

PET

Prevention, Examination and Treatment of Domestic Violence and Sexual Assault Cases

The training workshop on PET (prevention examination and treatment) of domestic violence and sexual assault by ICOG-FOGSI was conceptualized by us to attempt to plug the gaps in knowledge and improve practices in dealing with violence against women and girls. The book was born out of the effort to collate all the information in concise form which can be referred to by each of you in times of doubt. With the help of this, health professionals can use the guidelines as a day-to-day service document and/or as a tool to guide the development of health services for victims of sexual violence. This can also be used to prepare in-service training courses on sexual violence for health care practitioners and other members of multidisciplinary teams. Our team has made best efforts to collect up-to-date information from global and local experts and prepared a document you must keep as a ready reckoner in your clinics and libraries.

Chief Editor

Mandakini Megh MD, DGO, FICMCH, FICMU, FICOG is Director and Consulting Obstetrician and Gynaecologist, Dr Megh's Gynaeco Care Clinics, Mumbai. Presently she is holding the post of International Vice President, Medical Women's International Association, Central Asia. She is the Chairperson of Indian College of Obstetricians and Gynaecologists: ICOG-FOGSI. She is the Chairperson of AMOGS. She is member of National Monitoring Committee of PCPNDT of Govt. of India. She was National Vice-President, FOGSI in 2012 and National Co-ordinator for 'Advanced Post-Partum Care, Workshop/CME, being held at all India level. She was holding the post of Deputy Director of Health Services, Government of Maharashtra, in charge of Family Welfare RCH, PCPNDT, MTP. She was also advisor to officer on special duty, Family Welfare, Government of Maharashtra, Health Department Mantralaya, Mumbai. She was holding the prestigious post of Superintendent, Cama and Albless Hospital for Women and Children in Mumbai. She has been maternal health consultant for Government of Maharashtra-UNICEF. She was holding the charge of Imaging Science Committee of FOGSI, Jan-2006 to Jan-2009. She was Dean of Indian College of Medical Ultrasound, past President of Indian Federation of Ultrasound in Medicine and Biology (IFUMB) and also past President of Association of Medical Women in India. She was Hon Visiting Professor of Sawangi Meghe Medical College, Wardha and Hon Associate Professor of PDMC Medical College, Amravati. She has significant contribution in formulation of policies for Government of Maharashtra, specially Maternal Health RCH and Family Welfare.



She was in-charge of World Bank—Clinical Trainings in Maharashtra Health System Development Project (MHSDP). She is the Hon. Professor and fellow guide of Indian College of Maternal and Child Health, Calcutta and also national fellow of Indian College of Maternal Health. She is an executive member of Mumbai OBGY Society.

She is the Chief Editor of *Playing by the Rules—an Update on Government Policies, Regulations and Acts for Practicing Obstetricians and Gynecologists* which was awarded DK Dalta best publication award of FOGSI.

Recent Advances in Postpartum Care book edited by her has received best textbook award in "A" category FOGSI publication. She is the Chief Editor of *FOGSI Focus Comprehensive Abortion Care and Post Abortion Contraception* in January 2012. She has published many chapters in various textbooks for PG/UG and many articles in various national and international journals. She is the recipient of Best Fellow Award by Indian College of Maternal and Child Health (Dr C S Dawn), Dr Ganatra Award of MOGS for community services in OBGY. She is recipient of Mahila Gaurav Puraskar of Government of Maharashtra, 1996. She has delivered many prestigious orations in national conference. She is the invited faculty for national and international seminars, workshops, world conferences and FIGO. She is recipient of MOGS "Shailaja Pandit" award for working on woman empowerment, domestic violence, contraception and family welfare.



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PET Prevention, Examination and Treatment of Domestic Violence and Sexual Assault Cases

Megh Wani



PET Prevention, Examination and Treatment of Domestic Violence and Sexual Assault Cases



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Federation of Obstetric and Gynaecological Societies of India



Indian College of Obstetricians & Gynaecologists



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ICOG 2020

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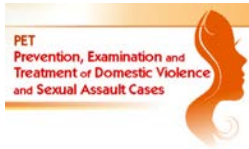


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to

the nameless survivors who have suffered domestic violence or sexual assault, and still have surfaced like the Phoenix, rising from the ashes!



