

# PATIENT STICKER

## Regional Documents for Sexual Assault Discharge and Referral:

- For Sexual Assault Patients with **Priority 1 Trauma, Contact MEDCOM (210) 233-5815** for Interfacility Transfer to L1 Trauma Center

### SANE Referral Adolescent/Adult

- Adolescent / Adult applies to patients age 18 and older
- Discharge Instructions
- Transfer Checklist
- Physician Orders
- Information Sheet for Sexual Assault Patients (English and Spanish)

### SANE Referral Pediatric

- Pediatric applies to patients age 17 and under
- Discharge Instructions
- Transfer Checklist
- Information Sheet for Sexual Assault Patients (English and Spanish)

### Regional Contacts for SANE Services

***Kayce Ward, MSN, RN***  
 SANE-A, CA-CPSANE  
 Program Coordinator  
 Forensic Nursing Services  
 Methodist Specialty & Transplant  
 (210) 575-8343 or (210) 575-1590  
[Kayce.Ward@mhshealth.com](mailto:Kayce.Ward@mhshealth.com)

***Cynthia A. Garcia, MSN, RN***  
 SANE-P, CA-CPSANE  
 Forensic Nurse Program Manager  
 Christus Santa Rosa Health System  
 (210) 704-3330  
[CA.Garcia@christushealth.org](mailto:CA.Garcia@christushealth.org)

#### **Adult (Age 18 and older):**

Methodist Specialty and Transplant Hospital  
 (for ER select option-1): **(210) 575-8168**  
 8026 Floyd Curl Drive, SATX 78229  
 CPS Hotline  
 Adult Protective Services **(800) 877-5300**

#### **Pediatric (Age 17 and under):**

Children’s Hospital of San Antonio  
 Emergency Department: **(210) 704-2190**  
 333 N. Santa Rosa St., SATX 78207  
 CPS Hotline  
 Child Protective Services **(800) 877-5300**

***If Law Enforcement is notified or responds, please have the responding officer fill in the below information for the receiving Intake Nurse:***

Law Enforcement Agency: \_\_\_\_\_

Law Enforcement Case #: \_\_\_\_\_

Officer’s Name/ Badge #: \_\_\_\_\_

Phone Number: ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

**Note: EMS agencies should follow their agency specific protocol with regards to transport destination based on the age of the patient; the regional age guideline for EMS is: Pediatric  $\leq 17$ ; Adult Age 18 and older.**

**Adolescent/Adult Sexual Assault Discharge Instructions for Referral to  
Methodist Specialty & Transplant Hospital  
Patients: Age 18 & older**

You have been referred to **Methodist Specialty & Transplant Hospital** for a specialized sexual abuse/assault exam called a “SANE exam” or a Medical Forensic Examination.

- Please tell the front desk/triage nurse you are there for a SANE exam. Give them the paperwork from the hospital that sent you. The nurse will check you in. You will then be called back for vital signs and registration. The nurse will notify the Sexual Assault Nurse Examiner (SANE) of your arrival.
- This exam typically is non-painful. The Sexual Assault Nurse Examiner is a specially trained and certified Registered Nurse that specializes in gathering information, looking for any injuries and gathering evidence.
- Medications you may have been given:
  - Ceftriaxone 250 mg IM injection – administered by RN
  - Azithromycin 1 gram by mouth – administered by RN
  - Ondansetron 8 mg by mouth – administered by RN
  - Plan B/Ella – administered by RN
  - Metronidazole 2 grams to be taken 2 days from now. Do not consume alcohol for 2 days before or 2 days after taking this medication to reduce stomach upset – pharmacy dispense or prescription given.
  - Ondansetron 8 mg by mouth every 8 hours as needed for nausea – pharmacy dispense or prescription given.
- This exam may take from 2 to 4 hours depending on what needs to be done. Please be patient as another exam may be in progress when you arrive. The Sexual Assault Nurse Examiner will contact you if another exam is in progress and let you know of your wait time.
- If you have to urinate prior to the exam, go ahead and urinate, but drip dry, do not wipe. Please tell the triage nurse just in case a sample needs to be collected. If nothing happened in your mouth or if you already have been eating/drinking, it is okay to eat and drink something prior to the exam.
- Please provide the intake nurse with this information:
  - **Law Enforcement Agency:** \_\_\_\_\_
  - **Law Enforcement Case #:** \_\_\_\_\_
  - **Officer’s Name/Badge #:** \_\_\_\_\_

