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California-Nevada Chapter Annual Conference, September 21 and 22, 1998

The Newsletter  
of the  
California/Nevada  
Chapter  
of the  
American  
Correctional  
Health Services

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The 1998 California-Nevada Chapter conference was held on September 21 and 22 at the Radisson Hotel in Sacramento. Approximately 100 correctional health professionals from throughout the state of California attended (come on Nevada folks, where were you?).

The conference afforded us the opportunity to listen to several outstanding speakers who presented a variety of topics, as well as the chance to relax and unwind with others in our rather unique profession. Sometimes, it's just reassuring to know there are others who actually work behind bars, and it's nice to compare methods for accomplishing different tasks. A hosted reception on the patio after the first day provided an ideal setting for this exchange of information and ideas. The weather was great, the setting was tranquil, and the company was great!

The President of the national chapter, Rebecca Craig, opened the conference by exploring where the field of correctional medicine has been, and postulating where the profession is going in the next several years. Among other things, she stressed the need for people in the profession of Correctional Health to share ideas with each other, the fact that there are problems in the field common to all facilities, and the need for structured orientation programs for people entering the career.

Thanks to all who attended and helped make the conference such a success.

(Please see page 6 for more conference photos.)



### **The Newsletter Needs your help!**

In order to put this newsletter together, we need to have some input from the membership. If you have an outstanding employee you feel should be recognized, an innovative program you want to share with others, an interesting or amusing anecdote you feel others would like to hear, or whatever, please submit it to us for publication. To reach us, you can mail us via conventional mail at the CA-NV Chapter, 2140 Shattuck, Box 2491, Berkeley, CA 94704. Alternatively, you can mail them directly to the editor, Kevin Connor, RN, c/o West Valley Detention Center, 9500 Etiwanda Avenue, Rancho Cucamonga 91739. For those who are on line and have email capability, feel free to submit articles to: [achsa@hotmail.com](mailto:achsa@hotmail.com).

Those submitting an article for consideration will receive a gift certificate worth \$10.00 off your choice of dues, conferences, regional meetings, or any other ACHSA CA-NV chapter activities (that's \$10 for each contribution!).



### **ACHSA's On the Web!**

As those who attended the conference are aware, the CA-NV chapter now has its own website. It can be seen at:

<http://members.tripod.com/~achsa/index.htm>

The first thing you'll notice is a rather annoying "pop-up window; by minimizing this you won't be bothered by it again during your visit to the site. The site is presently fairly small, with a listing of the current Board of Directors, some photos of the conference in Sacramento, and a membership application which you can fill out, print, and mail. Future plans include posting the newsletter on the site as well as any news that may be pertinent to our field. Stop by and pay us a visit!

### **You Think YOU Have Problems?**

We're going to include a new feature dealing with problems and issues that are common to all corrections institutions. What we'd like is for people to respond to the issues posted each issue, and the results will be summarized and posted in the following issue. Responses may be mailed to the Shattuck address above, mailed, mailed directly to me at the Rancho Cucamonga address above, or e-mailed to [achsa@hotmail.com](mailto:achsa@hotmail.com)

This topic selected for this issue deals with the problems that jails and other local detention facilities are having being reimbursed for HIV medications through the AIDS Drug Assistance Program (ADAP). Seems that since the State Contracted with PMDC to administer the program it's been nothing but headaches for everyone at the local level. I realize this does not affect the Department of Corrections, but feel this is a critical issue, so have decided to use it to open this forum. Among points which can be discussed:

1. **Are you presently having problems being reimbursed for HIV medications through ADAP?**
2. **What are you doing to resolve your problems?**
3. **If you are having no problems, what are you doing that is so successful?**

Feel free to elaborate or add any other topics which you feel may be pertinent to this issue. Responses next issue!



# Survey Says...!

ACHSA members attending the CA-NV chapter annual meeting had the opportunity to participate in a membership survey, while at the same time qualifying for some pretty good door prizes. Here are some of the results, briefly summarized, with a listing of the prize winners. Congratulations to all the winners!

