

# Shasta Community Health Center

P.O. Box 992790, Redding, CA 96099-2790

(530)246-5710

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## CASE #3

PATIENT: -----  
DATE OF BIRTH: -----  
DATE: 01/23/2008 8:00 AM  
AGE: 29 Years  
HISTORIAN: self  
VISIT TYPE: Office Visit  
MRN: -----

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### Reason(s) for visit

This is a 29 year old white female being seen for the first time in the HOPE Van by an SCHC physician. She is here because of a rape which occurred 12/6/07.

She moved to Shasta County in 10/07 from San Jose because they liked the area and wanted to live in a less congested environment. She began work at Quiznos 12/1/07. After the night shift on 12/6/07, she left work about 9:30 to drive to Oak Run which is about a 45 minute drive. She drove up Oak Run to Fern when her gas lights came on. She had a 2 1/2 gal gas can in her trunk so she pulled over to put gas in her tank. She left her lights on but turned off the engine. She had not been drinking or taking drugs and was not impaired in any way.

As she was putting the nozzle in the gas tank, another vehicle drove up behind her and stopped about 50 feet away. The driver left the vehicle running with the lights on. The patient did not look up as she was trying to keep the nozzle aligned to keep gas going from the can to the gas tank of the car. The man walked up to her and said that his wife was in the truck and she had told him to stop and see if she needed any help. However, when the man got to her, he grabbed her instead and dragged her down off the side of the road to the bottom of a small ravine and raped her.

It was very dark and there were no street lights so she could never get a really good look at him. She describes him as "a little muscular", taller than she is (which is 5 feet 2 inches) and estimates he was about 5 feet 10 inches tall. She thinks he wore a long sleeve shirt because she never felt any skin on his arm as he held her down. She thinks he wore long pants but isn't sure if he wore a hat or had facial hair. He "sounded white." He had no accent, and spoke as if he were educated at least to a high school graduate level. She did not recognize him.

After he had dragged her down to the ravine, he pushed her face in the muddy grassy dirt and held her face in the ground by using his right arm to hold her down by pressing down on the back of the neck. He held a 5 inch long knife blade in his left hand and threatened her by holding the knife close to her face. He ripped off her pants and used his knees to pry open her legs and then raped her vaginally from the back. He did not sodomize her. He was rough, continued raping her for about 10 minutes, until he stopped. She thinks he ejaculated. He then jumped up, told her to not get up until he had driven away, ran to his car and drove off fast. It took about 2 minutes for him to drive away after he left her. She never saw another car or any other person and does not know if anyone else was in his vehicle.

Immediately after the rape, she got up, pulled up her pants and ran back to the car. She told her boyfriend who told her to take a shower and that she was safe with him. She did not go to the hospital or call the police because she had never had anything like that happen before, was shocked and stunned and since she could not recognize him, she thought nothing could be done. Since the rape she tried to return to work, but she had to work around men and became frightened and never went back. She called social services to see what to do and they told her to apply for SSDI and to go the doctors at the HOPE van, which is why she is here today. Since the rape, she has been too afraid to go anywhere alone and has not been able to sleep. She has nightmares and has been depressed with some recurring thoughts of death and suicide. She has had no vaginal discharge, itching, odor, pelvic pain, fever or chills and has had 2 normal menses since the assault. She did not notice any unusual vaginal bleeding or musculoskeletal trauma at the time or for a week afterwards. She has since developed a right groin pain with radiation of the pain down her anterior thigh. I

She has no history of illicit drug use, excessive alcohol use, or ever been exposed to STD's or blood borne diseases. She is in a monogamous relationship for the past 4.5 to 5 years. She is a gravida 3 para 1. her son is 13 years old.

**Patient History:**

**Past Illnesses:**

<u>Illness</u>	<u>Year</u>
Anxiety Disorder	2007
Bipolar Disorder/Manic Depression	2007
Depression	2007
Headaches	2007
High Blood Pressure	1993
Panic Disorder	2007

**Gynecological History:**

She started periods at 13 years old. She is still having periods. She has been pregnant in the past. Number of pregnancies: 3. Number of births: 1. Number of miscarriages: 0. Number of abortions: 2. Number of living children: 1. For birth control, she uses none.

