



**Practice
Plus
Group**

Health in Justice

Student Placement Handbook



Dear students/trainees,

We are really looking forward to having you with us as part of our placement opportunities. We aim to offer you experience of healthcare within prisons and youth offender establishments, from receiving patients in to our establishment, through reception while health status is established via health checks on arrival. When the whole journey starts, you will gain familiarity from a regular GP services provision to support/help with substance misuse, various degrees of mental health presentation, chronic or long-term conditions, podiatry, physiotherapy, optometry, sexual health and women's health.

Welcome to Health in Justice

We're the UK's leading independent provider of healthcare services in prisons, youth offender establishments and immigration centres.

We believe in putting the patient first, regardless of the environment or their history. That's why we're proud to deliver quality healthcare in some of the most challenging of environments; care that is equal to what you receive in the community. We are passionate about making a difference to the lives of our patients by improving their physical and mental health, by promoting national and local screening programmes, supporting the management of patient's complex illnesses, long-term conditions and injuries. Whilst diagnosing their health status and supporting people experiencing emotional and mental health difficulties, including perinatal and complex trauma, giving our patients a high quality of health and disease prevention, as well as planning clinical care accordingly, securing their emotional and physical wellbeing and helping to reduce reoffending behaviour.

We deliver round-the-clock healthcare to more than 40,000 patients at over 48 prisons of all categories, including the Gatwick Immigration Centres and Reading Court. Prisons are a community like any other and we offer all of the health services any community needs in one place and with a single team.

Collaboration is the key to success and we partner with commissioning bodies to assess the needs of each establishment. We then work closely with prison staff to deliver improved outcomes, reduced waiting times and the very best frontline healthcare for prisoners. We're proud of our track record in improving the long-term health of offenders and lowering the rates of emergency hospital admissions. Our work has won numerous awards, received praise in a large number of successful CQC/HMIP reports and had excellent feedback from patients and their families.

The benefits of our Health in Justice services include:

1. Patient involvement: Patients and ex-patients are involved in developing services within the prisons.
2. Compliance: Our services comply with all relevant Department of Health and Her Majesty's Prison and Probation Service (HMPPS) policies.
3. Access: Our services meet the operational and regime hours of the prisons.

What to expect

What crossed your mind when you were allocated a prison as your placement? Bars, gates, walls, alarms, “is it safe”?

The prison environment is a community within the larger community. There is a lot to take in and you may feel apprehensive, particularly if you have never stepped inside the walls of a prison before, but there are few environments that offer such a diverse and dynamic placement. Professional growth within Health in Justice exposes countless opportunities to evolve, support and develop any capabilities in such a specific sphere of nursing: nursing associate, practice nursing, community nursing and emergency care in an average day, giving you the opportunity to learn a lot of skills and no two days are the same!

Like the wider community, the prison population is diverse. There are juvenile establishments which house individuals aged 15-18 years, young offenders (YOI's) 18-21's, women's prisons, and the adult male estate with category's ranging from high security category A establishments to category D 'open' prisons, which are low security resettlement establishments preparing individuals for release.

The individuals you will care for will have varying and in many cases, complex needs that will allow you to foster in-depth familiarity with: mental health conditions, substance misuse, learning disabilities, physical health conditions, minor illness, injuries, sexual health, vaccinations and palliative care.

You will be part of a multidisciplinary team including healthcare professionals, prison officers, prison governors, chaplaincy, drug and alcohol workers and the administration team – who know everything and you will lean on more than you know!

As part of your induction to placement, you may be placed on the prison induction course which will introduce you to the prison service and security aspects. You will also be orientated to your practice area which will be arranged and facilitated by your practice placement area.

The NMC code of conduct states the following:

1. Treat people as individuals and uphold their dignity

To achieve this, you must:

- treat people with kindness, respect and compassion
- make sure you deliver the fundamentals of care effectively
- avoid making assumptions and recognise diversity and individual choice
- make sure that any treatment, assistance or care for which you are responsible is delivered without undue delay
- respect and uphold people's human rights



Prior to starting

We endeavour to provide you with the opportunity to obtain the skills and experiences to support your understanding of the prison service and both the primary care and mental health services that are provided to those residing within the prison system.

Do some research around working within the Health in Justice system and the sites you will be going to for placements. We currently have 48 sites nationwide, covering a variety of categories, therefore researching your placement site prior to your start date is essential. We recommend the following website sites to gain insight into what you may experience during your placement. You can use the time you have spent looking at this information to add to your university portfolio.

Subject/Topic	Link
A-Z of mental health	https://www.mentalhealth.org.uk/a-to-z
A day in the life of a prison nurse	https://nursingnotes.co.uk/opinion/a-day-life-prison-nurse/
My experiences as a prison nurse	https://etui.org/sites/default/files/Hesamag_19_EN-35-37.pdf
Your A-D guide on prison categories	https://prisonjobs.blog.gov.uk/your-a-d-guide-on-prison-categories/
Misconceptions, crime and mental health disorders	https://www.mentalhealthy.co.uk/news/512-misconceptions-crime-and-mental-health-disorders.html

As part of our pre-learning programme we would like you to create a learning account with the Open University's Open Learn e-platform - See link www.open.edu/openlearn. We have selected some e-learning that will be useful to you and prepare you for your placement. Please add the course name to the search bar. Once you have registered an account you can download a certificate of completion for your portfolio.

