

Nursing communicable diseases affecting the vulnerable – a prison perspective

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This presentation will cover:

- An overview of prisons in Wales
- Complexities of prison nursing
- Hepatitis C
- BBV services in Welsh prisons to date
- The future: remaining ahead of the game

Prisons in Wales

- 5 prisons in Wales
- Remand and convicted prisons
- Overall population = 3,000
- Annual throughput 8-10,000
- No female or high secure prisons
- North Wales prison opening January 2017



Prisons in Wales

– HMP Cardiff (C&VUHB)	820
– HMP Parc (ABMUHB)	1683
– HMP Swansea (ABMUHB)	455
– HMP Usk/Prescoed (ABHB)	523
	3481

- Annual throughput 8-10,000

Who are we looking after?



However...

- Prison populations contain a high prevalence of people with serious and often life-threatening conditions
- The majority of prisoners come from the poorest parts of society, with deficiencies in education and employment
- Prison health can play an important role in reducing health inequalities

What problems might they present with?

- Mental health
- Drug/alcohol
- Sexual health
- Infectious disease: HIV, BBVs, TB
- Vaccine preventable diseases: flu, measles etc
- Chronic disease
- Trauma
- Malnutrition
- Dental complaints
- Problems associated with demography of aging: dementia, palliative care etc

Prison health needs are high

- **Alcohol** – 45% likely to have an alcohol problem (15% of men in general population)
- **Drug misuse** – 71% tested positive to illegal drugs on admission to prison
- **Tobacco** – 76% of prisoners smoke (26% of general population)
- **Dental** – dental decay 3x that of general population
- **BBVs** – 10-20% of prison population have HCV
- **Asthma** – 12% of prisoners have asthma (double the prevalence in general population)

(Prison Health in Scotland, 2011)

The effects of poor health, and ability to cope with poor health are made more difficult when in prison

Complexities of prison nursing

- Physical environment
- Custodial issues
- Medical management
- Family and social care

Physical Environment



- Difficult access in emergencies
- Problematic for those with physical disabilities or aging population
- Lack of privacy and confidentiality
- Close confinement increase risk of spreading infections

Custodial Issues

- Working in partnership with prison staff
- Dependant on security presence at all times – confidentiality?
- Escorts needed for external appointments
- Managing uncertainty of remand status
- Transfers at short notice (or no notice)
- Providing care around the prison regime (lock-downs, access)
- Segregation
- Caring for those whose crimes may be emotive
- Awareness of manipulation
- Managing personal safety



Medical Management

- Access to community medical records
- Prescribing – considering value of medications within prison and risk of diversion
- Access to medications if no on-site pharmacy
- Access to specialist medications



Family and Social Care

- Impact of imprisonment on families – partners, children, parents etc
- Broken relationships – children in care or being adopted
- Orders preventing access to family
- Limited access to family/friends for support
- Housing

Population Increases

- Increasing monthly intake of prison population

	2011	2015*
HMP Swansea	143	160
HMP Cardiff	243	374
HMP Parc	83	201

* Average from January – August 2015

8,000-10,000 new receptions in Wales each year

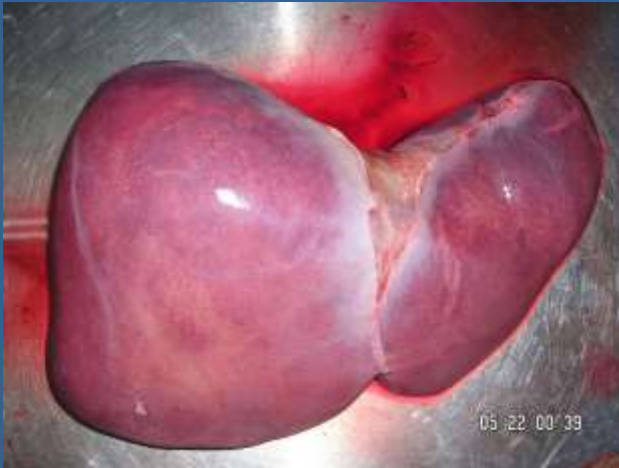
- New prison in North Wales opening January 2017 and will hold over 2000 prisoners

Hepatitis C

- What is hepatitis C?
- Hepatitis C in Welsh prisons

What is Hepatitis C?

