

Health care for women subjected to intimate partner violence or sexual violence

A clinical handbook



WHO/RHR/14.26

© World Health Organization

All rights reserved. Publications of the World Health Organization are available on the WHO website (www.who.int) or can be purchased from WHO Press, World Health Organization, 20 Avenue Appia, 1211 Geneva 27, Switzerland (tel.: +41 22 791 3264; fax: +41 22 791 4857; e-mail: bookorders@who.int). Requests for permission to reproduce or translate WHO publications –whether for sale or for non-commercial distribution– should be addressed to WHO Press through the WHO website (www.who.int/about/licensing/copyright_form/en/index.html).

The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by the World Health Organization in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use

Printed in Luxembourg.

WHO/RHR/14.26

Contents

| | |
|--|-----------|
| Acknowledgements | vii |
| Preface | viii |
| What is this handbook? | 1 |
| Guiding principles for providing women-centred care..... | 3 |
| Part 1. Awareness about violence against women..... | 7 |
| What is violence against women? | 7 |
| Identifying a woman who may be subjected to violence | 8 |
| “What do I do if I suspect violence?” | 10 |
| Part 2. First-line support for sexual assault and intimate partner violence | 13 |
| What is first-line support..... | 13 |
| LISTEN..... | 17 |
| INQUIRE ABOUT NEEDS AND CONCERNS | 21 |
| VALIDATE | 23 |
| ENHANCE SAFETY | 25 |
| SUPPORT | 29 |
| Questions and answers | 34 |

| | |
|---|-----------|
| Part 3. Additional care for physical health after sexual assault | 39 |
| 1. Take a history and examine | 40 |
| 2. Provide treatment | 48 |
| 2.1 Treat physical injuries or refer | 48 |
| 2.2 Provide emergency contraception..... | 49 |
| 2.3 Prevent sexually transmitted infections | 52 |
| 2.4 Prevent HIV | 55 |
| 2.5 Plan for self-care | 57 |
| 3. Follow-up after sexual assault..... | 59 |
| Part 4 . Additional care for mental health | 67 |
| Basic psychosocial support..... | 67 |
| Strengthening her positive coping methods | 68 |
| Explore the availability of social support | 68 |
| Helping with more severe mental health problems | 72 |
| Moderate-severe depressive disorder..... | 74 |
| Post-traumatic stress disorder | 80 |
| Annex 1. Caution concerning prescribing | |
| benzodiazepines | 85 |
| Key resources..... | 86 |

Job aids

- Asking about violence 11
- Helping women cope with negative feelings 24
- Questions to assess immediate risk of violence 26
- Safety planning 27
- Referral chart 32
- Pathway for care for violence by intimate partner 38
- Physical exam checklist 47
- STI treatment 53
- Follow-up after sexual assault 59
- Testing schedule 64
- Pathway for initial care after sexual assault 65
- Exercises to help reduce stress 70
- Sample history and examination form 89
- Pocket reminder card 99

Acknowledgements

This handbook draws on the work of the many people around the world dedicated to preventing violence against women and to the care and support of women subjected to violence.

We gratefully acknowledge the advice and review of the text by Peter Gichangi, Kelsey Hegarty, Ruxana Jina, Jane Koziol-McLain and Ana Flavia Lucas d'Oliveira, and the contribution to the sections on mental health from Mark van Ommeren of the WHO Department of Mental Health and Substance Abuse (MSD), Lynne Jones and Ka Young Park.

We also benefited from the input of participants at the UN Women, United Nations Population Fund and WHO Global Technical Consultation on the Health Sector's Response to Violence Against Women and Girls, Bangkok, November 2013.

Claudia García-Moreno in the WHO Department of Reproductive Health and Research (RHR) led the preparation of this handbook and oversaw the development of the final text. Avni Amin, Christina Pallitto and Thais de Rezende of RHR provided inputs and Thais de Rezende developed the field testing guide. Sarah Johnson and Ward Rinehart of Jura Editorial Services were responsible for writing and editing.

Preface

This handbook is based on the World Health Organization (WHO) guideline *Responding to intimate partner violence and sexual violence against women: WHO clinical and policy guidelines*, 2013. It also draws on other WHO guidance documents, in particular:

- *Clinical management of rape survivors* (WHO, UNFPA and UNHCR, 2004)
- *Guidelines for medico-legal care for victims of sexual violence* (WHO, 2003)
- *Joint WHO/ILO guidelines on post-exposure prophylaxis (PEP) to prevent HIV infection* (2007)
- *Psychological first aid: guide for field workers* (WHO, War Trauma Foundation & World Vision International, 2011)
- *mhGAP intervention guide for mental, neurological and substance use disorders in non-specialized health settings* (WHO, 2010); *Clinical management of mental, neurological and substance use conditions during humanitarian emergencies* (WHO & UNHCR, forthcoming)

The final version of this handbook will be part of the health component of the UN Women and UNFPA Joint Global Programme on Essential Services for Women and Girls subject to UN Security Council Resolution 2013/2017.

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_27711

