

# Mindful Continuing Education

## Human Trafficking, Identification, Intervention, and Treatment in the Healthcare Setting

**1. Which of the following is true about the distinctions between human trafficking and human smuggling?**

- A. Human trafficking does not require the crossing of international or state borders, while human smuggling does.
  - B. Human smuggling involves the exploitation of people for labor or sexual purposes, while human trafficking involves providing a service to get people into a country illegally.
  - C. Human trafficking always involves consent from the victims, while human smuggling does not.
  - D. Human smuggling does not end upon arrival at the destination, while human trafficking does.
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**2. In healthcare settings, which of the following is a red flag that may indicate a person is a victim of human trafficking?**

- A. The patient is always alone during their appointments.
  - B. The patient shows signs of independence, having control over their money and identification papers.
  - C. The patient reports needing to update a spouse, friend, or significant other on the progress of their healthcare appointment.
  - D. The patient expresses confidence and detailed knowledge about their job and work conditions.
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**3. What is a primary difference between the types of human trafficking as defined by the United States Trafficking Victims Protection Act?**

- A. Sex trafficking involves the use of force, fraud, or coercion to recruit someone for labor tasks.
  - B. Labor trafficking involves inducing, recruiting, or transporting a person for the purpose of commercial sex acts.
  - C. Sex trafficking involves a commercial sex act induced by force, fraud, or coercion, or when the person is under 18 years old.
  - D. Labor trafficking involves voluntary participation in labor activities for exploitation.
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**4. Which of the following is a characteristic of domestic workers that makes them particularly vulnerable to exploitation and labor trafficking?**

- A. They generally have high literacy levels and strong bargaining power.
- B. They typically work in highly regulated environments with frequent governmental inspections.

- C. They often find employment through informal word-of-mouth referrals or online channels.
  - D. They rarely live with their employers, allowing for clear work boundaries and independence.
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**5. Which of the following indicators should a healthcare provider look for to assess whether a minor is at risk of being sex-trafficked?**

- A. The minor has a trusted family member present at all appointments.
  - B. The minor never had any involvement with law enforcement.
  - C. The minor has a history of sexual activity with multiple partners and has had a sexually transmitted infection.
  - D. The minor has lived in a stable, long-term residential care facility with access to supportive services.
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**6. Which of the following statements is a correct description of labor trafficking as defined by the Trafficking Victims Protection Act of 2000?**

- A. The recruitment, transportation, provision, or obtaining of a person for labor or services through voluntary agreement for the purpose of servitude.
  - B. The recruitment, transportation, provision, or obtaining of a person for labor or services through the use of force, fraud, or coercion for the purpose of involuntary servitude.
  - C. The recruitment, harboring, transportation, or obtaining of a person for domestic work through voluntary agreement for the purpose of servitude.
  - D. The recruitment, harboring, provided, or obtaining of a person for services through coercion and without the inclusion of force or fraud for servitude.
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**7. Which screening tool is specifically designed for use with youth who are experiencing homelessness?**

- A. Commercial Sexual Exploitation-Identification Tool (CSE-IT)
  - B. Human Trafficking and Assessment Measure (HTIAM-14)
  - C. Quick Youth Indicators for Trafficking (QYIT)
  - D. Short Screen for Child Sex Trafficking (SSCST)
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**8. When identifying victims of human trafficking in a healthcare setting, what is a recommended strategy to avoid re-traumatization?**

- A. Assuming control of the situation to quickly remove the client from danger
  - B. Using a trauma-informed approach that prioritizes the survivor's safety, choice, and control
  - C. Only involving law enforcement without discussing with the patient
  - D. Focusing solely on the physical health needs and ignoring personal history
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**9. Which of the following indicators may be used to recognize potential child sex trafficking victims in a healthcare setting?**

- A. History of frequent medical visits for non-specific complaints

- B. Multiple scars or unexplained injuries, trauma to the genital area
  - C. Child presenting with an older adult who is overly controlling
  - D. All of the above options could be potential indicators
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**10. What is a crucial initial step when creating a human trafficking protocol for a healthcare setting, according to the HEAL Protocols Initiative?**