'Hepa' = Liver *'titis'* = inflammation



- Virus found in the blood
- Damages the liver over a long period of time
- Can lead to liver cancer and cirrhosis
- Treatment is available
- There is **NO** vaccine for hepatitis C
- There is a vaccine for hepatitis B

Risk groups for Hepatitis B & C

(NICE, 2012)

- People born or brought up in a country of intermediate or high prevalence of HBV (*Africa, Asia, Caribbean, Central and South America, Eastern and Southern Europe, Middle East, pacific Islands*)
- Injecting drug users
- MSM
- Prisoners
- Immigration Detainees
- Babies born to mothers infected with Hep B
- Blood transfusions before 1991 or blood products before 1986

Hepatitis in Welsh Prisons

- 12-14,000 people in Wales infected with HCV
- Injecting drug use most probable cause of transmission
- 70% of drug injectors experienced at least one period in prison
- 10-20% of prisoners may be HCV positive (from research across the UK)

Why services are needed

- Prisons hold a high risk population for BBV transmission
- Those treated younger are more likely to clear the virus
- Eradicating the virus not only prevents illness but prevents onwards transmission
- Treatment is cost effective

BBV services in Welsh prisons

- Provision of Clinical Services
- Increasing vaccination delivery
- Education for all staff
- Health promotion for prisoners

Provision of Clinical Services

- Improving testing and vaccination in prisons
- RCGP course for prison healthcare staff
- Use of dried blood spot testing (DBS)
- Close links with clinical nurse specialists
- Referral pathways into treatment
- Communication - prisons and community

Establishing clinics

- Testing clinics run in most prisons
- Nurse specialists in prison
- Portable fibroscanner in prisons
- Treatments issued in prison
- Patients completing treatment!

BBV testing 2013-2014

	2013	2014
Number tested	1255† (424 DBS 831 VP)	1150† (538 DBS 612 VP)
Referrals to specialists	80	106

2013 - 13% underwent
BBV testing

2014 13% underwent
BBV testing

Increasing Hep B vaccine coverage

Coverage and dose delivery across all Welsh prisons 2011-2014

Year	% received one vaccine	% received full course	Number of doses administered
2011	12%	1%	2105
2012	32%	19%	3702
2013	47%	35%	4316
2014	50%	35%	3540 ↓
2015	59% (August)	40% (August)	3355 (Jan-Aug)

Training for prison nurses

- RCGP Cert - detection and diagnosis Hep C
- Train the trainer BBV course (Newlink)
- BBV Prison Nurse Lead Forum
- Annual BBV Prison Nurse Lead Conference
- SIEDS training day
- New drug trends through WEDINOS program

