

# HEALTH SERVICES POLICY & PROCEDURE MANUAL

North Carolina Department Of Correction  
Division Of Prisons

SECTION: Patient Education

POLICY # PE-2

PAGE 1 of 2

SUBJECT: Inmate Health Education/Health Promotion

EFFECTIVE DATE: October 2007

SUPERCEDES DATE: June 2004

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## PURPOSE

To assist the inmate in becoming knowledgeable of healthy living and become more responsible for their overall health status.

## POLICY

Health Services shall make every effort reasonable to insure that patient education materials are clinically accurate and are appropriate to the level of understanding of the patient. The Patient Education Committee is responsible for reviewing, developing and making available patient education materials for Health Services staff to provide to patients. Health education and training in self-care skills will be given to inmates. Inmates suffering from acute or chronic illness shall be provided sufficient information regarding their illness to allow them to actively participate in their treatment program. Preventive health information should be provided when possible.

## PROCEDURE

Recognizing resource limitations, inmate health education shall be provided to those inmates suffering from chronic diseases. Secondly, to those inmates suffering from minor acute medical problems (gas pains, hemorrhoids, sprains, colds). Lastly, health education should be provided for the prevention of health and dental difficulties. It shall be the responsibility of health care staff to provide available information to inmates upon request.

The following list contains some subjects for health education:

1. Personal hygiene
2. Physical fitness
3. Nutrition
4. Dental hygiene
5. Effects of smoking
6. Tuberculosis
7. HIV/AIDS
8. Chronic diseases and disabilities
9. Substance abuse
10. Self-examination for breast
11. Testicular cancer, sexually transmitted diseases, prevention of sexual and other physical violence.

Inmates with other disorders may receive health education when deemed appropriate by healthcare staff or upon request from the inmate. Preventive health education may be available but not limited to:

1. Personal hygiene
2. Physical fitness
3. Nutrition
4. Dental hygiene
5. Communicable diseases (TB, STD)
6. Substance abuse
7. Self breast exam
8. Self testicular exam
9. Abuse (sexual, physical)

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Patient Education brochures are available by accessing the Division of Prison's Nursing Services' or Division of Prison's Food and Nutrition websites:

[http://internal.doc.state.nc.us/dop/nursing\\_services\\_patienteducation.htm](http://internal.doc.state.nc.us/dop/nursing_services_patienteducation.htm)

[http://internal.doc.state.nc.us/dop/food\\_nutrition\\_main.htm](http://internal.doc.state.nc.us/dop/food_nutrition_main.htm)

Patient Education brochures from the Arizona's Department of Correction have been approved by the Patient Education Committee therefore may be accessed through the above website or through Arizona's DOC website:

<http://www.adc.state.az.us/medical/iistoc.htm>



**10/10/07**

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Paula Y. Smith, MD, Director of Health Services

Date

SOR: Director of Nursing