

# Aim and reach of the project

**1 in 6**

people in the UK have experienced some form of sexual abuse or assault



Our project aimed to remove/reduce the added barriers survivors of sexual trauma experience with health care appointments which contribute to lower access rates and poorer health outcomes.

It relates potentially to all health services - our initial focus has been those where intimate examinations are needed.

# Achieving our aim in 3 stages

## Stage 1

To evidence the impact of sexual trauma on survivors' experiences of healthcare to build an influential case for change - survey and interviews

To build support locally for change

## Stage 2

To use that evidence and our supportive contacts to raise awareness and create cultural and attitudinal change within health services – recommendations with impact and allocating time to work with partners on these.

## Stage 3

To lead to appropriate adjustments and supportive environments to make it easier and less traumatic for survivors to access care.

Launch with Liverpool Women's Hospital

# What has been the change and impact?

Our main maternity and gynae site is committed to responding better to survivors of trauma.

- Trained staff
- Trauma Cards
- Trauma flags
- Culture change



## Quote from a survivor

*"For medical professionals, my appointment might just be a normal day at the office. But for me, it's anything but normal. It's triggering, de-railing, and traumatic. The difference it will make to feel like that is consistently recognised, respected, and understood, in practice and in policy, is going to be massive."*



## Quote from a partner – Dianne Brown, Director of Nursing at Liverpool Women's Hospital

*"Liverpool Women's Hospital is proud to be working in partnership with Healthwatch Liverpool in championing trauma-informed care and taking forward recommendations in their report. The collaboration is vital in ensuring that survivors of sexual trauma feel safe, heard and respected when accessing our services. By embedding trauma-informed principles into our practices we can break down barriers that will encourage early detection and diagnosis and improve outcomes for the women we care for."*