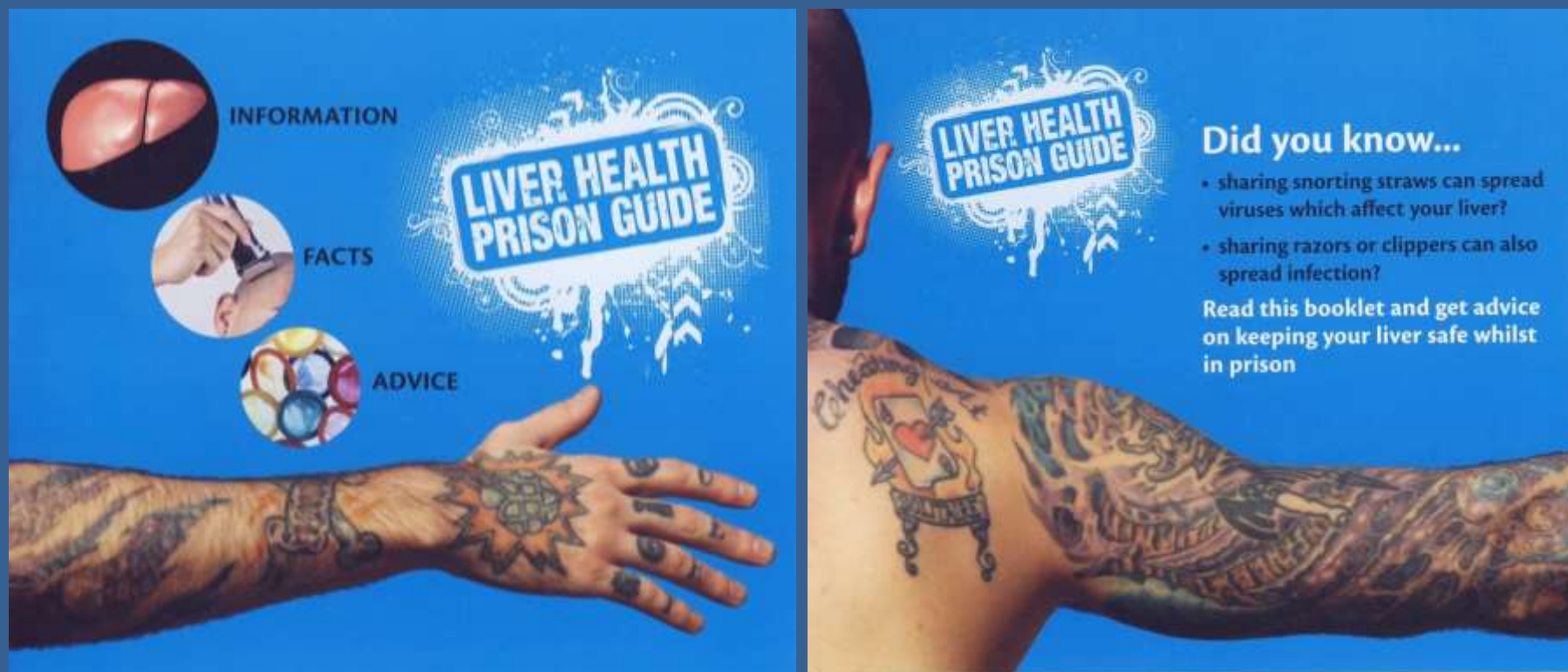
Education for Custodial Staff

- BBV e-module aimed at prison officers
- Completed by 530 staff
- Demonstrated misunderstandings of BBVs
- Very positively received by staff
- Evaluation published in *International Journal of Prisoner Health* (2014) 10, 1, 47-54

Education for Custodial Staff

- Completed by 530 staff at HMP Parc in 2012
 - 22% believed HBV & HCV to be airborne
 - 9% believed HBV & HCV passed on by cutlery
 - 31% believed prisoners obliged to declare positive status to the prison
 - 1-3% of staff thought prisoners with HBV/HCV should be in single cells

Health promotion in prisons



INFORMATION

FACTS

ADVICE

LIVER HEALTH PRISON GUIDE

LIVER HEALTH PRISON GUIDE

Did you know...

- sharing snorting straws can spread viruses which affect your liver?
- sharing razors or clippers can also spread infection?

Read this booklet and get advice on keeping your liver safe whilst in prison

No room for complacency!

- People are still becoming infected with hepatitis C – *it has not gone away*
- Recent community outbreaks in Wales
- Prisoners remain high-risk populations
- **Emphasis on repeat testing**
- People need to be able to complete treatment

Remaining ahead of the game

- Recognising changes in risk taking
- Moving to opt-out testing in prisons
- Preparing for delivery of new treatments
- Extending provision beyond the prison walls
- Using health to reduce reoffending

Moving to opt-out testing in prisons

- Ensuring prisoners BBV tested unless 'opt-out'
- Reduce stigma of BBVs
- Make testing 'the norm'
- Opt-out testing being rolled out in England
- Evaluation suggests near doubling of testing
- Will require policy and resource changes

