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The Whiplash Trial

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The WADed 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

Aim

- To compare a standard patient information card for whiplash with *The Whiplash Book*
The Whiplash Book

- A more comprehensive, evidence-based alternative information and advice booklet
- Shifts beliefs in a positive direction
- Manage problem and return to normal activity more quickly
- Patient evaluations showed it did shift beliefs
- Can it reduce long-term problems?

McClune T, Burton AK, and Waddell G. 2003
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 recruited from HRI and CRH
- Those who present at A&E with a suspected neck injury from a RTA are given an information sheet by the nurse
- Assessed by the Dr who then gives the person a booklet pack if they meet the criteria
Method

- Quebec grades 0-3
- Pack contains:
  - Baseline information
  - VAS
  - Whiplash Beliefs Questionnaire
  - Consent form
  - Standard information card or the Whiplash Book
Method

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

- **WBQ:**
  - What people think about whiplash
    - Rested?
    - Weakness?
    - Pain?
    - Stop you working?
    - Makes life worse?
    - Causes arthritis?

- **WDQ:**
  - Impact of Whiplash upon lifestyle
    - Pain
    - Personal care
    - Work
    - Driving
    - Sleep
    - Social/ sporting
    - Sadness/ depression
    - Anger/ anxiety/ concentration
Primary outcome

- Whether or not the subject has ceased treatment and feels confident to self-manage without further healthcare at 3 months
Ethics

- School Research Ethics Panel
- Central Office for Research Ethics Committees (COREC)
- Local Research Ethics Committee
- Honorary NHS Trust contracts needed
Current recruitment levels

- Booklet 1 given in A&E - 77 recruited

- Booklet 2: 52% return rate
  of which

- Booklet 3: 67.5% return rate
  (for those who have returned B2)

- From booklet one to booklet 3: 35% returned so far
Practical Difficulties of conducting an RCT in A&E

- 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 staff)

- Voucher scheme- £10 voucher sent to participants on completion of all three booklets
References


