



## THE CORRECTIONAL NURSE

Inspiring

### Professional Correctional Nursing Practice

Hi Lori,

A few weeks ago in chronic care clinic I saw two patients who were Type II Diabetics . Both had been diagnosed a number of years ago, both were on oral hypoglycemic medications and both told me they knew all about diabetes. I could have moved on in the conversation, documenting that each knew about his disease, but instead, I asked more questions.

- **How did you develop diabetes?** Kenny\* stated it has something to do with his pancreas "not working right." Dylan\* stated that he caught it from his mother.
- **Why do you check your blood sugar?** Kenny stated to make sure it doesn't get too high or too low, but he did not know the parameters of a "good" blood sugar. Dylan stated that his doctor told him he did not have to check it because he got a blood test every year that told him what his blood sugar was.
- **How is your diet?** Both Kenny and Dylan knew there was a relationship between carbohydrates and their blood sugar levels, but neither could describe what an appropriate meal plan was.
  - \*Not the patient's real name.

I asked many more questions as I was completing the physical exam, but I am sure you get my point. Just because an individual tells you that they know [whatever it is you are discussing], it is important to verify his/her/their knowledge. It is also important to remember that even the most seasoned, health literate patient deserves reinforcement of their knowledge and to learn about new therapies, medications and research that may impact upon their wellness.

So, this month we are focusing on patient education. If you have heard me present, you know that I always include, in every topic, that one of the most important things we do as Correctional Nurses is patient education; and we do it all the time – at pill call, sick call, while prepping the patient to be seen in Provider Sick Call and Chronic Care Clinic, and even as we walk in the hallway (those "unscheduled" patient encounters). Giving individuals information so that they better understand their health condition and the self-care needed, whether it be an acute process like a sprained ankle or an ongoing chronic illness, is a great gift for our patients. In addition, for many of our patients, the time is right for patient education because they are clearer than they were in the community and better able to understand what we are trying to teach. Prisons afford a greater opportunity for ongoing patient education, but don't discount whatever time you have with your patient in the jail!

#### Newsorthy Notes

The [American Correctional Nurses Association](#) Advisory (Vision) Team continues to work on By-Laws and organizational requirements with the goal of becoming a member organization in May and holding elections for a permanent Board in early October. We are grateful for those of you that volunteered to serve on committees and we encourage anyone interested to email ACNA at [members@OurACNA.org](mailto:members@OurACNA.org) We look forward to everyone's participation!

Both [NCCHC](#) and [ACA](#) have calls for presentations open right now. If you are considering speaking at one of the upcoming conferences (NCCHC in October 2020 in Las Vegas; ACA in August 2020 in Cincinnati) – Go for it! We always want more Correctional Nurse representation.

The Correctional Nurse: Scope and Standards of practice expert workgroup has just received notice that our submission of the newest standards has been reviewed and forwarded to the American Nurses Association Board of Directors for final review and acceptance. I will keep you informed as I receive more information.

Finally, I am asking for your input. Every year The Correctional Nurse Educator offers a **deeply discounted** class Bundle Pack for Nurse's Week of nine classes ( 18 or more continuing education hours) so that, upon successful completion, you will have all the credits you require for CCHP and CCHP-RN re-accreditation, and for many, your state re-licensure. Now that we have the CorrectionalNurse. Net blog, I would like to ask for **YOUR** suggestions about what to include in the Bundle for Nurses Week 2020, which is May 6 – 12th. All of our classes can be seen at [The Correctional Nurse Educator](#). Please send me an email and let me know what you would like to see included. Thanks in advance!

I wish you a wonderful March!

## CorrectionalNurse.Net

This month, the [CorrectionalNurse.Net BLOG](#) will feature information about Patient Education. Health Literacy, readiness to learn and developing patient education materials will be discussed throughout the month. Announcements for new blog posts will be posted on FaceBook.

Please [FOLLOW US](#) and check back often to ensure that you get notification of new posts!

VISIT CORRECTIONALNURSE.NET NOW

## Correctional Nurse Educator

This month our featured, discounted class is [Patient Education for the Correctional Nurse](#). I hope that you find it interesting!

VISIT THE CORRECTIONAL NURSE EDUCATOR NOW

## Nursing Behind the Wall

This month at [Nursing Behind the Wall](#), you will meet Ms. Profitt, a 50 year old female who has been diagnosed with Hypertension. The initial patient education curriculum for Ms. Profitt will be reviewed, including disease process, diet and exercise, and medication frequently prescribed for hypertension and its mechanism of action and adverse effects.

VISIT NURSING BEHIND THE WALL NOW

In closing, I appreciate you taking the time to read this newsletter, and I hope that you will find our sites interesting and educational. Our profession of Correctional Nursing is unique and sometimes challenging, but always very important to our patients. The impact we make is far-reaching, even if it is not always evident as we care for our patients. I have ALWAYS been proud to say that I am a Correctional Nurse – I hope that you are as well!

Lori

## Inspiration

I have not failed. I have just found 10,000 ways that won't work.



Thomas A. Edison

The Correctional Nurse

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CONTACTUS

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