

A trauma-informed and responsive service operates within the five principles below.



In addition, it is centred by an understanding of the 4 R's:-

- Realises the prevalence of trauma
- Recognises the impact of trauma and how people respond
- Responds in ways that cause no more harm
- Re-traumatisation is actively understood and resisted

We are happy to consider requests for this publication in other languages or formats such as large print. Please call *01324 590886 (9-5)* to arrange this or email *fv.disabilitydepartment@nhs.scot*

For all the latest health news visit www.nhsforthvalley.com follow us on [twitter](https://twitter.com/NHSForthValley) @NHSForthValley or like us on [facebook](https://www.facebook.com/nhsforthvalley) at www.facebook.com/nhsforthvalley



If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

Smoking is not permitted anywhere on our hospital grounds and it is now an offence to smoke within 15 metres of a hospital building. This can result in a fixed penalty notice of £50 or a fine of up to £1,000.



NHS Forth Valley

Trauma-Informed Cervical Screening

A partnership project between Psychological Therapies Service and The Meadows informed by women with a lived experience of sexual trauma

Attending for cervical screening can be challenging for a number of reasons. We understand multiple barriers exist which can influence people's experience of undertaking this procedure.

This has led to the development of a specialist trauma-informed cervical screening programme informed by women who have experienced sexual trauma.

Your therapist is here to support you to access this service. This can include:-

- developing a trauma informed and person centred plan to identify your health needs
- developing coping strategies, for example ways of staying grounded in the present, managing flashbacks, intrusive thoughts and distressing body sensations
- collaboration with The Meadows' specially trained female practitioners
- supporting you to attend The Meadows
- providing you with support following the procedure.

This work can be done as part of your ongoing treatment for trauma therapy.



What is The Meadows?

The Meadows runs dedicated clinics for women who have experienced sexual trauma so they are able to access cervical screening (smear).

The Meadows ensures that women are given a space in which they feel in control and their needs are met, regardless of when they were sexually assaulted.

A person-centred trauma-informed plan will be developed with you where we will discuss your needs to ensure you are comfortable throughout the smear test, for example, establishing your stop signal, indicating if you need to slow down, if there are certain body positions you don't like, places you don't want to be touched, or phrases you would prefer not used during the test.

You don't have to have the smear taken in one go and can use a series of sessions to work up to the actual procedure.



This service is suitable for people who:-

- have ever experienced sexual trauma and are eligible for cervical screening (age 25-64 in Scotland)
- have never attended for a smear test before
- may have had a negative experience of a smear test in the past and found it difficult to return
- are up to date with their smear test but experience psychological distress either before, during or after the procedure.

