

**positive**  
about integrated healthcare

Nottinghamshire Healthcare  
NHS Foundation Trust



**P**eople

**O**penness

**S**afe

**I**ntegrity

**T**rust

**I**nnovation

**V**alue

**E**xcellence



# HEALTHCARE NEWS LETTER



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**HMP NOTTINGHAM**  
**OCTOBER 2017**

# HEALTHCARE INFORMATION

Welcome to the HMP Nottingham Healthcare patient newsletter

This newsletter will be printed monthly and will be available at reception or from the signpost orderlies on your wing

The aim of this newsletter is to provide you with information on how to access the various health care services offered as well as advice on general health care issues

- |   |
|---|
| <b>1.</b> Respect and dignity           |
| <b>2.</b> Commitment to quality of care |
| <b>3.</b> Compassion                    |
| <b>4.</b> Improving lives               |
| <b>5.</b> Working together for patients |
| <b>6.</b> Everyone counts               |

Healthcare services within HMP Nottingham are provided by Nottinghamshire healthcare NHS Trust. The healthcare team provide primary healthcare, mental healthcare and substance misuse services to people in prison and immigration removal centres

The trust strives to make a positive impact on the lives of prisoners, thereby improving their health, securing their wellbeing and reducing re-offending behaviour

# HEALTHCARE APPOINTMENTS

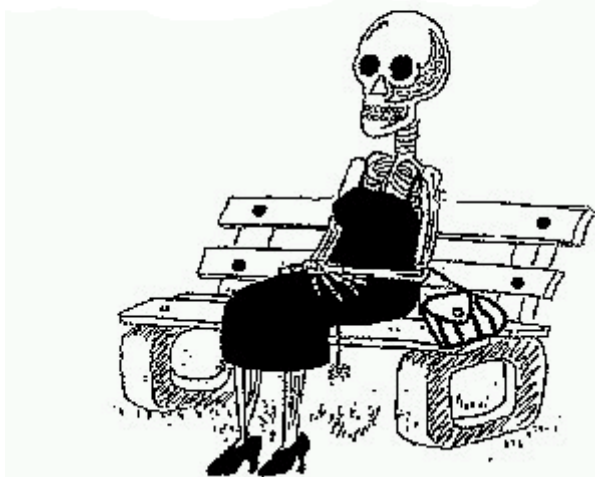
Healthcare appointments such as nurse triage, dentist and optician, need to be requested via the healthcare application system. The application boxes are on every wing (if you are unsure, please ask your wing signpost orderly)

Below are the DNA (DID NOT ATTEND) statistics for healthcare appointments for the year to date. We know that this is not always the patients fault however not turning up or refusing to attend an appointment causes other patients to miss out and is a waste of valuable time and funds

If you receive an appointment slip and no longer require your appointment, please fill in the bottom of your slip to say you will not be able to attend and post them back into the healthcare application box

Clinic Data - 2017						
	Booked	DNA	NA	Seen	Seen %	DNA%
11/09/2017	465	94	40	331	71.2%	28.8%
Weekly Averages	468	83	42	343	73.4%	26.64%
YTD Totals	16833	2979	1505	12349	73.4%	26.6%

**Waiting...**



# SOBER OCTOBER

**Are you being released at the end of September or Early October?  
How about keeping up the good work when you are released?**

**Sober October is a national campaign run yearly by Macmillan Cancer support. The idea is to go without alcohol for 31 days-not even a sherry trifle!**

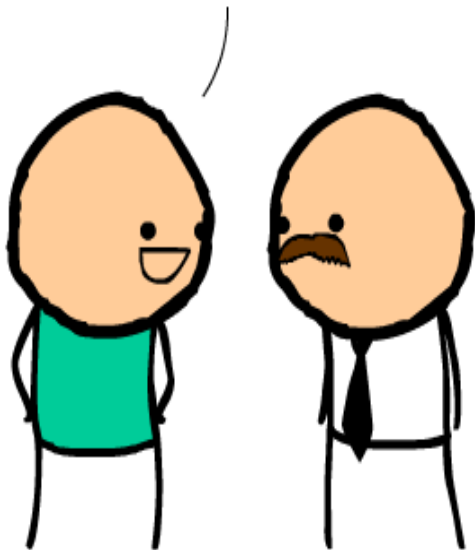
**While the Macmillan campaign is focussed on fund raising, there are plenty of other reasons why going sober for a month will benefit both your physical and mental wellbeing:**

