

DOMESTIC VIOLENCE

1 Hour Self Directed Home Study Course
for Florida Nursing Homes and Assisted Living Facilities

Designed to meet the statutory requirements
of s. 456.031, Florida Statutes



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This 1 contact hour correspondence course on domestic violence is designed to

meet the statutory requirements of s. 456.031, F.S. requiring individuals licensed under chapter 458 (physicians, physician assistants, medical assistants), 459 (osteopathic physicians), part I of 464 (registered nurses, licensed practical nurses, advanced registered nurse practitioners), 466 (dentists, dental hygienists), 467 (midwives), 490 (psychologists), and 491 (licensed clinical social workers, licensed marriage and family therapists, licensed mental health counselors), F.S. to complete a 1 hour continuing education course on domestic violence as part of biennial relicensure or recertification. In addition, in lieu of completing this course, these individuals may complete a course in end-of-life care and palliative health care if the individual completed a domestic violence course in the immediately preceding biennium.

LEARNER OBJECTIVES

- ✓ Define domestic violence.
- ✓ Describe the types of domestic violence.
- ✓ Delineate the facts vs. myths about domestic violence.
- ✓ Describe the cycle of violence, including the risk factors and effects of domestic violence to the victim and abuser.
- ✓ State the role of the employer regarding workplace violence.
- ✓ Identify the role of the health care practitioner regarding domestic violence.
- ✓ Name two resources for victims of domestic violence.

WHAT IS DOMESTIC VIOLENCE?

“Domestic violence” means any assault, battery, sexual battery, or any criminal offense resulting in physical injury or death of one family or household member by another who is or was residing in the same single dwelling unit. Section 39.902, F.S. More specifically, s. 741.28 adds to that definition aggravated assault, aggravated battery, sexual assault, stalking, aggravated stalking, kidnapping, and false imprisonment.

WHO IS A FAMILY OR HOUSEHOLD MEMBER?

✓ **SPOUSES**

✓ **FORMER SPOUSES**

✓ **ADULTS RELATED BY BLOOD OR MARRIAGE**

✓ **PERSONS RESIDING TOGETHER AS A FAMILY**

✓ **PERSONS WHO HAVE RESIDED TOGETHER IN THE PAST AS A FAMILY**

✓ **PERSONS WHO HAVE A CHILD IN COMMON**

Domestic violence adversely impacts society, not just in the high cost of medical care for the victims, but also in the physical and psychological effects on victims and the children of abused victims.

According to the Department of Children and Families, Domestic Violence Report, 1998-1999, more than half of the victims served in certified domestic violence shelters in Florida were children. There are 38 certified domestic violence shelters operating throughout the state of Florida. They provide housing, counseling, and work with a network of law enforcement officials and medical and legal professionals to provide assistance to victims of domestic violence.

Domestic violence can be physical, emotional, sexual, or any combination of these. Domestic violence can leave long lasting adverse effects on the victims and on the family and friends of the victim.

PHYSICAL ABUSE

Common physical assaults include: slaps, punches, kicking, stomping on, choking, pushing, shaking, twisting and breaking arms, restraining, burning, stabbing, mutilating the victim, or murder.

It is easily recognizable.

EMOTIONAL ABUSE

Common forms of emotional abuse include: name calling, withholding money, not allowing the victim to see family or friends, not allowing the victim to work, harassing the victim on their job, threatening abuse against other family members, children, or pets, humiliating the victim in front of their family or friends, stalking.

It is not a visible form of violence.

SEXUAL ABUSE

Common forms of sexual abuse include: pressuring the victim to have sex or perform unwanted sexual acts, forcing the victim to have sex by manipulation, threat or physical force, sexually assaulting the victim, or denying the victim protection against sexually transmitted disease or contraception. It also includes rape, sodomy, and forcible fondling.

It is not easily talked about.

Indicators of Domestic Violence

There are some common signs and symptoms that are possible indicators of domestic violence. Physical injuries of the face, neck, breast, abdomen, or injuries sustained when taking a defensive posture, for example, the forearm, and multiple injuries all at various stages of healing should be investigated. Common medical complaints that may indicate domestic violence include: headaches, nervousness, chest pain, palpitations, and abdominal pain. Emotional or psychiatric problems including suicide attempts, alcohol or drug use, depression, anxiety or panic attacks may be signs of domestic violence. Some behavioral signs that may indicate domestic violence include: reluctance to make eye contact, frequent physician office visits, appearing frightened, embarrassed, or ashamed, and children who are acting out more so than for their developmental stage.

