



Output 2 – MenACE pensum for opplæring

Kompetanserammeverk

Modul	Innhold
Modul I	Mål for modulen
Det essensielle for fengselshel se	- Presentere fengselshelse
	Kap 1 - Introduksjon: "Fengselshelse er offentlig helse"¹
	Læringsmål:
	- Ha kunnskap om omfang, andel og trender av fengsling på verdensbasis;
	- Være kjent med sårbarheter hos innsatt-populasjonen og implikasjoner dette har for helse;
	- Forstå hvorfor fengsel er et usunt miljø;
	- Forstå hvorfor fengsel presenterer en utfordring for offentlig helse.
	Tema:
	- Hvorfor fengselshelse er offentlig helse;
	- De juridiske hjørnesteinene i fengselshelse;
	- Utfordringene ved å adressere innsatte sine helsebehov;
	- Utbredelsen av smittsomme og ikke-smittsomme sykdommer hos innsatte;
	- Psykiske vansker og lidelser hos innsatte;
	- Tannhelse i fengsel;
	- Rusbruk og rusbehandling i fengsel;
	- Spesifikke helsebehov hos sårbare grupper innsatte i fengsel;
	- Kvinner helse og fengselmiljøet;
	- Eldre innsatte og kompleksiteten i medisinsk oppfølging.
	Læringsteknikker:
	 

¹ In United Nations Office on Drugs and Crime and World Health Organization, 2013. Good governance for prison health in the 21st century: A policy brief on the organization of prison health. Available at http://www.euro.who.int/data/assets/pdf_file/0017/231506/Good-governance-for-prison-health-in-the-21st-century.pdf?ua=1

Referanser:

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- Aebi, M., Tiago, M., & Burkhardt, C. (2016). *SPACE I – Council of Europe Annual Penal Statistics: Prison populations. Survey 2015*. Strasbourg: Council of Europe.
- Penal Reform International (2017). *Global Prison Trends 2017*. London: Penal Reform International.
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- United Nations Office on Drugs and Crime (2013). *Policy brief. HIV prevention, treatment and care in prisons and other closed settings: a comprehensive package of interventions*. Vienna: United Nations Office on Drugs and Crime.
- World Health Organization (2013). *Good governance for prison health in the 21st century. A policy brief on the organization of prison health*. Copenhagen: WHO Regional Office for Europe.
- Fazel, S., & Baillargeon, J. (2010). The health of prisoners. *Lancet*, 377(9769), 956–965.
- Enggist, S., Møller, L., Galea, G., & Udesen, C. (2014). *Prisons and Health*. Copenhagen: World Health Organization.
- WHO Regional Office for Europe (2003). *Declaration on Prison Health as a Part of Public Health*. Copenhagen, WHO Regional Office for Europe 2003 (http://www.euro.who.int/Document/HIPP/moscow_declaration_eng04.pdf, accessed 15 September 2006).

Kap. 2 - Prinsipper og standarder for fengselshelse

Læringsmål:

- Anerkjennelse av nøkkelprinsipper for helsefremmende atferd i fengsel
- Forstå innsattes rettigheter og deres rolle som pasienter i fengselssystemet;
- Forstå det organiserende prinsippet av fengsler som en leverandør av helsetjenester.

Tema:

- Nøkkelprinsipper
- Innsattes rettigheter til helsetjenester
- Den innsatte som pasient
- Organiseringen av helsetjenester i fengsel
- Standardiserte plikter for helsetjenester i fengsel
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Læringsteknikker:

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Referanser:

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- UN General Assembly, *International Covenant on Economic, Social and Cultural Rights*, 16 December 1966, United Nations, Treaty Series, vol. 993, p. 3. Available at: <http://www.refworld.org/docid/3ae6b36c0.html> [accessed 24 January 2018].
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- United Nations (1982). *Principles of Medical Ethics relevant to the Role of Health Personnel, particularly Physicians, in the Protection of Prisoners and Detainees against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment*. Adopted by General Assembly resolution 37/194 of 18 December 1982.
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- Council of Europe: Committee of Ministers, *Recommendation Rec(2006)2 of the Committee of Ministers to Member States on the European Prison Rules*, 11 January 2006, Rec(2006)2, available at: <http://www.refworld.org/docid/43f3134810.html> [accessed 24 February 2018].
- European Committee for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment (CPT) CPT standards. CPT/Inf/E (2002)1-Rev. 2009, available at: <http://www.cpt.coe.int/en/documents/eng-standards.pdf> [accessed 22 February 2018].
- Council of Europe, *Recommendation R (98)7 of the Committee of Ministers to Member States concerning the ethical and organisational aspects of health care in prison*, 8 April 1998, R (1998)7, available at: <https://rm.coe.int/16804fb13c> [accessed 24 February 2018].

Kap 3 – Smittsomme sykdommer

Læringsmål:

- Kjenne til de mest relevante faktorene for å forebygge infeksjon og smitte;

- Forstå hvilke faktorer som bidrar til forverring, smitte og spredning av smittsomme sykdommer;
- Forstå at alle aktører i et fengselsmiljø, spesielt fengselsansatte, spiller en viktig rolle i arbeidet med å oppdage og å forebygge spredning av smittsomme sykdommer.

