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.

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

THE WHIPLASH BOOK
A more comprehensive alternative Evidence-based Shifts beliefs Aims to change the whiplash culture Can it reduce long-term problems?

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.