



## BLUE SKY BRIDGE

Child Abuse Intervention & Education

### OPTIONAL MEDICAL EXAM INFORMATION

#### **What is a Pediatric Medical Exam at Blue Sky Bridge?**

A pediatric medical exam at Blue Sky Bridge is conducted by a specially trained nurse called a SANE nurse (sex assault nurse examiner). Our nurses have extensive training in providing pediatric medical exams and documenting supporting evidence. They are also skilled in helping children feel comfortable and providing peace of mind regarding their physical health and well-being. The exams are "child led," meaning that the child can stop the exam at any time and can decide which parts of the exam they wish to have. The SANE nurse works to help the child feel safe and respected throughout the process.

#### **Should my child be seen here or by their primary care doctor?**

You know your child best so it's important to consider what will be the most comfortable for them and talk with them in deciding. The benefit of having an exam by a SANE nurse is that the nurse has specialized training and comfort with working with children who have experienced trauma. They use child friendly language and understand how to help children feel at ease. There may also be a benefit in collecting potential evidence for a case, should you and your child chose to do so.

#### **Is there any cost?**

No, the medical exams are free of charge. Additional costs may arise for labs and follow up appointments with your primary care doctor or other outside providers you chose. There are no costs associated with the time spent at Blue Sky Bridge.

#### **What is the process of a SANE exam?**

You and your child will return to Blue Sky Bridge to have the exam. When you arrive, you and your child will be welcomed into our family waiting room. Before the exam, you will have a brief meeting with the SANE nurse to share medical history and information about your child. Your child will be in the waiting room with the case support aide while you attend this meeting. For the exam, the SANE nurse will take your child into our exam room. Before beginning, the nurse will talk with your child and explain the process of the exam. The nurse will ask about any concerns they have about their body. For the physical exam portion, your child can chose to have you present. Children are never required to do any part of the exam and the nurse will ask before proceeding. While your child is in the exam, you have the option to meet with your Family Support advocate for support and resources. After the exam is concluded, the medical team and the family support advocate will meet with you. Information about the exam will be shared as well as any follow up instructions.

#### **How do I schedule an exam?**

To schedule, you can call 303-444-1388 and ask to speak with your Family Support Advocate or anyone else on our case team. We will work with our SANE nurses to find a time that works for you and your child's schedule.

#### **Once we schedule, how do I prepare my child?**

The most important factor in a child's comfort is a parent's response. Use simple and positive language when talking about the exam. You can tell your child they will be meeting with a special nurse whose job it is to keep children safe and healthy. If your child would like you to be present in the exam, you are welcome to stay with them. You can also encourage them to share their feelings and questions with the nurse.