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The Whiplash Trial

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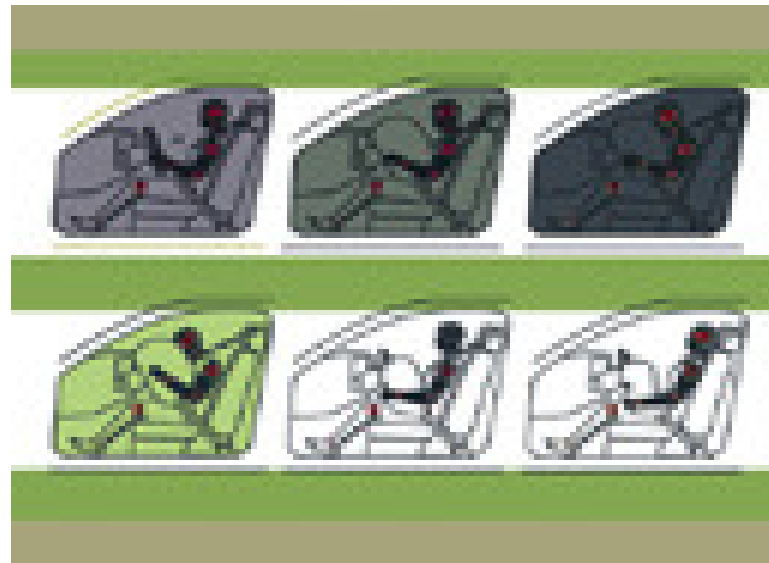
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# The WADed Trial

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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

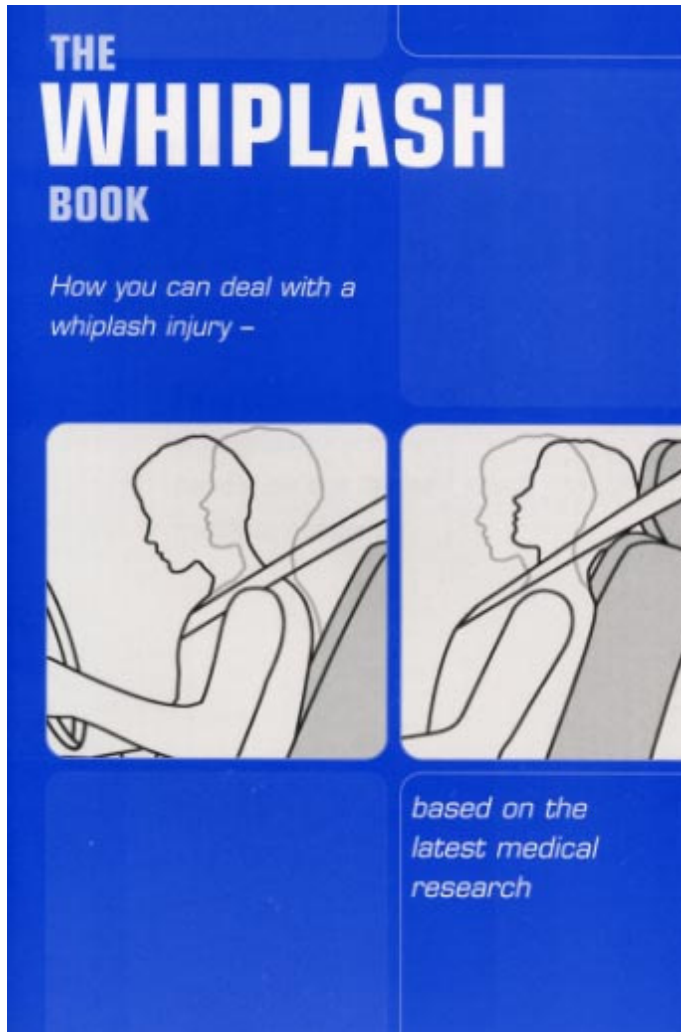
Gargan & Bannister 1994; Hammacher & van der Werken 1996; Mayou & Bryant 2001



## 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



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