

## NHMRC CRE in Recovery Following Road Traffic Injuries

### WHIPLASH 2019

### EXPANDING HORIZONS



Thursday 3<sup>rd</sup> October, 2019

ViewPoint, The University of Queensland

This symposium will focus on where we have come from and where we are going with the management of Whiplash Associated Disorders. Findings from the first four years of operation of the NHMRC Centre of Research Excellence in Recovery Following Road Traffic Injuries will be presented. Focused themes will include: system related factors, progress in clinical management and biopsychosocial underpinnings.

Time	Title	Speaker(s)
8:30 – 9:00	Registrations open	
9:00 - 9:15	Welcome & introduction	Professor Michele Sterling
9:15 – 9:45	Patient education: where are we heading?	A/Professor James McAuley (Neuroscience Research, University of NSW)
9:45 - 10:15	Prevention of chronic Whiplash Associated Disorders – a randomised controlled trial: results and conclusions from a new psychological approach	A/Professor Tonny Elmoose Andersen (University of Southern Denmark)
10:15 – 10:30	Questions	
10:30 – 11:00	Morning tea	
<b>Theme 1: The system</b>		
11:00 – 11:20	Claims in NSW CTP insurance scheme: propensity to claim and factors associated with higher propensity to claim	Dr Ha Nguyen
11:20 – 11:40	Lawyer use in road traffic injury compensation claims	Clare Scollay

<b>11:40 – 12:00</b>	Work absence and return to work pathways among those with transport-related injury	Professor Alex Collie
<b>12:00 – 12:20</b>	Moderated panel discussion	
<b>12:20 – 1:20</b>	Lunch	
<b>Theme 2: Improving health outcomes – are we getting any closer?</b>		
<b>1:20 – 1:50</b>	Post-traumatic stress in whiplash- associated disorders: why diagnostics are difficult in comorbid cases	Dr Sophie Ravn (University of Southern Denmark)
<b>1:50 – 2:10</b>	How does an integrated physiotherapist-delivered stress management intervention exert its effects? Identifying unique targets for acute whiplash treatment	Dr Rachel Elphinston
<b>2:10 – 2:30</b>	Clinical Pathways of Care – making them work in the real world	Dr Trudy Rebbeck
<b>2:30 - 2:50</b>	Very early treatment of WAD in the Emergency Department – lessons learnt from a preliminary RCT	Professor Michele Sterling
<b>2:50 – 3:10</b>	Moderated panel discussion	
<b>3:10 – 3:30</b>	Afternoon tea	
<b>Theme 3. Biopsychosocial underpinnings for chronic pain after whiplash injury</b>		
<b>3:30 – 3:50</b>	Brain neurochemicals in headache and pain conditions- understanding and discovering a new mechanism	Aimie Peek
<b>3:50 – 4:10</b>	Reassurance for people with WAD and neck pain – what do they want?	Viviana Silva
<b>4:10 – 4:30</b>	Spinal cord pathology is not a feature of chronic Whiplash Associated Disorder: a magnetic resonance spectroscopy study	Dr Scott Farrell
<b>4:30 – 4:50</b>	Evaluation of a novel intervention to improve physical activity for adults with Whiplash Associated Disorders: a multiple-baseline, single case experimental study	Dr Carrie Ritchie
<b>4:50 – 5:10</b>	Core Outcome Measures for WAD initiative – update on progress	Professor Michele Sterling
<b>5:10 – 5:30</b>	Moderated discussion & close	
<b>5:30</b>	Drinks and nibbles	