

recommendations for treatment of STIs incurred as a result of sexual assault.*

Therapeutic Management

Adolescents who have been raped arrive at the emergency department or practitioner's office under a variety of circumstances. They are usually brought by parents, friends, or police officers, but some may seek medical help on their own. It is advisable to obtain parental consent for examination, but the examination may be performed without parental consent if the adolescent is mature and the parents are unavailable. A female observer or chaperone should be present during the history and examination of female victims who are examined by a male practitioner. Whether a parent should be present during the examination is determined on an individual basis. The parent's presence is usually encouraged if the parent is supportive and the young person agrees.

Nursing Care Management

Many of the approaches that have been described for sexually abused children (see [Chapter 13](#)) also apply to adolescents. Sexual assault is a devastating experience with long-lasting effects. The primary goal of nursing care is to avoid inflicting further stress on the adolescent, who is often angry, confused, frightened, embarrassed, and filled with self-blame. The nurse must do everything possible to reduce the stress of the interrogation and examination. Although most health professionals and law enforcement officers are sensitive to the needs of adolescents and attempt to make the process as non-stressful as possible, the nurse should be alert to cues that indicate the victim is being overstressed.

Follow-up care of the rape victim is essential and extends over a long period. The health-compromising responses to sexual assault include PTSD, anxiety, and depression. PTSD is the most common mental health sequelae of sexual violence with rates of 37% to 53% among children and adolescents ([Cummings, Berkowitz, and Scribano, 2012](#)). Aside from the universal need for emotional support, the needs of rape victims vary widely and depend on the nature of the incident, the victim's age when the rape occurred, the physical and emotional injuries sustained by the victim, the legal actions being considered as a result, the resources available for