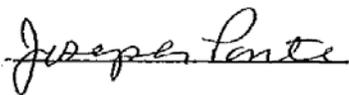


POLICY TITLE: HEALTH PROMOTION POLICY NUMBER: 18.17 CHAPTER 18: HEALTH CARE SERVICES		PAGE <u>1</u> OF <u>3</u>
 STATE of MAINE DEPARTMENT OF CORRECTIONS Approved by Commissioner: 		PROFESSIONAL STANDARDS: See Section VII.
EFFECTIVE DATE: August 15, 2003	LATEST REVISION: February 21, 2013	CHECK ONLY IF APA [<input type="checkbox"/>]

I. AUTHORITY

The Commissioner of Corrections adopts this policy pursuant to the authority contained in 34-A M.R.S.A. Section 1403.

II. APPLICABILITY

All Departmental Adult Facilities

III. POLICY

It is the policy of the Department to ensure that emphasis is placed on health education to prisoners to promote good health habits, proper exercise and nutrition.

IV. CONTENTS

Procedure A: Health Education and Promotion
 Procedure B: Personal Hygiene

V. ATTACHMENTS

None

VI. PROCEDURES

Procedure A: Health Education and Promotion

1. Prisoners shall be provided education by health care staff on methods of promoting health, preventing disease, managing illness and injury, and self care.

2. All health education provided by health care staff to an individual prisoner shall be recorded in the prisoner's health care record. Education may be provided on, but is not limited to:
 - a. Chronic diseases,
 - b. Disabilities,
 - c. Personal hygiene,
 - d. Physical fitness and exercise,
 - e. Nutrition and diet,
 - f. Dental hygiene,
 - g. Medication,
 - h. Effects of smoking and tobacco products,
 - i. Tuberculosis,
 - j. Effects of abuse of alcohol and drug abuse,
 - k. Self examination for breast or testicular cancer,
 - l. Sexually transmitted diseases,
 - m. HIV Infection and AIDS,
 - n. Hepatitis,
 - o. Counseling in preparation for release
 - p. Stress management
 - q. Preventive health care information
 - r. Influenza education

3. All health education provided by health care staff or others to a group of prisoners shall be documented by an attendance roster, which shall be maintained in the health care department.

Procedure B: Personal Hygiene

1. Health care staff, as a matter of their daily interaction with prisoners, shall observe prisoners for personal hygiene.
2. Health care staff shall counsel prisoners on taking any necessary steps to address any deficit in their hygiene.
3. If, after counseling, a prisoner refuses to address his/her hygienic deficit and it affects the health or safety of the prisoner or other persons, the health care staff may notify security staff in the housing area to address the problem.
4. Health care staff shall make arrangements to provide assistance for any prisoner who is unable to perform his/her own personal hygiene care.

VII. PROFESSIONAL STANDARDS

ACA:

POLICY NUMBER/TITLE	CHAPTER NUMBER/TITLE	PAGE NUMBER
18.17 Health Promotion	18. Health Care Services	Page 2 of 3 2/21/13R

ACI - 4-4143 Written policy, procedure, and practice provide for the assignment of appropriately trained individuals to assist disabled offenders who cannot otherwise perform basic life functions.

ACI - 4-4361 An ongoing program of health education and wellness information is provided to all offenders.

4-ACRS-6A-04-1 The assignment of appropriately trained individuals to assist disabled offenders who cannot otherwise perform basic life functions is provided.

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18.17 Health Promotion	18. Health Care Services	Page 3 of 3 2/21/13R