- Be hangover free!-One of the more positive reasons to give up alcohol for a month is the lack of hangovers-no more anxiety, pounding heart, mouth like the Sahara and eating your body weight in super noodles
- Improved mental health-alcohol is a depressant. This explains the feelings of anxiety and depression following a binge. Give up alcohol for a month and you should see a marked improvement in your mental health.
- Better sleep- Alcohol, even a small amount, can disrupt your sleep. Give up for a month and you should see a marked improvement in your sleep leading to improved energy levels
- Better physical health-Alcohol effects all aspects of your physical health, including your skin, liver, kidneys and heart. Too much alcohol can cause serious damage to your organs. Giving up for a month can help your liver to repair. Alcohol is also very fattening, especially wines and beers. Give up for month and you should see your waistline shrink
- You will see an improvement in your finances, especially if you drinking a lot. The average person in the UK spends on average £20-30 per week on alcohol-that's £80-£120 you could save over the month!

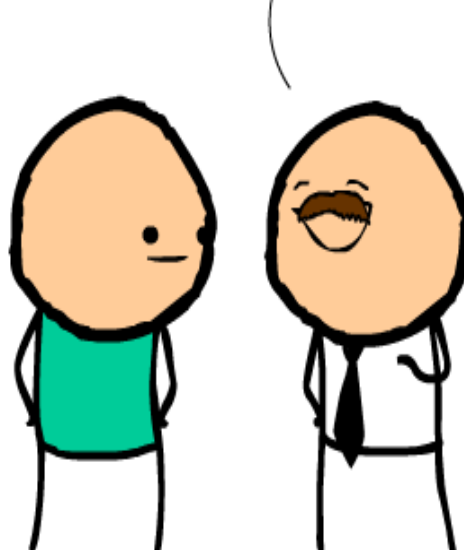


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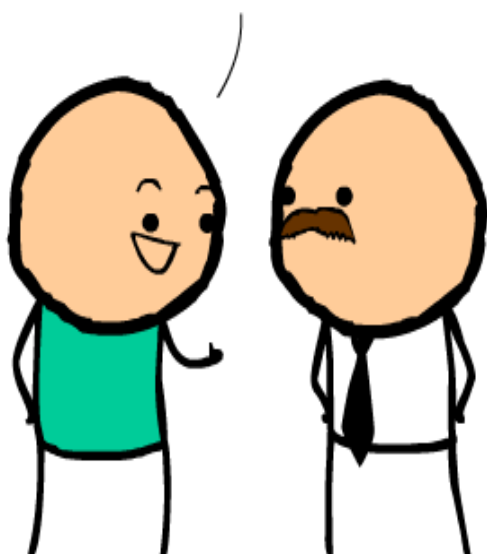
YOU LOOK SHARP!  
HOW'S BEING SOBER?



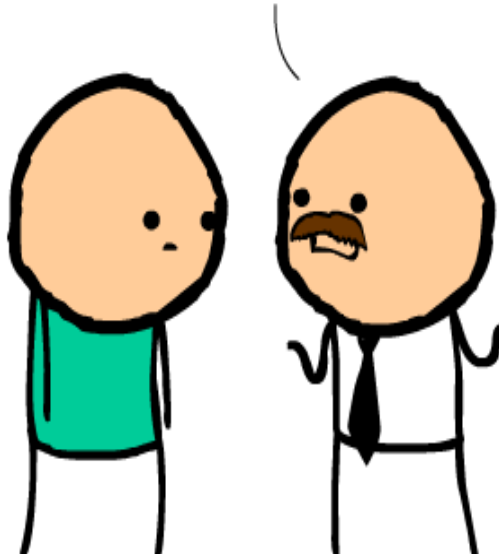
BEEN SOBER  
FOR 90 DAYS!



WOW! 90 DAYS IN A  
ROW! WELL DONE!



NOT IN A ROW,  
90 DAYS EVER.



