

## General practitioners' knowledge of whiplash guidelines improved with online education

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### Appendix S1: Baseline Knowledge questionnaire

#### Components of whiplash injury that indicate the need for cervical spine X-ray

include:

	True	False	Don't know
a) Inability to forward flex the neck beyond 45 degrees.	<input type="checkbox"/> ●	<input type="checkbox"/> ●	<input type="checkbox"/> ●
b) Paraesthesia in the extremities.	<input type="checkbox"/> ●	<input type="checkbox"/> ●	<input type="checkbox"/> ●
c) Age greater than or equal to 65 years.	<input type="checkbox"/> ●	<input type="checkbox"/> ●	<input type="checkbox"/> ●

People who are likely to have a poorer prognosis include:

	True	False	Don't know
a) People who have been involved in a motor vehicle accident where their vehicle has been hit from behind.	<input type="checkbox"/> ●	<input type="checkbox"/> ●	<input type="checkbox"/> ●
b) Pain is greater than 7 on a Visual Analogue Scale.	<input type="checkbox"/> ●	<input type="checkbox"/> ●	<input type="checkbox"/> ●
c) People with degenerative findings on X-ray.	<input type="checkbox"/> ●	<input type="checkbox"/> ●	<input type="checkbox"/> ●

Effective evidence-based treatments for whiplash disorder include:

	True	False	Don't know
a) Range of movement exercises	<input type="checkbox"/> <input checked="" type="radio"/>	<input type="checkbox"/> <input checked="" type="radio"/>	<input type="checkbox"/> <input checked="" type="radio"/>
b) Cervical pillows	<input type="checkbox"/> <input checked="" type="radio"/>	<input type="checkbox"/> <input checked="" type="radio"/>	<input type="checkbox"/> <input checked="" type="radio"/>
c) Manipulation	<input type="checkbox"/> <input checked="" type="radio"/>	<input type="checkbox"/> <input checked="" type="radio"/>	<input type="checkbox"/> <input checked="" type="radio"/>

Appendix S2:

How confident do you think that you are with the following situations?

Please click the button that best represents your level of confidence.

**a)** Knowing when to order an X-ray for a patient who has sustained a whiplash injury.

- Very confident
- Quite confident
- Moderately confident
- Not very confident
- Not at all confident
- Don't know

**b)** Knowing what signs and symptoms best predict recovery.

- Very confident
- Quite confident
- Moderately confident
- Not very confident
- Not at all confident
- Don't know

**c)** Knowing the evidence about effective treatments for whiplash.

- Very confident
- Quite confident
- Moderately confident
- Not very confident
- Not at all confident
- Don't know