

HEALTHY AGEING IN PRISON CLINIC – CORRECT CARE

LANGI KAL KAL MEDICAL

OVERVIEW

Langi Kal Kal Medical is located in the Prison service in Trawalla, fifty kilometers outside of Ballarat. A Healthy Ageing Clinic for prisoners with chronic health conditions was established with the aim of improving the health of the prisoner population using preventative measures. The clinic was initially designed for prisoners over the age of sixty to coincide with Chronic Health Care Planning, however it became evident that there were prisoners under the age of fifty with complex health conditions who would also benefit from the service and so the age criteria was amended to reflect this need.

MODEL

The clinic offered cardiac, pulmonary and diabetes consultations, chronic disease screening, and provided health promotion activities including falls and balance classes, promotion of healthy lifestyle, and safe independent living.

The clinic ran every second week and nurses would see 3-4 new patients per day. A 6-week course was then offered to patients, this included:

- a detailed initial health assessment
- appointments focused on individual health needs and goals
- Physiotherapy assessment

Three weeks into the program, the doctor provided a full assessment – exploring the patients' chronic condition(s), reviewing medication, and establishing the patient's knowledge, understanding and capabilities to self-manage.

The final two weeks focused on providing advice to support patients to manage their health conditions. Nurses in the clinic also developed health promotion materials for patients to have in their rooms to refer to.



“ The most significant change is the prisoners, they're more enthusiastic to engage in things. They actually seem to be taking a lot more responsibility for their own chronic health conditions, and it helps they also have an increase in health literacy. ”

Alison Flenley, Registered Nurse

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FUNDING

Prison health services in Victoria are block funded by the Victorian Government, therefore are not dependent on Medicare's fee for service model. A sustainable clinic is dependent upon the current allocation of resources, therefore making this nurse-delivered clinic financially viable.

OUTCOME

Patients began taking more responsibility for their chronic health conditions and now have more health literacy. They discuss their conditions with doctors and show a good understanding of how their conditions impact their health and lives.

PATIENT FLOW CHART

Patient eligibility

- Patients over the age of 60 years.
- Patients with chronic or complex health conditions
- Patients who are high risk of developing complex health issues i.e. Aboriginal and Torres Strait Islander Peoples, or conditions i.e. Morbid Obesity.

Initial Visit

- a detailed initial health assessment is conducted.
- Referrals are made to relevant allied health providers.
- Referrals for appropriate ongoing assessments.

Follow up visits

- Appointments focused on individual health needs and goals
- Physiotherapy assessment
- GP consultation
- Provision of individualised health literacy

Documentation

- Comprehensive Individualised health assessment
- Ongoing assessments such as falls risk, cognitive function, and continence if risks were identified

MBS Items

- Not relevant to this clinic as prisoners are not eligible for Medicare.

62

patients
were seen
in the clinic

6

patients
had a new
condition
diagnosed

57

patients were
immunised

29

referrals were
made for
cardiac rehab