



The healthcare you should get in prison



EasyRead version of NICE guideline 57
November 2016

About NICE



NICE wrote this information. **NICE** is the short name for the **National Institute for Health and Care Excellence**.



We write advice that helps doctors, nurses, care workers and support workers give good care and support.



This information is about good healthcare in prisons.

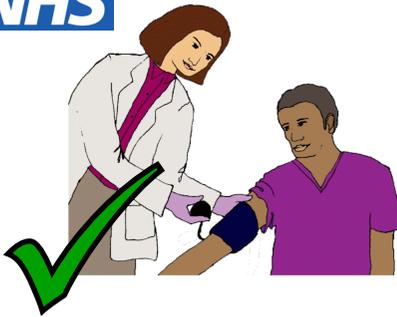


Please tell someone from the prison healthcare team if you find this information hard to understand.

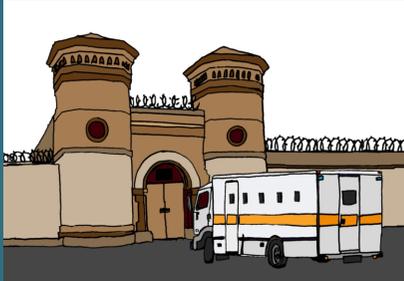


When you are in prison you should be able to see a doctor or nurse when you need to.

NHS



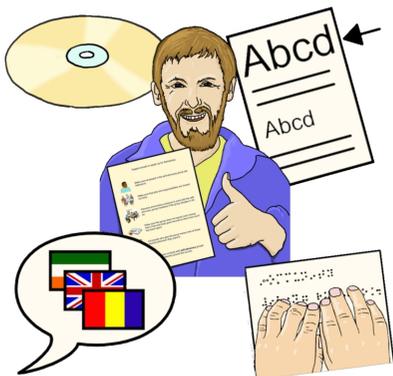
You should also get all the NHS health checks you would get at home.



When you come into prison



The healthcare team will find out if you understand English or need help to communicate.



This could include support from an interpreter, help with using special equipment (like hearing loops), or information with pictures.



They will then ask if you:

- have a disability



- take any medicines



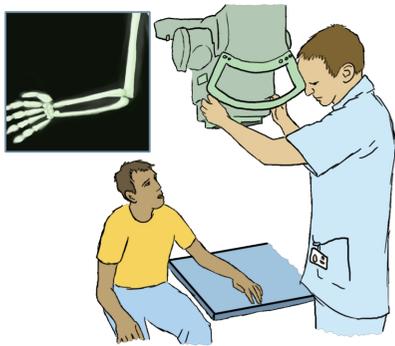
- have been ill or hurt yourself just before you came into prison



- have a problem with alcohol or drugs



- need treatment or help for your mental health.



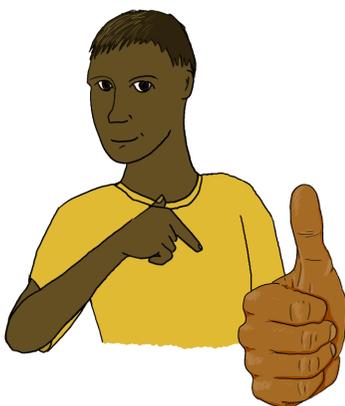
They should send you for any tests or X-rays that you need.



They should check with you if they can get your health information from your GP.



The healthcare team should involve you in decisions about your health.



They should find out what is important to you and make sure you have all the information you need.



When you are in prison



1 WEEK						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
		31				

In your first week the health team will give you a health check up.



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
30	31					

They should:

- book any appointments you need



- tell you how to contact the doctor or nurse



- give you information about staying healthy in prison



- help you to take your medicines properly.



You might want to ask about things like:

- how you will get to appointments that were booked before you came into prison



- what happens with your medicines when you leave or go to another prison



- how to stop smoking.