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**METHODIST SPECIALTY & TRANSPLANT HOSPITAL INFORMATION**

**Phone #:**           **SANE Office - (210) 575-1590**  
                          **Emergency Department - (210) 575-8168, option #1**

**Address:**       **8026 Floyd Curl Drive, San Antonio, TX 78229**  
(Park in the Hospital’s Visitor Parking Lot on Floyd Curl Drive)

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**Adolescent/Adult Sexual Assault Referral Checklist**  
**Patients: Age 18 & older**

Military Time	Initials or N/A	Nurses Notes:
		After the patient is identified as a possible victim of sexual abuse/assault, place the patient in a quiet, private location in the ED for a Medical Screening Exam.
		Medical staff performs the Medical Screening Exam. <b>Medical stabilization and Psychiatric stabilization are priority over a Sexual Assault Forensic Exam (SAFE).</b>
		Notify the <b>Sexual Assault Nurse Examiner (SANE)</b> at Methodist Specialty & Transplant Hospital for consult prior to sending for a Medical Forensic Exam. <ul style="list-style-type: none"> <li>• <b>MSTH ED main # 210-575-8168, option 1</b> or,</li> <li>• <b>Forensic Nursing Service office # 210-575-1590</b></li> </ul>
		If the adult patient chooses to report the sexual assault, contact the <b>local Law Enforcement agency</b> . Although, a SAFE can be done without Law Enforcement involvement <i>for adult patients only (18 &amp; older)</i> .
		Patient is to receive medications and diagnostic testing appropriate for their medical/psychiatric needs prior to discharge; including STI prophylaxis, emergency contraception, and HCG ( <i>Consult with SANE about need for Alcohol level and/or UDS</i> ).
		Notify <b>Child Protective Services or Adult Protective Services</b> for safety concerns of pediatric or elder patients when physical or sexual abuse is suspected. <b>CPS/APS Hotline # 1-800-877-5300.</b>
		Once treatment is complete, call MSTH again to give the SANE report on the patient.
		Arrange transportation to MSTH, may be transported POV, by Law Enforcement or Taxi.
		Provide the patient with the discharge instructions and any other paperwork to bring with them.
		Refer the patient to MSTH for the Medical Forensic Exam.
		Disposition complete.

Initials/ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Pediatric Sexual Abuse/Assault Referral Checklist**  
**Patients: Age 17 and under**

Military Time	Initials or N/A	Nurses Notes:
		After patient identified as a possible sexual abuse/assault victim, place patient and family in quiet, private location in ED for Medical Screening Exam.
		Medical staff performs the Medical Screening Exam. <b><i>Medical stabilization and Psychiatric stabilization are priority over a Sexual Assault Forensic Exam (SAFE).</i></b>
		Notify the <b>Sexual Assault Nurse Examiner (SANE)</b> at The Children’s Hospital of San Antonio (CH of SA) for consult prior to sending for a Medical Forensic Exam. <ul style="list-style-type: none"> <li>• <b>ED main # 210-704-2190</b></li> </ul>
		Notify the <b>local Law Enforcement agency</b> for the <i>required</i> sexual assault exam authorization prior to referral.
		Notify <b>Child Protective Services</b> for safety concerns of child or other children whom the alleged perpetrator may also have access. <b>CPS Hotline # 1-800-877-5300.</b>
		If Law Enforcement authorizes the Medical Forensic Exam and the SANE on duty accepts the patient, call CH of SA again to give the SANE report on the patient.
		Arrange transportation to CH of SA, may be transported POV, by Law Enforcement or Taxi.
		Provide patient with the discharge instructions and any other referral paperwork to bring with them.
		Refer the patient to CH of SA for the Medical Forensic Exam.
		Disposition completed.

Initials/Signature \_\_\_\_\_ Date \_\_\_\_\_

## Physician Orders Adolescent/Adult patients

### MEDICATIONS:

***Must pick one regimen below based on whether or not the patient has anaphylaxis to ceftriaxone.***

NOT allergic to ceftriaxone:

- Rocephin [ceftriaxone] 250 mg IM injection x 1 now.
- Zithromax [azithromycin] 1 gram PO x 1 dose now.

