



## WHO HEALTH IN PRISONS PROJECT(WHO HIPP)

### BEST PRACTICE AWARDS SCHEME 2009

#### APPLICATION FORM

Before filling in the form please visit the web site of the Collaborating Centre of the Health in Prisons Project (which is hosted by the University of Central Lancashire) at the following web address, where you will find useful background information on the award: <http://www.uclan.ac.uk/health/schools/sphcs/wcc.php>

When completed please return the form electronically to your WHO Health in Prisons Project National Counterpart for consideration. The decision to forward applications to the International Judging Panel rests with your National Counterpart.

Please indicate the category (you may choose only one) for your application, by typing an **X** in the box against the correct category

**Category 1: an example of best practice regarding *health care services provided to prisoners*.** This category includes any aspect of the clinical care provided to prisoners by doctors, nurses or other healthcare professionals.

**Category 2: an example of best practice regarding any of the following, or a combination of the following: *prevention, health education or health promotion services provided to prisoners*.** For example, members of staff (not necessarily medically trained staff) working within the prison might provide the service, or it may involve peer education i.e. using specially trained prisoners.

**Category 3: an example of best practice, which demonstrates *effective co-operation between a prison and the outside community, in the area of health improvement*.** This category includes any aspect of improving the health and well being of prisoners.

Contact details of the person in the prison managing the application:

Name: Arno van Dijnsen  
Job Title: prison nurse  
Address: JJI Den Hey Acker  
Galdersweg 7  
4836 AB Breda  
Email: a.v.dijnsen@minjus.nl  
Tel No: 076-5642389  
Fax No: 076-5642388

## BACKGROUND INFORMATION

Title of your piece of work: STD Prevention and care in the juvenile institution Den Hey Acker at Breda

Name of country: The Netherlands

Name of prison: Den Hey Acker at Breda

Brief description of the prison and prisoners (not more than 200 words):

Since 1906 Den Hey Acker at Breda is a juvenile institution belonging to the National Agency of Correctional Institutions of the ministry of Justice in The Netherlands. Juveniles from the age of 12 until 21 are placed by the juvenile court either under criminal or under civil law.

It is a closed institution which offers crisis intervention, education, pedagogical care and diagnostics for juveniles placed tentatively, those who have been sentenced to imprisonment and/or will be transferred to a specialized juvenile institution for treatment and care. Juveniles placed in so called 'closed treatment' are placed by the judge because they are considered to be dangerous for themselves or for others. Many juveniles in this institution suffer from serious sexual behavioural problems and undergo an individual treatment for this reason.

## PURPOSE OF THE WORK

1. What is the **aim** or **general objective** of your initiative or piece of work (in just one sentence please)?

- Detection, diagnostics and treatment of sexually transmitted diseases, by following medical protocols, testing on STD and HIV, pre- and post test counselling, care and treatment of juveniles with STD and/or HIV.
- Breaking taboos on sex, STD/HIV and sexual health problems by information, education and trainings.

2. What are the main characteristics of the **target group(s)**?

- Is it targeted at all prisoners, or a particular group or groups? e.g a particular age group.
- Are **others being targeted** e.g. such as staff involvement or involvement of families.
- What is the coverage of the work e.g. how many persons are being reached?

- The target groups are juveniles between the age of 12 until 21, who are placed in a closed custodial setting (juvenile institution Den Hey Acker) under criminal or civil law;
- There are no other groups targeted;
- All juveniles placed in Den Hey Acker get information and education about sex and sexually transmitted diseases. Juveniles who want a personal talk and/or ask for tests on STD and/or HIV are invited to go to the STD policlinic. Each month about 16 juveniles come to the consulting hours. On a yearly basis approximately 80 -100 juveniles are being tested on STD and HIV.

3. Why this initiative is important?
- What is the health need you are addressing?
  - Has there been any form of needs assessment undertaken?
  - Were you drawing upon any evidence or research to inform the piece of work? If yes please briefly refer to it here.

- What is the health need you are addressing? Has there been any form of needs assessment undertaken?

Special attention for STD's en sexual education is important for this target group, because:

- In this target group the prevalence of STD's is higher than among juveniles in the society at large;
- The need of information and education about sex, sexual behaviour and sexual health is very high. For a majority of this target group this is the first opportunity to get good solid information about these subjects;
- These juveniles often have a wrong image of sex, love and intimacy. They don't always know well how to approach the opposite sex in a normal way.
- Nevertheless already from a young age they have sexual activities (streetwise, pound foolish!).
- Care and treatment of STD's and at the same time providing information, education and training is of importance for these juveniles as a preventive measure.

