

GEORGIA DEPARTMENT OF CORRECTIONS



Standard Operating Procedures

Policy Name: Periodic Physical Examinations

Policy Number: 507.04.36

Effective Date: 01/27/2022

Page Number: 1 of 6

Authority:
Commissioner

Originating Division:
Health Services Division
(Physical Health)

Access Listing:
Level I: All Access

I. Introduction and Summary:

All offenders entering the Georgia Department of Corrections (GDC) will be provided with periodic physical examinations as indicated by their physical condition or age. This procedure is applicable to all facilities that house GDC offenders including private and county prisons.

II. Authority:

- A. GDC Standard Operating Procedures (SOPs): 507.04.28 Chronic Care, 507.04.25 Health Screening-Offender Transfers, and 507.04.23 Medical Classification and Profiling;
- B. NCCHC 2018 Adult Health Standard: P-E-04; and
- C. ACA Standards: 5-ACI-6A-27 and 4-ALDF-4C-26.

III. Definitions: None.

IV. Statement of Policy and Applicable Procedures:

- A. Tracking System: Each GDC facility will establish a Tracking System for the purpose of identifying the target physical examination date for every offender:
 - 1. The Physicals Tracking Log (P03-0005-03 males and P03-0005-04 for females) or similar computerized tracking system will be used as a tracking mechanism. It will identify each offender by name, state ID number, date of birth, date of last physical examination, pending examination due date, and date of release/transfer from the facility.
 - 2. Every offender entering a GDC facility will be placed on the log to ensure the maintenance of continuity of care through an established system for providing periodic physical examinations.

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3. When an offender is transferred or released, the date will be entered, then the entire line may be highlighted to indicate removal from the log.
4. A separate log will be used for tracking of initial physicals performed at Diagnostic facilities. These physicals will be listed on the Clinical Diagnostic Intake Tracking Log (Male P03-0005.01) or other approved log.
5. Facilities that house transient populations will enter those offenders onto the Physical Tracking Log. Offenders who are designated as transients will receive all periodic examinations as required.

B. Frequency of Physical Examinations:

Physical examinations will follow the guidelines of the U.S. Preventive Services Task Force (USPSTF) and be scheduled as below. Physical examinations will be performed by a physician, physician assistant, or nurse practitioner as permitted by law:

1. Offenders age 40 years and under every three (3) years.
2. Offenders age 41-50 every two (2) years.
3. Offenders who are above age 50 annually.

C. Laboratory Studies:

1. Routine laboratory studies are to be completed within 30 days prior to the physical examination, must be present in the health record at the time of the examination and will include the following:
 - a. Fasting biochemical profile with lipid profile;
 - b. CBC with differential;

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- c. Dipstick urinalysis with micro if positive and with urine culture if micro is positive;
- d. Age 50 and Above:
 - 1) Baseline chest x-ray repeat as clinically indicated;
 - 2) EKG;
 - 3) Fecal Occult Blood Test; and
 - 4) Digital Rectal Exam.
- e. Male Offenders:
 - 1) Prostate-Specific Antigen (PSA);
- f. Female Offenders; and
 - 1) Pap smears and Mammograms will be performed in accordance with the guidelines as established by American College of Obstetricians and Gynecologists.

D. Tuberculin Skin Testing:

- 1. Tuberculin Skin Testing (TST) will be performed annually unless the offender has a documented history of a previous positive skin test. Offenders with a previous positive skin test will be screened annually for symptoms. Chest x-rays are not required annually unless the offender is symptomatic. It is not necessary to schedule the annual skin tests in conjunction with the periodic physical exam.
- 2. Guidance for offender refusal of Tuberculin Skin Testing is as follows:

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- a. Routine Annual TST: The offender will be segregated until the offender allows the PPD;
- b. Suspected Tuberculosis based on symptoms: Perform a chest x-ray and collect/submit sputum for testing; and
- c. Contact investigation (because of exposure to someone else suspected/confirmed): Perform a chest x-ray

Inform offenders that if they refuse a screening test for a communicable disease, they will be segregated from the rest of the population until it can be determined whether the offender is contagious or infectious. Use-of-force will be reserved for the extreme and unusual situation; these requests must have legal guidance.

E. Periodic Assessments.

1. Periodic Physical Health assessments will be scheduled to take place every 12 months, 24 months, or 36 months as determined by the offenders age category as described previously in Section IV.B. Frequency of Physical Examinations.
2. The health assessment will be performed by a clinician and consist of the following activities:
 - a. Review of the health record for significant health events of an acute or chronic nature;
 - b. General inquiry regarding new health concerns;
 - c. Vital signs;
 - d. Weight;

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- f. Rectal and prostate exam above age 40;
 - g. Prostate-Specific Antigen (PSA) age 50 or above, age 40-49 with increased risk factors;
 - h. Fecal Occult Blood (FOBT) age 50 or above, or as clinically indicated; and
 - i. Other measures as dictated by history, exam, or other guidelines.
3. For women, the following measures will be performed:
- a. Health record review for significant health events of an acute or chronic nature;
 - b. General inquiry regarding any new health concerns;
 - c. Vital signs;
 - d. Weight;
 - f. Breast exam;
 - g. Pap smear and pelvic exam. (if indicated according to established guidelines); and
 - i. Other measures as indicated by history, exam, or other guidelines.
4. The Physical Health Activity Profile (PI-2051) or other approved form, will be updated if there has been a change in the health status of the offender (507.04.23, Medical Classification and Profiling).

Note: All forms associated with this SOP may be found on the GDC Intranet at Captiva/Resources/Health Services Documents/02 Physical Health.

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V. **Attachments:** None.

VI. **Record Retention of Forms Relevant to this Policy:** None.