



## Newsletter April 2017

**\*\*NEW\*\* Domestic Abuse Referral Reminder and Referral Route:  
Poole IRIS Advocate, Rhianon Tel: 07584 481839**

**Email: [IRIS@poole.gcsx.gov.uk](mailto:IRIS@poole.gcsx.gov.uk)**

*Domestic Violence & Abuse is a health issue; it has severe and persistent effects on a victim's physical and mental health and carries with it an enormous cost in terms of premature death and disability. It is responsible for more ill-health and premature death in women under the age of 45 than any other of the well-known risk factors, including high blood pressure, obesity and smoking.*

### A reminder of what to look out for in your patient . . .

- Increased minor infectious illnesses
- raised blood pressure
- STIs and UTIs
- painful intercourse,
- chronic pelvic pain and vaginal bleeding or discharge
- Injuries
- Chronic pain e.g. frequent headaches
- Neurological symptoms
- Gastrointestinal disorders
- Gynaecological problems
- Increased cardiovascular risk
- Depression
- Self-harm
- Post traumatic stress disorder (PTSD)
- Anxiety
- Insomnia
- Increased substance misuse
- Thoughts about suicide

**Women living with DVA experience more operative surgery, visits to GP's, hospital stays, visits to pharmacies and mental health**

## ARE YOU ASKING THE QUESTION?

*"80% of women in a violent relationship seek help from health services."*

**Victims will not disclose abuse without being directly asked; they report wanting to be asked and believe their doctor is one of the few people they can tell.**

### What can IRIS do for me or my practice?

Hi, my name is Rhianon Greenslade and I am the new IRIS advocate for Poole. As part of the IRIS service, I am happy to come out to your surgery if a patient would benefit from a visit there and then. If you can provide a work space, I am also happy to work out of your surgery providing a drop in service. I will be your point of contact for all training and questions, so please do drop me an email or call to discuss how we can work together to improve referrals. Training is free, bookable months in advance and available in daytime or evening sessions.

**we can help**

**Take a look at our new IRIS web page for all information in one place, including the referral form at [www.poole.gov.uk/IRIS](http://www.poole.gov.uk/IRIS)**