Tema:

- Omfanget av sykdommer og smitte i fengsel
- Bloodborne sykdommer (e.g., HIV; HBV; HCV)
- Tuberkolose
- Seksuelt overførbare sykdommer
- Hudtilstander
- Infeksjonssykdommer i fordøyelsessystemet

Læringsteknikker:



Referanser:

- Hammett, T., Harmon, P., & Rhodes, W. (2002). The burden of infectious disease among inmates and releasees from correctional facilities. In NCCCHC (Ed.) *The health status of soon-to-be-released inmates: A report to congress* (pp. 13-28). Chicago: National Commission on Correctional Health Care.
- Marshall, T., Simpson, S., & Stevens, A. (2000). *Health care in prisons. Health care in prisons: A health care needs assessment*. Birmingham: The University of Birmingham Press.
- Health Protection Agency (2011). *Prevention of infection and communicable disease control in prisons and places of detention: A manual for healthcare workers*. London: Department of Health.
- Bick, J. (2007). Infection control in jails and prisons. *Clinical Infectious Diseases*, 45(8), 1047-1055.
- World Health Organization (2007). *Health in prisons: A WHO guide to the essentials in prison health*. Copenhagen: World Health Organization.
- Jürgens, R., Nowak, M., & Day, M. (2011). HIV and incarceration: Prisons and detention. *Journal of the International AIDS Society*, 14(26), 1-17.
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- Dolan, J., Kite, B., Black, E., Aceijas, C., & Stimson, G.(2007). HIV in prison in low-income and middle-income countries. *Lancet Infect Dis*, 7(1), 32-41.
- World Health Organization (2014). *Prisons and health*. Geneva: World Health Organization.
- Delgado, M., & Delgado D. (2009). *Health and health care in the nation's prisons: Issues, challenges, and policies*. Plymouth: Rowman & Littlefield Publishers.

- World Health Organization (2007). *Interventions to address HIV in prisons: Needle and syringe programmes and decontamination strategies*. Geneva: World Health Organization.
- World Health Organization (2007). *Effectiveness of interventions to address HIV in prisons*. Geneva: World Health Organization.
- Bone, A., Aerts, A., Grzemska, M., Kimerling, M., Kluge, H., Levy, M., Portaels, F., Raviglione, M., & Varaine, F. (2000). *Tuberculosis control in prisons: A manual for programme managers*. Geneva: World Health Organization.
- Dara, M., Grzemska, M., Kimerling, M., Reyes, H., & Zagorskiy, A. (2009). *Guidelines for control of tuberculosis in prisons*. Washington, DC: The Global Health Bureau, Office of Health, Infectious Disease and Nutrition (HIDN), US Agency for International Development.
- Reyes, H., & Coninx, R. (1997). Pitfalls of tuberculosis programmes in prisons. *British Medical Journal*, 315(7120), 1447–1450
- Baussano, I., Williams, B., Nunn, P., Beggiano, M., Fedeli, U., & Scano, F. (2010) Tuberculosis Incidence in Prisons: A Systematic Review. *PLoS Medicine*, 7(12), 1-10.
- Health Protection Agency (2011). *Prevention of infection and communicable disease control in prisons and places of detention: A manual for healthcare workers*. London: Department of Health.
- World Health Organization (2007). *Health in prisons: A WHO guide to the essentials in prison health*. Copenhagen: World Health Organization.

Kap 4 – Ikke-smittsomme sykdommer

Læringsmål:

- Kjenne til de mest vanlige ikke-smittsomme sykdommene og relevante risikofaktorer som kan øke sannsynlighet for å få disse;
- Forstå utfordringene i fengselssystemet for å sørge for passende strategier for forebygging;
- Forstå viktigheten av passende behandling og standard på behandling i fengselkonteksten.

Tema:

- Omfanget av og risikofaktorer for å utvikle ikke-smittsomme sykdommer for innsatte
- Utfordringer ved å sørge for passende forebygging
- Implementering av passende omsorgs- og behandlingsstandarder

Læringsteknikker:



Referanser:

- World Health Organization (2014). *Prisons and health*. Geneva: World Health Organization.

- Daar, A., Singer, P., Persad, D., Pramming, S., Matthews, D., et al. (2007). Grand challenges in chronic non-communicable diseases. *Nature*, 450(7169), 494-496.
- Ezzati, M., Lopez, A., Rodgers, A., Vander-Hoorn, S., & Murray, C. (2002). Selected major risk factors and global and regional burden of disease. *Lancet*, 360(9343), 1347-1360.
- Murray, C., & Lopez, A. (1997). Mortality by cause for eight regions of the world: Global burden of disease study. *Lancet*, 349(9061), 1269-1276.
- Math, S., Murthy, P., Parthasarathy, R., Kumar, C., & Madhusudhan, S. (2011). Prison and Health. In: S. Math, P. Murthy, R. Parthasarathy, C. Kumar, & S. Madhusudhan (Eds.), *Minds imprisoned: Mental health care in prisons* (pp. 3 – 22). Bangalore: National Institute of Mental Health and Neuro Sciences.

