

Press release

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Basic information

Name: Majbritt Mostrup Pedersen

Email: majbrpde@rm.dk Phone: 78464310

Department of: Clinical Medicine

Main supervisor: Lisbeth Frostholm

Title of dissertation: Effectiveness of an educational video following whiplash

Date for defence: 27.09.2019 at (time of day): 14.00 Place: The Lakeside Theatres, Bartholin Allé 3, Aarhus University, build. 1252, room 310 (Jeppe Vontilius aud.).

Press release (Danish)

Effekten af en edukativ video efter akut whiplash traumet

Et nyt ph.d.-projekt fra Aarhus Universitet, Health, undersøger om målrettet patientundervisning på video kan bidrage til at reducere smerter og funktionsnedsættelse efter akutte whiplash traumer . Projektet er gennemført af Majbritt Mostrup Pedersen, der forsvare det d. 27. september 2019.

Whiplash traumer (piskesmæld) er hyppige i forbindelse med trafikuheld, og det er anslået, at der er 5000-6000 tilfælde årligt, som modtager akut hjælp på danske skadestuer. En stor andel af patienterne oplever kun forbigående problemer med nakken efter uheldet, men mellem 25 og 50% er generet af længerevarende smerter og funktionsnedsættelse. En manglende bedring indenfor 3 måneder efter uheldet er forbundet med øget risiko for langvarige gener, hvorfor det er væsentligt at undersøge forebyggende tiltag. Internationalt anbefales det at give grundig information om skaden tidligt i forløbet, og enkelte undersøgelser har fundet, at tidlig patientundervisning på video kan føre til færre smerter. Ingen studier har imidlertid undersøgt patientundervisning på video sammenlignet med en aktiv kontrolgruppe, og det er derfor uklart, om virkningen skyldes selve patientundervisningen eller måske er forårsaget af andre faktorer.

Dette Ph.d. projekt har undersøgt om en video med målrettet patientundervisning givet umiddelbart efter biluheldet er bedre til at reducere smerter og funktionsnedsættelse end en kontrol-video primært bestående af afspændingsøvelser. Studiet involverede 269 danske skadestuepatienter med akutte nakkesmerter efter biluheld. Undersøgelsen viste, at graden af smerter og funktionsnedsættelse målt 3 måneder efter uheldet lå på samme niveau uanset hvilken video deltagerne havde modtaget.

Undersøgelsen peger dermed på, at målrettet patientundervisning på video ikke er tilstrækkeligt til at forbedre forløbet for personer med nakkesmerter efter biluheld.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 27/09 kl. 14.00 i Søauditorierne, bygn. 1252/lokale 310 (Jeppe Vontilius aud.), Aarhus Universitet, Bartholin Allé 3, Aarhus C.

Titlen på projektet er "Effectiveness of an Educational Video Following Whiplash Trauma".

Yderligere oplysninger: Ph.d.-studerende Majbritt Mostrup Pedersen, e-mail: majbrpde@rm.dk, tlf. 78464310.

Bedømmelsesudvalg: Professor Jørgen Feldbæk Nielsen, Aarhus University, Professor Anne Söderlund, Mälardalen University, Sweden, Professor Steven Linton, Örebro University, Sweden.

Press release (English)

Effectiveness of an Educational Video Following Whiplash Trauma

A new PhD project from Aarhus University, Health, investigates whether patient education by video can aid recovery following acute whiplash traumas. The project was carried out by Majbritt Mostrup Pedersen, who is defending the dissertation on the 27th of September 2019.

Whiplash traumas due to motor vehicle collisions are common and an estimated 5000-6000 cases attend Danish emergency departments each year. While many patients only experience transient neck symptoms following the accident, an estimated 25-50% suffer persistent pain and disability. A lack of improvement in pain during the first 3 months after the accident is a risk factor for poor recovery, making it important to investigate preventive treatments. International recommendations for management of acute whiplash emphasize providing early patient education and previous studies have indicated that education by video may lead to reduced pain. No study has however examined the effect of video education in comparison to an active control group. It is thus not clear whether observed effects are in fact due to the educational content of the videos or may be caused by other factors.

This PhD study investigates if an educational video applied immediately after whiplash trauma is more effective in terms of reducing pain and disability than a control-video primarily consisting of relaxation exercises. The study involves 269 patients with acute neck pain following motor vehicle collisions recruited at Danish emergency departments. The study revealed equal levels of pain and disability at 3 months post-accident regardless of which video participants had received. The results indicate that patient education on video is not sufficient to provide marked improvements in recovery following whiplash trauma.

The defence is public and takes place on 27/09 at 14.00 in the Lakeside Theatres, building 1252, room 310, Aarhus University, Bartholin Allé 3, Aarhus C.

The title of the project is Effectiveness of an Educational Video Following Whiplash Trauma. For more information, please contact PhD student Majbritt Mostrup Pedersen, email: majbrpde@rm.dk, Phone +45 7846 4310.

Assessment committee: Professor Jørgen Feldbæk Nielsen, Aarhus University, Professor Anne Söderlund, Mälardalen University, Sweden, Professor Steven Linton, Örebro University, Sweden.

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