Cyanide and Happiness © Explosm.net

**Two members of the substance misuse team will be taking part in Sober October...in November's newsletter they will give an account of how they managed during the month!**

# HEALTHCARE UPDATES

## Healthcare Appointments

When you receive your slip for your healthcare appointment it will state whether you need to attend on the route or if you will be collected. If you are down for collection, please **DO NOT** attend on the route-you will be asked to return to the wing and wait for collection

**We are pleased to announce that the Dual Diagnosis service is now up and running at HMP Nottingham**

**This will be led by a senior substance misuse nurse, a senior dual diagnosis practitioner and an assistant practitioner**

**Patients who fall under this pathway will have a specific mental health diagnosis as well as a substance misuse issue. This will be identified at reception and you will be referred into the service**

**We hope that for all patients who fall under this pathway it will provide a valuable service to support you whilst you are in prison**



**We would like to see a big warm welcome to the following new members of staff:**

**Martha Cann-Practice Nurse**

**Natalie Crookes-Secondary Mental health practitioner**

**Charlotte Ryan-Pharmacy Technician**

**Maja Slack- Pharmacy technician**

# HEALTHY LIVING WITH IAN MCCLUSKEY



## Let's get cooking...

It's about time to start putting some of this knowledge into a saucepan and eating the results! We'll start with possibly the easiest and most widely cooked 'dish' we know as spag bol. I'll list the ingredients, simplest cooking method and a variation that easily changes this into chilli con carne. This recipe allows enough for two or three portions so you can save/freeze a couple for another day.

### **Ingredients**

500gms Minced Beef (Quorn if you're vegetarian)

1 medium chopped onion

60gms spaghetti (or any pasta/rice)

1 tin of tomatoes, chopped (buy tins of whole tomatoes and chop yourself, it's cheaper)

Seasoning

### ***These are optional but help;***

150gms mushrooms, chopped or sliced

1 tablespoon tomato puree

1 Oxo/Bovril/Vegetable stock cube

1 clove garlic, crushed and sliced

Parmesan Cheese (any grated cheese you have will do)

### **Chilli Con Carne**

As above but add a tin of red kidney beans (drained/rinsed) and as much chilli as you like – but be careful!

### **Method**

Have enough boiling water ready for cooking the pasta/rice which will take about ten minutes according to their instructions. Gently fry the onion in a couple of tablespoons of oil until soft, don't fry beyond this even if you like 'burnt' onions - it ruins the flavour. Add the mushrooms and start their cooking process (these are optional and you could them later if it makes anything easier as these absorb oil). Add the minced beef, break it up and cook gently until broken into small pieces. Here you can add the other ingredients and cook through as much as you like, check and add seasoning as desired. Add the pasta/ rice to the boiling water and cook as instructed, drain and it's ready to serve underneath the sauce you've just created, top with grated cheese and enjoy!



## **FOCUS ON INFORMATION GOVERNANCE**

Don't turn the page!!!! Information Governance is not as boring as it sounds...

Do you ever wonder what happens to the personal information you disclose to healthcare when you come into prison?

Everyone working in the NHS and social services have a legal duty to keep information about you confidential. It is important that we keep information about you to ensure that you receive the best possible care and treatment. We keep this information securely and only share details when there is a genuine need

In addition to using your information for your care, treatment and other services it may also be needed for other reasons, such as:

- Helping staff to review and plan the services they provide to make sure they are to the highest standards
- Training and education (but you can choose whether or not to be involved personally)
- Research approved by the Local Research Ethics Committee. This will involve a researcher contacting you to see if you are willing to take part. You will not be identified by name in any published results without your agreement
- For looking after the health and social care of the general public

How is your information held?

We hold patient records in electronic and paper format. The trust is working towards full electronic patient records. Access to your records is restricted to staff who need to know

Every month, the IG compliance lead for the trust will be writing an article on Information Governance to keep you aware and informed on how your records are managed within this setting

