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The Whiplash Trial

Original Citation

Chipperfield, Sarah and Burton, A. Kim (2009) The Whiplash Trial. In: University of Huddersfield Research Festival, 23rd March - 2nd April 2009, University of Huddersfield. (Unpublished)

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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

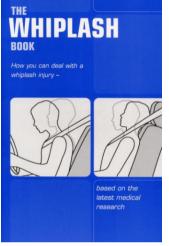
PRIMARY OUTCOME

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.