Dr Teertha Shetty, Dr Roshni Khade



Foreword



FOGSI invites you to make a difference!

Violence against girls and women has been prevalent since ages and across all civilizations. In India, the struggle for survival for a girl child begins right from the day she is conceived. We are a country of high maternal mortality and poor gender ratio. The skewed statistics reflect the underlying gender bias, the obsession for a male child, the patriarchy, and the social bigotry prevalent in our society.



A woman in India can barely walk through a street without a nervous glance over a shoulder. Our dreams to call ourselves a progressive nation lies shattered by the NCRB (national crime records bureau) data. It states that the rape vulnerability of women has doubled over the last two decades. This is despite the statutory reforms that came into place post Nirbhaya. Every year thousands of women are victimised. The survivors suffer numerous indignities in their often futile attempts to get justice.

Violence against women and girls (VAWG) is not necessarily sexual, but the consequences are equally damaging. It has a profound impact on physical and mental health, with both immediate and long-term consequences. It also affects the social well-being of the women.

At FOGSI, we are a group of more than 38,000 gynecologists in the unique position to reach out to more than half of the 1.3 billion population of our country ... in fact to ALL since sensitization should be for men and women too! To raise awareness of violence against women; the United Nations General Assembly has designated November 25 as the International Day for the Elimination of Violence Against Women. The UN System's 16 Days of Activism against Gender-based Violence activities, from 25th Nov to 10th Dec took place under the 2020 global theme: ***"Orange the World: Fund, Respond, Prevent, Collect!"*** In a unique initiative, this community connect E-conclave was conducted on 22/11/2020 from 9.30 am–8.30 pm and had about 21,000 viewers across different media including Facebook and Youtube. There were talks from experts in the field and interactive discussions to seek remedy to this grave problem. Results of essay and slogan competitions on the theme, to sensitise the community were released on that day. Our team has also released a booklet "KAVACH" on that day, for which Dr Reena Wani was instrumental in coordination and preparation.

"With Great Power comes Great Responsibility"—dear FOGSIANS, we have to rise to the occasion and translate good intentions into action, even if it may seem to be

a small step, to actually help someone at grassroots level, i.e. when our vision of safety for Indian women will become a reality!! I am very glad that Dr Mandakini Megh, Chairperson, ICOG-FOGSI and her team led by Dr Reena Wani have not only done a certified training workshop on this topic, but have also come out with this book which will be a ready-reckoner for all our members on all aspects of this subject.

Alpesh Gandhi
President, FOGSI

✍ Editorial Note

The various graphics in this section are the E-posters and physical posters prepared by junior doctors and nurses for 25th Nov 2020 competition arranged by the editorial team in HBTMC Cooper Hospital, Juhu, with prizes given by Mumbai Obstetric and Gynecological Society (MOGS) to increase awareness of this critical social issue.

2019 STATS:
4.05 lakhs crimes against women.
1.26 lakhs is highest and it is domestic violence
62.4 crime rate registered per 1 lakh women population

Last night I heard the screaming
Loud voices behind the wall
Another sleepless night for me
It won't do no good to call
The police always come late
If they come at all

And when they arrive
They say, "they can't interfere
With domestic affairs,
Between a man and his wife."
And as they walk out the door
The tears well up in her eyes

Last night I heard the screaming
Then a silence that chilled my soul
I prayed that I was dreaming
When I saw the ambulance in the road
And the policeman said,
"I'm here to keep the peace."
Will the crowd disperse
I think we all could use some
sleep??

- Behind the wall (Tracy Chapman)

NO TO VAWG
PREVENTION AND ELIMINATION OF VIOLENCE AGAINST WOMEN AND GIRLS

STOP VIOLENCE AGAINST WOMEN

Dr Nivedita Pawar (1st Prize)



Foreword

It is with great pleasure that I write the Foreword for an important publication that promises to make a difference to the practice of gynecology.

The title *PET: Prevention, Examination and Treatment of Domestic Violence and Sexual Assault Cases* is itself quite inclusive. It covers all aspects of the problem. It comprises approximately 27 chapters and has included practical as well as theoretical aspects.



