

Improving physiotherapy and chiropractic management of Whiplash Associated Disorders (WAD): an evidence based approach to guideline implementation in South Australia

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Implementation workshop

- Good morning and welcome
- House-keeping
 - Questionnaires
 - Mobile phones
 - Toilets
 - Internet access
 - Tea and Lunch
 - Health: the Inside View

Acknowledgements

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National Health and Medical Research Council
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Motor Accident Commission



The Centre for Allied Health Evidence (CAHE)

Introduction to MAC Guidelines

What is a clinical guideline?

- Clinical practice guidelines are systematically developed statements to assist practitioners and patients make decisions about appropriate health care for one or more specific clinical circumstances.

Field & Lohr (1992)

What's in a name?

| | Clinical Guideline | Clinical Pathway | Practice Protocol |
|--------------------------|--|---|--|
| Focuses on | Specific clinical circumstances. | The quality and co-ordination of care. | Treatment. |
| What is it? | Systematically developed statements to assist practitioners and patient make decisions about appropriate health care. | Structured, multi-disciplinary plans of care. | A suggested course of treatment and/or treatment service for a specific diagnosis, functional deficit or problem area. |
| What does it do? | Makes specific recommendations on health care and links these to research evidence. | Supports the implementation of clinical guidelines and protocols. | Highlights major therapeutic intervention points. Identifies choices of difference courses or paths of treatment. Suggests other diagnosis that could be considered as treatment progresses. |
| How does it work? | Provides a summary and appraisal of the best available research evidence or expert consensus. Highlights the strength of the evidence underlying each recommendation. | Provides detailed guidance for each stage in the management of a patient. | Provides a logical flow of interventions. Provides detailed recommendations that build on those made in guidelines. |
| Who uses it? | Clinicians, patients and third parties. | A multidisciplinary clinical team. | Specific clinicians. |
| Also known as.... | Guidelines Clinical Practice Guidelines | Integrated Care Pathways Multidisciplinary Pathways of Care Pathways of Care Care Maps Collaborative Care Pathways. | Protocol Best Practice Treatment Protocol |
| What are its components? | 1) Appraisal of literature (research evidence or expert consensus). 2) Summary of recommendations. 3) An outline of how guideline should be implemented and how adherence monitored. | 1) Timeline 2) Categories of care/ intervention. 3) Intermediate and long term outcome criteria. 4) A variance record. | 1) List of major therapeutic interventions. 2) Goals: When interventions should be achieved. 3) Options for different choices of treatment. 4) Differential diagnoses and treatments based on the achievement of these goals. |

MAC WAD guideline

- 2007
 - TRACsa, under the auspicious of Best Practice Task Force, commissioned a consortium to develop clinical guidelines for the management of WAD
- 2008
 - These guidelines were endorsed by National Health and Medical Research Council (NHMRC)
 - TRACsa ceased to exist and its work incorporated into MAC

MAC WAD guidelines



➤ Clinical guidelines for best practice management of acute and chronic WADs

This guide is designed to assist health practitioners in day-to-day practice to provide optimal care to adults with a whiplash-associated disorder.



➤ A simple guide to whiplash for consumers

A two-page document providing patients with information on whiplash and detailing exercises and treatments that may help injury recovery.



➤ Management Pathway: Whiplash-associated disorders

This management tool is a guide intended to assist general practitioners and health professionals delivering primary care to adults with acute or chronic neck pain following a car crash.

Process of guideline development

| | | |
|--------------|--|--|
| Months 1-3 | <ul style="list-style-type: none"> ▪ Define remit of guideline ▪ Attend critical appraisal training ▪ Plan development process ▪ Share relevant knowledge and experience ▪ Identify key questions/terms for literature search (with advice from SIGN Information Officer) ▪ Discuss requirements of systematic literature review | <i>Prepare group and finalise remit: 3 months</i> |
| Months 1-10 | <ul style="list-style-type: none"> ▪ Review abstracts to select papers for detailed review ▪ Clarify criteria used to select or reject papers ▪ Detailed literature review, grading and synthesis of evidence (often undertaken in subgroups) | <i>Literature search and appraisal: 10 months</i> |
| Months 11-15 | <ul style="list-style-type: none"> ▪ Draft recommendations derived from evidence review ▪ Draft guideline prepared ▪ National open meeting held to present and discuss draft recommendation | <i>Draft guideline: 5 months</i> |
| Months 16-25 | <ul style="list-style-type: none"> ▪ Feedback from national meeting incorporated into draft guideline. Draft is edited by group with assistance from SIGN Executive ▪ Guideline sent for external peer review ▪ Feedback from external reviewers incorporated into draft guideline | <i>Post national meeting review; Peer review 10 months</i> |
| Months 26-28 | <ul style="list-style-type: none"> ▪ Review by SIGN Editorial Group ▪ Publication and dissemination | <i>Final editing</i> |

Quality of MAC WAD guidelines

- NHMRC endorsement
 - Stringent and rigorous process
 - An independent expert working with the guideline developers (Guidelines Assessment Register)
 - Endorsement for five year
- Guideline appraisal
 - Evaluated against 15 criteria
 - Scored 13 (date of completion and no review date)

Contact details

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