A total of 56 survey forms were returned, and the results showed we had quite a mix of correctional health professionals attending. Please note that the totals do not add up to 56 for a variety of reasons; some people met more than one criteria for occupation or workplace, for example, and many people left portions of the survey incomplete.

Profession	RN	MD	LVN	NP	MS	Psych
Number	36	2	3	5	3	1

Additionally, there were a number of administrators, nurse consultants, DON/Administrators, and other folks that make correctional health programs happen.

Attendees came from all the major types of facilities:

Type of Facility	Juvenile	Local Jail	State Prison
Number	9	39	15

Many respondents work in both Juvenile and Jail facilities, and a number of the state employees worked in several of the prisons as consultants.

All sizes of facilities were represented:

Population	<500	500-1,000	1,000-3,000	3,000-5,000	5,000-10,000	>15,000
Number	8	8	10	14	4	9

As you can see, a pretty good sampling for each population demographic. The largest population (>15,000) represents many of the prison consultants and the attendees from LA County,

The attendees also had a wide range of experience in correctional health:

Years	<1	1-5	5-10	10-15	15-20	>20
Number	3	16	11	17	3	5

There was even a retiree among the ranks, keeping current with the field!

Regarding the conference, the following data was obtained:

Company Reimbursement	Yes	No
	38	14

A number of people noted they were partially reimbursed for the conference; these were counted among the "yes" responses.

Best Location for Conference	Northern CA	Southern CA
	44	7

This data may be skewed due to the fact most attendees were from the Northern CA area.

Preference of Days	1 Day	2 Days	2.5 Days
	3	43	10

This seems to be pretty self-explanatory.

(Con't on page 4)

## Survey...! (continued)

Attendees were asked a number of questions regarding the field of correctional health. Below are the questions and selected responses.

### Q: Primary Satisfaction

"Autonomy," "Primary care to people who need it..." "...Free will working with inmates in need of care," "Working with inmates," "Finding subtle problems through assessment," "Captive audience, opportunities to educate."

### Q: Primary Concern

"Quality of care and medical-legal issues," "Providing health care with community standards," "Salary, recruitment and retention, low morale," "...the attitude of some professionals that patients do not deserve medical care," "Interagency transfers without health/medical information."

### Q: Two Topics You Would Like to Learn More About

"Do not resuscitate laws," "Living wills for inmates," "Instituting a fee-for-service in a large metropolitan jail where the sheriff is opposed to it," "Gangs," "Procedures for placement of inmates in the prison system," "Infectious diseases and their impact on corrections," "HIV updates," "Legal issues," "How to teach health care providers to give quality care!"

### Q: List Two Assignments You Have Mastered

"Peer education-patient education," "Assessment skills," "Development of RN standardized procedures in correctional health services," "Improving communications with custody," "Prioritizing my work load," "Developing curricula for correctional nurses," "Integrating custody needs with health care," "Medical screening of inmates."

Reading the surveys, it became apparent that there were far more similarities than differences between the different systems and providers. Most have similar satisfactions and concerns, and share many of the same knowledge deficits. The final topic, "Assignments you have mastered," seems to have stumped many people, as a lot of folks left it blank.

### You mean I won??!

One of the advantages to attending conferences is the chance to win door prizes. Winners at this year's conference were (in no particular order):

Anne Marie Chestnut  
David Wigley  
Jan Burrow  
Jeanette Fenrick  
D.J. Andersen  
Delila Baez  
Rosa Huerta  
Rose Marie Blackwell  
Lilia Meyer  
Dianna Estes  
Karla Joseph  
Mabel Strasser-King

Our congratulations to the winners, especially Anne Chestnut for winning the Correctional Medicine Text, and David Wigley for winning free tuition to next year's conference.

### Tell us about your experience...

As medical professionals, we spend many years in formalized education learning about human anatomy, physiology, and pathology in order to deliver the best care possible to our clientele.