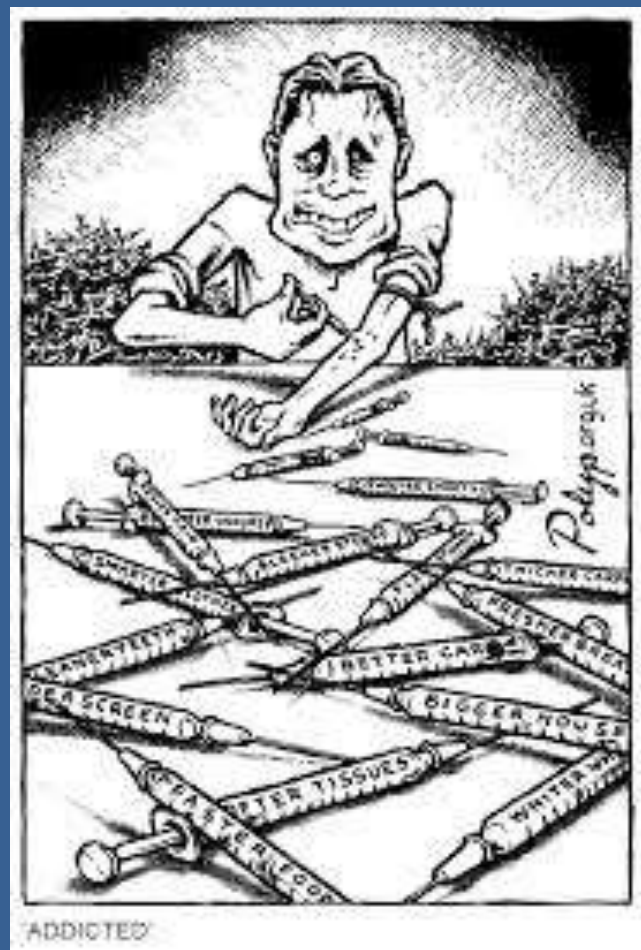
Embracing a new era of treatment

- New easier treatments for people in prison
- Treatment durations shorter
- Fewer side effects
- Prepare for more people to be treated
- Improve support services to people diagnosed
- Terrence Higgins Trust support program

Keeping our fingers on the pulse...

- Changes in trends of drug use influence risk taking behaviour
- Increase in new psychoactive drugs, new populations are injecting drugs, those taking these drugs are more likely to take other risks
- Increase in steroids and image enhancing drugs (SIEDS)

Challenging our stereotypes...



Who are IV drug users in Wales?



9,137 individuals in Wales registered with needle and syringe exchanges

OVER HALF (5455) are SIEDS users...

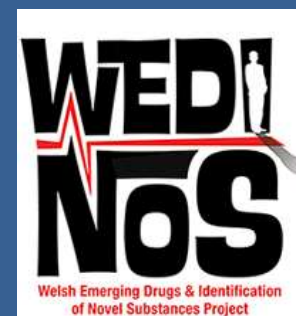
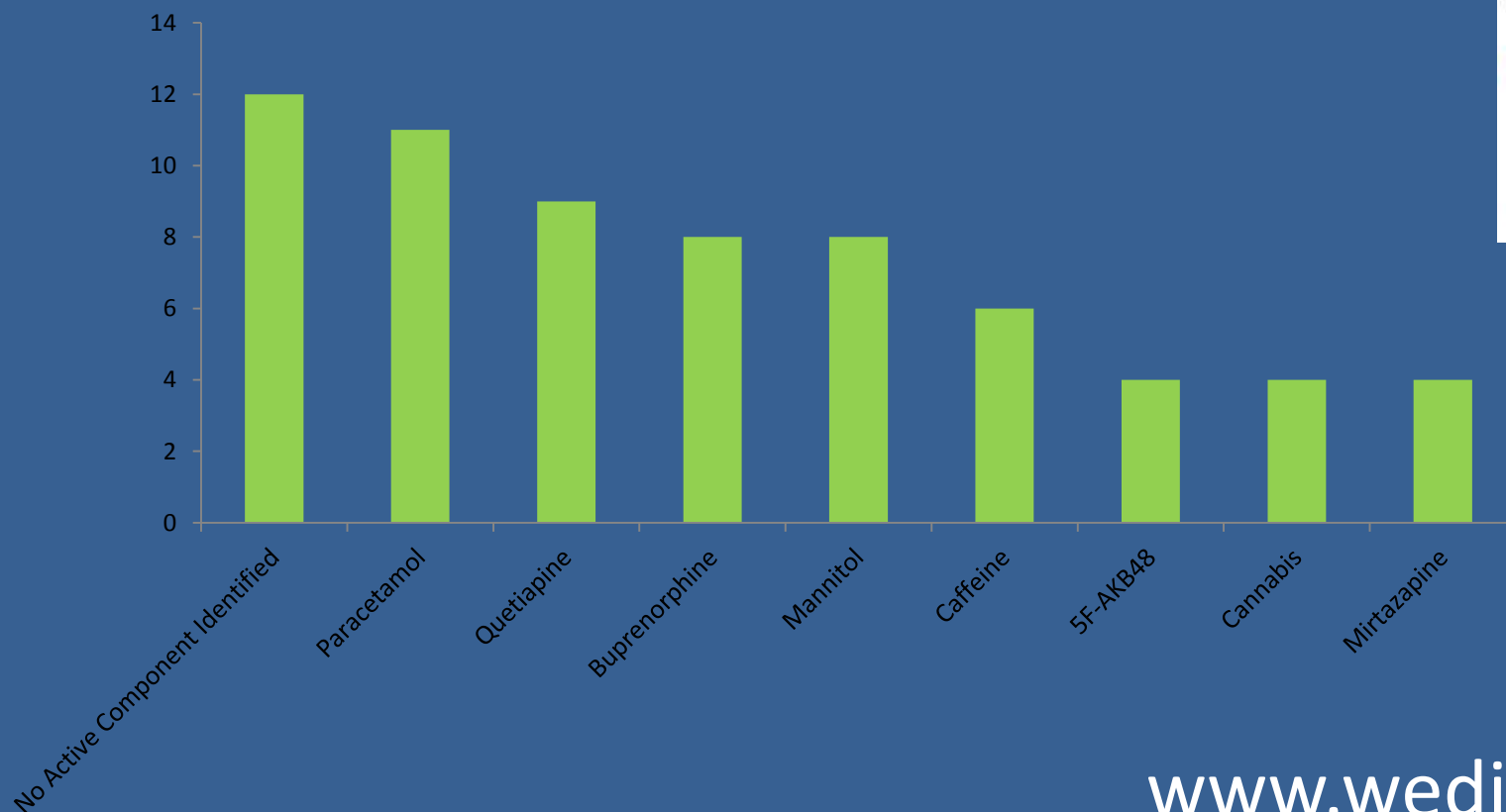
25% of all SIEDS users are under 25 years of age – they are typically in full time employment (78%) and in stable housing