For health care system to cater to this problem it is required to have a team of well trained professional with experience. Their approach has to be sensitive, perceptive and compassionate. One has to work with the long-term objective of giving solace and rehabilitation and maintain the dignity of the person.

We have worked on this issue for many years. Violence against women has many forms but has one thing in common that is, it is universal and is seen in all strata of society.

We have also interacted with United Nations which has taken a serious note of the rising incidence. Two of the experts from UN have contributed chapters to this book. Dr Padmini Murthy—MWIA's Representative to UN and Dr Bettina Pfeleiderer—MWIA Past President have both contributed significantly to the alleviation of this problem. The annual UN Conference on "Status of Women" has discussions on this subject and brings out suitable pamphlets and scientific papers. In most countries as also in India the problem is under played. The reported cases are much less than the actual numbers as most women shy away from reporting. Even in the reported cases, the conviction rate is abysmally low.

In India, the law, however has been proactive. Since the famous 'Nirbhaya' case many facilities have been provided to the women in distress and given them shelter and comfort.

I would like to appreciate the tremendous contribution of the Editors Dr Mandakini Megh, Chairperson, FOGSI-ICOG and Dr Reena Wani and their team for their efforts in conducting a certificate course on this subject. This book is a compilation from lectures given by experts, which will help practitioners to give comprehensive care.

If the knowledge gained from this book translate into good clinical practice and helps some women who are in distress the authors will feel that they have not toiled in vain.

We live in interesting times. The future holds many opportunities to strengthen health systems for women and children. New partnerships will develop between Gynecologists, Social Workers, Members of Legal Profession, Public Health and Research Workers. Global players will come in with financing and administrative strategies and policies. In a sense, the world will come together and learn to live with "Gender Harmony".

Congratulations and best wishes to the authors, publishers and all those who have contributed to this magnificent production.

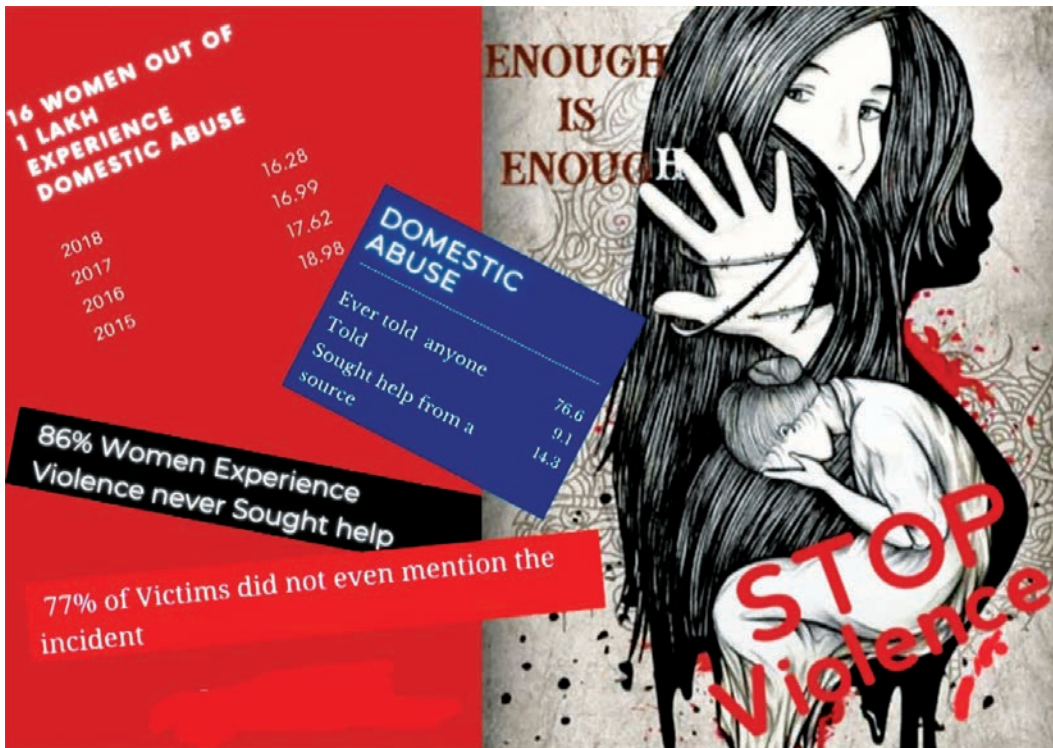
Happy reading and best wishes

Usha B Saraiya

MD DGO FIAC FICOG FRCOG (UK)

