

Intimate Partner Violence (IPV)

Healthcare systems play a critical role



Facts healthcare providers should know

IPV is when one person in a relationship abuses the other person physically, psychologically, and/or sexually. The abuser uses a deliberate pattern of methods and tactics to gain and maintain power and control over the other person.

- + Affects 1 in 3 women, 1 in 4 men, and 1 in 2 transgender people in the US
- + Occurs in all socioeconomic groups regardless of age, race, gender, sexual orientation, or religion—it's not possible to know which patients are impacted just by looking at them
- + Includes behaviors used to intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, monitor, or control a partner—not only physical violence
- + IPV is rarely a one-time 'incident', but rather a cycle of abusive behavior that gets worse and more dangerous over time
- + Leaving an abusive relationship is not always the safest or most realistic option



IPV is associated with serious health conditions

PHYSICAL HEALTH

- + physical & sexual injury
- + traumatic brain injury
- + cardiovascular disease
- + asthma
- + gastrointestinal disorders
- + chronic pain syndromes

MENTAL HEALTH

- + anxiety & depression
- + PTSD
- + suicidal behavior
- + substance dependency

REPRODUCTIVE

- + rapid & repeat pregnancy
- + unintended pregnancy
- + late entry into prenatal care
- + low birth weight babies
- + pre-term birth
- + miscarriages



Overlooking IPV can have grave consequences

Failure to identify IPV can result in misdiagnoses, costly and inappropriate tests, and ongoing morbidity and mortality. When providers miss the underlying issue of IPV, patients do not receive the care they need and patient health is compromised.



Costs of IPV are staggering

Healthcare-related costs for patients experiencing abuse are 42% higher.



Healthcare providers play a critical role

Women who spoke with their provider about experiencing abuse were 4 times more likely to use services that improve health and safety such as advocacy, counseling, protection orders, and shelters.



Addressing IPV benefits health centers

- IPV interventions are low-cost
- Research show interventions are effective
- Offers a solution for an underlying risk impacting at least 25% of women

How health systems can integrate IPV response



Make trauma-informed changes to procedure, environment and clinic policies

- + Develop and implement policies and procedures to respond to IPV
- + Train staff on the connection between IPV and health and how to talk to patients about unhealthy relationships
- + Partner with your local DV agency
- + Create a supportive environment by displaying IPV resources for staff and survivors
- + Establish reimbursement and quality indicator requirements for addressing violence

[Find comprehensive training materials and templates to enhance IPV response at IPVhealth.org](#)



Talk to all patients about unhealthy relationships

- + Providers should talk with all patients about the health effects of unhealthy relationships regardless of if the patient discloses abuse. This universal education approach takes the burden off of the patient to speak up about their experiences yet still connects them with resources and information. In this way, providers can reach more patients as a form of both prevention and intervention.

- + Use the evidence based & trauma informed intervention **CUES** to address domestic & sexual violence in health settings.

C	Confidentiality
U	Universal Education
E	Empowerment
S	Support

[Find more about CUES at IPVhealth.org](#)



Recommend the myPlan app

myPlan is a web and mobile safety decision aid to help anyone who may be experiencing abuse in their relationship. People can use it to assess the health and safety of their (or a loved one's) relationship, get information on how to stay safe and healthy, and connect with helpful resources.

Available in English & Spanish, myPlan is secure, private, and completely free.

myPlan expands access to safety planning by providing a way to get to individualized safety information—with the ease of access and privacy of a mobile device or computer.

myPlan is not intended to replace service providers. Rather, myPlan is designed to encourage those who may not normally seek services to reach out.

Learn more & get the app

myPlanApp.org