- Were you drawing upon any evidence or research to inform the piece of work? If yes please briefly refer to it here.

- Before I started working as a nurse in Den Hey Acker, I worked as a nurse-volunteer for 'Checkpoint' at Amsterdam, a policlinic of the Dutch Association of people living with HIV. In these five years I have done HIV tests, pre – and post test counselling. It was my experience that even highly educated persons may not know how to protect themselves against HIV and STD's. When I started working in Den Hey Acker I found it necessary to start a good programme for these juveniles who mostly are lowly educated;
- I followed courses and training-on-the-job at the STD policlinics of the Municipal Health Centres of Amsterdam and Breda;
- I work in the same way as the nurses at the STD policlinics of the municipal health centre. The technical part of detection and treatment of STD's is not different for this target group,
- By reading magazines, surfing on internet and attending conferences I keep my knowledge up to date.

4. What did you set out to achieve, and how successful were you? Please list your specific objectives in order of importance, and any indicators used to help you measure progress. (NOTE any evaluation should refer back to these objectives and indicators, indicating progress towards meeting them.)

- I started by writing a proposal to the management of the institution.
- I asked permission from the director, the coordinator for psychology/remedial education and the head of the medical department to start a STD-policlinic for the juveniles in our institution. It was not difficult to get permission.
- I needed three months for preparations such as:
  - buying leaflets and booklets with information on STD for juveniles, condoms and demonstration kits;
  - developing forms and writing a leaflet with information for juveniles about the

STD-policlinic;

- informing other colleagues in the institution about the plans: nurses, teachers, group workers, psychologists, therapists etc.
- A special room was equipped: privacy is guaranteed and the atmosphere is pleasant. In the room are posters, information booklets, equipment for doing examinations.
- After three months: start of the new procedures at entrance in the institution. In the interview by the nurse juveniles are being questioned about sexual behaviour, sexual abuse, pregnancy and risk behaviour. The nurses inform all juveniles about the STD policlinic and actively offer them to make use of the possibility to do tests.
- The group workers, psychologists and other professionals actively promote the STD-policlinic. Juveniles whom they presume need to be informed about sex, sexual behaviour and STD are referred to the STD-policlinic.
- The policlinic is supervised by the GP of the institution All tests are on a voluntary basis. Professional confidence is kept carefully.
- Once a month all juveniles who recently entered the institution are gathered and get information on STD and health promotion. After the session juveniles are informed that if they need a private talk or want to be tested on STD, they can make use of the STD-policlinic.
- The juveniles need to fill in a form which they can put in a special post-box.
- Once a week the STD- policlinic is open and juveniles can go to the policlinic. A talk with the nurse takes approximately three quarters of an hour.

#### **WHO WAS INVOLVED / WHAT WAS THE TIME FRAME?**

5. Please describe:

- Those involved in delivery of the initiative? Give names, job titles and the employer of key people involved.
- Any prisoner involvement in the planning or delivery of the work.
- The time frame: When did the work commence? What did you do and when? Is there a finish date known yet?

The project started in 2006, every end of the year the results are evaluated. The STD surgery will continued on a structural basis. The model will be extended to other juvenile institutions in the southern provinces of the Netherlands.

Many professionals and colleagues support the STD surgery:

Dr. E. van Leent, dermatologists Municipal Health Centre Amsterdam

Annemarie Dado RN, Titia Heyman RN, public health nurses Municipal Health Centre Amsterdam

Stan van Loon, RN, William Koevoets, coordinators Checkpoint Amsterdam

Dr. Alex Verhoef, general practitioners, Breda/Juvenile Institution Den Hey Acker

Dirk van Lieshout RN, head medical department Juvenile Institution Den Hey Acker

There is no involvement of juveniles. (except from being client)

#### **EVALUATION**

6. Was there an evaluation? If yes please detail findings (not more than 300 words).

You may want to consider:

- Formative or **process evaluation**, concerning the quality and acceptability of your **programme's implementation** with the target group.
- Summative evaluation: what were the **outcomes and impacts** in relation to your Specific Objectives and indicators as listed above.

**Process evaluation:**

- After consultation there is a short, oral and individual evaluation.
- Every two year there is a survey by which all juveniles are being asked their opinion on the institution, the rules, the facilities etc. One of the outcomes of this survey is that juveniles find that they have received enough and good information on STD and other communicable diseases, they appreciate the medical service, they trust the doctor and nurses of the institution.
- Feed back from the management and other professionals working in the institution shows the STD policlinic is appreciated.

