POLICY TITLE: HEALTH PROMOTION

POLICY NUMBER: 13.17

CHAPTER 13: HEALTH CARE SERVICES

STATE of MAINE
DEPARTMENT OF CORRECTIONS
Division of Juvenile Services

Approved by Commissioner:

EFFECTIVE DATE: September 30, 2003

LATEST REVISION: May 28, 2013

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 Juvenile Facilities

III. POLICY

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

IV. CONTENTS

Procedure A: Health Education and Promotion
Procedure B: Personal Hygiene
Procedure C: Tobacco Free Environment

V. ATTACHMENTS

None

VI. PROCEDURES

Procedure A: Health Education and Promotion
1. Residents 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 resident shall be documented in the resident’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 residents 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 residents, shall observe residents for personal hygiene.

2. Health care staff shall counsel residents on taking any necessary steps to address any deficit in their hygiene.

3. If, after counseling, a resident refuses to address his/her hygienic deficit and it affects the health or safety of the resident or other persons, the health care staff may notify security staff in the housing area to order the resident to address the problem.

4. Health care staff shall make arrangements to provide assistance for any resident who is unable to otherwise perform basic life functions.
Procedure C: Tobacco Free Environment

1. The Maine Department of Corrections at all juvenile facilities, programs and work assignments has banned the use and sale of tobacco products by residents, visitors, volunteers and staff on grounds or at the work or program site.

2. The facility Chief Administrative Officer shall ensure that smoking cessation assistance is available to all residents in the form of educational materials and contact information for smoking cessation assistance.

VII. PROFESSIONAL STANDARDS

ACA:

4-JCF-4C-27 Ongoing health education and wellness information is provided to all juveniles.

4-JCF-5B-05 Juveniles with disabilities are provided with the following:

1. Housing that provides for their safety and security
2. Rooms or housing units designed for their use that provide for integration with other juveniles
3. Programs and services that are modified and/or specifically accessible to them
4. Staff members who are appropriately trained to assist juveniles who cannot otherwise perform basic life functions
5. Education, equipment, facilities, and the support necessary to perform self-care and personal hygiene in a reasonably private environment

4-JCF-5G-03 The recreation and leisure-time schedule includes, at a minimum, at least one hour per day of large-muscle activity and one hour of structured leisure-time activities. Recreation programs are conducted in cooperation with other departments including security, education, social service, religious service, and medical.

The recreation program includes the following:

1. A wide variety of physical activities
2. Physical skill-building to help maintain lifetime health and fitness
3. Encouragement for juveniles to self-monitor and set personal fitness goals
4. A means to individualize the intensity of activities and measure individual improvement

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