Kap 5 – Psykisk helse

Læringsmål:

- Forstå forekomsten og utbredelsen av psykiske vansker og lidelser hos innsatte;
- Kjenne til utbredelsen av psykisk uhelse og lidelser i fengsler;
- Være bevisst på innvirkningen fengsling kan ha på psykisk helse;
- Kjenne til retningslinjer for forebygging og bestemmelser for oppfølging av psykisk helse hos innsatte.

Tema:

- Begrep og terminologi/ Hva er psykiske lidelser?
- Tre hovedgrupper av psykiske lidelser (nevrosor, psykoser og personlighetsforstyrrelser)
- Utbredelse av psykiske vansker og lidelser hos innsatte
- Innvirkningen fengsling har på psykisk helse
- Retningslinjer for forebygging og opplysning rundt psykisk helse i fengsel

Læringsteknikker



Referanser:

- Parekh, R. (2015). *What is mental illness?*. Accessed 13 July 2018. Retrieved from <https://www.psychiatry.org/patients-families/what-is-mental-illness>.
- World Health Organization (2013). *Comprehensive mental health action plan 2013-2020*. The 66th World Health Assembly (Agenda item 13.3, WHA 66.8). Accessed 13 July 2018. Retrieved from http://apps.who.int/gb/ebwha/pdf_files/WHA66/A66_R8-en.pdf.
- Blaauw, E., & van Marle, H. (2007). Mental health in prisons. In L. Møller, H. Stöver, R. Jürgens, A. Gatherer, & H. Nikogosian (Eds.), *Health in prisons: A WHO guide to the essentials in prison health* (pp. 133-145). Copenhagen: World Health Organization.

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- Rooted in Rights (2015, August 19). *Inmates with mental illness tell their stories / AVID Jail Project* [Video file]. Retrieved from <https://youtu.be/Hjfu2VR62tY>.
- VICE News (2015, April 7). *Institutionalized: Mental health behind bars* [Video file]. Retrieved from <https://youtu.be/-fQ50a-m92Y>.
- Fazel, S., & Danesh, J. (2002). Serious mental disorder in 23 000 prisoners: A systematic review of 62 surveys. *The Lancet*, 359(9306), 545–550.
- Durcan, G., & Zwemstra, J. (2014). Mental health in prison. In S. Enggist, L. Møller, G. Galea, & C. Udesen (Eds.), *Prisons and health* (pp. 87–95). Copenhagen: World Health Organization.
- Moreira, N., & Gonçalves, R. (2010). Perturbação mental e ideação suicida entre reclusos preventivos. *Análise Psicológica*, 28(1), 133–148.
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- Huey, M., & McNulty, T. (2005). Institutional conditions and prison suicide: Conditional effects of deprivation and overcrowding. *The Prison Journal*, 85(4), 490–514.
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Kap 6 – Tannhelse

Læringsmål:

- Forstå innvirkningen av generell helse på tannhelse og negative utfall;
- Forstå viktigheten av fokus på tannhelse i fengsler.

Tema:

- Innvirkning av generell helse på tannhelse
- Utfordringer med tannhelse
- Fokus på tannhelse

Læringsteknikker:



Referanser:

- World Health Organization (2014). *Prisons and health*. Geneva: World Health Organization.
- McGrath, C. (2002). Oral health behind bars: A study of oral disease and its impact on the quality of an older prison population. *Gerodontology*, 19(2), 109-114.
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Kap 7 – Bruk av rusmidler og håndtering av dette i fengsler

Læringsmål:

- Kjenne til utbredelsen av rusmisbruk i fengsler;
- Forstå risikofaktorer knyttet til rusmisbruk i fengsler;
- Gjenkjenne ulike typer prøver som implementeres for å avdekke rusbruk og deres formål

Tema:

- Utbredelse av rusbruk og risiko ved dette
- Forebygging, behandling, skademinimering og ettervern

Læringsteknikker:



Referanser:

- Stöver, H. (2007, January). *Prevention of the spread of HIV/AIDS, Hepatitis C, other blood-borne infections and diseases – A Public Health Perspective*. Paper presented at the Council of the European Union, Horizontal Drugs Group Conference, Brussels.
- Feucht, T., & Keyser, A. (1999). Reducing drug use in prisons: Pennsylvania's approach. *National Institute of Justice Journal*, 241, 10-15.
- Boys, A., Farrell, M., Bebbington, P., Brugha, T., Coid, J., Jenkins, R., ... Taylor, C. (2002). Drug use and initiation in prison: Results from a national prison survey in England and Wales
- Jürgens, R., Nowak, M., & Days, M. (2011). HIV and incarceration: Prisons and detention. *Journal of the International AIDS Society*, 19, 14-26.
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- Azbel, L., Wickersham, J., Wegman, M., Polonsky, M., Suleymanov, M., Ismaylov, R., Altice, F. (2015). Burden of substance use disorders, mental illness, and correlates

of infectious diseases among soon-to-be released prisoners in Azerbaijan. *Drug Alcohol Dependence*, 151, 68-75.

- Mitchell, O., Wilson, D., & MacKenzie, D. (2012). *The effectiveness of incarceration-based drug treatment on criminal behaviour: A systematic review*. Oslo: The Campbell Collaboration.
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- Zurhold, H., Haasen, C., & H. Stöver (2005). *Female Drug Users in European Prisons. A European study of prison policies, prison drug services and the women's perspectives*. Oldenburg: Bibliotheksund Informationssystem der Carl von Ossietzky Universität.