Allergic to ceftriaxone:

- Zithromax [azithromycin] 2 grams PO x 1 dose

*If the patient has an allergy to ceftriaxone and was given an alternative medication, provide instructions for obtaining necessary follow up cultures.*

- ZOFRAN [ondansetron] 8 mg SL X 1 dose now.
- FLAGYL [metronidazole] 2 grams PO to be taken 2 days from now. Provide this prescription at discharge.
- ZOFRAN [ondansetron] 8 mg SL every 8 hours PRN nausea. Provide this prescription at discharge.
- CONSIDER:
- Plan B [levonorgestrel] 1.5mg in 1 dose now. (For the type of assault that could result in pregnancy)
- Ella [ulipristal acetate] 30 mg one dose now. (For the type of assault that could result in pregnancy *and* with a patient BMI >26)
- Hepatitis B vaccine (without HBIG) x 1 dose now. (Consider if not previously vaccinated)  
*Counsel on follow-up doses of vaccine at 1-2 months and at 4-6 months.*
- Gardasil vaccine. (Consider if not previously vaccinated)
- HIV Post-Exposure Prophylaxis. (For high-risk or known HIV exposure)

### LABS:

- Urine HCG
- Alcohol Level
- Urine Drug Screen

*Consult with SANE about the need of Alcohol level and UDS.*



## Texas Department of State Health Services Health Facility Licensing Group

### **Information Sheet for Sexual Assault Patients**

If you are a child, an elderly person, or a disabled individual, the law requires any suspected sexual assault to be reported.

If you are age 18 or older, you may choose to report the sexual assault to law enforcement. You may request a medical forensic exam regardless of whether you choose to report the sexual assault.

**Informed Consent:** You (or your parent or guardian) will be provided information before you are examined or receive treatment. You may ask the medical provider to explain why questions are being asked, why certain evidence is collected or not collected, or which tests or treatments are necessary. You will then be asked to sign a consent form. You may decline to answer any question or decline any portion of the exam or treatment, even after you have provided written consent. A child may be examined and treated without parental consent.

**Medical Forensic Exam:** During the medical portion of the examination, injuries or other medical conditions are identified and treated. Results from medical testing will be available from this medical facility. Pictures may be taken of body surface injuries or genital injuries during the examination.

During the forensic portion of the examination, evidence is collected. The evidence may be used in an investigation. Depending on the nature of the assault, the following items may be collected during the exam: hair combings, swabs from areas of the body with potential DNA deposits, swabs from areas of genital contact, fingernail swabs/clippings, debris items and clothing.

If you are age 18 or older, medical forensic exams are usually not conducted if more than 96 hours (4 days) have passed since the assault. For children, a medical forensic exam should always be conducted, regardless of how long ago the assault occurred.

You may choose to have a support person (friend, family member, or advocate) in the exam room with you during the medical forensic exam. You may also choose not to have anyone in the exam room except for you and the medical staff. The exam may take several hours.

**Reporting and Evidence:** If you are age 18 or older and choose not to report the sexual assault now, you may still choose to have evidence collected in case you decide to report later. The Department of Public Safety crime laboratory is required to store the collected evidence for two years. The collected evidence will not be tested unless you report the sexual assault. To report the sexual assault at a later date, contact the law enforcement authority that serves the area where the assault occurred. You may also contact this law enforcement authority for the results of the forensic portion of your examination.

**Sexually Transmitted Infections (STIs):** The risk of contracting a STI after sexual assault is not known. Emergency treatment for STIs following sexual assault may include a

combination of antibiotics designed to prevent most common STIs (gonorrhea, chlamydia, and trichomoniasis). Children and the elderly often do not receive preventive treatment for STIs.

**HIV/AIDS:** You may be concerned about the risk of HIV/AIDS. If the assault happened within the last 72 hours (3 days), there is a course of medication, called antiretroviral (ARV) therapy that may prevent HIV/AIDS transmission. ARV therapy may be available at the hospital or you may need a prescription to fill at a pharmacy. You may also go to a local health department or community clinic for testing and treatment of HIV/AIDS at a reduced cost. Treatment lasts 28 days and common side effects include feelings of tiredness, diarrhea, nausea, and flu-like symptoms. Talk with your medical provider for more information about the risk and preventive treatment of HIV/AIDS.

**Pregnancy:** You may be concerned about the risk of pregnancy. If the assault happened within the last 120 hours (5 days), there is medication called emergency contraception that may prevent pregnancy. Emergency contraception may be available at the hospital or you may choose to talk with a pharmacist for emergency contraception that is available without a prescription. The sooner emergency contraception is taken, the more likely it is to be effective. Talk with your medical provider for more information about the risk of pregnancy or emergency contraception. Emergency contraception is not given if you were already pregnant at the time of the sexual assault.

