

A Brief Note on Medical Therapy of Sexual Trauma

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About the Study

Sexual trauma therapy is a combination of medical and psychological interventions given to survivors of sexual violence to help them deal with their physical injuries as well as the psychological trauma caused by the occurrence. Uncomfortable sexual activities, such as sexual harassment, groping, rape, and the dissemination of sexual content without consent, are all examples of sexual violence.

Various types of sexual trauma therapy can be used at any time during the healing process. Patients are treated right away to address injuries, obtain evidence, and avoid Sexually Transmitted Infections (STIs) and pregnancy. Psychological treatments are also used to assist those suffering from mental illnesses or the emotional effects of traumatic events. Some of the psychological treatments available include psychodynamic psychotherapy, Trauma-Focused Cognitive Behavioural Therapy (TF-CBT), Eye Movement Desensitization And Reprocessing Therapy (EMDR), play therapy, and sex therapy.

Medical treatment

Treating physical injuries: Sexual abuse victims typically develop general body and genital-anal injuries; medical aid is necessary if any sort of medical injury is sustained. Depending on the severity of the sickness, the affected person would be treated differently. Redness, abrasions, and tears are common genital-anal injuries caused by sexual intercourse. Physical trauma suffered by survivors, on the other hand, varies in type and location. A complete inquiry can be used to gather this information. Many survivors of sexual violence seek medical assistance in order to acquire forensic evidence.

Sexual assault medical forensic exam: Following the occurrence, victims may choose to undergo a medical forensic assessment. During the process, the survivor can pause, stop, or skip steps as needed. During these inspections, photographs, DNA samples obtained through inside examination, swabbing of the outer body surface region, blood, urine, and hair samples are all gathered. During an internal examination, the mouth, genitals, and anus are all examined.

A forensic examination kit, sometimes known as a Sexual Assault Evidence Kit (SAEK), contains instructions, documentation, and containers for medical personnel to gather and store evidence. The contents of the package vary based on where you live. Because DNA evidence takes precedence in court, a sexual assault medical forensic exam may increase your chances of getting charged. A report of the sexual violence incident can be filed if the victim wishes.

Testing and treating sexually transmitted infections: Other probable consequences of penetrative sexual violence include STIs such as chlamydia, gonorrhea, HIV infection, and Human Papillomavirus Infection (HPV). If the condition is not treated, the survivor may develop long-term consequences, such as pelvic inflammatory disease, infertility, and certain malignancies.

Individuals who prefer to receive a medical examination after the occurrence should undergo immediate and targeted testing so that early management and therapy can be implemented. STI treatment differs based on the type of infection and the person. The survivor's medical history would be evaluated, as well as efforts to avoid re-traumatizing him or her. Among the recommended medications are antibiotics for bacterial infections and emergency contraception for HIV, HPV, and hepatitis B.

Prevention or assistance for pregnancy: Individuals can use emergency contraception to help avoid pregnancy following penetrative sexual violence. This can include things like taking emergency contraceptive pills or inserting an emergency copper Intrauterine Device (IUD). They can stay on the job for up to five days after an incident has occurred. To validate the findings, pregnancy tests can be performed 10 days or longer after the incident.

Psychotherapy treatment is the most prevalent sort of mental health treatment, and medication can be used in conjunction with it to aid an individual in a short-term recovery. Medication must be supplied and constantly managed by a medical expert to avoid reliance and overuse of psychotropic medications.