



**HEALTH CARE SERVICES
DIRECTIVE-ADULT
Manual of Policies and Procedures**

Title

HEALTHY LIFESTYLE EDUCATION AND PROMOTION

Legal References (includes but is not limited to)	Related Policies/Procedures (includes but is not limited to)	Other References (includes but is not limited to)
IC 11-8-2-5 IC 34-4-12.6	01-02-101 01-02-106	National Correctional Healthcare Standards

I. PURPOSE:

This Health Care Services Directive (HCSA) describes requirements to provide health education and promotion to all incarcerated individuals

II. GUIDELINES:

A. Health education on self-care strategies and promoting a healthy lifestyle shall be made available to all incarcerated individuals at each facility and during each health care contact for individualized health conditions. Health education and promotion may be accomplished by the following:

1. Brochures and pamphlets in areas accessible to all patients, and on tablets, when available;
2. Audio and video presentations;
3. Instructional classes; and,
4. One-on-one settings.

B. The following are examples of educational and health promotional activities:

1. At Intake, education regarding HIV; Hepatitis A, B, and C; and oral hygiene;
2. At Intake for identified sex offenders, a psychoeducational class emphasizing victim awareness;
3. At all facilities general information regarding, but not limited to, the following:
 - a. Acne;

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- b. Athlete's foot/Jock itch;
 - c. Bruises;
 - d. Common cold;
 - e. Constipation;
 - f. Cuts and scrapes;
 - g. Diarrhea;
 - h. Headaches;
 - i. Indigestion;
 - j. Self-breast examination;
 - k. Nutrition;
 - l. Sore throat and follow-up
 - m. Sports injuries;
 - n. Dental hygiene;
 - o. Personal hygiene;
 - p. HIV infection;
 - q. Hepatitis (A,B,C);
 - r. Immunizations and age-appropriate interventions;
 - q. Substance abuse/Addiction Recovery;
 - r. Smoking/tobacco use;
 - s. Sexually Transmitted Infections (STI prevention);
 - t. Testicular self-examination.
 - u. Parenting skills;
 - v. Perinatal care for women;
 - w. Stress management.
4. For those patients with chronic diseases, education regarding their diagnosed condition and risk factors;
 5. For those patients provided with medication, instructions regarding administration;
 6. For those patients approaching their Earliest Possible Release Date, instructions regarding obtaining physical and behavioral health services, healthcare coverage, access to food and clothing in the community and any other needs related to social determinants of health;
 7. Facilities utilizing incarcerated individuals in clean up of blood or other potentially infectious materials shall be provided instruction regarding avoidance of exposure incidents and Hepatitis B vaccination.

Intake facilities shall provide incarcerated individuals with instruction in personal hygiene and infectious diseases.

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III. APPLICABILITY:

This HCSD is applicable to all facilities housing incarcerated adults.

signature on file

Kristen Dauss, MD
Chief Medical Officer

Date