Kap 8 – Innsatte med spesielle behov

Læringsmål:

- Identifisere ulike grupper av innsatte med spesielle behov;
- Kjenne til spesielle behov assosiert med hver sårbare gruppe av innsatte.

Tema:

- Innsatte med funksjonsnedsettelse
- Etniske minoriteter og urfolk
- Innsatte fra andre land
- Lesbiske, homofile, bifile og transpersoner som innsatte

Læringsteknikker:



Referanser:

- Gatherer, A., Atabay, T., & Hariga, F. (2014). Prisoners with special needs. In S. Enggist, L. Moller, G. Galea, & C. Udesen (Eds.). *Prisons and Health* (pp. 151-158). Copenhagen: WHO Regional Office for Europe.
- United Nations Office on Drugs and Crime (2009). *Handbook on prisoners with special needs*. New York: United Nations.

- van Kalmthout, A., van der Meulen, H., & Dünkel, F. (2013). *Foreigners in European Prisons*. Eindhoven: Wolf Legal Publishers.

Kap 9- Kvinners helse i fengsel

Læringsmål:

- Forstå at kvinner har spesifikke helsebehov knyttet til sitt kjønn;
- Å være spesielt oppmerksom på behovene til gravide kvinner og kvinner med barn.

Tema:

- Fakta og tall
- Kjønnsspesifikke helsetjenester
- Gravide kvinner i fengsel
- Barn som lever med sine mødre i fengsel

Læringsteknikker:



Referanser:

1. Walmsley, R. (2017). *World female imprisonment list: Women and girls in penal institutions, including pre-trial detainees/remand prisoners* (2nd Ed.). London: Institute for Criminal Policy Research (ICPR).
2. Prison Reform Trust (2017). *Bromley briefings prison factfile: Autumn 2017*. London: Prison Reform Trust.
3. United Nations Office on Drugs and Crime [UNODC] (2014). *Handbook on women and imprisonment* (2nd Ed.). Vienna: United Nations Office.
4. World Health Organisation [WHO] (2009). *Women's health in prison: Correcting gender inequity in prison health*. Copenhagen: WHO Regional Office for Europe.
5. Penal Reform International [PRI] (2013). *UN Bangkok Rules on women offenders and prisoners: Short guide*. London: Penal Reform International.
6. TIJ Just Right Channel (2016, November 24). *The Bangkok Rules* [Video file] Retrieved from https://youtu.be/oOw4elu_XM8.
7. TIJ Just Right Channel (2018, January 25). *The Bangkok Rules and the best practice from Chiang Mai women's correctional institution, Thailand* [Video file]. Retrieved from <https://youtu.be/YcaUQGeTC0>.

Kap 10 – Eldre innsatte

Læringsmål:

- Forstå det akutte behovet for å adressere eldre innsattes utfordringer;

- Anerkjennelse utfordringene som fengselet møter når de skal håndtere eldre innsatte;
- Kjenne til utfordringene som eldre innsatte møter når de skal tilpasse seg til hverdagen i fengsel;
- Forstå viktigheten av palliativ omsorg i fengsler;
- Forstå utfordringene som eldre innsatte møter når de skal reintegreres i samfunnet.

Tema:



- Omfanget av eldre innsatte
- Utfordringer for kriminalomsorgen
- Aldring og tilbakeføring til samfunnet

Læringsteknikker:



Referanser:

1. Baidawi, S. (2016). Older prisoners: Psychological distress and associations with mental health history, cognitive functioning, socio-demographic, and criminal justice factors. *International Psychogeriatrics*, 28(3), 385-395.
2. Fellner, J (2012). 'Old behind bars: The aging prison population in the United States', Human Rights Watch, 27 January 2012. Accessed 14 June 2018. Retrieved from <http://www.hrw.org/reports/2012/01/27/old-behind-bars>.
3. Williams, B., Ahalt, C., & Greifinger, R. (2014). The older prisoner and complex chronic medical care. In S. Enggist, L. Moller, G. Galea, & C. Udesen. *Prisons and health* (pp. 165-170). Copenhagen: WHO Regional Office for Europe.
4. American Civil Liberties Union [ACLU]. (2012). *At America's expense: The mass incarceration of the elderly*. New York: ACLU.
5. Porporino, F. (2014). *Managing the elderly in corrections*. Paper presented at the 2014 International Community Corrections Association Annual Conference, Cleveland, OH.
6. Chiu, T. (2010). *It's about time: Aging prisoners, increasing costs, and geriatric Release*. New York, NY: Vera Institute of Justice.
7. Aday, R., & Krabill, J. (2012). Older and geriatric offenders: Critical issues for the 21st century. In L. Gideon (Ed.), *Special needs offenders in correctional institutions* (pp. 203-232). Thousand Oaks, CA: Sage Publications.
8. Porporino, F. (2014). *Managing the Elderly in Corrections*. Paper presented at the 2014 International Community Corrections Association Annual Conference, Cleveland, OH.
9. Sullivan, C. (2017). No country for old men: An economic analysis of incarcerating the elderly. *Elements*, 13(1), 81-89.
10. American Civil Liberties Union [ACLU] (2012). *At America's expense: The mass incarceration of the elderly*. New York: ACLU.
11. Maschi, T., Viola, D., Harrison, M., Harrison, W., Koskinen, L., & Bellusa, S. (2014). Bridging community and prison for older adults: Invoking human rights and elder