If you would like any further information please speak to a member of healthcare



# HALLOWEEN WORD SEARCH

T S W F I E Z A E J A Y S A E G C H  
O R E D I P S G F K A Q Q R T N K E  
G D V I M A R K T H U D J G P A A E  
G S T R L K O M R I B A T W O W C K  
A H B L S W F O S O P A X N O O P A  
M R I L L L A H Y B R L O R C F H N  
Y J C Q I K Y R G M V O M K Y N T S  
G Q E U T Y A E C M C Y R N S X O S  
P J B G H B T T J O P O U E T A M I  
E Q F Q E J F T C M A N O E Y R D H  
B U W V R L N I Q C R Q C W E Q Y C  
E T I B Z J P K H V Q O X O K M Z Y  
S P O O K Y Z S P X T Z W L I P R V  
O C R E E P Y I T T H D J L C C R G  
G Z F Q Q L Q H S V Y Y S A A L X T  
U R I H V C M G R T D L L H H E A V  
V E X B E T H C Y T Z N M F K R M W  
P A N V J P W Q J T O M B Y V E Y V



- CREEPY
- CRAWLIES
- SPIDER
- MOTH
- SNAKE
- FLY
- COCKROACH
- RAT
- MAGGOT
- MEALWORM
- BAT
- COCOON
- SPOOKY
- SQUISHY
- SLIMY
- WORMY
- CLAW
- SLITHER
- BITE
- HISS
- SKITTER
- GNAW
- HALLOWEEN

Chicken Scratch NY

# BREAST CANCER AWARENESS

**October is breast cancer awareness month. Breast cancer is often thought of as something that effects only women but men can get it in rare cases. It develops in the small amount of breast tissue that men have behind their nipples**

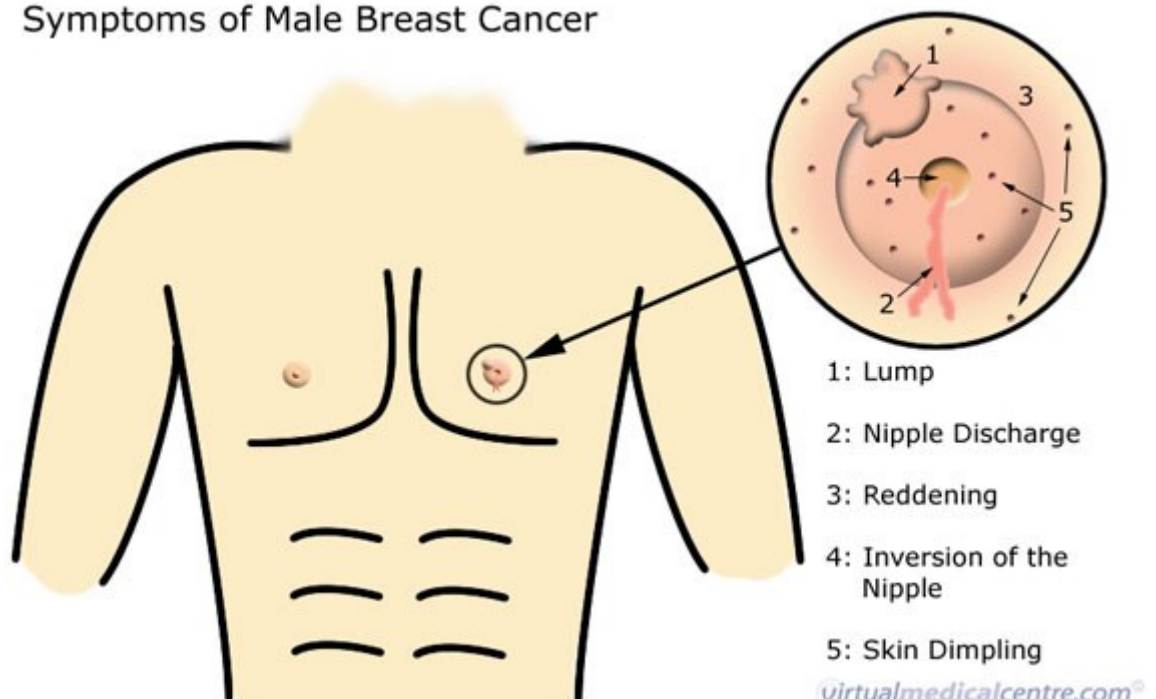
**It usually effects men over 60 but can very occasionally effect younger men**

**Symptoms can include:**

- **A lump in the breast**
- **Nipple turning inwards**
- **Discharge (fluid) coming from the nipple**
- **A sore or rash around the nipple that does not go away**
- **The nipple or surrounding skin becoming hard, swollen or red**
- **Small lumps in the armpit (swollen glands)**

