

Sexual Assault Healthcare Options for Survivors

Medical Care	Forensic Exam
Description	
<p>The purpose of medical care is to assess and provide treatment for the physical and mental health of the survivor. It can include:</p> <ul style="list-style-type: none"> • Gathering information on the survivor’s medical history which can include questions about: <ul style="list-style-type: none"> • Current medications • Allergies • Immunizations • Sexual health history (e.g., last menstrual period) • Pregnancy • The sexual assault. • A physical exam to check for injuries. The genital and anal area may be assessed for injury if the survivor has health concerns and consents to an exam. • Treatment of injuries. • Testing and preventative treatment for sexually transmitted infections (STIs) and pregnancy (Leduc-Robert et al., 2020; BC Women’s Hospital + Health Centre, 2017). 	<p>The purpose of a forensic exam is to collect and preserve evidence for a criminal investigation. It includes:</p> <ul style="list-style-type: none"> • Documentation of injuries. • An examination of areas related to the sexual assault. • Collection of samples (e.g., blood, urine, swabs, body fluid, clothing) (Population + Global Health, BC Women’s Hospital + Health Centre, n.d.; Leduc-Robert et al., 2020).

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Options	
<p>Survivors can consent to any of the following:</p> <ul style="list-style-type: none"> • Assessment and/or treatment of physical injuries • Testing and/or preventative treatment for: <ul style="list-style-type: none"> ○ STIs ○ Human Immunodeficiency Virus (HIV) ○ Pregnancy (Leduc-Robert et al., 2020; Leduc-Robert and Marsden, 2020). 	<p>The survivor can choose any portion of the forensic exam.</p> <p>Survivors that consent to a forensic exam can choose to:</p> <ul style="list-style-type: none"> • Their samples collected and transferred to police by the Sexual Assault Examiner. • The Sexual Assault Examiner store the samples for up to one year if the survivor decides to report to police at a later time. Not all programs/hospitals have the capacity to store forensic samples (Ludic-Robert et al., 2020).
Access	
<p>Survivors 13 years or older can access medical care at hospital-based emergency departments, urgent care centres, Indigenous health and wellness centres, community health clinics, walk-in clinics, youth clinics, or from a physician or nurse practitioner (BC Women's Hospital + Health Centre, n.d.; Population + Global Health, BC Women's Hospital + Health Centre, n.d.)</p>	<p>Access is dependent on what specialized sexual assault healthcare services are in your area and if they have forensic storage.</p>

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Time Limits	
<ul style="list-style-type: none"> • Pregnancy testing - 10 days to 4 weeks after the assault (Options for Sexual Health, n.d.). • Oral Emergency Contraception - As soon as possible within 3 to 5 days of the assault (Planned Parenthood, n.d., Options or Sexual Health, n.d.). • Copper Intrauterine Device (IUD) - Within 7 days of the assault (Options or Sexual Health, n.d.). • STI Testing - 3 weeks and 3 months after the assault (Options for Sexual Health, n.d.; Options for Sexual Health, n.d.; BC CDC, n.d.). • STI Preventative Treatment - Some are available for certain STIs within 7 days of the assault (BC Women's Hospital + Health Centre, 2017). • HIV Testing - Between 3 weeks and 3 months after contact (BC CDC, n.d.; BC Women's Hospital + Health Centre, 2018). • HIV Preventative Treatment - Within 72 hours of the assault (BC CDC, n.d.; BC Women's Hospital + Health Centre, 2018). • Risk of Strangulation or Concussion - <u>Urgent</u> medical treatment is required (Training Institute on Strangulation Prevention, n.d.; BCIRPU, 2023). 	<p>Within 7 days of the assault (BC Women's Hospital + Health Centre, n.d.)</p>

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Duration	
<p>Will depend on what the survivor wants and is required for their health and well-being.</p>	<p>Can take several hours (e.g. 2 to 8 hours) to complete (Leduc-Robert et al., 2020). The time it takes will depend on the injuries sustained, specimens collected or other supports required (Toronto Police Service, n.d.).</p>