	<p>and intergenerational family justice. <i>International Journal of Prisoner Health</i>, 10(1), 55-73.</p> <p>12. Turner, M., & Peacock, M. (2016). Improving palliative care for prisoners: The 'both sides of the fence' study. <i>Prison Service Journal</i>, 224, 1-8.</p> <p>13. Maschi, T., Marmo, S., & Han, J. (2014). Palliative and end-of-life care in prisons: A content analysis of the literature. <i>International Journal of Prisoner Health</i>, 10(3), 172-197.</p>
<p>Modul II</p> <p>“Psykisk helse i fengsel”</p>	<p>Mål for modulen:</p> <ul style="list-style-type: none"> - Presentere utfordringer knyttet til psykisk helse i fengsel. <p>Kap 1 – Introduksjon: Begreper og terminologi</p> <p>Læringsmål:</p> <ul style="list-style-type: none"> - Kunnskap om hva psykiske lidelser er gjennom å utforske ulike grupper av psykiske lidelser; - Forstå årsakene til utbredelsen av dårlig psykisk helse hos innsatte og innvirkningen av soning på psykisk helse. <p>Tema:</p> <ul style="list-style-type: none"> - Begreper og terminologi/ Hva er psykiske lidelser? De tre gruppene av psykiske lidelser (nevrosor, psykoser og personlighetsvansker) - Utbredelsen av dårlig psykisk helse hos innsatte - Innvirkningen av soning på psykisk helse <p>Læringsteknikker:</p> <div style="display: flex; align-items: center; gap: 10px;">   </div> <p>Referanser:</p> <ul style="list-style-type: none"> - United Nations Office on Drugs and Crime. (2009). <i>Handbook on Prisoners with Special Needs</i>. UNODC Vienna: Criminal Justice Handbook Series. Retrieved from https://www.unodc.org/pdf/criminal_justice/Handbook_on_Prisoners_with_Special_Needs.pdf - American Psychiatric Association. (2013). <i>Diagnostic and statistical manual of mental disorders</i>. (5th ed.). Washington, DC: American Psychiatric Association. - World Health Organization. (2004). <i>Promoting mental health: concepts, emerging evidence, practice</i>. Summary Report. Geneva: World Health Organization. Retrieved from http://www.who.int/mental_health/evidence/en/promoting_mhh.pdf - Department of Health. <i>Mental Health Awareness Training Course</i>. Ministry of Justice. Retrieved from http://studyres.com/doc/2474059/mental-health-awareness-training-course# - American Psychiatric Association. (2013). <i>Diagnostic and statistical manual of mental disorders</i> (5th ed.). Washington, DC: American Psychiatric Association. - World Health Organization. (2007). <i>Health in Prisons: A WHO Guide to the Essentials in Prison Health</i>. Copenhagen: World Health Organization. - World Health Organization and International Committee of the Red Cross. (2005).

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- Penal Reform International. (2018). *Mental Health in Prison: A short guide for prison staff*. Retrieved from https://www.penalreform.org/wp-content/uploads/2018/05/PRI_Short_guide_to_mental_health_support_in_prisons_WEB.pdf
 - World Health Organization. (2007). *Health in Prisons: A WHO Guide to the Essentials in Prison Health*. Copenhagen: World Health Organization.

Kap 2 – Spesielle behov og utfordringer

Læringsmål:

- Forstå tilnærming til psykiske lidelser med utgangspunkt i tilgang til juridisk bistand og likhet som en menneskerett;
- Forstå forhold i fengselsmiljøet som kan utløse eller forsterke psykiske lidelser;
- Ansvar for ansatte i fengsel har for å gi psykisk syke innsatte tilgang til helsehjelp;
- Lære om internasjonale strategier for å håndtere diskriminering og stigmatisering av innsatte som lever med psykiske lidelser;
- Ha en oversikt over ansattes roller og institusjonens strategier for å forebygge selvmord og selvskading;
- Forstå behovene relatert til forberedelse for løslatelse og oppfølging etter soning.

Tema

- Tilgang til rettshjelp
- Fengselsmiljøet
- Helsetjenester
- Diskriminering og stigmatisering
- Sikkerhet og risiko
- Selvmord og selvskading
- Forberedelse til løslatelse og oppfølging etter soning

Læringsteknikker:



Referanser:

- United Nations Office on Drugs and Crime. (2009). *Handbook on Prisoners with Special Needs*. UNODC Vienna: Criminal Justice Handbook Series. Retrieved from

