

GEORGIA DEPARTMENT OF CORRECTIONS



Standard Operating Procedures

Policy Name: Health Promotion and Disease Prevention

Policy Number: 507.04.49

Effective Date: 01/20/2022

Page Number: 1 of 4

Authority:
Commissioner

Originating Division:
Health Services Division
(Physical Health)

Access Listing:
Level I: All Access

I. Introduction and Summary:

Offenders will be provided health education and opportunities to promote their own health and well-being. This procedure is applicable to all facilities that house Georgia Department of Corrections (GDC) offenders to include private and county prisons.

II. Authority:

- A. GDC Standard Operating Procedure (SOP): 507.04.78 Pharmacy and Therapeutics Committee;
- B. NCCHC 2018 Adult Standards: P-B-01 and P-B-02; and
- C. ACA Standards: 5-ACI-6A-20 (ref. 4-4361), 4-ALDF-4C-21 and 4-ACRS-5A-10.

III. Definitions:

Self-Care - Care for a condition that can be treated by the offender and may include over-the-counter medications.

IV. Statement of Policy and Applicable Procedures:

- A. Health Education for Offenders:
 - 1. A health education plan will be established at each facility. The plan will address prevention and care of health conditions known to be prevalent in the offender population.
 - 2. Health education will be provided by various types of licensed health care providers depending on the nature and complexity of the information to be presented.
 - 3. Suggested topics to be included in health education include but are not limited to:
 - a. Access to health care services;

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- b. Personal hygiene;
 - c. Physical fitness;
 - d. Nutrition;
 - e. Dental hygiene;
 - f. Effects of smoking and other tobacco use;
 - g. Prevention of communicable diseases;
 - h. Chronic diseases and disabilities, relapse prevention regarding mental illness, and coping with mental illness;
 - i. Substance abuse;
 - j. Self-examination for breast and testicular cancer;
 - k. Comprehensive family planning for offenders planning discharge;
 - l. Sexually transmitted diseases;
 - m. HIV infection and AIDS. / STI's;
 - n. Counseling in preparation for release;
 - o. Self-administered medications
 - p. Self-Care items available in the commissary.
4. Formal health education will be provided through various methods such as classroom instruction, audio and videotapes, individual counseling, and brochures and pamphlets. Instructional materials may be ordered through

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various professional organizations (i.e., U.S. Public Health Service, Centers for Disease Control, etc.).

5. Health education will also be provided during clinical encounters and documented in the health record. Nursing protocols will contain health education sheets that may be given to patients to reinforce verbal instruction.
6. In circumstances where an offender requests an item, which is health related, but for which there is no clear medical indication, Offenders will be permitted to purchase the items in the commissary.
7. The offender will be permitted to purchase items and maintain them in their possession. Possession of items purchased in the commissary will be limited to one (1) full tube/container of each item at any given time.
8. Offenders who, in the judgement of an advanced clinical provider, have a medical indication (i.e., severe dry skin secondary to a disease process, or cystic acne, etc.) for any of the above items will be provided that item by the medical section and will not be asked to purchase the item in the commissary.
9. Requests for additions to the commissary will be forwarded to the Statewide Pharmacy and Therapeutics (P & T) Committee for consideration in consultation with the appropriate Operational Division.

B. Nutrition for Offenders:

1. The facility will provide a nutritionally adequate diet to the general population.
2. A registered dietician nutritionist or other licensed nutrition professional as authorized by state scope of practice laws, document a review of the regular diet for nutritional adequacy at least annually.
3. The facility will have a procedure in place to notify the RDN whenever the regular diet menu is changed.

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V. **Attachments:** None.

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