SIEDS users do not see themselves as 'drug users' and are unlikely to have ever been tested for HCV/HBV or to have received information on HCV/HBV

Understanding prison risk factors

- Using the WEDINOS project to identify substances found in prisons



Risks around illicit tattooing

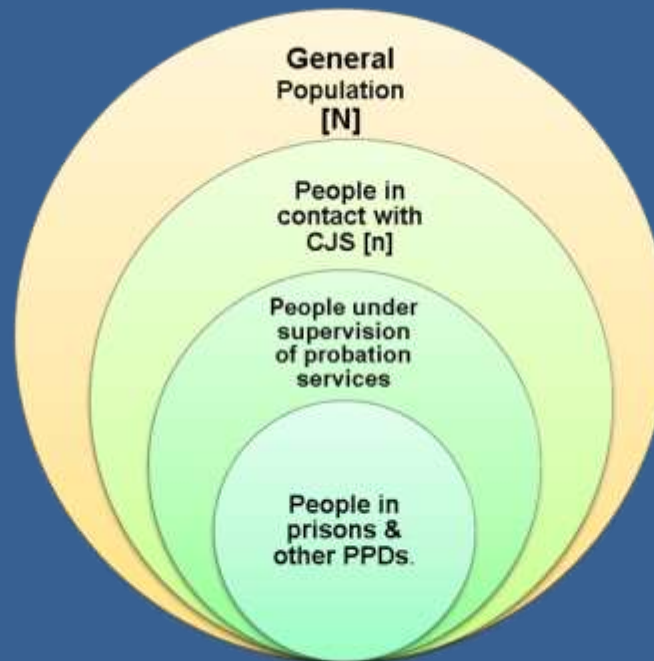
- Increase in home tattooing / tattoo parties
- Improving risk awareness of prison tattoos
- Working with environmental health
- 'Before you ink THINK' campaign

• <https://www.youtube.com/watch?v=WFLkmB5514M>



Extending provision beyond the prison walls

- The majority of health issues come into the prison from the community and will return to the community



Multi-agency-professional approach

- Engagement with wider CJS
- Collaborative working with all those here today

All of us here today have key roles to play in providing health to those who are
'hard to serve'

Using health to reduce reoffending

- Issues such as physical health, mental health, substance misuse and homelessness have all been identified as influencing reoffending
- Addressing these issues will not only improve health for individuals and families but will contribute to reducing reoffending.

The future...?

- It will be challenging...BUT...
- We have the opportunity to make a difference by working with some of the most vulnerable people in society at their lowest moments



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Cymru
Public Health
Wales

Thank you for listening

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Useful references

- RCGP E-module on hepatitis B and C:
<http://elearning.rcgp.org.uk/course/info.php?id=76>
- Prison liver health resources:
<http://www.publichealthwales.org/prison-health>
- ‘Before you ink, think’ community tattoo film:
www.youtube.com/watch?v=WFLkmB5514M
- WEDINOS drug analysis and harm reduction advice:
www.wedinos.org