When you leave prison



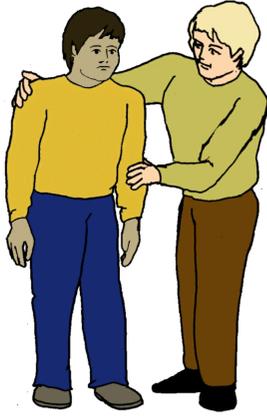
At least one month before you leave prison, the healthcare team will:



- help you plan any care or support you need

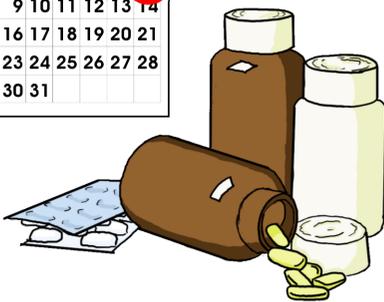


- help you register (go on the list) for a GP

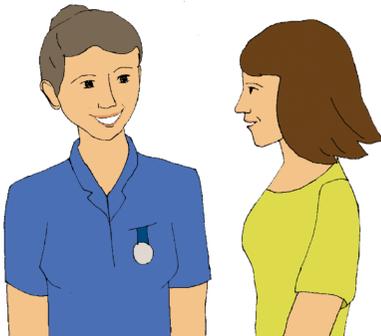


- work with other services to make sure you get the right support

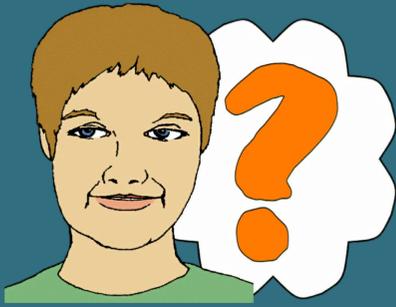
DAYS						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30	31				



- make sure you have at least 7 days medicine when you leave or a special prescription to get your medicine quickly



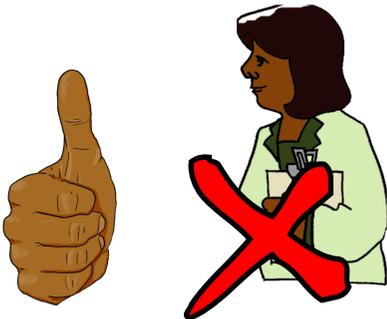
- tell you how to take your medicine properly.



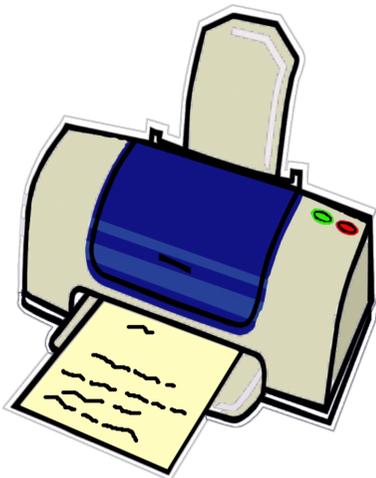
How to find out more



These organisations have information and advice that might be helpful.



We do not check whether the information is correct.



You could ask someone to print out the information for you.



Nacro

A charity that can help you when you leave prison.



Telephone:
0300 123 1999



Website:
www.nacro.org.uk



Positively UK

A charity that supports people living with HIV



Telephone:
0207 713 0444



Website:
www.positivelyuk.org



Prison Reform Trust



Telephone:
0808 802 0060



Website:
www.prisonreformtrust.org.uk



Rehabilitation for Addicted Prisoners Trust



Telephone:
020 3752 5560



Website:
www.rapt.org.uk



Rethink Mental Illness



Telephone:
0300 5000 927



Website:
www.rethink.org



Samaritans



Telephone:
116 123



Website:
www.samaritans.org



Women in Prison



Telephone:
0207 359 6674



Website:
www.womeninprison.org.uk



There is also information about health problems on the NHS Choices website:
www.nhs.uk

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Credits



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