Being a SANE Psychiatric Nurse: Improving Interventions for Vulnerable Populations Who Have Experienced Sexual Assault or Interpersonal Violence

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What is a SANE?

- SANE: Sexual Assault Nurse Examiner
  A registered nurse who has advanced education and/or certification in forensic examination of sexual assault victims.

Components of forensic exam:
- Evidence collection
- Sexually transmitted disease and treatment and information
- Pregnancy testing/emergency contraception
- Care of physical injuries

Certified SANE

- International Association of Forensic Nursing Certification Exams:
  - SANE-A (2002) Adolescent or Adult 13 years of age and older
  - SANE-P (2008) Pediatric patients less than 13 years of age
Forensic Nurses Work With:
(www.iafn.org)
- Patient Care Facility Issues
- Emergency/Trauma Services
- Public Health and Safety
- Interpersonal Violence*
- Death Investigation
- Forensic Mental Health
- Correctional Nursing
- Legal Nurse Consulting

What do SANE’s do?
- Provide 24 hour “on call” response
- See clients at SAFE Center or ER
- Interview with law enforcement
- Head to toe forensic examination
- Pregnancy screening, STD tx & prevention
- Collect evidence (swabs, kits, clothes)
- Document (narrative, body maps, photos)
- Maintain chain of custody
- Testify in court (fact or expert)

SANE/SART Models
(Sexual Assault Response Teams)
- Community-based
  - Examination/ interview center is located in a free-standing community location
  - Exam, initial interview, crisis intervention, and safety planning
  - May have contracts with hospitals
- Hospital-based
  - SART members meet victim at hospital ED
  - Exam, initial interview, crisis intervention, safety planning
Sexual Assault Vulnerability Live Data

Examples of 37 categories
- Age
- Gender
- Cognitive Disability
- Physical Disability
- Previous Sexual Assault
- Drug Facilitated Sexual Assault
- Strangled

Age Vulnerability
- Under 13
- Adolescents
- Young adults (college age)
- Adults
- Elders

Human Commercial Sex Trafficking (HCST)
- $32 Billion industry in US
- Fastest growing crime in the U.S.
- www.state.gov/j/tip/rls/tiprpt
- Trafficking in Persons Report, US Department of State
- See Polaris Report for state report cards
- www.polarisproject.org/

Vulnerable minors numbers
- 13 years: average age of entry by a child into HCST
- 7 years: life expectancy after HCST entry
- 48 hours: average time for a runaway to be picked up by a pimp
SANE Psychiatric Issues (core skills)

- Patient Centered Approach
  - Physical
  - Emotional
    - knowledge about trauma & early intervention
  - Psychological
  - Spiritual

SANE Psychiatric Issues (core skills)

- Interviewing skills:
  - Active listening
  - Non-judgmental, acceptance, unbiased
  - Crisis oriented
  - Being able to hear highly “intimate” and traumatic information
    - About the sexual assault
    - About perceived near death experiences
      - Threats
      - Injury
      - Strangulation

SANE Psychiatric Core Competencies and Value Added Skills

- Expert Mental Health Assessment
  - Mental status
    - Affect, mood, cognitive functioning, psychotic features, past trauma history, suicidal or homicidal ideation, substance abuse, (example: Drug facilitated assault vs. addiction vs. potential withdrawal vs. overdose) etc.
SANE Psychiatric Issues
(value added skills)

- Assessment
  - Lethality:
    - Suicidal ideation
    - Homicidal ideation
  - Danger Assessment r/t interpersonal violence
    - Campbell Danger Assessment
    - (www.dangerassessment.org)
  - Strangulation
    - Strangulation Assessment Form (McClane & Strack, 2001)
      - Physical findings, emotional reaction (near death experience)

Strangulation 101

- Leaves no visible external injury 50% of the time!!!
- Can be deadly in 50 seconds
- Can be lethal up to 36 hours post strangulation
- 10% sexual assault cases
- Minimized & unrecognized

Vessel Occlusion

- Carotid artery occlusion
  - Anterior neck
  - 11 pounds of pressure for 10 seconds or less
- Jugular vein occlusion
  - Lateral neck
  - 4.4 pounds of pressure for 10 seconds or less

UNCONSCIOUSNESS
Summary: Occlusion Caused by Pressure

<table>
<thead>
<tr>
<th>Carotid artery</th>
<th>Jugular vein</th>
<th>Trachea</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 pounds to occlude</td>
<td>4.4 pounds to occlude</td>
<td>33 pounds to occlude or fracture</td>
</tr>
<tr>
<td>10 seconds occlusion (\rightarrow) unconscious</td>
<td>10 seconds occlusion (\rightarrow) unconscious</td>
<td>Fracture is major cause of death</td>
</tr>
</tbody>
</table>

Injury & Physical Findings & Forms

- Petechiae
- Tongue swelling
- Offensive and defensive injury
- DV case
  - Strangulation Assessment
    - McClane & Strack 2001
  - Campbell Danger Assessment
    - www.dangerassessment.org
    - Free downloads of danger assessment forms

References


www.dangerassessment.org (free downloads of Campbell Danger Assessment)

IAFN Education Guidelines for Sexual Assault Nurse Examiner Adult/Adolescent and Pediatric (March 2011) www.iafn.org


National Protocol for Sexual Assault Medical Forensic Examinations of Adults and Adolescents (US DOJ, 2004)


Sexual Assault Vulnerability Live Data, Sexual Assault Nurse Examiner-Sexual Assault Response Team (US DOJ, 2012) www.sane-sart.com