- [https://www.unodc.org/pdf/criminal_justice/Handbook on Prisoners with Special Needs.pdf](https://www.unodc.org/pdf/criminal_justice/Handbook_on_Prisoners_with_Special_Needs.pdf)
- Penal Reform International. (2018). *Mental Health in Prison: A short guide for prison staff*. Retrieved from [https://www.penalreform.org/wp-content/uploads/2018/05/PRI Short guide to mental health support in prisons WEB.pdf](https://www.penalreform.org/wp-content/uploads/2018/05/PRI_Short_guide_to_mental_health_support_in_prisons_WEB.pdf)
 - Santora, L., Espnes, G. & Lillefjell, M. (2014). Health Promotion in Prison Settings. In *International Journal of Prisoner Health*, Vol 10, Issue 1 (pp. 27-37)
 - World Health Organization and International Committee of the Red Cross. (2005). *Mental Health and Prisons*. Information sheet. Retrieved from http://www.who.int/mental_health/policy/mh_in_prison.pdf
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 - Penal Reform International. (2018). *Mental Health in Prison: A short guide for prison staff*. Retrieved from [https://www.penalreform.org/wp-content/uploads/2018/05/PRI Short guide to mental health support in prisons WEB.pdf](https://www.penalreform.org/wp-content/uploads/2018/05/PRI_Short_guide_to_mental_health_support_in_prisons_WEB.pdf)
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 - World Health Organization and International Committee of the Red Cross. (2005). *Mental Health and Prisons*. Information sheet. Retrieved from http://www.who.int/mental_health/policy/mh_in_prison.pdf
 - Fazel, S. et al. (2016). The mental health of prisoners: a review of prevalence, adverse outcomes and interventions. In *Lancet Psychiatry*, Vol. 3, Issue 9. (Pp. 871-881).
 - Penal Reform International. (2018). *Mental Health in Prison: A short guide for prison staff*. Retrieved from [https://www.penalreform.org/wp-content/uploads/2018/05/PRI Short guide to mental health support in prisons WEB.pdf](https://www.penalreform.org/wp-content/uploads/2018/05/PRI_Short_guide_to_mental_health_support_in_prisons_WEB.pdf)
 - United Nations Office on Drugs and Crime. (2009). *Handbook on Prisoners with Special Needs*. UNODC Vienna: Criminal Justice Handbook Series. Retrieved from [https://www.unodc.org/pdf/criminal_justice/Handbook on Prisoners with Special Needs.pdf](https://www.unodc.org/pdf/criminal_justice/Handbook_on_Prisoners_with_Special_Needs.pdf)
 - United Nations Office on Drugs and Crime. (2009). *Handbook on Prisoners with Special Needs*. UNODC Vienna: Criminal Justice Handbook Series. Retrieved from [https://www.unodc.org/pdf/criminal_justice/Handbook on Prisoners with Special Needs.pdf](https://www.unodc.org/pdf/criminal_justice/Handbook_on_Prisoners_with_Special_Needs.pdf)

Kap 3 – Å fremme psykisk helse og velvære hos innsatte

Læringsmål:

- Lære om ulike nivåer av omsorg for innsatte med psykiske lidelser;
- Forstå utfordringene relatert til tilgangen til helsetjenester i fengsel;
- Forstå viktigheten av kunnskap om psykisk helse både for innsatte, deres familier og ansatte i fengselet.

Tema:

- Nivåer av omsorg
- Tilgang til helsetjenester i klinikk
- Tilgang til helsetjenester utenfor klinikk
- Fokus på psykisk helse hos innsatte og deres familier
- Fokus på kunnskap om psykisk helse hos ansatte i fengsler

Læringsteknikker:



Referanser:

- World Health Organization. (2004). *Promoting mental health: concepts, emerging evidence, practice*. Summary Report. Geneva: World Health Organization. Retrieved from http://www.who.int/mental_health/evidence/en/promoting_mhh.pdf
- World Health Organization. (2007). *Health in Prisons: A WHO Guide to the Essentials in Prison Health*. Copenhagen: World Health Organization.
- Her Majesty's Prison & Probation Service. (2017). *Mental Health in Prisons*. NHS England and Public Health England: Report by the Comptroller and Auditor General.
- Enggist, S., Moller, L., Galea, G., & Udesen, C. (2014). *Prisons and health*. Copenhagen: WHO Regional Office for Europe.
- Penal Reform International. (2018). *Mental Health in Prison: A short guide for prison staff*. Retrieved from https://www.penalreform.org/wp-content/uploads/2018/05/PRI_Short_guide_to_mental_health_support_in_prisons_WEB.pdf

Kap 4– Forebygging av selvmord og selvskading

Læringsmål:

- Lære om risikofaktorer for selvmord og selvskading;
- Øke forståelse av hvordan man kan gjenkjenne varselsignaler og symptomer;
- Ha tilgang til eksempler på strategier for å forebygge (eksempelvis

kartleggingsverktøy);

- Øke din forståelse av viktigheten av støtte fra andre og kontakt med familie, venner og lokalsamfunn på utsiden av fengselsmurene.

