Medical Forensic Exams: What to Expect

When to get a medical forensic exam: Understanding physical health risks

You may need medical attention if someone has:

- Kicked, punched, or otherwise hit you
- Pushed on your chest or neck so you could not breathe
- Hit your head against something hard
- Made you feel unsafe

Your body may be in danger, even if you do not have visible signs of physical injury. There are dangers that can only be assessed by qualified medical professionals.

You do not need to make a police report to get an exam.

What are forensic nurse examiners?

Forensic nurse examiners are specially trained medical professionals. They care for patients and facilitate forensic exams for sexual assault, domestic assault, and child abuse. They specialize in trauma-informed care.

These exams are a free service provided by the state. Additional services may be billed.

Some nurses are mobile responders like the Hennepin Assault Response Team (HART). Others are based in the hospital where they work.

360 Communities prioritizes your health and safety

360 Communities.
Help in the moment. Hope for the future.

If someone has harmed you emotionally, physically, or otherwise, reaching out for help can be difficult for many reasons.

We are here to help. Connect with an advocate at 360 Communities if you'd like to discuss your options or learn more about how we can support you and your safety needs.

If you go to a hospital for an assault exam, an advocate may report to the hospital to accompany you if you so choose. **Most hospitals will do an exam within 7 days of an incident.** Allina will do an exam within 10 days of an incident.

You may be able to receive an exam at no cost to you. Speak with an advocate or medical professional to learn more.

Assault Response Hospitals in Dakota County

M HEALTH FAIRVIEW RIDGES HOSPITAL

201 E Nicollet Blvd
Burnsville, MN 55337
Phone: (952) 892-2000

ALLINA HEALTH UNITED HOSPITAL HASTINGS REGINA CAMPUS

1175 Nininger Rd
Hastings, MN 55033
Phone: (651) 404-1000

360 Communities.
Help in the moment. Hope for the future.

You are never alone. We are here for you.

CONTACT US

24/7 Crisis Line: (651) 452-7288

24/7 Sexual Assault Services Line: (651) 405-1500

360Communities.org

MORE RESOURCES

National Domestic Violence Hotline

1 (800) 799-SAFE (7233)

TheHotline.org

Text "START" to 88788

RAINN

1 (800) 656-4673

RAINN.org

Text "HOPE" to 64673

Scan this QR code for more medical and advocacy resources from the Minnesota Coalition Against Sexual Assault (MNCASA)

mncasa.org