Past President of FOGSI and ICOG (2002)

Past Chairperson of ICOG (2006-2009)



Dr Prashant Telharkar (2nd Prize)



Foreword

Dear FOGSIANS,

I am very happy to present to you the important work that Dr Mandakini Megh, Chairperson, FOGSI-ICOG and her team has created for you.

Sexual violence is a serious public health and human rights problem with both short- and long-term consequences on women's physical, mental, sexual, and reproductive health. According to NRCB data 2019, 88 cases of rape were reported every day in India; which is likely to be just the tip of the iceberg as a fraction of women who are raped file a complaint fearing social stigma.

The physical, financial and social vulnerabilities of women are fundamentally harmful to the future of any society. Violence against women is a crime. Not redressing these vulnerabilities fails to prevent harm to subsequent generations, and contributes to continuing the cycle of violence.

There is a need for wider awareness of the magnitude of the problem of violence against women. Only if this problem is recognized can it be addressed. Physicians, as advocates for women, are uniquely placed to assist in this. There is therefore a duty for professional societies and physicians to publicize information about the frequency of types of violence against women, and the implications for the wider society of allowing this to continue.

Physicians and the health care system can contribute to a great deal in all the three levels of prevention of VAW; which includes creating awareness about violence, identification of violence, providing acute care and long-term rehabilitation of survivors. This requires a team of trained and experienced, tender, sensitive, perceptive, and receptive health care providers who could deliver long-term mental health support and rehabilitation.

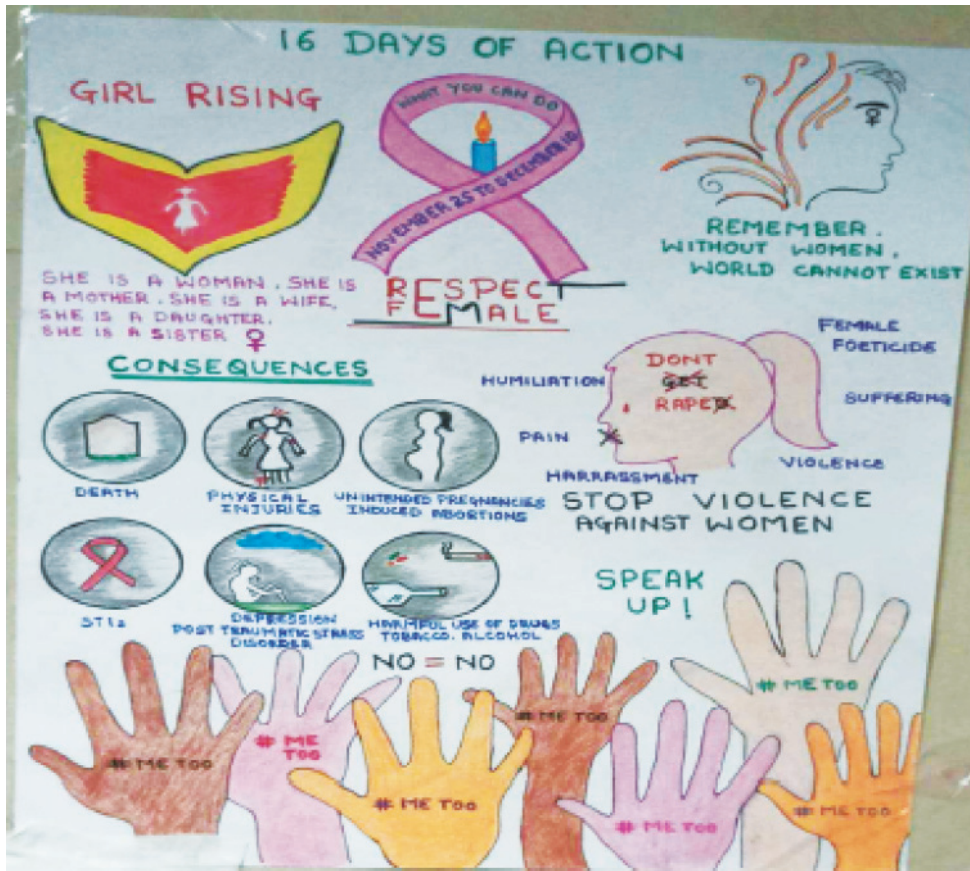
As a medicolegal and ethics person, I would like to appreciate Dr Mandakini Megh, Chairperson, FOGSI-ICOG and Dr Reena Wani and their team for their efforts in conducting a workshop on PET-VAW for practitioners. This book which is a compilation from multidisciplinary experts of OBGYN, psychiatrist law enforcement and NGOs; which will help practitioners to handle medico-legal cases.