**Social History:**

The patient does smoke. The patient does not exercise regularly. The patient has not been exposed to tuberculosis. The patient has never traveled or lived outside the US. The patient has not used street drugs. The patient has not shared needles. The patient is not currently using street drugs. Patient has had a family member attempt suicide. Family member was not successful. The patient has suffered abuse. The patient is single. Patient's occupation: none. Past occupations: customer service.

**Family History:**

<u>Disease</u>	<u>Family Members</u>
Bipolar Disease	sister
Cancer, Breast	grandmother
Depression	father
Depression	sister, sister
Diabetes	father
High Blood Pressure	father
High Cholesterol	sister
Suicide attempt	sister

**Allergies:**

No known allergies.

Smoking Status --- The patient is a smoker.

**Review of Systems**

**Gynecological:**

**Physical Exam**

**Vital Signs**

<u>Time</u>	<u>Temp F</u>	<u>Pulse</u>	<u>RR</u>	<u>BP</u>	<u>Ht (Ft)</u>	<u>Ht (In)</u>	<u>Wt</u>	<u>Wt Oz</u>	<u>Pain</u>	<u>Ox</u>
8:16 AM	98.0	72	28	110/76		62.00	178.00		0/10	99

**Head / Face:** Normocephalic and atraumatic.

**Ears:** Canal clear without erythema. Tympanic membranes normal bilaterally.

**Nose |Mouth|Throat:** No nasal deformity, mucus membranes moist. Tongue and throat appear normal.

**Neck:** No enlarged thyroid. No significant lymphadenopathy.

**Respiratory:** Normal respiratory effort. Lungs clear to auscultation, good air exchange.

**CVS:** Regular rate and rhythm, no murmurs.

**Abdomen:** Soft, non-tender without organomegaly or masses. Non-distended.

**Integumentary:** Anicteric, skin warm and dry.

**Back|Spine:** Spine non-tender with normal shape and contours. No paraspinal muscle tenderness. No palpable muscle spasm.

**Musculoskeletal:** Normal muscle tone without atrophy.

**Neurological:** Alert and oriented.

**Constitutional:**

well groomed; speech appropriate; articulate; good historian

**Psychiatric:**

AOX3; affect and mood congruent and consistent with h/o assault; no specific suicide plan; no thought disorder; speech appropriate; mild anxiety; expressed grief and fear c/w assault

**Assessment/ Plan**

**1. Adult Sexual Abuse (995.83)**

First time rape/sexual assault in a 29 year old woman with no previous known risk factors for STD's or blood borne diseases. Referrals made to Women's Refuge, Victim, Witness and report will be made to law enforcement. Labs will be gotten today, in 6 months and in 1 year for STD's or blood borne diseases which she might have been exposed to during the rape. She will have a full women's health exam with pap within the next few days with K.O. in the main health center.

**2. Any Virus - HIV Hep HS Oth Screen (V73.89)**

Labs, Pap scheduled.

**3. STI Screening Bacteria (V74.5)**

Labs.

**4. Post Traumatic Stress Disorder (309.81)**

First, we will try to help patient return to a healthy sleep pattern. Risperdal 1 mg qhs for 7 nights. F/U 1 week. Hopefully, she will qualify for therapy via Victims Witness.

**Lab Studies**

Status	Lab Study	Timeframe	Date	Comments
ordered	ACUTE HEP PANEL REFLEX	-today	01/23/2008	
ordered	CBC with Diff	-today	01/23/2008	
Ordered	Chlmd/gonorrh DNA	-today	01/23/2008	
ordered	CMP	-today	01/23/2008	
ordered	HEPATITIS PANEL	-today	01/23/2008	
ordered	HIV Ab	-today	01/23/2008	
ordered	LIPID PANEL	-today	01/23/2008	
ordered	RPR with REFLEX	-today	01/23/2008	
ordered	T4 FREE	-today	01/23/2008	
ordered	TSH	-today	01/23/2008	
ordered	UA COMPLETE C S	-today	01/23/2008	

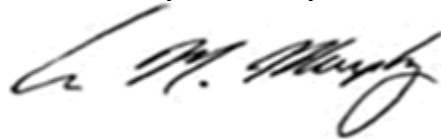
**Referrals**

Status	Provider	Specialty	Timeframe	Appointment
ordered	Kathleen Oppenheim	Gynecology		

**Medications:**

Start Date	Brand name	Dose	Sig
01/23/2008	Risperdal	1mg	1T PO QHS

Electronically verified by Ann Murphy, MD



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