

## **After the FNS Visit - English**

### **[Intro]**

We are really glad you came to see us. We made this video just for you to remind you of some important things that you need to know.

This video is to review your hospital visit and to understand what happens next. You might have been given a lot of information already. We know it can be hard to keep it all straight so we hope you find this video helpful.

We want you to know that you are not alone. You have already made a big and brave step in visiting us. We have a team of people ready to support you.

### **[Trigger Warning]**

Before we begin, we want you to know that this video does talk about trauma and violence. For some people, it can trigger strong feelings. If you're feeling overwhelmed, please reach out to us. We're here to help. Our website lists resources as well. [list website on screen]

### **[What is the purpose of the different exams?]**

When you were at the hospital, you might remember that we gave you three different options for your forensic nursing exam:

1. A medical exam only.
2. A medical and forensic exam with a police report.
3. A medical and forensic exam with injuries documented and samples kept in a secure place, but without a police report.

No matter what option you chose, you had a medical exam. This was the forensic nurse examiner's first priority - to make sure you were okay. They might have collected samples to test for infections. They might have offered you vaccinations and medicines to prevent infection or pregnancy. If there were any specific concerns about your health, they may have had a doctor or nurse practitioner examine you as well.

If you chose to have a forensic exam as well, this happened at the same time as your medical exam. The forensic exam is for legal purposes to help the police investigate a crime.

The forensic part of the exam might have included:

- Drawing and describing bruises, scratches, or other markings on your body
- Collecting swabs from different parts of your body
- Collecting blood and urine samples
- Examining your body with a special light that helps see things that are not visible to the naked eye
- Photographing wounds or injuries, and
- Collecting your clothes

Anything collected as part of the forensic exam was packaged following very strict guidelines.

If you chose to report to police, everything collected will be given directly to the police by the forensic nurse examiner.

If you chose not to report to police at the time, everything collected as part of your forensic exam is kept in a safe and secure place at the hospital for up to one year. The hospital does not analyze anything from your forensic exam. Only a crime lab or police lab can look at what was collected and only if you choose to report to police.

If you have not reported to the police but think you might, we recommend reporting as soon as you feel ready.

We want to remind you that your forensic exam cannot tell you or the police exactly what happened to your body. This exam is only one small part of a police investigation. A police investigation includes other things as well, such as:

- talking to possible witnesses
- getting security camera footage, and
- going to the scene of the incident

If you decide you want to tell the police what happened to you, we can connect you with Victim Services who can help you through this process.

### **[Follow-up Care]**

We have a specialized medical clinic to help you. This clinic is called Embrace Clinic. At this medical clinic, we can assess your injuries, monitor your recovery, and provide treatment. We can help you manage your pain, your emotions, and any problems sleeping. We can refer you to specialists and community services. We can even give medical notes to take time off from school and work. You do not need a referral to see us.

If you agreed to be contacted by us at the Embrace Clinic, we will follow up with you soon using the information you gave at the hospital. You can also reach out to us at any time.

We, in the Embrace Clinic, have access to the information from your hospital visit and can answer questions about test results, x-rays, medications, and more. If any medical tests done by the forensic nurse examiner have abnormal results, we will contact you right away.

If you were given medicine to take at home, remember to take it and with food.

If you were given medicine to help prevent HIV, we will contact you on the next business day after your hospital visit. These are special medicines that cannot be picked up at a regular drugstore and need to be ordered. We will need to speak with you as soon as possible. You were given only 5 days of these medicines. For the medicine to work, we will need to arrange for you to have 23 more days of medicine.

### **[Closing]**

Seeing a Forensic Nurse Examiner was an important first step.

You have survived a serious violent incident and no matter how difficult recovery might be, you are capable of surviving and overcoming serious trauma. You are not alone. You have a team of compassionate and professional health care providers who are here to support you.