



Post Exposure Prophylaxis for HIV (PEP) Emergency response for exposure to HIV through assault or accident? In Port Moresby...

Your logo
here

CALL the BAHA office 325 9228 for to help to modify this information for your town or business or check HIV testing in PNG www.baha.com.pg

- **HIV infection can only be prevented if you seek post exposure prophylaxis (PEP) immediately.**
- **Get someone to help you go through all of these steps AS SOON AS POSSIBLE after possible HIV exposure due to assault or accident (workplace or sexual accident).**
- **PEP is FREE at POMGH. Ask about PEP charges at private clinics**
- **EVERY HOUR COUNTS.** HIV infection may only be prevented if you seek treatment within 72 hours and ideally within the first 2 hours after exposure to HIV after rape, assault or accident. If there has been a crime committed keep all evidence - keep anything related to the crime. Prepare yourself to talk about everything that happened to you.

1. Go to **Heduru Clinic at Port Moresby General Hospital** immediately. During **WORK HOURS** ask to see Sister in Charge at Heduru **7237 2030** do not wait.

Other contact numbers: POM General Hospital **324 8200** or Heduru **324 8238, 324 8239**

2. **OUTSIDE working hours** go immediately to **Accident & Emergency** at Port Moresby General Hospital and ask to see the emergency coordinator **as soon as you arrive. Do not wait.** Ask for Post Exposure Prophylaxis for HIV this is known as PEP. You must see someone trained in the PEP process. You may need an "initial dose" of HIV drugs.

Once you have accessed PEP, the gynaecological services will help you complete and prepare the police report forms and deal with other health issues related to your assault or accident. A medical examination will help in any action you decide to take. The doctor must complete the sexual assault medical examination record or help you complete a report for police or workplace accident report forms. You will have to return to hospital to pick your forms up in a few days.

Police and assault report forms for the hospital are at the **Sexual Offences Squad SOS** (behind the main Boroko station). Phone **324 4224**. Ask for the Sexual Offences Squad Superintendent. There are also female police officers there to help. Get a friend to help you do this.

The referral & report forms may help you access medical and police services. If you think you have been exposed to HIV and have not yet been to the hospital, tell the police you want PEP for HIV immediately.

PEP is not the same as gynaecology treatment. It is important to seek PEP within 72 hours of possible exposure. Seek both gynaecology services and PEP for HIV prevention from a doctor trained in PEP.

Get to a safe environment. Get away from any attacker or potentially dangerous situation as quickly as possible. Do not blame yourself

Ask for help when you are unsure about what to do next

Get Support. Tell someone you can trust – parent, friend, minister, or counsellor. This person will provide support and help you to make plans. Recovering from sexual assault is less difficult if you seek support. Try to write down any details you can recall, as soon as possible. Your supporter can also help you preserve evidence of the situation.

Seek medical attention as soon as possible. You may have hidden injuries and may need to explore options for preventing pregnancy or sexually transmitted infections (STIs and HIV). Drugs used for emergency contraception and to prevent HIV & STIs need to be accessed quickly. You have a limited time window within which to work – so it is important to ask to see someone who can provide PEP or post exposure prophylactic medication, in cases where you may have been exposed to HIV.

Preserve any evidence. Do not change your clothing, wash, shower, or brush your teeth. Seeking medical attention will also allow you to have evidence collected. You do not have to decide whether to prosecute now. Having evidence collected within 72 hours (3 days) gives you the option to decide whether to prosecute later.

Making a Decision about Prosecution...

- **Even if you decide not to press charges**, consider seeking support to talk about the situation. Keep the written record or notes you have made of the attack, or incidents that you think are unfair. You may choose to press charges later.

Call Meri Seif Ples 7222 1234
To get to a safe place quickly
In Port Moresby you can call LifeLine
Telephone counselling line: Phone 326 0011
This is an anonymous way to talk about a sexual assault that will not result in charges
being laid, but allows your story to be heard

Ask a female police officer to help you if you prefer.

- **If you decide to press charges**

In Port Moresby

The sexual offences squad will refer you to medical service if you have not already been. Please call: **Sexual Offences Squad Phone 324 4224** or go straight to Boroko Police Offices (not the station) but the superintendent's offices at the back of the car park. It is very important to get the sexual assault referral forms as quickly as possible and preferably **before** you go to the hospital. Ask a friend to help you do this

Medical Care	Hours				Weeks		Months					
	24	48	96	120	1	2	1	2	3	4	6	12
1 Acute & Follow-up Examinations					Follow-up Exam 1 to 2 weeks		Exams for physical and emotional well-being may be done at any time.					
2 Forensic Specimen Collection												
3 HIV Post-Exposure Prophylaxis & Testing	36 hours						Re-test 4-6 weeks		Re-test 3 months			Re-test 6 months
4 Pregnancy Testing & Prevention	72 hours				Follow-up Serum BhCG 1 to 2 weeks							
5 STI Testing					Follow-up cultures 1-2 weeks		RPR, HBV 4-6 weeks		RPR, HBV, HCV 3 months			HCV 6 months
6 STI Treatment	Treatment may be offered in the acute post-assault setting. Treatment decisions are guided by results of diagnostic testing.											
7 Drug Facilitated Sexual Assault Testing												

The Table above shows Medical Care timelines for treatments you might require.

If you are given PEP it is usually a 28 day course of antiretroviral treatment. This requires supervision and follow-up. You need help to do this.

