

S.A.F.E.	Assessment Questions	Tips
Safety	<ul style="list-style-type: none"> • How is your relationship? • I'd like to know what happens when you and your partner have hard times or are stressed? What happens when you and your partner disagree? • Do you feel safe in your relationship/home? • Are there any firearms in the home? 	<p>Be Non-Judgmental Notice if pt. is responsive to a direct or indirect method of asking. <i>One study found women prefer a patient-centered approach: asking permission and inviting a response and directly asking about hitting, kicking or pushing. (Family Medicine, June 2006)</i></p> <p>Don't use words like "abuse" and "intimate partner" unless those are the patient's words. <i>"You said that your boyfriend sometimes acts out. When that happens, has he ever threatened to hurt you?"</i></p>
Afraid/Abused	<ul style="list-style-type: none"> • Are you ever afraid of your partner? • Do arguments ever result in hitting, kicking, or pushing? • Many people are in situations where they are being hurt or controlled by their partner. Is this happening to you? • Has your partner ever threatened you? • Has your partner ever destroyed things? Has your partner ever forced you to do something against your will? • I'm concerned your symptoms may have been caused by someone hurting you. Has someone been hurting you? 	<p>Gather behavioral descriptions of what happened rather than focusing on why it happened:</p> <ul style="list-style-type: none"> • Pt: " He hurts me sometimes, but that's only because he drinks too much and loses it" • MD: "Can you tell me exactly what happens when he loses it? " Has he ever pushed you?" <p>Remember to ask about psychological tactics and economic coercion. Assess the connection between abuse and the patient's health issues:</p> <ul style="list-style-type: none"> • <i>Have there been other incidents causing injuries or illness?</i> • <i>How is this situation affecting the way you feel and think?</i> • <i>How is this situation affecting you overall health?</i> <p>Express Empathy/Support Autonomy</p> <ul style="list-style-type: none"> • <i>"It must be painful when someone you love can be so frightening."</i> • <i>"No one deserves to be treated like this."</i> • <i>"I am glad you told me, this must have taken a lot of courage."</i> • <i>"What is happening is not your fault."</i> • <i>"Let's explore some options you have. I will support your choices."</i> • <i>I want to let you know it's never OK for someone to hit or hurt you physically.</i>

Friends and Family	<ul style="list-style-type: none"> • Are your friends or family aware that you have been threatened or hurt? • If not, do you think you could tell them, and would they be able to give you support? • Is there anyone else you would feel comfortable talking about this with? 	Isolation: <i>Often women are isolated as part of the abuse and this is why being able to talk with you, helping them to identify someone they can trust, developing a safety plan, and offering resources is so important.</i>
Emergency Plan	<ul style="list-style-type: none"> • Do you feel safe to go home today? • Do you feel you have a safe place to go in an emergency? • If you feel are you in danger now, would you like help in locating a shelter or developing an emergency plan? 	Offer Follow-Up and Assurance: <i>Recognize that leaving can be the most dangerous time for the victim of violence</i> <i>Summarize what the patient has told you</i> <i>Provide information</i> <i>Voice respect for her autonomy & need for support.</i> <i>Offer to continue to see her:</i> <i>“Situations like this can be very frightening and confusing and it can be hard to know what to do; I am willing to talk more with you about this.”</i> Respect Ambivalence Help her make an emergency plan based on her readiness (see safety plan information)

Confidentiality: Reporting is not required when family violence it is between adults unless the adult is over 65 in Washington State. When children are involved you are a mandated reporter. Advocate for adult survivors safety with CPS.

IPV- Safety Plans - (The hotlines can help with planning- 1-800-799-7233, DAWN -425-656-7867 [south King County] New Beginnings [north King County]- 206-522-9472)

<p>Pre Planning:</p> <ul style="list-style-type: none"> • Arrange a safe place you can go: shelters, family, friends • Develop a plan with your children • (teach them to call 911, and how to give full name and address, teach them a safe place to go) • Keep cell phone charged • Make copies of important papers and hide them • Have available important phone numbers • Pack and hide an emergency bag – include medications, keys, phone charge, money, important papers, ID • Begin to set aside money or keep a little money with you • Get help from a counselor • Call the DV hotline 	<p>Not living with Abuser:</p> <ul style="list-style-type: none"> • Get to safety • Keep a copy of your restraining order with you • Make arrangements to pick things up from your home with a safe person there • Call the police • Document threats • Change locks • Change your daily routine 	<p>Living with:</p> <ul style="list-style-type: none"> • “If the abuser is about to be violent I can_____” • pack an emergency bag • Plan ahead where you can go • Contact friends the abuser does not know • Teach children what to do in an emergency • Get a cordless phone • When he is violent call 911 • Avoid kitchen, bathroom and garage, and get out if possible 	<p>If the patient and abuser is in clinic and the patient is ready to leave now:</p> <ul style="list-style-type: none"> • Get additional support: involve attendings, social work and clinic management • Move patient to a room abuser does not know about • Call the police • Do a police report in clinic
--	--	---	---