



*INTEGRATE: A feasibility trial of stratified Cognitive Functional Therapy for high risk neck and back injuries following road traffic crash.*

## Information for GP's

### What is this trial about?

This is a small clinical trial looking at how to help people with neck or back pain after a motor vehicle accident. We are funded by the Insurance Commission of WA to test an integrated model of care involving physiotherapy, psychology and GP care. We will randomly allocate 60 people to either usual care or our intervention. The treatment lasts for 6 months. Participation is funded by ICWA and is therefore free for patients. Our team includes Prof. Peter O'Sullivan and colleagues from Curtin University, Prof. Michele Sterling from University of Queensland, and Prof. Michael Nicholas from University of Sydney.

### Who is eligible?

You don't need to formally screen for all of these criteria, but we are looking for:

- Adults
- Neck or back pain from a recent motor vehicle accident (< 3 months ago)
- Not pregnant
- No serious pathology (i.e., spinal pain 'red flags' such as fracture, tumour, progressive neurological deficit)
- Likely to have psychosocial 'yellow flags' (e.g., Score > 50 on the Orebro Musculoskeletal Pain Screening Questionnaire short form)

### How would my patient participating in this trial affect me?

You would continue to care for your patient whether they participate in this trial or not. If one of your patients participated and was randomised to the control group, then you just keep treating them as you normally would. If your patient is in the intervention group, then you would continue treating them, but they would also see a physiotherapist, and possibly a psychologist, linked to the trial. These clinicians would contact you to align their care with yours. If your patient was already seeing a physiotherapist and/or psychologist, we would discuss with them if they would switch to our trial clinicians for the 6-month treatment period. The final decision would rest with your patient, in consultation with you as their primary care physician. Since this is a pragmatic feasibility trial, we are not constraining other forms of care, so you would continue to manage your patient as you see fit.

### How do I refer patients to the trial?

Either:

- Give them the attached flyer and they can contact us.
- Send them to our website and they can contact us: [www.integrateclinicaltrial.com](http://www.integrateclinicaltrial.com)
- Let them scan the QR above on their phone camera to bring up our website.
- Ask if they are happy for you to pass on their contact details to us, and we will contact them. with more information. You can send their details to Dr Rob Schütze (details below).

### Who do I ask for more information?

Dr Rob Schütze, Research Fellow / Clinical Psychologist, School of Allied Health, Curtin University ([integratetrial@curtin.edu.au](mailto:integratetrial@curtin.edu.au), ph: 9266 3176, fax: 6161 3819).

***Thank you very much for contributing to this research by alerting your patients to our trial!***