Take care of yourself, even long after the event. Even after an event, the emotional trauma maybe far worse than the medical trauma. Seek support of trusted family and friends. Do not be afraid to ask for help. Talk to a counsellor again about the healing process. Realise that healing takes time and cannot be done by yourself. You have been hurt and your behaviour will change because of this. This is normal. Some people may not want to be alone. Others may want to be alone. Small things may upset or frighten you. This is normal and healing will take time. Even relationships may change. Partners or family may also need to seek support or counselling.

BAHA staff may be able to help you seek service or answer questions you may have.

BAHA HIV infoline Digicel Toll FREE 7200 2242 8am – 8pm Monday – Friday

Call the BAHA office 325 9228 for help to modify this form to suit the services provided near your workplace.

Check out www.baha.com.pg look at the HIV testing in PNG webpage for a full list of places with HIV testing and PEP services may be available.



Things you may feel if you are Sexually Assaulted

Common Reactions to Sexual Assault

STAGE I: The Initial Shock or Acute Stage

- You may feel a sense of crisis, loss of control, and a sense of unreality. As a survivor of assault may feel a great deal of confusion and have a hard time making decisions.
- Everybody responds differently. Some people may be very expressive (crying, easily startled, “hyper alert”, and “hysterical”) or withdrawn (numb, disconnected, quiet, no obvious emotion) or some combination. There is no right way to respond.

STAGE II: The Denial of Shock or Acute Stage

- Many people attempt to go on with life “as usual” and want to forget the assault – or deny it ever happened?
- Sexual assault survivors do not usually seek help during this stage.
- You cannot be forced out of the denial stage, nor should anyone try to force you. Denial is an effective way of dealing with trauma temporarily. As a supporter or friend, you might let the survivor know that eventually things will surface and the event will “hit them.” Communicate that this is a normal reaction and that there are resources ready to help when he/she wants/needs them.

STAGE III: Reactivation or Decompensation Stage (“Life falls apart”)

- This phase is usually triggered by some event that stirs up memories associated with the assault.
- In this stage, the real problems start to surface, and you are likely to seek help from friends, family and advocates who were under the impression that he/she was “over” the sexual assault.
- You may experience depression, suicidal thoughts, feelings of guilt, shame, helplessness, confusion. These feelings may lead to academic and relationship difficulties, physical symptoms (headaches, gastric problems), nightmares, flashbacks, and changes in eating and sleeping patterns.

STAGE IV: The Anger Stage

- When you begin to acknowledge the fact that you had no control over what happened you can let go of some of the self-blame, you may begin to experience intense feelings of fear, anger and rage. You may be angry at everyone except the perpetrator because he or she seems the “least safe target” for your anger. Your friends will understand this.
- This stage also usually involves a grieving process: you may begin to identify personal losses and start to face the pain around those issues.

STAGE V: The Integration Stage

You will start to see the assault and the events surrounding it as a significant life experience integrated among many other experiences. The event becomes part of the past and is gradually acknowledged as an event that continues to affect you, but not one that controls your emotions and behaviour.

STAGE VI. What do I Say to Someone Who has been sexually assault?

- **Listen** to their story when they are ready to talk. Avoid “why” questions as the person may experience it as condemning, intrusive, or insensitive.
- **Believe their story.** They will really need your support not your doubt. People rarely lie about sexual assault.
- **Emphasise that this is not their fault!** No one deserves to be sexually assaulted, no matter what they did, were wearing or said.
- **Encourage them to get medical treatment.** Remind them not to change their clothing, wash, shower, or brush their teeth.
- **Let them decide who to tell;** this is not your story to share.
- **Encourage them to talk to a counsellor.** Let them decide when to seek help.
- **Let them decide whether to report it to authorities.** Their deciding helps them to take control. Infoline, crisis centres or Hotlines can be very helpful in dealing with the crime.
- **Let them express their feelings. They are not aimed at you** even if they sound angry.
- **Remember that everyone responds differently.** Some people experience the effects of sexual assault immediately afterwards while others experience effects over time.
- **Take care of yourself while helping.** It can be very difficult to support someone through such a traumatic event and you may need to seek help for yourself. It may take a long time for them to heal emotionally.
- **Offer to stay with them** or help them find someone they would like to stay with.

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BAHA staff may help you access the services you may need

Check out www.baha.com.pg

Or

Call BAHA
Port Moresby 325 9228
Lae 472 4182

BAHA workplace toolbox HIV session: PEP and What to do if you are sexually assaulted

Workplace learning activity role-play:

It is first thing Monday morning and HIV champion is in office and colleague knocks on office door and asks to talk...

Scenario 1

Colleague:.... Um errrrr, ah, I, um.... Bursts in to tears...and sobs eventually she/he manages to get out that she has been raped over the weekend

HIV Champion:.... Check the info sheets on “what to do if you are sexually assaulted” and work out what you are going to say”

Consider:

- Time
- Place
- HIV
- STI
- Pregnancy
- The law – evidence, documentation...
- The perpetrator
- You resources or ability to help...
- Anything else...

Scenario 2

Moses is at work when his colleague calls in sick. Plan your reaction to this situation...

“hey bro, mi gat hevi nau monin sampla mangi holdup lo car lo front gate na bipo long oli take off ol wokim nabaut long lik lik sista bilong mi na mi need long kisim em igo long haus sik.

Mi tingting planti long dispela PEP Bro? how bai mi wokim dispela?



PAPUA NEW GUINEA
BUSINESS COALITION AGAINST
HIV & AIDS

Got a question?

7200 2242

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Monday to Friday 8am to 8pm