



## Podcast Show Notes

### Title of Series: Domestic Violence 101

*This CE course is relevant to all healthcare professionals.*

Because of a continual rise in domestic violence cases, and their widespread and indiscriminate nature, healthcare professionals *will* encounter victims in their practice, regardless of specialty. A shocking number of these cases will lead to homicide. It is essential, therefore, that we arm ourselves with knowledge to intervene before escalation. In this two-part series, nurse practitioner Allyson Cordoni shares national statistics and defines and distinguishes between types of interpersonal violence. It's information that can help save lives.

#### Guest

Allyson Cordoni, APRN, CNP, SANE-A, SNAE-P

- Nurse Practitioner with over 20 years of experience providing care to adults and children who have experienced sexual/physical violence
- Member of the US Military MEDCOM taskforce responsible for writing/implementing sexual assault policies for the US Army
- Presented at numerous International, national, and local conferences, authored peer reviewed articles and conducted training in the area of sexual assault, domestic violence and strangulation research.

#### Host

Leana McGuire, BS, RN

- Extensive expertise with leadership development and executive coaching and a background in content development, visual performance, speaking and podcast hosting.

#### Episode Key Points

Intimate Partner Violence (IPV) is a pattern of abusive behavior in an intimate relationship where one partner tries to control and dominate the other.

About 90% of all homicides recorded worldwide were committed by males

- Follow a history of violence, threats, stalking and other forms of abuse

### **Abusers come from all:**

- **Age groups**
- **Religions**
- **Ethnic/Racial groups**
- **Socioeconomic Levels**
- **Educational Backgrounds**
- **Sizes and physical conditions**

### **Asphyxiation**

- **Strangulation:** a form of asphyxia characterized by closure of the blood vessels and air passages of the neck as a result of external pressure on the neck
- **Suffocation:** to deprive the body of oxygen and stop respiration OR the process of dying from being deprived of air or unable to breathe. Causes generalized hypoxia, which affects primarily the tissues and organs in the human body.
- **Aquatic:** the use of liquid to impair respiration
- **Choking:** obstruction of air passages when a foreign object, such as food, blocks the airway.
- **7.5 X more likely to be murdered after one non-fatal strangulation**
- **43% of women murdered by a partner or ex-partner were strangled in the year prior**
- **50% will have no visible injuries from strangulation**

### **Emotional Abuse**

- **Threatening, intimidation**
- **Humiliation**
- **Extreme jealousy/possessiveness**
- **Threatening acts of violence**
- **Constant criticizing**
- **Insulting and belittling**
- **Ignoring or dismissing the victim**
- **Denying, minimizing, blaming, and invading privacy**

### **Sexual Abuse**

- **Coercing victim to have sex**
- **Making victim watch pornographic movies**
- **Sexually transmitted diseases**
- **Demanding sexual photos**
- **Using date rape drugs**
- **Sabotaging birth control**

### **Financial Abuse**

- **Withholding money**
- **No/limited access to bank accounts/ATM and credit cards**
- **Ruining victim's credit**

- Taking paycheck
- Gambling

#### Technology Abuse

- Tracking location
- Demanding check-ins
- Spyware
- Monitoring communications

#### Legal Abuse

- Constant threats to gain custody of children
- Excessive filing of motions at court
- Using parental rights to contact victim

#### Physical Effects of IPV

- Joint pain
- Chronic Fatigue Syndrome
- Decrease/loss of vision, hearing, and swallowing

#### Coercive Control

- Extreme psychological and emotional abuse
- An ongoing pattern of behavior
- The victim feels isolated, intimidated, and in fear.
  - Can include:
    - Making unreasonable demands
    - Monitoring their whereabouts using GPS, and constantly checking up on them
    - Isolating them from friends and family
    - Putting them down in front of others
    - Forcing them to commit crime
    - Threatening them, their family, or pets
    - Online and digital abuse

#### The Frequently Told Story

- Seduction and Charm
  - Interested in “me”, supportive, and loving
  - Intimacy, the importance of “us”, sacred relationship
- Isolation
  - Move away from others
  - less contact with family and friends
  - limit access to finance or resources
- Violence or the Threat of Violence
  - Availability of weapons
  - Physical or sexual assault

## Why do victims stay?

- Hope things will get better
- Disappointing family/friends
- Lack of resources
- Religious/Cultural beliefs
- Immigration status
- Belief they can keep themselves and children safe
- Fear of being hurt or killed

## Spot the Signs

- They stop socializing and withdraw
- They seem nervous or frightened of their partner's reactions to things they have done
- They don't have control over money
- Their partner belittles them in public
- They have unexplained injuries or wear clothes that cover up their body

## How to Help

- If someone is in immediate danger, call the police via 911
- Provide a safe environment
- If you are worried about children caught up in the abuse, contact CPS/DSFS/Social Services
- If you are worried about someone you know, try talking to them about what's happening. If they will open up to you, encourage them to seek help, and let them know where help is available.
- You should not report the abuse to the authorities on their behalf. As well as being very disempowering, this can be very risky and can result in consequences for the victim that you cannot foresee.
- Strangulation, no matter how slight, needs medical attention
- Respond to safety issues

## Treatment Options

- Law enforcement (police, lawyers, advocates)
- Office and hospital personnel with special training (Forensic Nurse Examiners, advocates)
- Shelters (housing, support groups, advocates)
- Rape Crisis Centers, Children Advocacy Center
- Churches, community centers
- Local hotlines
- Child protective services

## References

Centers for Disease Control (CDC). (2021). *Preventing intimate partner violence*.

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/fastfact.html>

Ellin, J. A. (2021). *With coercive control, the abuse is psychological*.

<https://www.resolutionpartners.com.au/with-coercive-control-the-abuse-is-psychological/>

Glass, N., Laughon, K., Campbell, J., Wolf Chair, A. D., Block, C. R., Hanson, G., Sharps, P. W., & Taliaferro, E. (2008). Non-fatal strangulation is an important risk factor for homicide of women. *Journal of Emergency Medicine, 35*(3), 329-335.

<https://doi.org/10.1016/j.jemermed.2007.02.065>

United Nations.(2019). *Global study on homicide, 2019 edition*.

<https://www.unodc.org/unodc/en/data-and-analysis/global-study-on-homicide.html>

## Resources

Dating Power and Control Wheel. [Coalition@kcsdv.org](mailto:Coalition@kcsdv.org)

Power and Control Wheel. [www.Duluth-model.org](http://www.Duluth-model.org)

Preventing Intimate Partner Violence (2021) Centers for Disease Control (CDC)

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/fastfact.html>

National Domestic Violence Hotline: 1-800-799-7233 (SAFE); 1-800-787-3224 (TTY)

Training Institute on Strangulation <https://www.strangulationtraininginstitute.com/>

National Coalition Against Domestic Violence <https://ncadv.org/>