

Dear Healthcare Provider(s),

There are some things you should know about me that are difficult for me to talk about. So please respect the nature of this note and the courage it takes me to disclose this to you. I am a victim of sexual assault by *medical providers*. That being said, my needs are very different than most other patients. It is important that the care you give me is *trauma-informed*. If you don't know what that means, please, take the time to educate yourself. Simply put, a trauma-informed healthcare provider 100% respects the patients autonomy and is keenly aware of how his/her own behavior and communication can be received by the patient and is thus extra sensitive and careful to not re-traumatize the patient. The letters at the end of your name (RN, MD, PA-C, etc) do not give you the right to assume, demand, or even ask for my trust. Those letters mean nothing to me. It is safe to say that upon meeting you, I will not trust you. You must earn my trust. I have to decide for myself whether or not you will be abusive to me. This may sound ridiculous to you, but this is a real concern for me because it *did* happen to me. Please don't take this personally. Please listen to me. Please take me seriously when/if I refuse anything. Please don't coerce me or bully me into doing something I have clearly not consented to. I have taken the time to educate myself regarding my rights as a patient, including my right to refuse *any* aspect of care I am not comfortable with. Hopefully you already understand that this is federal law and takes precedence over any "hospital policy." Please understand that "no" means "no" the *first time*. I should not have to repeat myself. I do recognize that my withholding of consent may limit the care you are able to provide, and I fully accept this. However, as patient I still have a right receive care that recognizes and respects my levels of comfort. Therefore I am hoping you will be compassionate and accommodating. Please understand that I may not disclose certain things to you until I am sure I can trust you. This may take more than one office visit. Please don't pressure me into answering questions I am not comfortable answering. Please understand that I am not trying to be a difficult patient or make your job harder. I have been mis-labeled as "non-compliant" and "difficult" before, which is also re-traumatizing and only makes me want to avoid seeking healthcare altogether. I am providing this note in order to avoid this kind of mis-labeling and misunderstanding. My emotional and psychological health should be at the forefront of any care I receive in order to avoid re-traumatization. I do not consent to any form of care given by a male provider (this includes nurses, techs, assistants, etc.). I do not consent to students being involved in my care in any way or to take part in any form of health care education. This includes research studies, case studies, etc. Please keep students out of my healthcare entirely. This includes access to my medical records, health history, etc.