Dr Virendra Sutar

Sanjay Gupte

Past President, FOGSI
Chairman, FIGO Committee for
Ethical and Professional Aspects of
Human Reproduction and Women's Health



Dr Poonam Gowda (1st Prize TIE)



Dr Sumaya, Dr Yashshree, Dr Sukeshini (1st Prize TIE)



Preface



Theme of the Chairperson, ICOG 2020-2021
EQUIP_EDUCATE_EMPOWER



MD, DGO, FICMCH, FICMU, FICOG
Chairperson, ICOG

Greetings and Regards!

It is a privilege for me to write the Foreword for *PET: Prevention, Examination and Treatment of Domestic Violence and Sexual Assault Cases*. We are addressing the problems and challenges of very critical social issue of grave importance of today dealing with domestic violence and sexual offences. It is a proud feeling that this publication will help in every step to us, the medical professionals.

“If we are to fight discrimination and injustice against women, we must start from the home for if a woman cannot be safe in her own house then she cannot be expected to feel safe anywhere.”

As we are aware domestic violence, sexual assault affects all parts of society, the responses that arise to combat it are comprehensive, taking place on the individual, administrative, legal, and social levels.

Keeping in mind, how to the prevent, doing examination and treatment of domestic violence and sexual assault cases, the articles have been compiled in this book. With the help of this book health professionals can use the guidelines as a day-to-day service document and/or as a tool to guide the development of health services for victims of sexual violence. The guidelines can also be used to prepare in-service training courses on sexual violence for health care practitioners and other members of multidisciplinary teams.

The guidelines will be useful for a range of professionals who provide care for victims of sexual violence: Health service facility managers, medico-legal specialists, doctors and nurses with forensic training, district medical officers, police surgeons, gynaecologists, emergency room physicians and nurses, general practitioners, and mental health professionals. These guidelines are meant to be adapted to specific local and national circumstances, taking into account the availability of resources and national policies and protocols. This book would be of much help to update knowledge and guide to deal with the situation in time.

In conclusion, I would like to quote the Israeli historian and scholar of the Holocaust; **“Thou shalt not be a victim, thou shalt not be a perpetrator, but above all thou shalt not be a bystander.”**

As a chief editor of book along with co-editor Dr Reena Wani bring this very important and useful publication, *PET: Prevention, Examination and Treatment of Domestic Violence and Sexual Assault Cases*. We are sure this book will help you all in your day-to-day practice.

Wishing you a very happy and healthy coming year.

Dr Mandakini Megh
Chairperson, ICOG

Message from Co-Editor



"We must be the change we want to see in the world" said Mahatma Gandhi.

We are the torch-bearers for women's health and are responsible for them from "Womb to Tomb" being often the primary health providers especially for women who never reach out to the health care system until they get have period problems or get pregnant. Hence, we are often in the privileged position of being first responders in situations of violence against women and children ... but the tragedy is that often the person hesitates to open up, or we fail to do what we should.