People harbor many myths about domestic violence. It is commonly believed that domestic violence is rare, is a result of a bad temper, that people don't get seriously hurt, that people in lower socioeconomic areas are abused more frequently, and that the victim should just leave. We will explore some of the more common myths surrounding domestic violence.

MYTH #1

Domestic violence is not very common.

FACT

An act of domestic violence occurs every 15 seconds, more frequently than any other crime. In the hour it takes you to complete this course, 240 acts of domestic violence will occur.

MYTH #2

Domestic violence is just a result of temporarily losing one's temper.

FACT

Violence appears to become a family behavior over time. About 1/3 of all battered women report having grown up in violent families. A child's exposure to the father abusing the mother is the strongest risk factor for transmitting violent behavior from one generation to the other.

MYTH #3

Domestic violence is most common in middle aged, minority populations in urban areas.

FACTS

In Florida, 55% of victims in 1998-1999 were Caucasian.

There is no relationship between race and the rate of abuse.

Women ages 20-34 have the highest rate of domestic violence of any age group.

Women of all cultures, occupations, and income levels are battered.

MYTH #4

Domestic violence does not result in serious injury, only bumps and bruises.

FACTS

In 1999 in Florida, 199 individuals died due to domestic violence.

1 in 3 assaults involves a weapon and/or results in serious bodily injury.

One-third of the women admitted to hospital emergency rooms may be victims of domestic violence. Pregnant women are at greater risk for: complications of pregnancy, having low-birth infants, and homicide.

MYTH #5

Domestic violence does not happen at work.

FACTS

Husbands and boyfriends commit 13,000 acts of workplace violence each year.

CYCLE OF VIOLENCE

The cycle of violence is self-perpetuating and needs to be broken for domestic violence to stop. The cycle of violence usually starts with an incident of abuse, then there is reconciliation where the abuser apologizes and promises it will never happen again, then there is the calm where everything is forgotten and a few promises might be kept, then there is the tension building where eventually the tension becomes unbearable which results in another act of violence. The cycle continues.

- ✓ Being abused or neglected as a child increased the likelihood of: arrest as a juvenile by 53%, arrest as an adult by 38%, and committing a violent crime by 38%.
- ✓ In Florida, more than one-half of the men who beat their spouses also beat their children.
- ✓ 1/3 of women who are physically abused by a husband or boyfriend grew up in a household where this happened to their mother.
- ✓ About 1 in 5 women were abused themselves as a child or a teenager.

VICTIM CHARACTERISTICS

- ✓ HAVE LOW SELF-ESTEEM
- ✓ FEEL ASHAMED
- ✓ BLAME THEMSELVES
- ✓ THINK THINGS WILL GET BETTER
- ✓ WON'T/CAN'T LEAVE
- ✓ SUFFER

ABUSER CHARACTERISTICS

- ✓ HAVE LOW-SELF ESTEEM
- ✓ MAY ABUSE ALCOHOL OR DRUGS
- ✓ EXPERIENCED ABUSE AS A CHILD
- ✓ FEEL THEY OWN THEIR PARTNER
- ✓ LIKELY TO BE LONERS
- ✓ MAY BE IMPULSIVE OR IMMATURE
- ✓ ARE OFTEN JEALOUS
- ✓ BE IRRATIONAL/UNCONTROLLABLE
- ✓ DON'T ADMIT THEY ARE VIOLENT
- ✓ DON'T SEEK HELP FOR VIOLENCE

WORKPLACE VIOLENCE

Workplace violence costs employers billions of dollars a year in health care, lost wages, absenteeism and poor productivity. Husbands and boyfriends are responsible for 13, 000 acts of workplace violence each year.

Violence can happen in any workplace including nursing homes and assisted living facilities. Workplace violence can happen at any time of the day or night on any shift. It can happen in any department, nursing, housekeeping, maintenance, or administration. Workplace violence can happen in any location in the facility, in the parking lot, in elevators, in stairwells, or in out of the way or infrequently used rooms. And workplace violence can happen to staff, patients, volunteers, and visitors.

Preventing workplace violence is everyone's responsibility. Treat everyone with dignity and respect, develop good communication skills, carefully store objects that could be used as weapons, wear name tags, if you see potential trouble act immediately, always be prepared for emergencies, park in a well-lit area, train your staff regarding your facility policies and procedures on workplace violence. Create effective and supportive workplace policies, procedures, and programs to enhance safety and security in your workplace.

