

## 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"> <li>Gathering information on the survivor's medical history which can include questions about: <ul style="list-style-type: none"> <li>Current medications</li> <li>Allergies</li> <li>Immunizations</li> <li>Sexual health history (e.g., last menstrual period)</li> <li>Pregnancy</li> <li>The sexual assault.</li> </ul> </li> <li>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.</li> <li>Treatment of injuries.</li> <li>Testing and preventative treatment for sexually transmitted infections (STIs) and pregnancy (<a href="#">Leduc-Robert et al., 2020</a>; <a href="#">BC Women's Hospital + Health Centre, 2017</a>).</li> </ul>	<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"> <li>Documentation of injuries.</li> <li>An examination of areas related to the sexual assault.</li> <li>Collection of samples (e.g., blood, urine, swabs, body fluid, clothing) (<a href="#">Population + Global Health, BC Women's Hospital + Health Centre, n.d.</a>; <a href="#">Leduc-Robert et al., 2020</a>).</li> </ul>

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<b>Options</b>	
<p>Survivors can consent to any of the following:</p> <ul style="list-style-type: none"> <li>• Assessment and/or treatment of physical injuries</li> <li>• Testing and/or preventative treatment for: <ul style="list-style-type: none"> <li>○ STIs</li> <li>○ Human Immunodeficiency Virus (HIV)</li> <li>○ Pregnancy (<a href="#">Leduc-Robert et al., 2020</a>; <a href="#">Leduc-Robert and Marsden, 2020</a>).</li> </ul> </li> </ul>	<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"> <li>• Their samples collected and transferred to police by the Sexual Assault Examiner.</li> <li>• 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 (<a href="#">Ludic-Robert et al., 2020</a>).</li> </ul>
<b>Access</b>	
<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 (<a href="#">BC Women's Hospital + Health Centre, n.d.</a>; <a href="#">Population + Global Health, BC Women's Hospital + Health Centre, n.d.</a>)</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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<b>Time Limits</b>	
<ul style="list-style-type: none"> <li>• <b>Pregnancy testing</b> – 10 days to 4 weeks after the assault (<a href="#">Options for Sexual Health, n.d.</a>).</li> <li>• <b>Oral Emergency Contraception</b> – As soon as possible within 3 to 5 days of the assault (<a href="#">Planned Parenthood, n.d.</a>, <a href="#">Options or Sexual Health, n.d.</a>).</li> <li>• <b>Copper Intrauterine Device (IUD)</b> – Within 7 days of the assault (<a href="#">Options or Sexual Health, n.d.</a>).</li> <li>• <b>STI Testing</b> – 3 weeks and 3 months after the assault (<a href="#">Options for Sexual Health, n.d.</a>; <a href="#">Options for Sexual Health, n.d.</a>; <a href="#">BC CDC, n.d.</a>).</li> <li>• <b>STI Preventative Treatment</b> – Some are available for certain STIs within 7 days of the assault (<a href="#">BC Women's Hospital + Health Centre, 2017</a>).</li> <li>• <b>HIV Testing</b> – Between 3 weeks and 3 months after contact (<a href="#">BC CDC, n.d.</a>; <a href="#">BC Women's Hospital + Health Centre, 2018</a>).</li> <li>• <b>HIV Preventative Treatment</b> – Within 72 hours of the assault (<a href="#">BC CDC, n.d.</a>; <a href="#">BC Women's Hospital + Health Centre, 2018</a>).</li> <li>• <b>Risk of Strangulation or Concussion</b> – <u>Urgent</u> medical treatment is required (<a href="#">Training Institute on Strangulation Prevention, n.d.</a>; <a href="#">BCIRPU, 2023</a>).</li> </ul>	<p>Within 7 days of the assault (<a href="#">BC Women's Hospital + Health Centre, n.d.</a>)</p>

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