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The Whiplash Trial

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## INTRODUCTION

50% of whiplash patients have not recovered at 3 months post injury. Many remain symptomatic for 12 months or more. This incurs ongoing healthcare consumption and cost.

## HYPOTHESIS

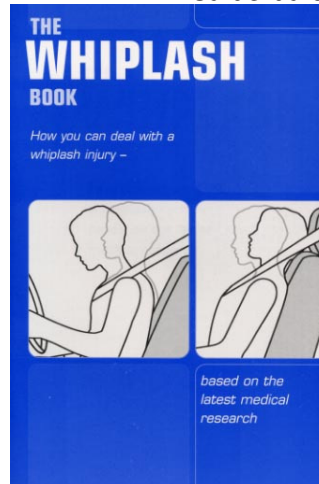
It is hypothesised that a higher proportion of participants who receive the experimental booklet will show a positive shift in beliefs and consider themselves recovered by 3-months

## PRIMARY OUTCOME

Follow-up booklet sent 2 weeks post A&E visit (WBQ, WDQ)  
Follow-up call/ text/ letter and third booklet sent at 3 months post injury  
Booklet 3: Self management status, WBQ, WDQ

# The Whiplash Trial

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## THE WHIPLASH BOOK

A more comprehensive alternative

Evidence-based

Shifts beliefs

Aims to change the whiplash culture

Can it reduce long-term problems?

## METHOD

254 subjects to be recruited  
Present at A&E with a suspected neck injury from a RTA will be given an information sheet  
Assessed by the Dr, given a booklet pack if they are suitable (Quebec grades 0-3)

### Pack contains:

Baseline information, VAS  
Whiplash beliefs questionnaire, Consent form  
Standard information card or the WB  
Follow-up booklet sent 2 weeks post A&E visit (WBQ, WDQ)  
Follow-up call/ text/ letter and third booklet sent at 3 months post injury  
Booklet 3: Self management status, WBQ, WDQ

## PRACTICAL CHALLENGES FOR RESEARCH

A & E environment busy  
Training of staff nurses and doctors  
Logistics  
Contact person- shift work  
Communication  
Nature of whiplash- 'compensation culture'?

## PROBLEM SOLVING

Local champions appointed within A&E departments (nursing and medical staff)  
Voucher scheme- £10 voucher sent to participants on completion of all three booklets- introduced to try and improve numbers.

## CURRENT RECRUITMENT LEVELS

Booklet 1	88
Booklet 2	47
Booklet 3	29

Improvement in returns since £10 voucher Introduced.