Violence against women and girls is a gross violation of human rights and remains largely unreported dues to impunity enjoyed by the accused, and a culture of shaming and blaming the victim. Despite Nirbhaya, Kathua and Hathras incidents, every day there are news reports of domestic and sexual violence. Intensive awareness drives and concerted efforts from every quarter is the need of the hour to quash this evil. It has been a neglected area of research, the available data are scanty and fragmented but after the #MeToo movement, more focus has been put on this area.

Often the health care system is blamed for not responding in a timely or appropriate manner when a girl or woman approaches for help or reporting. Often there is lack of clarity about procedure and protocols to be followed, or hesitancy on behalf of private sector to be involved.

The training workshop by ICOG-FOGSI was conceptualized by us to attempt to plug the gaps in knowledge and improve practices in dealing with violence against women and girls. The book was born out of the effort to collate information in concise form which can be referred to by each of you in times of doubt.

Our pledge and Hippocratic Oath requires us to rise to the challenge of "Saying no to Violence Against Women and Girls" ! If each one of us is able to help even one person, by reporting/facilitating/rehabilitating in a small way, we would have made a difference.

This is just the beginning, but we hope that it will show light at the end of the tunnel.
In the words of Sir Robert Frost

*"The woods are lovely, dark and deep
But I have promises to keep
And miles to go before I sleep,
miles to go before I sleep ..."*

Reena J Wani

Co-Editor and Convenor, FOGSI-ICOG, PET Workshop
Core Committee Member, FOGSI, VAW Cell 2015-2021



Dr Sayesha Patel (1st Prize TIE)



Message

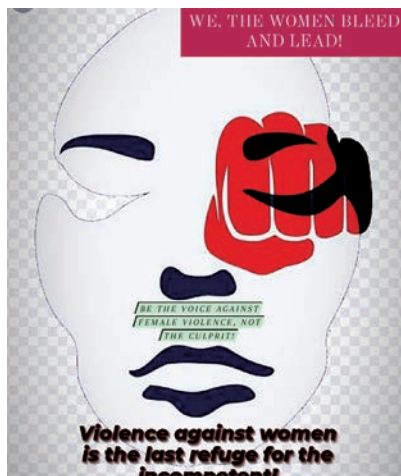
According to National Crime Records Bureau 2019 report, over 32000 women were raped in India, a number which has been steadily rising by 31% in the last decade. The first point of contact for victims of sexual assault are health care providers and the law enforcement. Health care professionals have a dual role to provide the survivor with the required medical and psychological treatment as well as to assist in their medico-legal proceedings.

Doctors in both public and private sectors are hesitant to take up cases of violence against women due to lack of clarity on examination and reporting. Hence, FOGSI-ICOG conducted an online 3-day certificate course and lecture series on prevention, examination and treatment (PET) of domestic violence and sexual assault cases.

The course was the brainchild of ICOG Chairperson Dr Mandakini Megh and Dr Reena Wani. The course coordinators were Dr Hema Relwani, Dr Kruti Doshi and Dr Preeti Deshpande.

With a multidisciplinary panel comprising of 15+ speakers from OBGYN, psychiatry, law enforcement, medico-legal experts and NGOs, the course was an immense success. It was attended by 574 delegates from public and private sector and received highly positive feedback for the practical approach discussed for dealing with domestic violence and sexual assault cases. At the end of the 3 days, 142 attempted and passed the online examination and got certification from FOGSI-ICOG.

In order to summarize the learnings from the course, FOGSI-ICOG is publishing this book on violence against women—prevention, examination and treatment (PET) which is aimed to be a handy manual for practitioners. We are glad to be part of this team preparing this important compilation of up-to-date information shared by our experts.



