

***Do you have whiplash?***

**The pregabalin for whiplash study**

**For further information, speak to your doctor about the study.**

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**Ethics approvals**

The project has been granted the following ethics approval:

Gold Coast University Hospital

HREC/16/QGC/296

**Who are we?**

The research team is part of a group of researchers from The University of Queensland, Gold Coast, The University of Queensland and Gold Coast University Hospital, Gold Coast. It is led by Professor Michele Sterling, University of Queensland.

This study is funded by the NHMRC Centre of Research Excellence in Recovery Following Road Traffic Injuries and Recover Injury Research Centre, University of Queensland.



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**ROAD TRAFFIC INJURIES**



Pregabalin is used to treat pain caused by [nerve damage](http://www.webmd.com/brain/nerve-pain-and-nerve-damage-symptoms-and-causes) due to [diabetes](http://www.webmd.com/diabetes/default.htm) or to [shingles](http://www.webmd.com/skin-problems-and-treatments/shingles/ss/slideshow-shingles-pictures) ([herpes zoster](http://www.webmd.com/skin-problems-and-treatments/shingles/default.htm)) infection. It may also be used to treat [nerve pain](http://www.webmd.com/pain-management/treating-nerve-pain-10/slideshow-neuropathy) caused by spinal cord injury. This medication is also used to treat pain in people with fibromyalgia.

We believe it may be useful to treat whiplash, but this has not been studied.

**What is pregabalin?**

We are undertaking a study to look at the effectiveness of pregabalin for preventing the development of chronic pain from whiplash injuries.

The study is a double blind, randomised, placebo-controlled trial comparing *pregabalin and advice* (intervention) to *placebo and advice* (control) for patients with acute whiplash injury. Intervention will commence as soon as possible within 12 hours of injury and continue for 5 weeks.

**The pregabalin for whiplash study**

**Whiplash** is a non-medical term describing a range of [injuries](https://en.wikipedia.org/wiki/Injury) to the [neck](https://en.wikipedia.org/wiki/Neck) caused by or related to a sudden distortion of the neck associated with [extension](https://en.wikipedia.org/wiki/Anatomical_terms_of_motion#Flexion_and_extension), although the exact injury mechanisms remain unknown.

Symptoms reported by sufferers include: pain and aching to the neck and back, [referred pain](https://en.wikipedia.org/wiki/Referred_pain) to the shoulders, sensory disturbance (such as [pins and needles](https://en.wikipedia.org/wiki/Parasthesia)) to the arms and legs and headaches.

**Whiplash**



Prior to entry into the study, the results of your baseline questionnaires will be reviewed to determine your eligibility to participate in the trial. If you fit the criteria, you will be given an envelope containing the trial medication to take home with you. The medication will be either active pregabalin or a dummy tablet – called placebo – that is inactive. All participants will be given a booklet containing general advice for people who have suffered a whiplash injury.

The trial doctor will call you every three days to see how you are and to adjust your dose. During the trial you will fill out a symptom diary in which you will also record other treatments and medication taken.

After 5 weeks you will stop the medication. Then there will be questionnaires to fill out at 5 weeks after starting the trial and at 3, 6 and 12 months later. If you are interested in taking part in the study, please let your doctor know.

**What would be involved?**

* Individuals with Grade II Whiplash Associated Disorder
* Within 48 hours of injury.
* Experiencing at least moderate pain.
* 18 – 65 years old

**Who is eligible to
take part in this study?**