Tema:

- Risikofaktorer for selvmord og selvskading
- Gjenkjenne varselsignaler og symptomer
- Beste praksis
- Kartlegging ved innsettelse
- Observasjon
- Håndtering etter kartlegging
- Støtteprogrammer
- Kontakt med familie, venner og lokalsamfunn

Læringsteknikker:



Referanser:

- Fazel, S. et al. (2010). *Prison Suicide in 12 Countries. An ecological study of 861 suicides during 2003-2007*. Kriminalvårdens Reprocentral.
- World Health Organization and International Association for Suicide Prevention. (2007). *Preventing Suicide in Jails and Prisons*. Geneva: WHO Department of Mental Health and Substance Abuse.
- Konrad et al. (2017). Preventing Suicide in Prisons, Part I. In *Crisis*, Vol. 28, Issue 3. (Pp 113–121).
- [Penal Reform International. \(2018\). *Mental Health in Prison: A short guide for prison staff*. Retrieved from \[https://www.penalreform.org/wp-content/uploads/2018/05/PRI_Short_guide_to_mental_health_support_in_prisons_WEB.pdf\]\(https://www.penalreform.org/wp-content/uploads/2018/05/PRI_Short_guide_to_mental_health_support_in_prisons_WEB.pdf\)](https://www.penalreform.org/wp-content/uploads/2018/05/PRI_Short_guide_to_mental_health_support_in_prisons_WEB.pdf)
- United Nations Office on Drugs and Crime. (2009). *Handbook on Prisoners with Special Needs*. UNODC Vienna: Criminal Justice Handbook Series. Retrieved from https://www.unodc.org/pdf/criminal_justice/Handbook_on_Prisoners_with_Special_Needs.pdf
- The Howard League for Penal Reform. (2016). *Preventing prison suicide: Perspectives from the inside*. Centre for Mental Health. Retrieved from <https://howardleague.org/wp-content/uploads/2016/05/Preventing-prison-suicide.pdf>
- [World Health Organization. \(2007\). *Health in Prisons: A WHO Guide to the Essentials in Prison Health*. Copenhagen: World Health Organization.](https://www.who.int/publications/m/item/health-in-prisons-a-who-guide-to-the-essentials-in-prison-health)

Kap 5 – Psykisk helse hos unge innsatte

Læringsmål:

- Lære om utbredelsen av psykiske vansker, samt spesielle behov hos unge innsatte;
- Øke din forståelse av emosjonell velvære hos barn og unge mennesker;
- Lære om støtteapparat og tjenester for unge innsatte med psykiske helsevansker.

Tema:

- Fakta og tall
- Spesifikke behov knyttet til psykisk helse
- Emosjonell velvære hos barn og unge mennesker
- Støtteapparat og tjenester.

Læringsteknikker:



Referanser:

- [Penal Reform International. \(2018\). *Mental Health in Prison: A short guide for prison staff*. Retrieved from \[https://www.penalreform.org/wp-content/uploads/2018/05/PRI_Short_guide_to_mental_health_support_in_prisons_WEB.pdf\]\(https://www.penalreform.org/wp-content/uploads/2018/05/PRI_Short_guide_to_mental_health_support_in_prisons_WEB.pdf\)](https://www.penalreform.org/wp-content/uploads/2018/05/PRI_Short_guide_to_mental_health_support_in_prisons_WEB.pdf)
- Underwood, L.& Washington, A. (2016). Mental Illness and Juvenile Offenders. In *International Journal of Environmental Research and Public Health*, Volume 13, Issue 2. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4772248/>
- Harrington & al. (2005). *Mental Health Needs and Effectiveness of Provision for Young Offenders in Custody and in the Community*. Youth Justice Board for England and Wales.
- Penner, E., Roesch, R. & Viljoen, J. (2011). Young Offenders in Custody: An International Comparison of Mental Health Services. In *International Journal of Forensic Mental Health*, Vol. 10. (Pp. 2015-232).
- Finola Farrant. (2001). *Troubled Inside: Responding to the Mental Health Needs of Children and Young People in Prison*. London: Prison Reform Trust.
- Brady, S. & Murphy, G. *Liaison & Diversion Services*. SAFER IDD Booklet. Retrieved from <https://www.kent.ac.uk/tizard/sotsec/CISbooklets/L%20and%20D%20bookletSAFER%20IDD.pdf>
- Haines et al. (2012). *Evaluation of the Youth Justice Liaison and Diversion (YJLD) Pilot Scheme*. Final Report. University of Liverpool. Retrieved from http://www.antonioacasella.eu/archipsy/Haines_diversion_2012.pdf

Kap 6 – Psykisk helse hos kvinnelige innsatte

Læringsmål:

- Lære om forhold og fakta knyttet til kvinner i fengsel;
- Forstå spesifikke behov knyttet til psykisk helse hos kvinnelige innsatte.

Tema:

- Fakta og tall
- Spesifikke behov knyttet til psykisk helse

Læringsteknikker:



Referanser:

- Walmsley, R. (2017). *World female imprisonment list: Women and girls in penal institutions, including pre-trial detainees/remand prisoners* (2nd Ed.). London: Institute for Criminal Policy Research (ICPR).
- National Commission on Correctional Health Care [NCCHC] (2014). 'Women's health care in correctional settings'. Accessed 6 July, 2018. Retrieved from <https://www.ncchc.org/womens-health-care>.
- United Nations Office on Drugs and Crime. *Handbook on Women and Imprisonment*. UNODC New York: Criminal Justice Handbook Series (2nd Ed.).