PRACTITIONERS ROLE

Explore your own biases, fears, prejudices.

- ✓ Don't believe the myths.

Provide supportive care to victims of violence.

- ✓ Exhibit empathy.
- ✓ Be concerned for the victim's well-being.

Ask patients about abuse in a caring, gentle way.

- ✓ Have you been hit, kicked, punched, or other wise hurt?
- ✓ Do you feel safe in your current relationship?
- ✓ Is a partner from a previous relationship making you feel unsafe?

Refer them to a domestic violence center.

- ✓ Be aware of actions which are not effective and which may actually have dangerous consequences for the battered victim.

Nurses licensed pursuant to s. 464.018 of the Nurse Practice Act who commit an act which constitutes domestic violence are subject to disciplinary action from the Board of Nursing.

RESOURCES

National Domestic Violence Hotline

1-800-799-SAFE

<http://www.ndvh.org>

National Resource Center on Domestic Violence

10800-527-3223

<http://www.pcadv.org>

Health Resource Center on Domestic Violence

1-888-729-2873

<http://www.fvpf.org>

Battered Women's Justice Project

1-800-903-0111

125 S. 9th St. Suite 302

Philadelphia, PA 49107

Resource Center on Child Protection and Custody

1-800-527-3223

<http://www.ncjfcj.unr.edu>

National Coalition Against Domestic Violence

1-800-799-7223

<http://www.ncadv.org>

DOMESTIC VIOLENCE POST TEST

1. Which of the following is not considered a family or household member?
 - a. Former spouse
 - b. Adults related by blood
 - c. Neighbors
 - d. People who have a child in common

2. According to the Department of Children and Families, in 1998-1999 more than one-half of the victims served in domestic violence shelters in Florida were children.
 - a. True
 - b. False

3. Domestic violence can be
 - a. Physical
 - b. Emotional
 - c. Sexual
 - d. a and c
 - e. All of the above

4. Emotional abuse includes
 - a. Name calling
 - b. Withholding money
 - c. Threatening abuse against pets
 - d. b and c
 - e. All of the above

5. Common medical complaints that may indicate domestic violence include headaches, nervousness, chest pain, palpitations, and abdominal pain.
 - a. True
 - b. False

6. Domestic violence is rare.
 - a. True
 - b. False

7. A child's exposure to a father abusing a mother is the strongest risk factor for transmitting violent behavior from one generation to another.

- a. True
 - b. False
8. In Florida in 1999 only 10% of domestic violence victims were Caucasians.
- a. True
 - b. False
9. There is no relationship between race and the rate of abuse.
- a. True
 - b. False
10. Domestic violence only results in minor bumps and bruises.
- a. True
 - b. False
11. Domestic violence only happens in the home and does not occur at work.
- a. True
 - b. False
12. In Florida more than one-half of the men who beat their spouses also beat their children.
- a. True
 - b. False
13. Victim characteristics include all of the following except:
- a. Think things will get better
 - b. Feel ashamed
 - c. Feel the abuser is to blame
 - d. Have low self-esteem
14. Workplace violence costs employers
- a. Billions of dollars a year in health care
 - b. Lost wages
 - c. Decreased productivity
 - d. All of the above
15. Preventing workplace violence includes creating effective and supportive workplace policies and procedures to enhance safety and security.
- a. True

b. False

16. If you suspect a fellow worker, resident, family member, or visitor has been a victim of domestic violence, your best course of action would be to

- a. Refer them to a domestic violence center
- b. Advise them to leave immediately
- c. Be aware of actions that may have dangerous consequences
- d. a and b
- e. b and c

Last Name	First Name	Title
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Address

City	State	Zip Code
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Phone: Home ()	Work ()
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License Number	Type (NHA, Nursing, etc.)	State
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Facility

Please submit the completed test and the completed evaluation form to the Florida Health Care Association, P. O. Box 1459, Tallahassee, FL 32302-1459 along with your check for \$25.00. If your company is sending in 11 or more completed tests at the same time in the same mailing package, you may send in a discounted amount of \$20.00 per test. After the test has been reviewed and scored, the certificate of attendance will be mailed to the return address provided above. Please provide a complete return address. If you have any questions, you may call FHCA Headquarters at 1/800-771-3422.