Dr Priyadarshini Dutta (3rd Prize TIE)



Dr Priyanka Surodwar



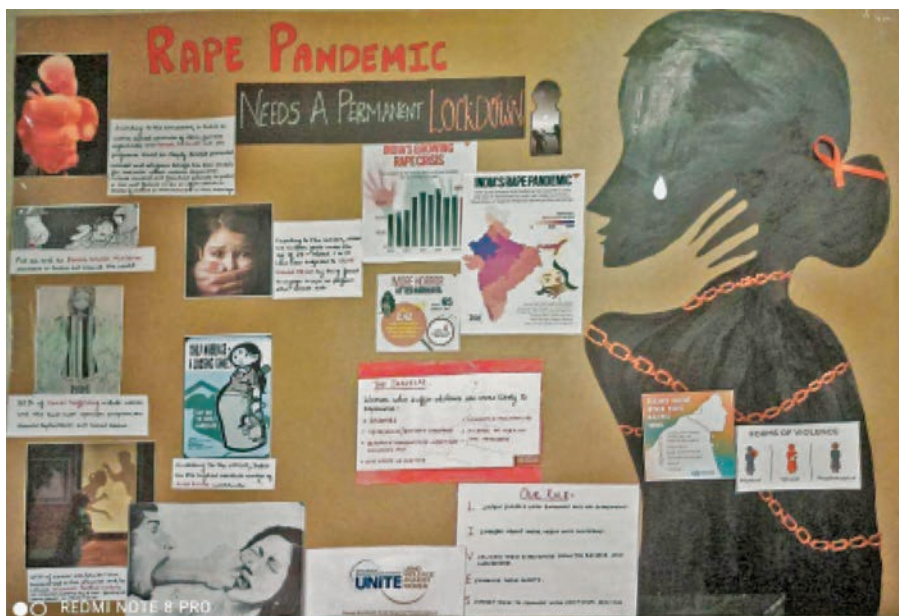
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Student Nurse Divya Save (2nd Prize)



Dr Neha Mathews (3rd Prize)

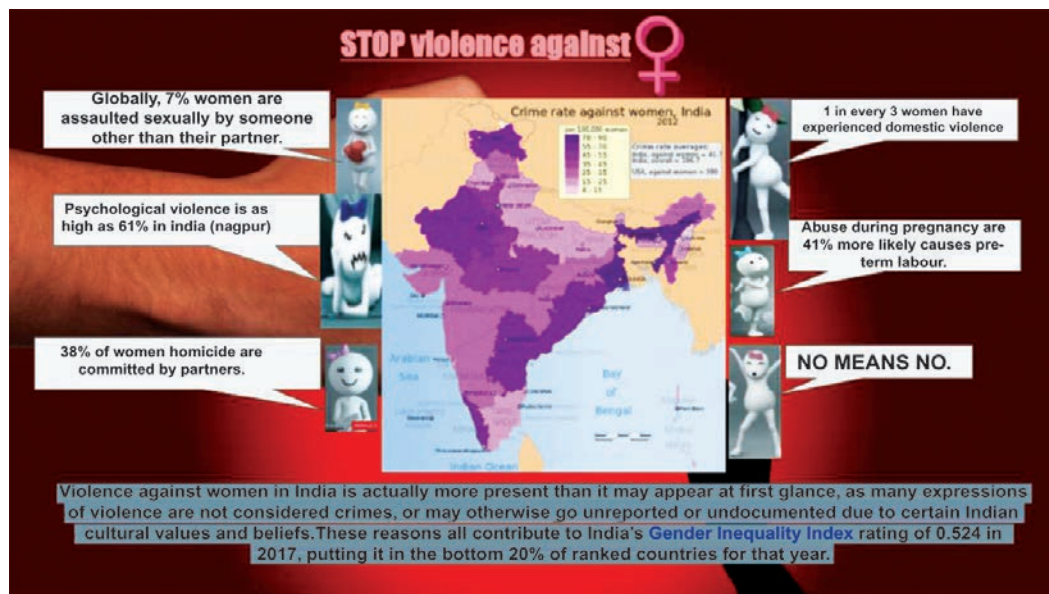


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- FOGSI President Dr Alpesh Gandhi for his vision and mission “Say no to Violence against Women and Girls”.
- Our PET workshop coordinators and faculty who made it happen, despite the Corona Pandemic.
- ICOG office staff, especially Mrs Neelima More, and team of CBS Publications for their timely cooperation and efforts.
- Our spouses, without whose cooperation and adjustment of family time, we (ladies) could not have finished this project in time.
- Our family members ... Special mention of Mr Gorakh Megh, Dr Jatin Wani, Mr Anukool Deshpande and Mr Vinit Shah for being the men behind the strong women.
- A heartfelt thanks to each one of you who made it possible to publish this very important and timely release of the book *PET: Prevention Examination, Treatment of Domestic Violence and Sexual Assault Cases*.

