

Important!

Please be on time for your appointment so we can give all our patients the best possible care.

If you need directions or get lost on the way, please call 615-341-4911.

If you cannot make your appointment or are running late, please call so we can reschedule, if necessary.

Directions

Visit ourkidscenter.com for directions.



OUR KIDS CENTER

1804 Hayes Street
Nashville, TN 37203
Ph. 615-341-4911
F. 615-341-4919

ourkidscenter.com

NASHVILLE GENERAL HOSPITAL

1818 Albion Street
Nashville, TN 37208
Ph. 615-341-4000

nashvillegeneral.org



A VISIT TO THE OUR KIDS CENTER

Information for Parents





A Visit to the Our Kids Center

Information for Parents

For children as well as parents, a trip to the doctor can be stressful, particularly when the concerns are related to sexual abuse. At the Our Kids Center, our team of medical providers and social workers is committed to making your child's visit as easy as possible.

The following are answers to questions parents often ask when they come to Our Kids. Sharing this information with your child will help prepare you both for your visit.

1 Why do children come to the Our Kids Center?

The Our Kids Center, a clinic affiliated with Nashville General Hospital, provides medical evaluations for children when there are concerns about sexual abuse. Children may be referred for examination by the Department of Children's Services, police departments, doctors, hospitals, or other concerned adults.

2 Where do I take my child for the evaluation?

Our Kids provides services at several locations. **The main Our Kids Center is located at 1804 Hayes Street in Nashville.** Our Kids also provides services at 3 satellite clinics located in Cookeville, Lawrenceburg, and Clarksville.

If you have questions regarding your child's appointment at one of our clinics, please call our main number: **615-341-4911**. Our Kids also provides services as needed after hours at the Emergency Department of Nashville General Hospital. You can find all clinic locations and phone numbers on the last page of this booklet.

3 Why is the medical exam important?

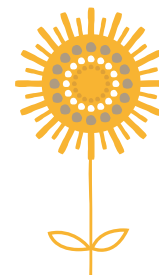
The medical evaluation is done to see if your child has an injury, infection, or other physical problem. **Most children have no problems and can be reassured that their bodies are healthy.** However, if there are signs of injury or infection, these can be documented and treated.

On occasion, a child may be examined at the Our Kids Center for reasons not related to concerns of abuse. A pediatrician or other health care provider may request a second medical opinion from the Our Kids staff due to gynecological concerns or questions.

4 What happens when I come to Our Kids?

First, you will register at the front desk. Next, you will meet with a medical or social worker who will ask you questions about your child, particularly regarding the statements, behaviors or other signs that have raised concerns your child may have been sexually abused. A nurse practitioner will talk with you further to learn about any medical problems or illnesses your child has had.

A member of our professional staff will talk privately with your child to answer questions about the check-up, and to prepare the child for the examination. School-aged children may also be asked about worries or concerns they have about



their bodies and about types of sexual contact they have had. This information helps our medical team know what to look for, and what tests may be needed during the examination to make sure your child is healthy. **Following the exam, the results will be shared with you if you are the child's legal guardian. Any questions or concerns you have will be discussed.**

5 Who will examine my child?

All examinations are conducted by a nurse practitioner who has received extensive training in the medical evaluation of sexual abuse.

6 What happens during the medical exam?

Your child will receive a thorough check-up that may include looking at his or her eyes, ears and mouth, listening to the heart and lungs, feeling the abdomen and checking reflexes. Examination of the child's genital and anal areas involves looking at them to make sure they appear healthy.

A special instrument called a colposcope is often used during exams. A colposcope is a light attached to a pair of binoculars, which allows the nurse practitioner to see a child's genital and anal areas more closely. The colposcope never touches the child's body and is never felt by the child. **While the colposcope does not touch the child, the examiner will touch your child's genital and anal areas.** The colposcope has a camera attached to it and digital images may be recorded during the exam to provide an accurate record of what the child's body looks like. The images may be used for second medical opinions or educational purposes.

There are rare occasions when teenage girls require a pelvic exam involving insertion of an instrument called a speculum into the vagina. Your child may need to provide a urine sample to check for certain infections and/or pregnancy.

Your child may also be tested for sexually transmitted infections. This is done by touching your child's throat, genitals, and/or anus with small cotton swabs. A blood test may also be needed. **No blood is drawn at the Our Kids Center**, but we will assist you in getting any necessary blood tests done through Nashville General Hospital, your local physician or the health department.

7 Does the exam hurt?

For most children, the check-up is not painful.

No shots are given and no blood is drawn at our center.

Nevertheless, children may feel worried or embarrassed about their check-up, and some children report mild discomfort when the nurse practitioner touches their genital or anal areas.

8 Will the exam cause additional trauma to my child?

It is normal for children to feel anxious about any medical exam.