**Outcomes and impact:**

*2006 - 80 consultations:*

40 boys 40 girls

53 Dutch nationals, 27 non nationals

76 hetero sexual, 4 bi sexual

16 clients with STD: 12 Chlamydia, 1 gonorrhoea, 1 HBV, 1 HCV, 1 otherwise

*2007 – 90 consultations:*

50 boys 40 girls

44 Dutch nationals, 56 non nationals

84 hetero sexual, 6 bi sexual

25 clients with STD: 20 Chlamydia, 5 otherwise

*2008 – 83 consultations:*

27 boys, 55 girls

41 Dutch national, 42 non-nationals

78 hetero sexual, 5 bi sexual

17 clients with STD: 10 Chlamydia, 7 otherwise

In the Netherlands Chlamydia is the most recurrent STD, in some risk groups the prevalence of Chlamydia is high. We have no comparison or test results between the group of juveniles in the institution and juveniles of the same age group in the society at large.

**ABSTRACT**

7. Now tell us in your own words about your piece of work or initiative and why it is important (not more than 500 words):

For many juveniles that are placed in the Juvenile Institution Den Hey Acker in Breda, talking about sex, sexual behaviour and sexual health is difficult. A majority of them is lowly educated and from poor social background. Nevertheless, they are sexually active, have risky behaviour and often don't know well how to approach the opposite sex in a normal way. It is important to give them information, education and training on sex, sexual behaviour and sexual health. This is considered to be part of their upbringing and as a preventive measure.

In the juvenile institution of Breda a STD policlinic started three years ago. A

proposal was written for the management and it was not difficult to get permission. All professionals working in the institution were informed and a special room was equipped.

On entrance in the institution all juveniles have a talk with a nurse and they are questioned on sexual behaviour and risk behaviour, tests on STD are offered actively and on a voluntary basis and juveniles receive information about the STD policlinic. Every month all juveniles that newly arrived are gathered. They get information on STD and other communicable diseases. The nurse gives them education making use of several educational materials, geared to the target group: f.i. playing cards, DVD, video, quizzes.

Juveniles you want a private talk and/or who want to be tested on STD are invited to the STD policlinic, which is opened every Wednesday. A talk with the nurse takes place in a private, comfortable room, fully equipped with educational and surgical materials. Tests are on a voluntary basis, professional confidence is kept carefully.

It is very important to teach juveniles they are master over their own body, to teach them how to approach the opposite sex and that they don't have to be ashamed when talking about sex, sexual behaviour and STD's. Having an STD is not something to feel guilty about.

On a yearly basis about 80 – 100 juveniles visit the policlinic. Approximately 20% of the tests are positive on STD. The most recurrent STD is Chlamydia, which is in line with the results of the STD clinics on the municipal health centres in the Netherlands. It was not possible to make a good comparison between juveniles of the same age group in the institution and the society at large.

Through a survey we have learned that the juveniles in the institution find they get good information on STD and other communicable diseases, that they trust the doctor and the nurses of the institution and they appreciate the medical services including the STD policlinic.

## LEARNING POINTS

8. Finally, what are the most important specific learning points from your piece of work that you would like to share with others working with prisoners? (not more than 500 words)

- It is very important to teach juveniles they are master over their own body. They decision to have sex is their own decision and cannot be forced by their sex partner.
- It is important to teach them how to approach the opposite sex and that they don't have to be ashamed when talking about sex, sexual behaviour and STD's. Having an STD is not a something to feel guilty about.
- The religious and/or cultural background of the juvenile should be taken into account. It may be that the approach to the juvenile has to be adjusted. Most important is the juvenile feels safe, respected and he/she can talk freely.
- A STD policlinic in a juvenile institution must be supported by the management, other professionals and the medical service of the institution.
- It is important to have good working relations with the STD policlinic of the municipal health centre.
- In order to feel save and to talk freely, it is important to have a room where privacy is guaranteed. The room should be comfortable and equipped with education and surgical material.
- Education and training on sex and sexual behaviour should be fun! Several

educational methods are being used: brochures and leaflets, DVD's, video, playing cards and other games, quizzes.

- A good guideline or protocol on how to do tests, diagnostics and treatment of STD is needed. The method used in the juvenile institution is equivalent to the methods used by the STD policlinic of the municipal health centres of Amsterdam and Breda.

Note: please attach supporting photographs electronically to this application if you wish. They may be used in any subsequent publication of the awards.

**Thank you for filling in the application. Please send it electronically to your WHO Health in Prisons Project National Counterpart for consideration. The decision to forward applications to the International Judging Panel rests with your National Counterpart. Good luck!**