

EMRA WOMEN'S HEALTH COMMITTEE

Monthly Newsletter



Welcome to Women's Health!

We are excited to welcome you to this month's edition of the Women's Health Committee Newsletter. As we continue to grow within EMRA, our mission remains centered on advancing women's health in emergency medicine through education, advocacy, research, and collaboration. This month, we recognize STI Awareness Month and Sexual Assault Awareness and Prevention Month—two critical observances that highlight the essential role emergency physicians play in providing comprehensive, compassionate, and patient-centered care.

In the emergency department, we are often the first point of contact for patients seeking care after sexual assault or for concerns related to sexually transmitted infections. These encounters require not only clinical knowledge, but also a trauma-informed, patient-centered approach that prioritizes safety, autonomy, and dignity. From offering STI testing and prophylaxis to navigating forensic evidence collection and ensuring appropriate follow-up, emergency physicians must be equipped to provide thoughtful, evidence-based care while supporting patients through highly vulnerable moments.

We are excited to host an upcoming speaker event on March 6th at 6 PM CT featuring Dr. Jessica Army from Women's Health in Emergency Medicine (WHEM). She will discuss Sexual Assault Nurse Examiner (SANE) programs, trauma-informed care in the ED, and opportunities through the WHEM Women's Health Fellowship. This event, hosted in collaboration with the Health Policy Committee, reflects our ongoing commitment to education and advocacy in this critical area.

Through continued partnerships with organizations like WHEM, we aim to expand opportunities for resident involvement in leadership, scholarship, and advocacy. Most importantly, this committee exists for you. We encourage you to share your ideas and interests as we continue building a supportive, engaged community dedicated to improving care for women in emergency medicine.

Until next month,

The women's health team

NATIONALLY RECOGNIZED OBSERVANCES

STI Awareness Month

Sexual Assault Awareness & Prevention Month

IMPORTANT DATES

National Infertility Awareness Week (April 19–25)

Black Maternal Health Week (April 11–17)

Approximately what percentage of sexual assault survivors seek medical care in the emergency department?

- A. 10%
- B. 25%
- C. 50%
- D. 75%

ANSWER ON NEXT PAGE

Women's Health Leadership Team

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National Infertility Awareness Week: April 19 - 25 2026

This week marks National Infertility Awareness Week, a time to highlight the challenges faced by patients experiencing infertility. While infertility is often managed in outpatient or reproductive medicine settings, emergency physicians may encounter complications related to fertility treatments, such as ovarian hyperstimulation syndrome, ectopic pregnancy, or medication side effects. Additionally, patients experiencing infertility may present with emotional distress, anxiety, or acute gynecologic concerns.

Understanding these issues allows ED providers to offer empathetic, informed care, recognize urgent complications early, and provide appropriate referrals. Incorporating awareness of infertility into emergency care emphasizes the ED's role in supporting reproductive health and addressing both medical and psychosocial needs during acute encounters.



SANE/SART Presentation

In recognition of Sexual Assault Awareness Month, the Women's Health Committee will host a virtual educational session May 6th at 6pm CST for EMRA members focused on SANE/SART programs and the emergency department approach to caring for survivors of sexual assault. Dr. Jessica Army, the program director for the WHEM Women's Health Fellowship, will be leading the discussion. This session will highlight trauma-informed care, the role of multidisciplinary teams, and practical guidance for emergency medicine residents managing these cases in both resource-rich and resource-limited settings. If you are interested in the Fellowship this is a great way to ask questions and gain more information. Join us as we work to strengthen education and advocacy for survivors within emergency medicine.

ANSWER: A. 10%

This highlights the importance of trauma-informed care, accessible resources, and proactive screening in the ED. Emergency physicians play a critical role in providing safe, confidential care, offering STI prophylaxis, documenting injuries, and connecting patients with advocacy and mental health support—even when a survivor may not present immediately after an assault.

SANE Tips for the ED

- Always prioritize **patient consent, autonomy, and trauma-informed care**
- **Maintain strict chain of custody** during evidence collection
- **Limit room traffic and preserve evidence** (e.g., proper handling of clothing)
- Provide **STI prophylaxis, emergency contraception, and follow-up resources**
- Know your local **SANE availability and transfer protocols**
- Ensure referral to **advocacy services and mental health support**

Join the Movement and Stay Updated

Stay connected with the Women's Health Committee by joining our WhatsApp group through the EMRA Women's Health page. This is a great way to receive updates on upcoming speakers, educational events, opportunities for involvement, and resources related to women's health in emergency medicine.