**Drug Facilitated Sexual Assault:** If you think you may have been drugged within the past 96 hours, immediately notify your medical provider so that she or he can obtain a urine and/or blood specimen as quickly as possible.

**Payment:** The medical forensic exam results in two bills, one for medical costs and one for forensic costs.

Medical costs, such as medications, x-rays, stitches, facility or provider fees, may be your responsibility. Your medical insurance may cover your medical costs. The attorney general may make a payment to you or on behalf of you for the reasonable costs incurred for medical care provided whether or not the crime is reported.

Forensic costs, such as swabbing for DNA, photographing injuries, or collecting debris, will not be your responsibility. The law enforcement authority you reported to or the Department of Public Safety will pay the forensic costs.

**Crime Victims' Compensation:** Crime Victims' Compensation may reimburse you for a variety of costs, including medical costs. Learn more about Crime Victims' Compensation by visiting [www.oag.state.tx.us/victims/about\\_comp.shtml](http://www.oag.state.tx.us/victims/about_comp.shtml) or calling 1-800-983-9933.

**Advocacy:** FREE and confidential information, counseling, and support are available through rape crisis centers. Call 1-800-656-HOPE to be connected to your closest rape crisis center or go to [www.taasa.org](http://www.taasa.org) for more information. Children's Advocacy Centers provide a child-friendly approach to the investigation process and provide services including counseling and support for children and their families. Go to [www.cactx.org](http://www.cactx.org) to find your closest child advocacy center.

Revised 9/15/2015



## Departamento Estatal de Servicios de Salud de Texas Grupo de Licencias de Centros de Salud

### **Folleto de información para pacientes de agresión sexual**

Si usted es un menor de edad, una persona mayor o un individuo discapacitado, la ley exige que se denuncie toda posible agresión sexual.

Si tiene 18 años de edad o más, puede elegir denunciar la agresión sexual a la autoridad competente. Puede pedir que se le practique un examen médico forense sin importar si eligió denunciar o no la agresión sexual.

**Consentimiento informado:** Usted (o su padre o madre o tutor) recibirá la información adecuada antes de que se le practique el examen o reciba tratamiento. Puede pedirle al proveedor médico que le explique por qué se le hacen las preguntas, por qué se recaban o no se recaban ciertas pruebas y cuáles pruebas o tratamientos son necesarios. Después le pedirán que firme un formulario de consentimiento. Puede rehusarse a contestar cualquier pregunta o puede rehusar que se realice cualquier parte del examen o del tratamiento, incluso después de que haya proporcionado su consentimiento por escrito. A un menor de edad se le puede realizar el examen y dar tratamiento sin el consentimiento de los padres.

**Examen médico forense:** Durante la parte médica del examen, se identifican y tratan las lesiones u otras condiciones médicas. Los resultados de las pruebas médicas estarán disponibles en este centro médico. Es posible que durante el examen se tomen fotos de las lesiones en la superficie del cuerpo o las lesiones genitales.

Durante la parte forense del examen, se recaban las pruebas. Las pruebas se podrían usar en una investigación. Dependiendo de la naturaleza de la agresión, se pueden recoger los siguientes artículos durante el examen: cabellos al pasar el peine, muestras con hisopo de zonas del cuerpo con posibles restos de ADN, muestras con hisopo de las zonas de contacto genital, muestras con hisopo de las uñas o pedazos de uñas, artículos con residuos y ropa.

Si usted tiene 18 años de edad o más, normalmente no se realizan los exámenes médicos forenses si han pasado más de 96 horas (4 días) desde que ocurrió la agresión. En los niños, siempre se debe realizar un examen médico forense, sin importar cuánto tiempo haya pasado desde la agresión.

Puede elegir que una persona de apoyo (amigo, familiar, abogado) esté con usted en la sala de examen durante el examen médico forense. También puede elegir que no esté presente nadie más en la sala de examen aparte de usted y el personal médico. El examen puede tomar varias horas.

**Denuncia y pruebas:** Si tiene 18 años de edad o más y elige no denunciar ahora la agresión sexual, todavía puede elegir que se recaben las pruebas por si acaso usted decidiera hacer la denuncia más adelante. La ley exige que el laboratorio de criminalística del Departamento de Seguridad Pública almacene durante dos años las pruebas recabadas. Las pruebas recabadas no serán examinadas a menos que usted denuncie la agresión sexual. Para denunciar la agresión sexual más adelante, comuníquese con la autoridad policial que da servicio al área donde ocurrió la agresión. También puede comunicarse con esta autoridad policial para obtener los resultados de la parte forense de su examen.

