The Implementation and Evaluation of an Evidence-Based Treatment Protocol for Victims of Sexual Assault

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In the sexual assault nurse examiners (SANEs) at the Partnership Rape Crisis Center in Chattanooga, TN, how does the development and implementation of an evidence-based treatment protocol, to include a SANE education program, compared to current practice affect provider knowledge, self-efficacy, and compliance with the protocol within a 6 month period?

The Purpose

The purpose of this study was to: 1) examine SANE knowledge and self-efficacy before and after implementation of a SANE education program, and 2) examine SANE compliance with an evidence-based practice protocol. The new evidence-based practice protocol included empiric antibiotics, emergency contraception, vaccine recommendations, pain evaluation and treatment, patient education, and medical and mental health referrals (McLean et al., 2012; U.S. Department of Justice, 2013; Workowski & Bolan, 2015). Along with education about the new protocol, the SANEs received education on methods of encouraging follow-up, techniques to provide effective patient education, and victim preferences.

Results

Data was analyzed using independent t-tests and descriptive statistics. Following the education program intervention, SANE knowledge increased from 8.9 (pre), to 9.6 (post), to 10 (3 months post). SANE self-efficacy increased from 35.1 (pre), to 37.6 (post), to 40 (3 months post). However, the number of surveys returned for each of the pre, post, and 3 months post varied significantly (N=14 to n=3). None of the t-test results were statistically significant. Several of the results of protocol compliance, which were gathered through chart reviews, are displayed in the graph.

Discussion

The study improved the quality of care provided to victims of sexual assault through SANE education and a new evidence-based practice protocol. In the future, work should focus on improved methods of providing patients with written educational materials and further encouraging proper use of the evidence-based protocol.

Methods

The study site was an outpatient rape crisis center in Chattanooga, TN. Participants consisted of 14 SANEs who selected to participate between March and September 2016. In addition to a new protocol, standardized nursing documentation and a referral partner list were developed. Before implementation, a SANE education program was conducted and pre/post tools were administered. After implementation, chart reviews were conducted. Orlando’s Nursing Process Theory was used as a theoretical framework.