


Advances and challenges in the medical approach to cases of violence against women: Reflections on identification, treatment and comprehensive support

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ABSTRACT

The medical approach in cases of violence against women is essential for early identification, appropriate treatment, and support for victims. Healthcare professionals play a crucial role in assessing and treating physical injuries, as well as in considering and addressing the emotional repercussions of abuse. In addition, guidance to support resources, such as psychological and legal services, is critical. The training of health professionals to deal sensitively with these situations contributes to an integrated approach, recovering the physical and emotional recovery of women in situations of violence.

Keywords: Violence, Woman, Support.

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INTRODUCTION

Violence against women is a global public health challenge, requiring a multifaceted approach that transcends disciplinary boundaries. In this context, the medical approach emerges as a fundamental piece in the response to this problem, playing an undeniable role in early detection, effective treatment and comprehensive support to victims, the medical approach in cases of violence against women is detailed and complex, highlighting the crucial importance of health professionals.

The assessment and treatment of physical injuries are essential components of this approach, requiring keen clinical expertise to identify not only the overt manifestations but also possible more subtle physical sequelae. In addition, consideration of emotional repercussions plays a significant role, involving a deep understanding of the psychological ramifications of the trauma experienced by women.

The integration of multidisciplinary approaches is essential to provide a comprehensive response. In this sense, guidance for support resources, such as specialized psychological services and legal advice, becomes imperative to ensure the physical and emotional recovery of affected women. This article seeks not only to highlight the pressing need for medical intervention, but also to examine the challenges faced by health professionals in dealing with this complex social problem, thus contributing to a deeper and more effective understanding of the medical approach in cases of violence against women.

When faced with a woman who may be suffering violence, health professionals begin by sensitively identifying the abuse. This involves observing physical signs, such as bruises and injuries, as well as noticing emotional indicators, such as anxiety and fear, allowing for a more comprehensive understanding of the situation.

Welcoming is a key element, providing a safe and trusting environment for the victim to feel comfortable sharing their experience. The practice of active listening is critical at this time, allowing for a deeper understanding of the circumstances of the abuse and the physical and emotional impacts. After this initial phase, healthcare providers perform detailed physical examinations to identify and document the lesions. Treatment is prescribed based on these assessments, and may involve medications, dressings, or referrals to specialists, ensuring the necessary attention to immediate medical needs.

Finally, psychological assessment is incorporated into care, acknowledging the emotional effects of abuse. The victim is referred for immediate psychological support and, if necessary, to specialised mental health services. Support is not just limited to the clinical scope. Health professionals refer victims to support resources such as victim care centers, psychologists, counselors, and legal services. Information on hotlines and support organizations is also provided, aiming at a comprehensive support network.



Careful documentation of all findings, examinations, and treatments is essential, ensuring an accurate record of the situation. In addition, interdisciplinary collaboration is promoted, involving social workers, psychologists, lawyers, and law enforcement authorities for an integrated approach. At the heart of this service is a commitment to the confidentiality of information shared by the victim and the ongoing assessment of the need for security measures, such as restraining orders.

Medical care for women victims of violence seeks not only to treat the obvious physical injuries, but also to address the emotional aspects, providing holistic support for the victims' recovery and contributing to the construction of a safe and healthy path after the trauma experienced.

METHODOLOGY

The research was developed and based on the reading and analysis of scientific articles, obtained from the databases: PUBMED, MEDLINE and SciELO, where publications related to the theme were selected, without geographical restriction. The search took place from January 1 to February 4, 2024, using the Descriptors in Sciences and Health (DeCS): "Violence against women", "medical approach" and "support".

The work was carried out in two moments, where in the first there was an investigation of whether the articles addressed the theme and period in question, reviewing the study of the articles in Brazil. Secondly, the review was based on how this approach happens, what is done and why this care is important.

RESULTS AND DISCUSSION

In the context of violence against women, the work of health professionals plays a crucial role, focused on identifying, treating and supporting victims. The results of this study revealed significant advances in the medical approach, focusing specifically on the assessment and intervention of physical injuries and gynecological trauma.

A notable achievement was the effectiveness of healthcare professionals in the early identification and detailed documentation of physical injuries. The implementation of thorough examinations provided not only the identification of obvious lesions, but also the detection of more subtle sequelae, establishing a solid basis for immediate and personalized interventions.

Specific treatment for physical injuries was a key part of the medical approach. The prescription of medications, dressings, and specialized referrals has been shown to be essential for the effective recovery of victims, emphasizing the commitment of health professionals to immediate physical needs. The sensitive approach to gynecological trauma was also highlighted, highlighting the importance of trained professionals to deal with sensitive issues. The inclusion of specialized



exams and specific protocols for gynecological traumas reinforced the clinical approach, aiming at a more complete and personalized care.

By integrating mental health assessment into the medical care process, practitioners have demonstrated a comprehensive understanding of the complexities involved. Collaboration with mental health professionals has further strengthened the global approach, recognizing the interconnectedness between physical and emotional recovery. In the discussion of the results, we emphasize the continuous need for improvement in the identification of less evident lesions, including those of an emotional and gynecological nature. The importance of sensitivity in the clinical approach is highlighted as a crucial factor in encouraging victims to seek help and trust health professionals.

In summary, this study highlights substantial progress in the medical approach to cases of violence against women. The results and discussion point to ways for continuous improvements, reinforcing the commitment of the medical community to provide comprehensive and specialized care to the victims of this serious social phenomenon.

FINAL THOUGHTS

In conclusion, this study highlights not only the importance of the medical approach in cases of violence against women, but also the need for a constant evolution in the clinical response. By bringing together advances, challenges, and recommendations, we hope that these final considerations will inspire practical and policy initiatives that promote an increasingly effective and sensitive medical approach, contributing to the construction of a safer and more compassionate environment for women impacted by this painful reality.



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