

## Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

**Freephone:** 0800 183 0204

**From a mobile or abroad:** 0115 924 9924 ext 65412 or 62301

**E-mail:** [pals@nuh.nhs.uk](mailto:pals@nuh.nhs.uk)

**Letter:** NUH NHS Trust, c/o PALS, Freepost NEA 14614, Nottingham NG7 1BR

[www.nuh.nhs.uk](http://www.nuh.nhs.uk)



# A welcome guide for young people

Information for young people

## Nottingham Children's Hospital

This document can be provided in different languages and formats. For more information please contact:

Children & Young People's Suite  
Queen's Medical Centre  
A Floor, South Block  
Derby Road  
Nottingham NG7 2UH

Tel: 0800 183 0023  
[www.emcypsas.co.uk](http://www.emcypsas.co.uk)

The Trust endeavours to ensure that the information given here is accurate and impartial.



## Questions

If you think of any questions before arriving at our SARC, you can write them down so you don't forget them.

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## Choice

We are here to listen, support you and ensure that you are healthy and safe and also to help you understand the different options available to you.

We will talk you through what we recommend and you can choose to use as much or as little of our service as you wish.

## Options

The options available to our children and young people are:

- Support and guidance
- A medical assessment / treatment
- A forensic examination
- Referrals into aftercare and support services
- Referrals into sexual health services

## Next steps

The doctor will ask you some questions. This can be done in private if you wish without your parent or carer present.

The doctor will then carry out a full medical assessment. This may include your medical background (illnesses, medication, etc.) and any lifestyle questions that might be appropriate.

You can ask any questions you may have at any time.

## Examination

- Firstly the doctor will perform a basic examination to check your general health and any injuries you may have.
- The doctor will then need to look at your genital area with a magnifying instrument called a colposcope. This helps them to see clearly as it has a bright light.
- During the examination the doctor will sometimes need to take some swabs, blood and a urine sample. Swabs are taken with a sterile cotton wool bud.
- If the assault occurred within the last seven days, you will be given the option to have a full forensic examination to enable us to collect evidence which may be used in court. This will be carried out by a specially trained doctor.
- The average time you will spend here if you come for a forensic examination is approximately 4 hours.
- If you are uncomfortable at any point during the examination, you can let the doctor know and they will stop.
- Once the examination is complete, you may wish to use the shower and change your clothes. Please feel free to bring a fresh change of clothes with you.
- You can then relax and watch some television and we can provide you with something to eat and drink if you wish.

## Sexual health care

We can provide you with immediate sexual health care if required. For example, emergency contraception, a HIV risk assessment and treatment and vaccinations.

For assaults that occurred over three weeks ago, we can offer a full screening for sexually transmitted infections.

We can also make you follow up appointments at your local sexual health clinic.

## Onward support

We care about the support you receive following your visit to us.

We can refer you to local support services that provide ongoing therapeutic support.

We can also refer you to a Children's Independent Sexual Violence Advisor (CHISVA) who will support you with any court processes.

We will contact you three days after your visit to us to see how you are getting on.

You can also call us at anytime if you have any further questions following your visit.