



# Idaho SANE/SART Update

Jan. 2024

... improving access to standardized care  
of the sexual assault patient in the state  
of Idaho ....



## Introducing ....

Maddy Helfrich was born and raised in Portland, Oregon but has lived in the Treasure Valley since she became a Registered Nurse in 2013. She received her Bachelors of Science in Nursing from Seattle Pacific University. Maddy has been a bedside float nurse for ten years, working primarily as an ICU, Certified Emergency, and Rapid Response/Crisis nurse at St. Luke's Health System. She became a Sexual Assault Nurse Examiner (SANE) in 2020 and has taken call with the Ada County SAFE Team based out of Faces of Hope since then.

Maddy is passionate about increasing awareness by engaging both urban and rural cultures to change the way we think about gender, sexuality, equity, and the power and control narrative that drives sexual assault and intimate partner violence. She cares deeply about empowering patients and facilitating their healing using trauma-informed care and gentle empathy and believes that women and men – all deserve better. She is confident that nurses play a key role in the changes and improvements we want to see in our culture.

Maddy lives in Nampa with her adventure buddies: her husband and daughter. They also house a golden retriever, barn cats, a goldfish, and a dozen chickens. She loves to travel and be outside: swimming, biking, walking, hiking, gardening, or just reading in the hammock. She loves to play the piano, sing, and bake with her sourdough starter, Lola. She is excited to learn and work alongside Deb at Idaho State Police as they continue to bridge the gaps that hinder evidence based, standardized forensic medical care around the state.

### Return SAECK Instruction Sheet to Crime Lab??

It has been brought to our attention that we have a typo on the Instruction Sheet in the SAECK (Sexual Assault Evidence Collection Kit) — it asks that you return that sheet in the kit — this is an error; this sheet can be thrown away after use. Remember to give the Victim Notification form (with the kit number) to the patient and return the Patient Information & History Form (FULLY filled in) with the kit.





## Evidence Pearls



### SUSPECT EXAMS

Organizations must decide if they can/will offer suspect exams for law enforcement, hopefully through collaborative conversations at the local SART (Sexual Assault Response Team). The “wrinkle” can be that suspects are not being brought to the agency for healthcare, but for evidence collection only, and the SANE must still adhere to the tenant of consent. A court order or warrant will outline the DNA the suspect is being required to give, but he/she must still consent for the SANE to collect that evidence.

If your organization allows suspect exams be sure informed consent is obtained and documented, and collect only the evidence samples ordered in the court order or warrant. If, as the SANE, you are aware there is another site that may be probative (if you knew the history of the assault and knew the suspect had been bitten on the shoulder, for example) but there is not an order for that collection, it is acceptable to ask the officer if they want to ask to have the order amended to include collection of that site.

Collect what the warrant or court order indicates, usually:

- hand swabs: swab palmer surface and under fingernails of the right hand, and package; repeat for left hand (package each hand separately)
- penile swabs: swab from base of penis, around shaft, and across the glans (do not place swab into urethra)
- Scrotal swabs; swab entire scrotum, packaged separately from penis

Package each set of swabs in the evidence envelopes you have left over from previous sexual assault exams OR in a mailing envelope and put ALL the same information the evidence envelopes have:

- Body site collected
- Suspect Name
- Your name as collector
- Date and Time sample collected
- Suspected (body) fluid present (or “manual contact”)

Once you have all the samples dried and packaged, place all of them in a large manilla envelope and label it with:

- Suspect name
- Case Number
- Name of collector (SANE)
- Date collected
- Chain of Custody documentation

### Idaho Strangulation Manual

Deb and Maddy have assembled a team, working in collaboration with the Training Institute for the Prevention of Strangulation, to create an Idaho-specific manual for Strangulation. We want this to be both a source of education on the mechanism and lethality of strangulation, as well as a “hands’-on” manual that can be used in real time by those who respond to strangulation cases, including healthcare providers, EMS, Law Enforcement, and Advocates. In addition, the manual will have “how to” information for prosecution and judges. We need to know: what do YOU want to see in this manual?

Please send your thoughts, ideas, and suggestions to use at forensic. Nursing@isp.idaho.gov.

*Thank you!!*

## EXAMS WITHOUT SEXUAL ASSAULT

The Idaho statute states that the SAECKs (sexual assault evidence collection kits) are to be used for sexual assault cases **only**. When the SANE performs an exam for physical assault (such as interpersonal violence, with or without strangulation) or a suspect exam the kit cannot be used.

### Tips for evidence collection for IPV and/or strangulation exams:

Evidence swab collection for IPV– the patient’s history guides what swabs to take

Any injury that may have skin cells present (bruise from a punch or slap, non-injured skin with report of injury, such as strangulation), and any site that may have body fluid(s) or skin cells present.

