



MONTANA STATE PRISON OPERATIONAL PROCEDURE

Procedure:	MSP HS B-01.0	HEALTHY LIFESTYLE PROMOTION
Effective Date:	11/01/2012	Page 1 of 2
Revision Date(s):	10/01/2020; 06/30/2026	
Public Safety Chief Signature:	/s/ John Schaffer, Public Safety Chief	
Medical Director Signature:	/s/ Dr. Paul Rees, MD	
Health Services Bureau Chief Signature:	/s/ Cynthia McGillis-Hiner, RN, MSN	

I. PURPOSE

Offer health education and training to all inmates through classes, audio and video materials, one-on-one instruction, brochures, and pamphlets on a wide variety of health-related topics including information and services that promote health status, prevent disease, provide early detection and treatment of disease, and teach self-care.

II. DEFINITIONS (see Glossary)

III. REQUIREMENTS

A. General Requirements

1. Health care staff, program staff, custody staff, and volunteers provide education and counseling to inmates about general health maintenance and self-care throughout their term of incarceration.
2. Information on the health hazards of tobacco and e-cigarettes is available to inmates.
3. As necessary, health care staff may offer individual and group programs designed to improve the health status of inmates on a case-by-case basis.
4. Health care staff will:
 - a. provide inmates with chronic disease information designed to increase their ability to monitor and manage their health status;
 - b. consult with the MSP Dietician, recreation staff, substance abuse program staff, and others to provide opportunities for inmates to enhance their knowledge of health and healthy lifestyles;
 - c. keep and update bulletin boards with general health-related information and relevant topics in both the high and low side waiting areas of the infirmary clinic; bulletin boards will also be kept and maintained in the common areas of the high and low side units; and
 - d. document health education and instruction in self-care for appropriate health conditions in the patient's health record.
5. At the time of discharge, healthy lifestyle information and education on preventing:
 - a. HIV, Hepatitis C, and STIs will be provided through pamphlets and condoms; and
 - b. overdose from opioids will be provided through pamphlets and 2 doses of naloxone; information on pharmacies that sell naloxone will also be provided.

IV. CLOSING

Questions about this procedure should be directed to the Medical Health Services Manager.

V. REFERENCES

A. *NCCHC Standard P-B-01, 2018; P-D-05, 2018 Medical Diets*