**Sexual Assault Exam**

**Utilizing Simulation to Increase Nursing Confidence**

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**Problem:** It was recognized that emergency department (ED) staff nurses were undertaking an examination of patients who have been sexually assaulted, but had not received formal training. ED nurses were unfamiliar with the exam process and were concerned with incorrectly collecting forensic evidence.

**Purpose:** The purpose of this staff development was to enhance the ED nurses’ knowledge and skills in caring for sexually assaulted patients. Simulation was identified as a way to build the nurses’ confidence when performing a forensic exam.

**Background:** In 2015, there were 129 patients that presented with the complaint of sexual assault. Non-SANE trained nurses performed an exam on 25 of the 129. Even though sexual assault nurse examiners (SANE) were available, there were times without a SANE nurse on-call. Therefore, regular staff nurses needed to complete this exam. Inexperienced staff would wait until a SANE nurse became on-call to perform the exam, therefore delaying patient throughput.

**Design:** A 4-hour staff development training consisting of a simulation-based learning experience. Multiple training sessions (n=12) were available to provide a small group/facilitator ratio. Facilitators were the ED nurse educator and 2 SANE-trained nurses.

**Training:** There were 3 parts to the training.
1. Review of process and SANE kit
2. Simulation with a low-fidelity manikin with moulage injuries.
3. Discussion and debriefing session

**Measures:** An evaluation of the training consisted of demographic questions, achievement of objectives, overall experience with the class, quality of instruction, and general comments.

**Participants:** All ED nurses (n=71) participated in the training, with 60 females and 11 males. Number of years of ED nursing experienced ranged from less than 1 year to 44 years (mean =7). The number of participants who had previously performed a sexual assault forensic exam was 32.

**Results:** Overall, 65 out of the 71 participants rated the training as excellent. When asked to rate skill confidence developed after the training, 48 rated it excellent, 22 good, and 1 fair. None rated it poor.

**General comments:**
- Feeling more comfortable with performing an exam
- Not to judge a patient when they say the have been assaulted
- An increase confidence
- A greater understanding of the process, collection of evidence, and documentation.

**Implications:** Providing simulated-based training can increase skill confidence in nurse care for sexual assault patients. The success of this course yielded a continuation of this training for all new ED nurse hires.