**The outlook for breast cancer in men varies depending on how far it is spread by the time that it is diagnosed. It may be possible to cure breast cancer if it is caught at an early stage. If you are concerned or have any of the symptoms listed above, please put an application in to healthcare**

Symptoms of Male Breast Cancer



# STOPTOBER



The prison has been smoke free for over 2 months now. Well done to all of you that have quit-we hear success stories every day. You may feel that stopping smoking may have been forced upon you-we understand that but there are numerous reasons why it is a good idea to quit

Stoptober is a national campaign run every October in which people are encouraged to stop smoking for 28 days. The idea behind the event is based on evidence that after 28 days without a cigarette smokers are as much as 5 x more likely to give up smoking for good

So, for all of you that cannot wait to buy a pack of 20 on release from prison, here are some interesting statistics:

- Quitting smoking makes you 3 x more attractive and will improve sexual functioning!
- Cigarettes contain arsenic, formaldehyde, lead, hydrogen cyanide, nitrogen oxide, carbon monoxide, ammonia and 43 known carcinogens (cause cancer)
- Studies show that the average smoker will lose 14 years of their life due to smoking
- Smoking can turn your hair grey quicker!
- Every cigarette smoke cuts life expectancy by 5 minutes on average-that's about how long it takes to smoke a cigarette

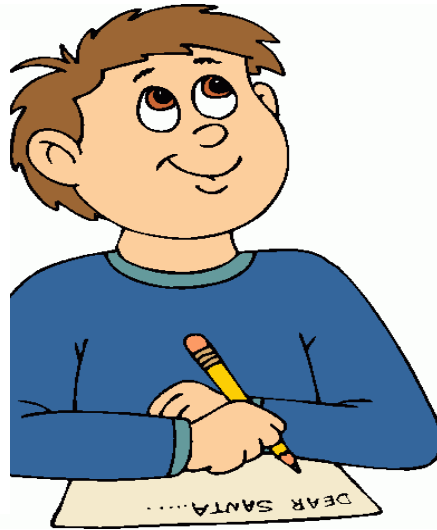
## SERVICE USER CARE EXPERIENCE

Some of you may have been asked to fill out a SUCE (Service User Care Experience) form in the past couple of months. Thank you to all of those who completed and returned your surveys...our return rate was whopping 93%!!

For those of you who are unfamiliar with SUCE forms, these are surveys that are completed by patients every 6 months. The aim is for you to give us compliments or constructive criticism about the healthcare service at HMP Nottingham

Your views really do matter-we don't just read through the results and forget about them. The Involvement and Experience leads will look at common themes and trends within the surveys and then complete an action plan on how we can improve our services. The results of the action plans will then be shared through out monthly signpost meetings as well as this newsletter. Some examples of the feedback we received were:

- The worker that I have is always asking if I'm OK and how I'm getting on. They are always there. They always listen to me and try to do what I've asked. They have never been disrespectful and are always polite
- Consistent and well delivered. Plenty of support. Helping me a lot and giving me hope. Had no problems getting info from worker when asked. Polite and respectful. Feel really good about the future and my health
- I think Mental Health at HMP Nottingham is brilliant, the only thing I think they could do better with is seeing patients on wings more frequently as things may change during the time between appointments
- Be more aware about appointment times. Should collect from work or education so appointments aren't missed. Some people require more attention than others
- Not waiting long very helpful. Listened to everything I had to say and followed up with good advice. Respected me by shutting blinds on window. Explained everything and listened to me. Made follow up appointments
- Better process at reception - takes too long to get your meth
- Listen and took note of what I was say even when I didn't know what I was saying. Eve is able to spot my triggers even when I don't. She is always ready to listen. That's exactly what happened she listened. Eve and beauty are able to break it down for me if I don't understand something. I'm an ex soldier who's now a prisoner but Eve and Beauty look past that a treat me with the same respect as they do everyone else. Always asked what I want. Even when I don't feel I can ask. I'm now starting to understand my trigger granted not 100% but even 1% is better than the zero for before and with Eve's help I hope to keep going in the right direction



## Dear Dean

Every month, RMN Dean Spurr is here to answer your questions. Please send any questions to Dean via the healthcare application system

Dear Dean

I'm worried about my general health while I'm in prison. The food isn't great with barely any fresh fruit or vegetables and the wing I'm on is filthy. I'm doing a 4 year sentence and I feel that I will be a wreck by the time I get out. Do you have any tips on how I can keep myself physically well in prison?