**Infecciones de transmisión sexual (STI):** No se conoce cuál es el riesgo de contraer una STI después de una agresión sexual. El tratamiento de emergencia para STI después de sufrir una agresión sexual puede incluir una combinación de antibióticos diseñados para prevenir las STI



más comunes (gonorrea, clamidia y tricomoniasis). Los niños y las personas mayores a menudo no reciben tratamiento preventivo para las STI.

**HIV y SIDA:** Quizá le preocupe el riesgo de contraer el HIV o el SIDA. Si la agresión ocurrió en las últimas 72 horas (3 días), hay un procedimiento de medicación, llamado terapia antirretroviral (ARV), que puede prevenir la transmisión del HIV y el SIDA. Es probable que la terapia ARV esté disponible en el hospital o que usted necesite una receta para que se la surtan en una farmacia. También puede ir a un departamento de salud local o a una clínica comunitaria para hacerse pruebas y recibir tratamiento contra el HIV y el SIDA a un costo reducido. El tratamiento dura 28 días y entre los efectos secundarios comunes están la sensación de cansancio, la diarrea, la náusea y síntomas parecidos a los de la gripe. Hable con su proveedor médico para obtener más información sobre el riesgo de contraer el HIV o el SIDA o sobre el tratamiento preventivo.

**Embarazo:** Quizá le preocupe el riesgo de embarazo. Si la agresión ocurrió en las últimas 120 horas (5 días), hay una medicación llamada anticonceptivo de emergencia que puede prevenir el embarazo. Es probable que el anticonceptivo de emergencia esté disponible en el hospital, o usted puede elegir consultar con un farmacéutico sobre el uso del anticonceptivo de emergencia, el cual puede obtener sin receta. Entre más pronto se tome el anticonceptivo de emergencia, más probabilidad hay de que sea eficaz. Hable con su proveedor médico para obtener más información sobre el riesgo de embarazo o el anticonceptivo de emergencia. No se le dará el anticonceptivo de emergencia si usted ya estaba embarazada en el momento en que ocurrió la agresión sexual.

**Agresión sexual facilitada por drogas:** Si cree que pudieron haberlo/a drogado en las últimas 96 horas, notifíquelo de inmediato a su proveedor médico para que este pueda obtener una muestra de orina o de sangre tan rápido como sea posible.

**El pago:** Del examen médico forense se derivan dos facturas, una por los gastos médicos y una por los gastos forenses.

Los gastos médicos, como medicamentos, radiografías, puntos de sutura o cargos del centro o proveedor médicos, es probable que corran bajo su responsabilidad. Su seguro médico podría cubrir sus gastos médicos. Es probable que el fiscal general le pague a usted, o pague de parte de usted, una cantidad razonable que corresponda a los gastos incurridos por la atención médica que se le proporcionó, independientemente de que usted denuncie o no el delito.

Los gastos forenses, como la obtención con hisopo de las muestras para el ADN, las fotografías de las lesiones, la recolección de restos, no correrán a su cargo. Las autoridades policiales ante las que usted puso la denuncia o el Departamento de Seguridad Pública pagarán los gastos forenses.

**Compensación a las Víctimas de un Crimen:** El Programa de Compensación a las Víctimas de un Crimen (Crime Victims' Compensation) le podría reembolsar diversos gastos, incluyendo los gastos médicos. Para obtener más información sobre la Compensación a las Víctimas de un Crimen, visite [www.oag.state.tx.us/victims/index\\_span.shtml](http://www.oag.state.tx.us/victims/index_span.shtml), o llame al 1-800-983-9933.

**Apoyo:** Tiene a su disposición información, asesoramiento psicológico y apoyo GRATUITOS y confidenciales a través de los centros de crisis por violación. Llame al 1-800-656-HOPE para comunicarse con el centro de crisis por violación más cercano, o vaya a [www.taasa.org/about/espanol/](http://www.taasa.org/about/espanol/) para obtener más información. Los centros de apoyo para menores (Children's Advocacy Centers) proporcionan un enfoque adecuado para el niño en el proceso de investigación, y ofrecen servicios que incluyen el asesoramiento psicológico y el apoyo a los niños y sus familias. Vaya a [www.cactx.org/es](http://www.cactx.org/es) para encontrar el centro de apoyo para menores más cercano a usted.