Sometimes, though, a particularly memorable encounter with a patient/inmate will make all the "book learning" about a particular subject or topic suddenly make a great deal of sense and understandable. It's almost like somebody throwing a switch and "presto," everything suddenly is crystal clear.

We'd love to hear about any experience you may care to relate pertaining to this, whether it involves a medical or psychosocial topic. Anybody wishing to share their experience can submit it to the newsletter by any of the routes listed on page 2.

Send it in!

More Conference 1998...(these can be seen in color on the website, for those of you with Internet



capability)

Note: I apologize that there aren't more pictures of everybody, but the and therefore unusable.



# Just for Grins...

## WHEN YOU SEE A NURSE ON SICK CALL (unspoken guidelines for inmates)

The nurse shall know the answer to everything until the precise moment she/he gives her/his advice, whereupon you, the inmate, shall suddenly become your own expert.

Flaunt any medical, physiological, or psychological term you know. Diagnose your problem, recommend a treatment yourself, and proclaim you know what works best for you.

Misuse medical terms. Be effusive with your descriptions; it impresses the nurses

If you are female and have a quarter-inch abrasion on your leg, it will require stitches.

Heart attacks are the only reason for chest pain.

Insist that any stomach pain is an indication of an ulcer and demand treatment for it.

Always start the interview with, "I was on my way to the doctor for this when I got arrested."

Argue with the nurse about any advice she gives you, and curse her. Then file a grievance to get your money back.

The only cure for chronic back pain is morphine.

Your seizures can only be managed with Klonopin and Valium.

Insist that "the other nurse gave it to me, so why can't you? "

**(Editor's note: I didn't write it, honest!)**

## GRAVEYARD SHIFT

### Unit #5, West Valley Detention Center, 1993

By William C. Faulkner II, Sheriff's Training Specialist  
San Bernardino County Sheriff's Department

All is quiet, everyone is asleep, inmates now counting each little sheep,  
A small dark shadow darts low on the floor, it's only a mouse, it's been seen there before,  
The cell doors closed, securely and tight, ensure the inmates do not cause a fight,  
Laying on their bunks, tossing and turning, hurting and praying, their night lights burning.  
What will tomorrow bring? Will I go to court, will I go free, what about my kids and my family,  
Will I stay here or will I go, is this a dream or realities blow,  
Before the sun rises into the sky, the inmates awaken to a familiar cry,  
"Good morning people, it's time to eat, put on those shoes and cover your feet,  
Your food is awaiting, line up on the wall, no TVs or phones, so please don't call,  
Take a tray from door, 20 minutes to eat, just one tray please, now go to your seat,"  
All trays, stacked neatly on the floor, with spoons and cups piled high near the door,  
The deputies count, is all complete, the inmates are now returning to sleep,  
Courts have been sent, inmates locked down, peace and harmony finally abound,  
Cleanup crews working, mop buckets splashing, keep those eyes open, there may be kites passing,  
Shift change is coming, give them the count, be sure to subtract courts, from the final amount,  
Down the hallway, up the stairs, not a moment to lose, we're out of here,  
Out on the freeway, cat eyes I'm bumping, eyes are tired and my head's a thumping.  
Crawl into bed, wiggle those feet, close those tired eyes, my shift is complete.

## RECIPE FOR LIFE'S EXPECTATIONS

Submitted by Patty Carabajal, San Bernardino County Sheriff's Department

When situations occur that make you wonder if you are getting your share of life's rewards, contemplate the following:

May you have enough happiness to keep you sweet, enough trials to keep you strong, enough sorrows to make you human, enough hope to make you happy, enough failure to keep you humble, enough success to make you eager, enough friends to give you comfort, enough wealth to meet your needs, enough enthusiasm to look forward confidently, enough faith to banish depression, and enough determination to make each day better than yesterday. Indeed, pass these words on to the younger generation, as well.