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Contents

<i>Foreword by Alpesh Gandhi</i>	<i>vii</i>
<i>Foreword by Usha B Saraiya</i>	<i>ix</i>
<i>Foreword by Sanjay Gupte</i>	<i>xi</i>
<i>Preface</i>	<i>xiii</i>
<i>List of Contributors</i>	<i>xix</i>

SECTION I: Background and Epidemiology

1. <i>Current Scenario of Sexual Violence</i> <i>Vaishali Korde-Nayak</i>	3
2. <i>Domestic Violence in COVID Crisis</i> <i>Padmini Murthy</i>	8
3. <i>European Online Training Platform on Domestic Violence—Improving Frontline Responses to Domestic Violence and Sexual Assault</i> <i>Bettina Pfleiderer, Paulina Juszczyk</i>	16
4. <i>WWWCON—The Way Forward</i> <i>Meera Agnihotri</i>	24

SECTION II: Laws and Vaw

5. <i>Domestic Violence Act, 2005</i> <i>Mandakini Megh, Preeti Deshpande</i>	31
6. <i>Safe Workplace, a Constitutional Right of Women! Vishakha Guidelines and Beyond</i> <i>Kamaxi Bhate</i>	38
7. <i>Laws Pertaining to Sexual Abuse</i> <i>Kruti Doshi</i>	47
8. <i>POCSO and Practitioners</i> <i>Jaydeep Tank</i>	58
9. <i>MTP in Survivors of Sexual Assault: Medico-legal Challenges</i> <i>Nikhil D Datar</i>	65
10. <i>Marital Rape</i> <i>Jyothi Unni, Kruti Doshi</i>	70
11. <i>Medico-legal Tips in Case of Sexual Offences</i> <i>Amit Karkhanis, Jyoti Kukreja</i>	74

SECTION III: Multidisciplinary Responsibilities

12. <i>Responsibilities of Health Care Providers to Address Gender-based Violence</i> <i>Nayreen Daruwala</i>	81
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13. Role of Police Official in Curbing the Crime Against Women <i>Meeran Borwankar</i>	86
14. Role of a Psychiatrist in Violence Against Women <i>Milan Balakrishnan</i>	91
15. Responsibilities of Society <i>Preeti Deshpande, Mandakini Megh</i>	98
16. Implementing a Comprehensive Health Care Response to Sexual Violence <i>Sangeeta Rege, Padma Bhate-Deosthali, Sanjida Arora</i>	106

SECTION IV: Protocols and Practical Approach to Cases

17. Prerequisites of Examination—Who, How, When!! and Concept of One Stop Crisis Centre <i>Hema Relwani</i>	115
18. Determining the Age of Injuries in Sexual Assault <i>Meenakshi Deshpande</i>	122
19. Management and Treatment of Domestic Violence <i>Meka Krishna Kumari</i>	130
20. Medical and Surgical Management in Sexual Assault Case <i>Shilpa N Naik</i>	138
21. Medical Examination and Reporting for Sexual Violence <i>Rajshree Dayanand Katke</i>	145
22. Safe Kit and Formulating of Opinion and Diagnosis <i>Rashmi Jalvee</i>	155
23. Tips to Survive and be Safe for a Victim of Violence <i>Bhavini Shah Balakrishnan</i>	161

SECTION V: Case Discussions, Long-term Issues and Future Direction

24. Long-term Sequelae: VAW and US <i>Reena J Wani, Sachin Paprikar</i>	165
25. Psychosocial Care for Violence Survivors <i>Bhavini Shah Balakrishnan</i>	173
26. Challenges and Concerns in Young Adult and Adult Survivors of Sexual Assault <i>Padmaja Samant</i>	176
27. Helplines for Survivors <i>Reena J Wani, Arvind B Mulay</i>	180
<i>Appendix: Medico-legal Examination Report of Sexual Violence</i>	189
<i>Glossary of Terms</i>	201
<i>Index</i>	203