

 **RECOVER Injury Research Centre**

Level 7, UQ Oral Health Centre

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**About us**

Researchers at RECOVER Injury Research Centre (formerly CONROD), The University of Queensland, and Royal Brisbane Women’s Hospital, are running a clinical trial to test the effectiveness of paracetamol or naproxen or their combination to **prevent chronic pain following whiplash injury.** Our research team is directed by Prof Michele Sterling, who has world leading expertise running clinical trials for acute and chronic whiplash.

**Why are we doing the study?**

Whiplash, a common and potentially disabling condition, creates a huge burden and enormous costs to Australia. Up to 50% of those injured never fully recover and up to 30% live with moderate to severe disability. Improved outcomes are urgently needed. Clinical guidelines for medication recommend simple analgesia (paracetamol and non-steroidal anti-inflammatory drugs), but there have been no trials of guideline-recommended drugs for this condition. Paracetamol and naproxen are both medications which are commonly used for treating acute whiplash injury, but there is no evidence on which works best or if either or both prevent the development of chronic whiplash pain.

**Summary of the study**

We are conducting a series of N-of-1 trials, individualised randomised controlled trials where each participant serves as their own control. Because of the individualised design of N-of-1 trials, each participant will receive all treatments. The primary aim of this pilot study is to compare the effectiveness of:

1. Evidence­based advice (EBA): *Whiplash Injury Recovery: A Self-Help Guide (2nd edition)* *co-authored by Prof Michele Sterling*
2. Paracetamol and EBA
3. Naproxen and EBA
4. Both paracetamol, naproxen, and EBA

in reducing daily neck pain and to prevent chronic pain at 3 months following whiplash injury in 15 at-risk individuals. Intervention will commence as soon as possible but within 2 weeks of injury and continue for 12 weeks.

**What do you need to do?**

1. Inform patients with acute whiplash (less than two weeks since injury) about the study. If they are interested please give them a study pamphlet.
2. If they are willing for us to contact them to tell them more about the study, please ask patients to complete the Permission to Contact Form and send it to uqjnikle@uq.edu.au.

**What do patients need to do?**

Patients will need to:

1. Take the study medication as instructed
2. Complete questionnaires and symptom diaries for the duration of the study

**Participants are still able to continue receiving physiotherapy as needed.**

**Benefits to patients**

Patients will be given a booklet containing guideline-recommended exercises and advice on how to manage their pain that they can use throughout. This will complement your physiotherapy treatment. Owing to the individualised design of N-of-1 trials, each participant will receive all treatments. This will allow us to find out which treatment works best for the participant on an individual level. The participant’s doctor will receive a personalised medication report at the end of the trial, which can guide medication treatment recommendations.