidence regarding the effectiveness of PE in optic neuritis.

### Who can participate?

Adult patients with optic neuritis that did not respond to steroid treatment and an overall duration of symptoms of less than 4 weeks.

### What does the study involve?

Patients will be randomly allocated to two different treatment options: five cycles of plasma exchange or methylprednisolone (a very high dosage of steroid) for five consecutive days.

### What are the possible benefits and risks of participating?

Both the treatment options in this study are established therapies so we do not expect to observe unpredictable risks or side effects. If patients in the steroid treatment arm do not respond well, we offer the rescue treatment with plasma exchange 8 weeks after the steroid treatment.

### Where is the study run from?

The study will be conducted in five centres in Germany (Hamburg, Heidelberg, Hannover, Berlin and Düsseldorf). The lead centre will be Hamburg.

### When is the study starting and how long is it expected to run for?

The study started in October 2013 and will last for about 2 years.

Who is funding the study?  
The Federal Ministry of Education and Research (Bundesministerium für Bildung und Forschung) (BMBF) (Germany).

Who is the main contact?  
Prof Christoph Heesen  
heesen@uke.de

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Prof Christoph Heesen

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## Additional identifiers

**EudraCT/CTIS number**  
2012-004807-10

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
inims-004

## Study information

**Scientific Title**  
Relapse ESCalation treatment trial in Optic Neuritis (RESCON): a multi-centre randomised controlled trial to study the effectiveness of plasma exchange (PE) as an escalation treatment strategy in steroid-unresponsive optic neuritis

**Acronym**  
RESCON

**Study objectives**

**Primary objectives:**

1. To gain further evidence for the efficacy of plasma exchange in steroid-unresponsive optic neuritis
2. To study new outcome tools for neuronal regeneration in the ON model via optical coherence tomography (OCT)

**Secondary objectives:**

1. To study MRI parameters in patients with steroid-unresponsive optic neuritis treated with plasma exchange (contrast-enhancement, T2-signal, edema and atrophy will be assessed as well as diffusion tensor imaging (DTI) at baseline, week 16 and 52)
2. To further study biomarkers for ON heterogeneity and neurodegeneration

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Ethics Committee of Hamburg, 17/07/2013

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Hospital

**Study type(s)**

Treatment

**Participant information sheet**

Not available in web format, please use the contact details below to request a patient information sheet

**Health condition(s) or problem(s) studied**

Steroid-unresponsive optic neuritis

**Interventions**

RCT in patients who suffer from severe optic neuritis without satisfying improvement after treatment with steroids.

Treatment arm 1: plasma exchange (PE)

PE will be performed every second day; altogether five exchanges are planned. Each procedure will last about 2-3 hours. After placing a central venous catheter in a jugular or subclavian vein the 1.5-fold plasma volume will be exchanged with the same volume of human albumin 5% or a combination of albumin and hemodilution by continuous-flow centrifugation using a cell separation device.

Treatment arm 2: ultrahigh-dose steroid treatment

Each day 2 g of methylprednisolone will be administered intravenously on five consecutive days.

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome measure**

Mean retina nerve fiber layer thickness in OCT at week 16 after treatment in comparison between groups

### **Secondary outcome measures**

1. Treatment failure at week 2
2. Visual acuity measured at inclusion, week 2, 4, 8, 16, 52 after treatment
3. Visual evoked potential latency measured at inclusion, week 2, 4, 8, 16, 52 after treatment
4. MRI parameters at week 1, 2, 4, 16, 52

### **Overall study start date**

10/10/2013

### **Completion date**

10/10/2015

### **Reason abandoned (if study stopped)**

Participant recruitment issue

## **Eligibility**

### **Key inclusion criteria**

1. Optic neuritis with visual acuity < 0.7 at least 7 days after steroid treatment (3-5 x 1 g)
2. Duration of symptoms from onset < 4 weeks
3. Male and female, age: 18-60 years
4. Expanded Disability Status Scale (EDSS): 1.0-6.5
5. Clinically isolated syndrome (CIS), relapsing-remitting multiple sclerosis (RR-MS) or secondary progressive multiple sclerosis (SP-MS)

### **Participant type(s)**

Patient

### **Age group**

Adult

### **Lower age limit**

18 Years

### **Upper age limit**

60 Years

**Sex**

Both

**Target number of participants**

40

**Total final enrolment**

9

**Key exclusion criteria**

1. Absence of evidence of inflammatory activity which is defined as a lack of inflammatory CSF signs (pleocytosis and/or OCBs) or a present MRI without at least two MS-typical lesions
  2. Bilateral optic neuritis
  3. Positive testing for aquaporin-4 antibodies
  4. Current treatment with natalizumab
  5. Patients with neuromyelitis optica
  6. Pregnancy
  7. Unwillingness or inability to comply with the requirements of this protocol including the presence of any condition (physical, mental, or social) that is likely to affect the patient returning for follow-up visits on schedule.
- Patients with cognitive impairments who are unable to provide written, informed consent prior to any testing under this protocol.

**Date of first enrolment**

10/10/2013

**Date of final enrolment**

10/10/2015

**Locations****Countries of recruitment**

Germany

**Study participating centre**

**Institute of Neuroimmunology and Clinical MS Research**

Hamburg

Germany

20246

**Sponsor information****Organisation**

University Medical Center Hamburg-Eppendorf (Universitätsklinikum Hamburg-Eppendorf)  
(Germany)

**Sponsor details**

c/o Prof. Dr. Dr. Uwe Koch-Gromus  
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**Sponsor type**

University/education

**ROR**

<https://ror.org/01zgy1s35>

**Funder(s)****Funder type**

Government

**Funder Name**

The Federal Ministry of Education and Research (Bundesministerium für Bildung und Forschung) (BMBF) (Germany)

**Results and Publications****Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date****Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration