# 21. Post Rape Care (PRC) Algorithm

This clinical pathway is intended to supplement, rather than substitute for, professional judgment and may be changed depending upon a patient's individual needs. Failure to comply with this pathway does not represent a breach of the standard of care.

This algorithm should be used with reference to the documents in the latest

National Guidelines on Management of Sexual Violence in Kenya available at www.emergencymedicinekenya.org/rape



- · Assess, monitor and support ABCs. Monitor vital signs. Get same sex chaperone
- Fill PRC Consent form
- . Fill PART A of PRC form in triplicate.
- As you examine the patient, collect specimens as detailed below and store them in a secure locked cupboard.
- Put all clothes in BROWN PAPER BAGS (NOT PLASTIC) and label with patient details.
- . Give STAT PEP within 72hours.
  - -TDF/3TC (300/300mg) 1tab OD + ATV/r (300/100mg)
  - AZT (300mg) can be used when TDF cannot be used Do NOT delay PEP administration by awaiting lab results.
- . Order investigations as PART A of PRC form and fill in results: HIV (do pre-test counselling).
- Assess, monitor and support ABCs. Monitor vital signs. Get same sex chaperone.
- Fill PRC Consent form
- Fill PART A of PRC form in triplicate.
- Put all clothes in BROWN PAPER BAGS (NOT PLASTIC) and label with patient details.
- Order investigations as PART A of PRC form and fill in results: HIV (do pre-test counselling).

### Treatment

### 2. PEP within 72hours (ONLY IF ACCEPTS HIV TESTING)

- TDF/3TC (300mg/300mg) 1tab OD + ATV/r (300/100mg)-with food 1-tab OD for 28
- AZT (300mg) can be used when TDF cannot be used Do NOT delay PFP administration awaiting lab results.
- 3. Emergency Contraception within 120 hours (females 15-49 years)
- Levonorgestrel 0.75mg 2 tabs stat

### 4. STI Prevention:

- I.M Ceftriaxone 250mg stat or PO Cefixime 400mg stat + PO Azithromycin 1g stat + PO Tinidazole/Metronidazole 2g stat. Tinidazole/Metronidazole can be deferred to be taken at home if alcohol ingested or given emergency contraceptives.

- PO Doxycycline 100mg BD for 14 days + Ciprofloxacin 500mg stat + Tinidazole 2g stat. 5. Hepatitis B Vaccination (If not previously vaccinated and not known HBV positive) should be offered within 14 days.
  - I.M 1.0 mls Hepatitis B vaccine at 0, 1 & 6 months.
- 6. Tetanus Prophylaxis (Do not give TT if the survivor has received 3 or more doses previously and the last dose is within 5 years)
  - I.M 0.5 mls of T.T stat
- 7. HPV vaccine females 9-26 years and males 9-21 years.
  - I.M Cervarix 0.5 mls at 0, 1 & 6 months

- Gardasil®9 at 0 2 & 6 months
- 8 Refer for IMMEDIATE VOLUNTARY COUNSELLING REFORE DISCHARGE. The Counsellor MUST complete PART B of PRC form

- 1. Emergency Contraception within 120 hours (females 15-49 years)
  - Levonorgestrel 0.75mg) -2 tabs stat
- 2. STI Prevention:
  - I.M Ceftriaxone 250mg stat or PO Cefixime 400mg stat + PO Azithromycin 1g stat + PO Tinidazole/Metronidazole 2g stat. Tinidazole/Metronidazole can be deferred to be taken at home if alcohol ingested or given emergency contraceptives.
    - OR
  - PO Doxycycline 100mg BD for 14 days + Ciprofloxacin 500mg stat + Tinidazole 2g stat.
- 3. Hepatitis B Vaccination (If not previously vaccinated and not known HBV positive) should be offered within 14 days. I.M 1.0 mls Hepatitis B vaccine at 0. 1 & 6 months.
- 4. Tetanus Prophylaxis (Do not give TT if the survivor has received 3 or more doses previously and the last dose is within 5 years)
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  - I.M Cervarix 0.5 mls at 0, 1 & 6 months
  - OR Gardasil®9 at 0 2 & 6 months
- 6 Refer for IMMEDIATE VOLUNTARY COUNSELLING REFORE DISCHARGE The Counsellor MUST complete PART B of PRC

CONTACT THE KENYA POLICE TO COLLECT ALL SPECIMENS & CLOTHES (MUST BE IN LABELLED BROWN PAPER BAGS (NOT PLASTIC))

# On discharge:

- Confirm PART A & B of PRC form are filled. Attach blue copy to patient's file and give white copy to patient. Leave the green copy in the PRC booklet.
- Confirm patient understands drug regimen
- · Give patient belongings in well-labelled brown bag
- Nearest Gender Based Violence Recovery Centre (GBVRC) booking in one week
- · Give patient discharge summary with all the follow-up dates as listed above • Confirm Complete Documentation: 1. Informed consent form 2. PRC form 3. Police
- surgeon form 4. PRC register 5. Rape trauma counselling form 6. PRC psychological assessment form

# Follow-up

- Counselling. Trauma counselling in 2, 4, 6 and 12 weeks + Adherence counselling
- Gender Based Violence Recovery Centre (GBVRC) for PEP follow-up at 7, 14 and 28 days. Repeat CBC, ALT, CR in 2 weeks, PDT in 4 weeks, HIV test in 4, 12 & 24 weeks
- HIV care clinic if HIV positive

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