- A. Training all staff on general healthcare procedures
  - B. Implementing emergency medical protocols for critical care
  - C. Meeting with the institution's privacy officer to understand PHI, HIPAA, and reporting procedures
  - D. Hiring additional security personnel to handle potential violent incidents
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**11. Which of the following factors does not play a role in identifying victims of human trafficking in healthcare settings?**

- A. Imminent danger of the patient or staff
  - B. Confidentiality and HIPAA considerations
  - C. Conducting risk assessments
  - D. Mandatory reporting laws
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**12. What is the primary distinction between 'trauma-informed care' and 'trauma-specific services'?**

- A. Trauma-informed care is for addressing organizational culture, while trauma-specific services are clinical interventions for specific trauma symptoms.
  - B. Trauma-specific services address organizational culture, while trauma-informed care involves direct treatment of PTSD symptoms.
  - C. Trauma-informed care refers to individual therapy sessions, and trauma-specific services refer to group sessions.
  - D. Trauma-specific services focus on prevention, while trauma-informed care focuses on diagnosing PTSD.
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**13. Which indicator is not directly related to identifying adult trafficking victims in healthcare settings?**

- A. Frequent change of address or numerous relocations
  - B. Presence of an older protective companion who answers for the patient
  - C. Multiple traumatic injuries and untreated medical conditions
  - D. Securing confidential data in a locked file cabinet
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**14. Which factor best summarises the HIPAA regulations allowing healthcare professionals to report human trafficking?**

- A. Healthcare professionals can disclose protected health information without limitations.

- B. Mandated reporting and preventing imminent danger are conditional exclusions under HIPAA.
  - C. Health professionals need a court order to report any case of suspected human trafficking.
  - D. Healthcare professionals cannot disclose any patient information under HIPAA.
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**15. Which type of evidence-based therapy includes techniques such as cognitive reframing and rapid eye movements as part of its protocol?**

- A. Cognitive Processing Therapy (CPT)
  - B. Eye Movement Desensitization and Reprocessing Therapy (EMDR)
  - C. Mindfulness-Based Stress Reduction (MBSR)
  - D. Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
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**16. Which of the following is a key aspect to consider when identifying human trafficking victims in healthcare settings?**

- A. The presence of multiple unexplained injuries.
  - B. Frequent visits for chronic illnesses with inconsistencies in explanations.
  - C. Avoidance of eye contact and being accompanied by a controlling third party.
  - D. All of the above.
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**17. In discussing ethical language use in human trafficking cases, why is it important to avoid terms like 'prostitutes' and 'slavery'?**

- A. They simplify the complexity of human trafficking cases and may build rapport with victims.
  - B. They could inadvertently stigmatize the victim and misrepresent the nature of the trafficking.
  - C. They primarily focus on physical restraints which are absent in some human trafficking cases.
  - D. They align the cases too much with criminal behavior, hindering potential legal proceedings.
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**18. What is a recommended prevention advocacy step for LGBTQ+ youth to reduce vulnerability to trafficking?**

- A. Building a specialized LGBTQ+ center that includes employment and legal services.
  - B. Empowering local schools to provide regular sex education.
  - C. Developing robust online resources and support groups.
  - D. Creating emergency shelters exclusively for LGBTQ+ youth.
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**19. When considering complementary and integrative health practices for human trafficking survivors, what is a significant benefit of Transcendental Meditation (TM®)?**

- A. Targeting physical symptoms like chronic pain through guided breathing.
  - B. Promoting emotional and mental stress relief through restorative rest.
  - C. Focusing on improving cardiovascular health through physical activity.
  - D. Directly addressing trauma by having group support sessions.
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**20. According to the Department of Veteran Affairs, what has been the role of acupuncture in helping human trafficking victims?**

- A. It serves as an immediate method to address acute injuries.
  - B. It integrates into trauma recovery programs to promote balance and health.
  - C. It is primarily used to regulate and reduce substance dependencies.
  - D. It acts as a non-verbal communication method for therapy.
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