Name of course	Level	Hours to complete (approx.)
Mindfulness in mental health and prison setting	2 (intermediate)	10
Understanding mental capacity	1 (introductory)	24
Making sense of mental health problems	2 (intermediate)	10
Does prison work	2 (intermediate)	1
Understanding depression and anxiety	2 (intermediate)	8
Emotions and emotional disorders	2 (intermediate)	6

Go with an open mind

The custodial environment is different to the more traditional practice settings, however, the fundamentals of nursing remain the same. You will learn about how to adapt your practice to evolving situations and scenarios, which will test and challenge your application of theory to practice.

The individuals you will come into contact with in custody are from varied backgrounds and may face many challenges outside of custody too. It is also important to note that a large proportion of our patients struggle to read and write above primary school age and a proportion of our patients have diagnosis of a learning disabilities, mental health issues, hearing and visual difficulties.

Prison nursing is both interesting and rewarding and with an open mind you will gain a lot from your placement that you can also apply to your practice in a range of other settings.

Be mindful – Confidentiality, professional respect and courtesy

Our patients can exhibit some challenging behaviours and any information regarding their history and diagnosis is strictly confidential. If you have any issues with the information or feel that you may struggle with attending please contact our Clinical Practice Educator, Tracey Coombs, as soon as possible.

Be aware – conditioning and compromise

Whilst it is important that you treat all Health in Justice patients as you would any patient that you are caring for, it is essential you maintain professional boundaries and are aware of the risks of coercion. Patients may attempt to condition a staff member by making them feel good through flattery and gather personal information in order to use this for their own personal gain. It is important to remember that patients will watch what you are doing and observe your strengths and weaknesses in order to use them to their advantage. As you might be aware, over the years some prison staff have been manipulated into illegal activities by patients, so always stay cautious.

If you have any concerns regarding this type of behaviour you should immediately inform your practice supervisor or another member of staff so that support can be provided.



Guide to attending

If you are not able to attend please inform us via the line manager at the site, your own line manager and your education team at the university.

What to wear

You should be provided with a uniform i.e. tunic and trousers from your university to wear whilst on your placement. Please be aware not to wear jewellery although a watch is allowed but no smart watches or fitbits. Students are also not permitted to wear false nails or wear nail varnish whilst on placement.

PPE will be provided on site and will need to be used as per our policies - your placement site will advise you. You will need to have COVID lateral flow tests prior to attending and evidence your result to the Head of Healthcare, the site will advise you of the guidance for ongoing testing as you may have to take tests throughout your placement and again on your return to your own service.

Please be on time for your shift and let your placement's Head of Healthcare know if you are delayed, unwell or unable to attend for any reason.

Security

Security is the key function of any prison and will probably be the main difference between working here and any other work environments. The prison must ensure that it is a safe and secure working and living environment for staff, prisoners and visitors. Security is everyone's responsibility and it is vital that you are security conscious at all times.

You will need to adhere to the prohibited items list below with regards to your personal effects. Please ensure you follow this guidance prior to attending your placement, as we may not have a locker available on site.

Prohibited items

- Explosives
- Ammunition
- Metal Cutlery
- Penknives and other pocket tools
- Chewing gum
- Drugs (other than for use with the HCC)
- Alcohol
- Mobile phones (unless authorised in accordance with OM Act 2007)
- Weapons (such as knives, swords, etc).
- Tools (belonging to individual staff or visitors)
- Firearms (Including replica and toy firearms)
- Wax
- Magnets
- Knitting needles
- Glass
- Tobacco
- Smoking paraphernalia

Restricted/controlled items

- Tools (provided for official use)
- Memory sticks
- Yeast
- Pharmaceuticals
- Ladders
- Bleach
- Rope, twine, wire and cables
- Chemicals of all kinds
- Cameras
- Aerosols
- Food
- Vinegar
- Syringes, needles and scissors
- Clingfilm
- Skips
- Alarm Clocks
- Medical
- Sharps
- Glue
- IT equipment
- Solvents
- Lighters and fuel (only supplied by the establishment)
- Petrol and diesel
- Mobile phones (if authorised in accordance with OM Act 2007)
- Tin foil
- Video equipment

When there are issues

If an issue arises at your placement, we do expect that you will address concerns directly with the Head of Healthcare at the time so you can be fully supported during your placement, do not wait until you have left to raise them and ensure you alert Catherine Willis, National Apprenticeship Lead.

Booking in placements

Please contact the person for your site on the table below and arrange with them directly when you will attend. Please keep in mind we may have differing shift times to the ones we are used to. You can negotiate your start times at site.

Placement plan and dates

Your placements are:

Apprentice name	Dates	Site – including category and service type	Contact name and job title	Contact details	Comments

Covid19 contingencies plans for placements affected by a new outbreak

If Covid19 should be confirmed at your site please speak to your line manager or the Head of Healthcare and they will advise of current procedures and expectations.

Feedback

We would be really grateful for your written feedback on your placement experiences, so far we have had lovely messages so please do email us to let us know how you got on.

Contact details for training team

If for any reason you need to contact either Tracey or Catherine, please see their contact details below. Please do not hesitate to get in touch if you have any concerns or questions.

Contact name	Job title	Email address	Phone number
Tracey Coombs	Clinical Practice Educator	tracey.coombs@practiceplusgroup.com	07880314241
Catherine Willis	National Apprenticeship Lead	catherine.willis@practiceplusgroup.com	07860508003
Sally Pearson	National Training Manager	sally.pearson@practiceplusgroup.com	07501683333