



# SANE Ready:

*Sexual Assault Nurse Examiners responding to*

# Sexual Assault

*A Guide to Providing Quality Health Care to Survivors*





# SANE-Ready Certification

The 2016 Kentucky General Assembly passed a measure that seeks to improve the quality of care sexual assault survivors receive by establishing a SANE-ready designation for acute care hospitals that have a Sexual Assault Nurse Examiner (SANE) on call 24/7.

The new law, KRS 216B.401, requires the Cabinet for Health and Family Services (CHFS) Office of Inspector General (OIG) to:

- Annually certify hospitals that seek designation as a SANE- ready hospital;
- Post a list of SANE-ready hospitals on the OIG's website (<https://chfs.ky.gov/agencies/os/oig/dhc/Pages/hcf.aspx>); and
- Provide the list to the Kentucky Board of Emergency Medical Services.

*Making sure sexual assault survivors receive quality, compassionate, patient-centered and trauma informed care in the immediate aftermath of a sexual assault can not only begin the long journey toward healing, but it can also prevent further trauma.*

## Why Should We Become SANE-ready?

First and foremost, because it is the best practice for this population of patients presenting in emergency departments (EDs) throughout the commonwealth.

There has been a steady increase in victims seeking SAFE exams over the past few years due to a number of factors, including increased media attention.

Time is of the essence in EDs, and sexual assault survivors are suffering from trauma that is rarely visible and often undetectable, even with the sophisticated diagnostic tools available in the medical community. Although the immediate impact of sexual trauma does not present with the identifiable symptoms seen in stroke and heart attack patients, sexual assault victims are particularly vulnerable in the hours immediately following an assault and are best served by staff well trained in trauma response as well as forensic history gathering and evidence collection.

These exams are time consuming, highly invasive and possibly re-traumatizing for survivors. SANEs can provide compassionate, patient-centered care to these individuals while allowing ED staff to focus on other patients.



## Are We Required to Become SANE-Ready?

No. However, state law requires health care facilities that offer emergency services to provide these exams at the request of patients who present with a complaint of sexual assault.

Physicians and nurses who lack SANE training must perform the exams if a SANE nurse is not on staff or on call.

## What If We Don't Have the Resources to Hire a SANE?

A physician or other qualified provider will still be required to perform the exam, as well as possibly appear in court. Obviously, the demands on an ED physician are great, and their services are costly to your organization. A SANE can provide these services at lower cost and with more expertise.

Small and mid-size hospitals in Kentucky have already been certified as SANE-ready. Creative and cost-effective solutions, such as contracting with SANE nurses in your area, or partnering with nearby hospitals, can be explored.

*Hospitals have a unique opportunity to provide quality care and possibly prevent and treat other medical needs.*

## How Does a Nurse Become SANE Certified?

SANEs undergo 40 hours of didactic training in a classroom setting and extensive field training before they may apply to the Kentucky Board of Nursing for their credential. To maintain the credential, the SANE must complete 5 hours of continuing education relating to the area of sexual assault or forensic nursing each annual licensure period. The 5 hours may be included in the 14 hours of CEUs required to maintain the general registered nurse license, and both license periods run concurrently.

Information regarding SANE/SART trainings may be found at [kbn.ky.gov/apply/pages/sane/sanetrainingdates.aspx](http://kbn.ky.gov/apply/pages/sane/sanetrainingdates.aspx).

## How Do We Become SANE Ready?

A hospital must submit a written request to the CHFS OIG. Requests are considered on a rolling basis. The name and SANE credential of each of the hospital's SANE nurses must be attached to the request and sent to the following address:

Attn: Rose Thompson  
Division of Health Care Office of Inspector General  
275 E. Main St., 5-EA  
Frankfort, KY 40621  
E-mail: [Rose.thompson@ky.gov](mailto:Rose.thompson@ky.gov)

## Does CHFS Verify Certification Annually?

Yes. Prior to expiration, the OIG will send notice to the hospital. To maintain certification, the hospital must respond to the notice by submitting a written request for recertification and provide the name and SANE credential of each of the hospital's SANE nurses.

## What If We Fail to Recertify?

If a SANE-ready hospital fails to recertify annually or no longer maintains SANE nurses to ensure 24/7 on-call coverage, the hospital must immediately notify the OIG's Division of Health Care in writing and return the hospital's SANE-ready certificate.

To learn more about sexual assault response education and SANE Awareness on KHA website at <http://www.kyha.com/sexual-assault-response> or contact:

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Kentucky Association of Sexual  
Assault Programs

Find the nearest crisis center or  
call the 24-hour, free RAINN  
hotline at 1-800-656-HOPE.



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