Because of the nature of an Our Kids exam, parents may also feel a great deal of anxiety and stress. Consequently, our staff takes as much time as necessary to help children and families through the medical evaluation, explaining each step of the check-up and finding ways to put the child at ease. These efforts reduce children's distress during the evaluation. The majority of children do very well during the exam and afterwards, they are often relieved to find out from a medical provider that their body is healthy and normal.

9 May I stay with my child during the examination?

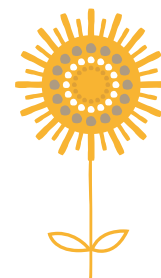
Many children want a parent or supportive adult in the exam room with them for comfort and reassurance. Other children prefer to do the exam on their own, with no parent in the room. We will ask your child whom, if anyone, he or she would like to have in the exam room and respect your child's preference whenever possible.

10 Will the exam show whether or not my child has been sexually abused?

Not necessarily. **Most children have no physical injuries to their genital or anal areas. This doesn't mean no sexual abuse has occurred.** It is possible for a child to be sexually abused without any visible or lasting signs on his or her body. The medical professional who examines your child will sit down with you after your child's check-up to explain the results of the child's exam.

11 Who will be given information about the exam?

In cases where there is an ongoing investigation into a report of possible sexual abuse, **a written report of a child's**



medical evaluation can be provided to investigators only. After an investigation, the child's legal guardian may obtain a copy of the medical report from Nashville General Hospital's records department.

12 What should I tell my child about coming to Our Kids?

Many parents worry that telling children about the check-up before coming to Our Kids will cause them to become upset and worried. However, it is important for children to have accurate information about their visit to Our Kids so they will know what to expect, can prepare themselves and have time to ask questions and express their feelings. **Children are often less worried and more cooperative with medical procedures when they have been prepared in advance for what they will be experiencing.**

A few days before your appointment, explain to your child that he or she will be coming to our center for a check-up. Children should be told that they will talk with a person who will ask questions about their body and their health, and a nurse will look at their body, including their private parts, to make sure they are healthy. Reassure your child there will be no painful procedures such as shots, and the staff at Our Kids will help them every step of the way. Children should be encouraged to bring along a stuffed animal, blanket or other comforting object if it will help them feel more at ease.

Similarly, if you are bringing your child to Nashville General Hospital, explain that a nurse or doctor will look at his or her body to make sure it is healthy. However, at the hospital it is possible blood will be drawn or a shot will be given to your child.

13 What should I bring to the appointment?

If your child has received a genital or rectal examination in the past, medical reports or information about previous exams would be useful to our staff. We will also need your child's Social Security number.

In the state of Tennessee, there is no charge for medical exams associated with alleged sexual assault or abuse.

Many parents find it helpful to bring an adult friend or relative. These individuals can provide support, as well as keep children company while parents talk privately with our professional staff.

14 How long will my appointment last?

The medical evaluation, which includes your child's check-up as well as talking with you before and after

the exam, usually lasts 2-3 hours.

15 Who do I call if I have questions about my appointment?

You can call the Our Kids Center at 615-341-4911 and a medical provider or social worker will be happy to talk with you during office hours: Monday through Friday from 8:00 a.m. until 4:30 p.m. **Please let us know about any special needs your child has, or if there is information you feel would be helpful to us before you come for your appointment.** You can also call Our Kids during office hours for follow-up questions if your child was seen at the Emergency Department at Nashville General Hospital.

16 Where are the Our Kids Center and satellite clinics located?

The main Our Kids Center is located at **1804 Hayes Street in Nashville** between 18th and 19th Avenues North. Hayes Street is in the West End area between Church Street and West End Avenue. Our office hours are Monday through Friday from 8:00 a.m. until 4:30 p.m. The main number is 615-341-4911. Free parking is available on the right side of the building.

SATELLITE CLINICS

Clinic hours and days vary. For questions regarding your child's appointment, please call **615-341-4911**.

- **Our Kids Cookeville satellite clinic** is located inside the Upper Cumberland Child Advocacy Center at 480 South Old Kentucky Road, Cookeville, TN 38501. For questions call **931-854-0115**.
- **Our Kids Lawrenceburg satellite clinic** is located inside the Lawrenceburg Child Advocacy Center: A Kid's Place at 614 West Point Road, Lawrenceburg, TN 38464. For questions call **931-766-2213**.
- **Our Kids Clarksville satellite clinic** is located inside the Montgomery Child Advocacy Center at 1030 Cumberland Heights Road, Clarksville, TN 37040. For questions call **931-553-5140**.
- **Our Kids Manchester satellite clinic** is located inside the Coffee County Child Advocacy Center at 104 North Spring Street, Manchester, TN 37355. For questions call **931-723-8888**.
- **Nashville General Hospital** is located at 1818 Albion Street, Nashville, TN 37208. Free parking is available in the parking garage across from the main entrance. For questions call **615-341-4000**.

