

# Memorandum

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**Date:** July 19, 2022

**To:** Central Zone Physicians, Central Zone Leadership, Emergency Departments

**From:** Dr. Ifeoma Achebe, Zone Lead Medical Officer of Health – Central Zone  
Dr. Christine Ellis, Associate Zone Medical Director – Central Zone NW

**RE:** Sexual Assault Healthcare in Central Zone

With the launch of a new provincial Sexual Assault Healthcare Provider Consult Line, we are advising you of the expansion of services provided to Central Zone patients who have been sexually assaulted.

Central Zone physicians now have access to consultation services, provided by the Central Alberta Sexual Assault Response Team (CASART), based in the Red Deer Regional Hospital Centre (RDHRC).

**ER physicians and nurses can consult directly with CASART at 403-343-4444.**

**\*NEW\***

CASART will now provide 24/7 phone advice and guidance to rural ER physicians to conduct medical exams, collect forensic evidence and discuss options and wayfinding for patients who have disclosed a sexual assault, at the local ER to which they presented.

**\*EXISTING\***

CASART can be contacted by any Central Zone ER physician or nurse, to make arrangements for patient transfer to Red Deer Regional Hospital ER, where a Sexual Assault Nurse Examiner can provide medical and/or forensic exams to patients who want this service. The CASART team provides service within one hour of being notified of the patient's request for service/consent.

The CASART team provides follow-up for testing and treatment; referrals to supports such as Mental Health and the Central Alberta Child Advocacy Centre; immunizations; Post Exposure Prophylaxis process navigation; and a seamless transition through the healthcare experience for patients and families. In addition, CASART team members may be called upon to provide expert testimony in future legal proceedings.

Depending on the patient's home community, there are also delivery options in Calgary and Edmonton Zones that can be accessed through RAAPID.

Having a variety of options for care is optimal. Care provided by CASART directly at RDRHC ER is an option; however, the virtual support is a valuable alternative when direct care at RDRHC may not be the option of choice for the patient.

Alternatively, the provincial Sexual Assault Healthcare Provider Consult Line can be reached via RAAPID.

Enclosure: CASART Rural Algorithm

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For more information, contact  
p: 587-797-0783 f: 403-592-4966  
moh.central@ahs.ca | [ahs.ca/moh](https://ahs.ca/moh)

**Patient presents to medical facility or clinic re: sexual assault**

**Triage RN assesses medical urgency of patient**

**Patient Condition is UNSTABLE**

- ❑ Patient requires immediate medical interventions.
- ❑ Nursing/medical staff treats patient and attempts to preserve evidence, e.g. clothing in paper bag, sanitary pad or tampon in sterile plastic bag or container, **avoid wiping/contacting genital area**. Label all evidence with patient name and date.
- ❑ Once patient is **stable** contact RDRHC ED to connect you to the **CASART nurse**.

**Patient Condition is STABLE**

- ❑ If patient is requesting RCMP/Police involvement, contact detachment where assault took place. Kit may be collected **up to 7 days** after assault (or longer if persistent injuries/aggravated assault).
- ❑ If suspected drug-facilitated assault, contact the on-call CASART nurse for assistance.
- ❑ If patient needs to void, advise to avoid wiping.
- ❑ If potential oral contact with assailant within past 24 hours, keep NPO until oral swabs collected if possible.

**Contact on-call  
CASART nurse  
24/7 for referral  
guidance &  
options  
403-343-4444**

**Patient Referral**

**Edmonton Hospitals**

- ❑ Call ahead to receiving facility
- ❑ SART will be notified on arrival
- ❑ Contact Stollery Children's Hospital for patients 13 yrs. and younger.  
Daytime: 780-407-1240  
After hours: 780-407-8822  
\*ask for CAPC on-call

**Referral to RDRHC ED**

- ❑ Sending site RN or physician's office notifies the on-call CASART nurse of patient's referral & approximate arrival time. CASART nurse will arrange to meet patient.
  - ❑ Arrange most appropriate method to transport the patient to the RDRHC (private vehicle, police or ambulance).
- Care by the CASART nurse may include:**
- ❑ See patient with or without police involvement
  - ❑ Offer Central Alberta Sexual Assault Support Centre Support team upon arrival (with patient consent).
  - ❑ Contact RCMP if patient consents. If already involved, RCMP/Police may accompany patient to RDRHC or make arrangements for forensic kit to be received by a member of the Red Deer RCMP.
  - ❑ Provide head-to-toe examination for effects of sexual assault.
  - ❑ Collect Forensic evidence and/or Third Option available for up to 7 days after assault.
  - ❑ Perform baseline testing for HIV, Hep B & C, & Syphilis, provide 6 & 12 weeks repeat lab work requisitions. Initiate HIV PEP & referral.
  - ❑ Testing and treatment for STI's and pregnancy as indicated by exam/history, referrals to community services for follow up, testing & counseling.

**Calgary: Sheldon M. Chumir Urgent Care**

- ❑ Contact CSART RN on-call (via RAAPID) to ensure patient appropriate for referral if patient 14 yrs. and older.  
RAAPID 1-800-661-1700
- ❑ Contact Alberta Children's Hospital ED for patients 13 yrs. and younger.  
403-955-7070

**If patient is to remain at presenting site (patient declining transfer or forensic exam or requesting forensic exam on site):**

- ❑ Call the RDRHC ED to speak with CASART Nurse for recommended treatment, guidelines & forensic collection support. **403-343-4444**
- ❑ Site MD to assess and treat for STIs and pregnancy prevention.
- ❑ Consider referrals as deemed appropriate for follow up, e.g. Central Alberta Sexual Assault Crisis Centre (1-866-956-1099), 49th St. Sexual Health Clinic (403-346-8336), Victim Services.
- ❑ Sexual Assault Health Care Consultation Line available through RAAPID-service provided through CASART, contact CASART directly

**The CASART Pediatrician will examine patients 11 yrs. & younger**  
Collaboration with the Central Alberta Child Advocacy Centre