

## ASLT – Assault, Sexual

### ASLT-AP ANATOMY AND PHYSIOLOGY

**OUTCOME:** The patient/family will understand anatomy and physiology as it relates to the assault.

**STANDARDS:**

1. Explain the normal anatomy and physiology of the injured area.
2. Discuss the changes to anatomy and physiology as a result of the assault.
3. Discuss the impact of these changes on the patient's health or well-being.

### ASLT-C COMPLICATIONS

**OUTCOME:** The patient/family will understand the complications that can result from sexual assault.

**STANDARDS:**

1. Discuss common complications which may include flashbacks, shock and disbelief, shame, self-blame, anger, isolation and loss of control. Explain the importance of adequate and early psychological follow up.
2. Discuss the possibility that many patients develop acute or chronic psychological disorders, eating disorders, and suicidality as well as nonspecific somatic complaints including headaches, abdominal pain, and sleep disturbances.
3. Discuss the physical complications secondary to the assault.
4. Discuss the possibilities of infection and pregnancy and medications that can help prevent these complications.

### ASLT-FU FOLLOW-UP

**OUTCOME:** The patient/family will understand the importance of follow up after sexual assault.

**STANDARDS:**

1. Discuss the importance of adequate and early psychological follow up.
2. Discuss medical follow-up.
3. Inform patients about legal follow up provided by law enforcement and advocate consultation.

## **ASLT-IR      INFORMATION AND REFERRAL**

**OUTCOME:** The patient/family will receive information and referral for alternative or additional services as needed or desired.

### **STANDARDS:**

1. Discuss alternative or additional sources for care and services.
2. Discuss the mechanism for accessing these services.

## **ASLT-L      LITERATURE**

**OUTCOME:** The patient/family will receive literature about sexual assault.

### **STANDARDS:**

1. Provide patient/family with literature on sexual assault.
2. Discuss the content of the literature.

## **ASLT-M      MEDICATION**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of drug therapy.

### **STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of full participation with the medication plan and that this is the patient's responsibility. Discuss any barriers to full participation.

## **ASLT-P      PREVENTION**

**OUTCOME:** The patient/family will understand behaviors that reduce the risk of sexual assault.

### **STANDARDS:**

1. Discuss information about sexual assault, appropriate consent for sexual relationships, and importance of a safe environment.
2. Discuss behaviors or situations that can decrease the chances of being sexually assaulted, e.g., avoidance of alcohol and drugs, use of a "buddy system."

## **ASLT-PRO PROCEDURES**

**OUTCOME:** The patient/family will understand the procedures and examinations for sexual assault.

### **STANDARDS:**

1. Explain the process of forensic examination and what to expect.
2. Explain the different parts of the examination (e.g., oral, anogenital, entire body) for signs of trauma, evidence collection, and serologic testing.
3. Discuss that all clothing will be collected as part of the examination and will not be returned to the patient.
4. Discuss post-procedure management, mandatory reporting requirements, and follow-up.

## **ASLT-RI PATIENT RIGHTS AND RESPONSIBILITIES**

**OUTCOME:** The patient/family will understand personal rights associated with sexual assault.

### **STANDARDS:**

1. Explain the right to decline any portion of the exam and the ability to stop the exam at any point.
2. Encourage communication about any discomfort or questions to the examiner and to ask for a break from the exam if needed.
3. Offer the opportunity to have a family member, friend, or patient advocate in the room during all parts of the examination.

## **ASLT-TE TESTS**

**OUTCOME:** The patient/family will understand the tests be performed following sexual assault.

### **STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain test results:

- a. meaning of the test results
- b. follow-up tests may be ordered based on the results
- c. how results will impact or effect the treatment plan
- d. recommendations based on the test results

## **ASLT-TX    TREATMENT**

**OUTCOME:** The patient/family will understand the treatment plan.

### **STANDARDS:**

1. Explain the use of antibiotics, antivirals, vaccination and postcoital contraception in the prevention of complications.
2. Emphasize the importance of timely psychological and medical treatment
3. Explain treatment options.
4. Discuss referral to community resources as appropriate.