No genital swabs are indicated, since sexual assault was not reported

Package each set of swabs in the evidence envelopes you have left over from previous sexual assault exams OR in a mailing envelope

put ALL the same information the evidence envelopes have:

Body site collected  
Patient Name  
Your name as collector  
Date and Time sample collected  
Suspected (body) fluid present  
“sample was collected”

a sample evidence label is can be obtained from the Forensic Nursing Unit at the Crime Lab (see page 4 for example)

all the evidence envelopes can then be packaged in one larger envelope (instead of a box) and turned over to law enforcement.

Document this on the outside of the larger envelope containing your evidence:

Patient Name  
Collected by: (your name)  
Case Number (if you have it, or get it when evidence is picked up)  
Chain of Custody documentation

A sample label can be obtained from the Forensic Nursing Unit at the Crime Lab (see page 4 for example)

ISP Forensic Services (the Crime Lab) has free envelopes you can use to package the evidence envelopes in (if you prefer not to use a plain bag and the label noted above); contact the lab nearest you to have them sent to you:

Coeur d’Alene: [D1lab@isp.idaho.gov](mailto:D1lab@isp.idaho.gov)  
Meridian: [D3lab@isp.idaho.gov](mailto:D3lab@isp.idaho.gov)  
Pocatello: [D5lab@isp.idaho.gov](mailto:D5lab@isp.idaho.gov)

### More collection tips:

1. Use four dry swabs for all body cavity sites (mouth, vagina, and anus) ONLY
2. Use two damp (1-2 gtts sterile water on each swab) for all non-cavity sites, regardless of size
3. If you drop a swab DO NOT THROW IT AWAY— package it alone in a separate envelope, labeling as “fourth swab from vaginal sample, swab was dropped on floor” on the envelope and Pt. Info & History Form. Note “4th swab packed separately (dropped)” on the envelope with other swabs from site.



### Sample Label for Bag to hold Evidence Samples for non-SAECK collection

#### Evidence Collection

Patient Name: \_\_\_\_\_

Date/Time collected: \_\_\_\_\_

Collected by: \_\_\_\_\_

Description of Contents: \_\_\_\_\_

\_\_\_\_\_

Location of evidence (patient wearing clothing, evidence swabs from neck, etc.): \_\_\_\_\_

\_\_\_\_\_

Case # \_\_\_\_\_

#### Evidence Chain of Custody

Date	From:	To:

### Sample of labels to use when collecting evidence outside the SAECK

Circle One:     **Manual Contact**

Patient Name: \_\_\_\_\_

Date Collected: \_\_\_\_/\_\_\_\_/2022    Time: \_\_\_\_\_ am/pm

Collected By: \_\_\_\_\_

Area Swabbed: \_\_\_\_\_

Swab entire area that sustained prolonged and/or vigorous manual contact (strangulation or manual restraint) ... use one envelope for each site swabbed. Strangulation: swab from just under left ear down to shoulder/clavicle and across to under the right ear – swabbing entire neck area; swab back of neck if contact also occurred there.

# Maddy's Media Review



## **Goodbye, Sweet Girl: A Story of Domestic Violence and Survival by Kelly Sundberg**

Taking place, primarily, in Idaho, Sundberg does a phenomenal job of portraying the complexities of Intimate Partner Violence. It is an incredible memoir. From laying the groundwork of a romantic and passionate relationship at its origin, to the introduction of parenthood, familial struggles, and professional hardship, she explores the layers that lead her to love her partner and eventually leave him. We often get a small, fleeting glance into the lives of our patients who live with abusive partners. This paints a raw and honest portrait of the realities our patients live with, often for a long time. Please be advised that if you are feeling burnt out or might be triggered by the violence described in this book, care for yourself first. Always. This book is available through the local library system in the Treasure Valley in both printed and electronic format. It can also be purchased online. You can find her website here: <https://kellysundberg.com/>

### **Ordering SAECKs and Tox Kits**

SAECKs are ordered at this email: [D3lab@isp.idaho.gov](mailto:D3lab@isp.idaho.gov)

Tox kits are ordered at your local State Lab:

Meridian: [D3lab@isp.idaho.gov](mailto:D3lab@isp.idaho.gov)

Pocatello: [D5lab@isp.idaho.gov](mailto:D5lab@isp.idaho.gov)

Coeur d'Alene: [D1lab@isp.idaho.gov](mailto:D1lab@isp.idaho.gov)

### **Contact Your Coordinators**

Can we help in some way?? Please reach out to us!

[Deborah.wetherelt@isp.idaho.gov](mailto:Deborah.wetherelt@isp.idaho.gov)

[Madison.helfrich@isp.idaho.gov](mailto:Madison.helfrich@isp.idaho.gov)

### **Certification — Applications open in January for the April Exam**

Are you ready to take the certification exam? Be sure to meet the application deadline (IAFN has the site closed until January 2, 2024) ... lets put Idaho in the lead for certified nurses — which only improves the care we provide for our patients !! The link for more info: <https://www.forensicnurses.org/page/CertExam/>

Let Maddy or Deb know if you have questions or need assistance with the process!