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Indirect Approach to Intimate Partner Violence

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INDIRECT APPROACHES TO INTIMATE PARTNER VIOLENCE AT COLCHESTER FAMILY PRACTICE

BY JASMINE ROBINSON

ROTATION #3 2017

DR. JOHN CHISHOLM AND DR. ANYA KOUTRAS
PROBLEM IDENTIFICATION AND DESCRIPTION OF NEED

• “...THE TIME-SQUEEZED PRIMARY PHYSICIAN WHO SIMPLE MAKES A ‘BLIND’ REFERRAL TO A MENTAL HEALTH PROFESSIONAL OF A POTENTIAL VICITM OR EVEN A POTENTIAL PERPETRATOR OF DOMESTIC VIOLENCE, MAY WELL BE ACTING COUNTER THERAPEUTICALLY-IN EFFECT, ABANDONING THE PATIENT”

• IT WAS IMPORTANT TO GIVE DIRECT REFERRALS TO COMMUNITY ORGANIZATIONS AND EXPLAIN THEIR SERVICES TO PATIENTS, SO TO ENCOURAGE THEM TO REACH OUT TO THESE ORGANIZATIONS FOR HELP. REFERRALS TO A SOCIAL WORKER ARE ALSO POSSIBLE, BUT MUCH LIKE HOW PHYSICIANS ARE EDUCATORS, THIS PART OF THE FIELD IS LACKING IN PATIENT-EDUCATION DIRECTLY FROM THE PHYSICIANS.

• TRUST IS ALSO A HUGE BARRIER IN PATIENTS DISCLOSING THEIR IPV STATUS, HOWEVER, PHYSICIANS ARE IN A POSITION TO GAIN A PATIENT’S TRUST THROUGH INDIRECT APPROACHES TO THE TOPIC BECAUSE THEY HAVE PREVIOUSLY ESTABLISHED TRUST (AS A PCP)
PUBLIC HEALTH COSTS

• $4.1 BILLION/YEAR FOR MEDICAL AND MENTAL HEALTH CARE SERVICES\(^2\)
• $1,700 ADDITIONAL HEALTH CARE COSTS AFTER DISCLOSING ABUSE TO PROVIDER\(^3\)
• > DOUBLE PLUS $4,500 ADDITIONAL HEALTH CARE COSTS IF ABUSED WITHIN THE PAST YEAR
• 2.5 TIMES MORE LIKELY TO VISIT MENTAL HEALTH PROVIDER IF STILL BEING VICTIMIZED, AND 5 TIMES MORE LIKELY IF PSYCHOLOGICALLY ABUSED\(^4\)
• 19% HIGHER COSTS FOR WOMEN WITH A HISTORY OF >5 YEARS OF PHYSICAL ABUSE, EVEN AFTER THE ABUSE HAS ENDED\(^4\)
COMMUNITY PERSPECTIVE ON ISSUE AND SUPPORT FOR PROJECT

**LUCY BASA**  
VICTIM ADVOCATE OF HOPE WORKS

- **BARRIES TO DISCLOSURE**
  - SURVIVORS FEEL JUDGED BY PHYSICIANS
  - AFRAID OF BEING ORDERED ON WHAT TO DO
  - UNCERTAIN ABOUT CONFIDENTIALITY

- **PHYSICIAN TRAINING ON HOW TO BE SUPPORTIVE TO VICTIMS OF IPV**
  - TAKE SIMILAR APPROACH AS TOBACCO CESSATION

**MEGAN FOSTER**  
SHELTER AND HOTLINE MANAGER AT STEPS TO END DOMESTIC VIOLENCE

- **MAJORITY OF VICTIM REFERRALS COME FROM COMMUNITY HEALTH CENTERS**
- **VICTIMS CONTINUE TO BE ASKED ABOUT SAFETY IN FRONT OF THEIR PARTNERS**
- **VICTIMS FEEL PRESSURED AS SOON AS THEY DISCLOSE THEIR DV STATUS**
INTERVENTION AND METHODOLOGY

• ADVISE PATIENTS WHO HAVE A HISTORY OF IPV OR ARE CURRENTLY EXPERIENCING IT TO RECEIVE COUNSELING
  • MAKE SURE TO DESCRIBE WHY THERAPY IS IMPORTANT, MUCH LIKE OTHER MEDICAL SERVICES (EX. “BEING A VICTIM OF DOMESTIC VIOLENCE CAN HAVE LONG TERM AFFECTS ON YOUR MENTAL HEALTH, AND ALTHOUGH MEDICATIONS ARE HELPFUL, COUNSELING CAN PROVIDE TOOLS TO COPE WITH WHAT YOU’VE EXPERIENCED.”

• ADVISE WITH CONCRETE RESOURCES FROM THE COMMUNITY: REFERRALS TO STEPS TO END DOMESTIC VIOLENCE, MENTAL HEALTH PROGRAMS

• IDENTIFY BARRIERS THAT PREVENT VICTIM’S ABILITY TO MAKE SAFE CHOICES

• DO NOT ADD ANY EXTERNAL PRESSURE; “WHEN YOU ARE READY, WE ARE HERE TO SUPPORT YOU”
RESULTS

• A TOTAL OF 5 PATIENTS WERE ENGAGED IN AN INDIRECT APPROACH METHOD TO IPV QUESTIONS

• 3 ACCEPTED INFORMATION ON COUNSELING WITH A TRAUMA THERAPY COUNSELOR

• 3 ACCEPTED INFORMATION ON ORGANIZATIONS WITHIN THE AREA THAT OFFER SUPPORT

• 2 HAD PREVIOUSLY SOUGHT COUNSELING AFTER ESCAPING IPV SITUATIONS

• 1 WAS CURRENTLY STILL LIVING IN A DOMESTIC VIOLENCE HOUSEHOLD, YET AGREED TO SEEK COUNSELING TO HELP HER THROUGH HER TRANSITION INTO ESCAPING
# Evaluation of Effectiveness and Limitations

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<tr>
<th>Effectiveness</th>
<th>Limitations</th>
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<tr>
<td>• Indirect approaches and education about counseling was well received when using motivational interviewing</td>
<td>• Controlling partner may prevent them from attending therapy sessions</td>
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<td>• Patients who had previously denied counseling had accepted it with this approach</td>
<td>• They may already be in therapy for anxiety, depression or PTSD</td>
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<td>• Partner may be with them at their appointment, preventing them from seeking help</td>
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RECOMMENDATION FOR FUTURE INTERVENTIONS/PROJECTS

- Written information for patients to take or look at in the office
  - PRINTABLES ONLINE AT HTTPS://WWW.STEPSVT.ORG/PRINTABLES/
- Professional education training in IPV
- Information located in patient rooms
REFERENCES


2 Costs of intimate partner violence against women in the united states. centers for disease control and prevention, national center for injury prevention and control. 2003.


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______________________________________________________________