Thank you

J-E wing

Dear J,

First of all thank you for writing to Dear Dean , I completely understand your worries RE your health whilst in prison , but your going to have to trust me on this one , the diet you are given has been designed by a dietician to meet your needs , it is deemed balanced although may not compare with the amounts or standards you are used to ,but you will come to no harm eating it .Also can I reassure you if you keep your cell as clean as you can you will come to no harm ,Also you are given enough time to shower and tend to your personal hygiene please remember the importance of regular handwashing , please use clean kit you are given. Can I also advise you attend the gym when you can to remain physically fit in body and mind .If you see areas of the wing which are not clean you can inform the wing cleaning officer or the wing S.O who's role it is to maintain a clean and safe wing . Please don't hesitate to contact me again if you have any further fears or questions

Dean

# HEALTHCARE FORUM UPDATE

**The last signpost orderly healthcare forum was held on the 16th August**

**The following items were discussed:**

- **NPS use and medication-As you will probably have already seen on the wings, notifications have been but up to inform patients that if they appear under the influence of an unknown substance when attending for medication, there medication will not be given and will be omitted for a further 24 hours. It was stressed that this is NOT a punitive measure but to safeguard them from further harm as it has been proven that certain medication react with NPS and giving them their medication may be putting their health at further risk**
- **Health care slips-it was discussed that officers are not always collecting patients for their appointments or that they are only shouting on one landing on the wing and some patients cannot hear them. Also, it is a running theme that patients feel that they are waiting too long for all clinics in health care. The DNA rate was discussed-the rate is still high however patients state that as they are only receiving their appointment slips the day before, they do not have enough time to cancel their appointments should they not be able to make them. We discussed that we would discuss the feasibility of delivering the health care slips in advance and feed back at the next meeting**

**Healthcare meeting minutes are available on request from the signpost orderlies on your wing**



## Do you want to take part in this research?

### **“Describing cardiovascular disease risk in prisoners and exploring NHS Health Check programme in prison”**



#### **What is this study about?**

**This study will be finding out about the risks prisoners face from heart disease and stroke and what we can do to help lower those risks while you are in prison.**



#### **Who can take part in the study?**

##### **Males who:**

**Are between the ages of 40-74**

**Are eligible for the NHS Health Check programme - This means you don't have any long term conditions which could affect**

#### **What will I do if I take part?**

**If you fit the criteria for the health check you will be invited to the clinic**

**We will measure how tall you are, how much you weigh and your blood pressure**

**We will ask you questions about your lifestyle**

**We will ask you if you would like to have a blood test (you don't have to if you don't want one)**

**We will ask you some questions about how you are feeling**

**We may pick up problems before you realise them and we can make them better and reduce your risk of heart attack and stroke**

**At a later date, you might get invited to take part in a focus group. This will involve a group discussion with other patients to find out your views on the NHS Health Check programme**



**We hope you take part-we hope to make a positive change**

**Ask the healthcare team for more information**

## **A poem not for opinion**

**Please don't pretend to care, cant give up I hear...  
Be strong and patient, it all sounds so good  
Well what do they know? Let them spend a day in my life...  
See how they like to eat the food that I eat, the bed I sleep on...  
The lockdowns, the many faceless faces looking at empty dreams  
The false hopes, the closed environment I live in  
See how they like all those eyes on them  
Where? On this piece of land where nothing goes unnoticed  
What about the never ending, waiting for that moment that wont  
arrive  
But so desired...  
What do you think now?  
Do you have a solution?  
I didn't think so...  
I'm just a convict, an offender, an inmate  
Maybe the worst of humanity...  
But what makes you so great as to cast judgement  
I am but a mere human, I wont be around forever...unlike you  
So let it be and let me be...**

**Thank you to the anonymous prisoner who sent in the  
above poem. If you have a short story, poem or piece of  
artwork you would like including in the newsletter, please  
submit your name and request on a healthcare application  
addressed to Andrea Ramsden**