Kap 7 – Identifisere psykiske lidelser hos innsatte: Tegn og prosedyrer

Læringsmål:

- Lære om tegn og prosedyrer for å identifisere psykiske lidelser hos innsatte; både knyttet til nevroser, psykoser og personlighetsforstyrrelser;
Bedre forståelse av behandling når innsatte har flere psykiske lidelser samtidig (komorbiditet).

Tema:

- Nevroser (eksempelvis depresjon, angstlidelser, spiseforstyrrelser)
- Psykoser (eksempelvis bipolar lidelse og schizofreni)
- Personlighetsforstyrrelser (eksempelvis emosjonell ustabil personlighetsforstyrrelse og antisosial personlighetsforstyrrelse)
- Flere psykiske lidelser samtidig (komorbiditet)

Læringsteknikker:



Referanser:

- Department of Health. *Mental Health Awareness Training Course*. Delegates Information Booklet. Ministry of Justice. Retrieved from <https://pdfs.semanticscholar.org/presentation/c3b8/63d85f549a87ceca9c073ce7c7a897a1d93f.pdf>
- Gonzales et al. (2007). *Research for Practice: Mental Health Screens for Corrections*. Washington: US Department of Justice, Office of Justice Programs.
- Co-operation Group to Combat Drug Abuse and Illicit Trafficking in Drugs. (2013). *Mental Health and Addiction in Prisons*. Bucharest: Written contributions to the International Conference on Mental Health and Addiction in Prisons, 27-28 February 2013. Retrieved from <https://rm.coe.int/16806f4083>

Kap 8 – Å sikre kontinuitet i oppfølging

Læringsmål:

- Lære om viktige aspekter ved å sørge for kontinuitet i oppfølgingen av innsatte med psykiske vansker. Både når de overføres mellom fengsler, ved løslatelse og reintegrering til samfunnet.

Tema:



- Kontinuitet mellom fengsler
- Kontinuitet ved løslatelse

Læringsteknikker:



Referanser:

- United Nations Office on Drugs and Crime. (2009). *Handbook on Prisoners with Special Needs*. UNODC Vienna: Criminal Justice Handbook Series. Retrieved from https://www.unodc.org/pdf/criminal_justice/Handbook_on_Prisoners_with_Special_Needs.pdf
- Her Majesty's Prison & Probation Service. (2017). *Mental Health in Prisons*. NHS England and Public Health England: Report by the Comptroller and Auditor General.
- [Penal Reform International. \(2018\). *Mental Health in Prison: A short guide for prison staff*. Retrieved from https://www.penalreform.org/wp-content/uploads/2018/05/PRI_Short_guide_to_mental_health_support_in_prisons_WEB.pdf](https://www.penalreform.org/wp-content/uploads/2018/05/PRI_Short_guide_to_mental_health_support_in_prisons_WEB.pdf)

<p>Modul III</p> <p>“Geriatrici i fengsel”</p>	<p>Mål for modulen</p> <ul style="list-style-type: none"> - Presentere forhold knyttet til geriatri i fengsel <p>I denne modulen vil deltakerne lære om følgende tema:</p> <ul style="list-style-type: none"> - Relevante fakta og demografi for eldre innsatte; - Menneskerettigheter i henhold til eldre innsattes tilgang til palliativ omsorg; - Modeller for ivaretagelse av eldre innsatte; - Spesielle behov og utfordringer eldre innsatte har i sin straffegjennomføring; - Viktige hensyn for å ivareta den eldre populasjonen i fengsel; - God praksis for å jobbe med eldre innsatte; - Prosedyrer for å besvare og måle aldersrelaterte helsevansker i fengsel; - Metoder for å sikre kontinuitet i omsorgen for eldre innsatte ved overføring til andre fengsel eller ved løslatelse. <p>Kap 1- Helhetlig omsorg for eldre innsatte</p> <p>Læringsmål:</p> <ul style="list-style-type: none"> - Forstå nøkkelpbegrep relatert til geriatrisk omsorg i fengsler; - Fakta om og omfang av den aldrende andelen innsatte i sammenheng med generell aldring i samfunnet; - Være klar over tilbakevinnende helseproblemer hos eldre innsatte og kostnaden dette har ved fengsling; - Kjenne til menneskerettigheter relatert til at eldre innsatte skal ha adekvat tilgang til helsetjenester og omsorg. <p>Tema:</p> <ul style="list-style-type: none"> - Begrep og terminologi - Økningen i andelen av eldre innsatte - Tilbakevinnende helseproblemer hos eldre innsatte - De høye kostnadene ved å fengsle eldre - Hensyn til menneskerettigheter <p>Læringsteknikker:</p> <div style="display: flex; align-items: center; gap: 10px;">   </div> <p>Referanser:</p> <ul style="list-style-type: none"> - Enggist, S., Moller, L., Galea, G., & Udesen, C. (2014). <i>Prisons and health</i>.
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- Williams, B., Ahalt, C., & Greifinger, R. (2014). The older prisoner and complex chronic medical care. In S. Enggist, L. Moller, G. Galea, & C. Udesen (Eds.). *Prisons and health* (pp. 165-170). Copenhagen: WHO Regional Office for Europe.
 - Royal College of Physicians (2010). 'Geriatric medicine defined', British Geriatrics Society, 29 September 2018. Accessed 15 June 2018. Retrieved from <http://www.bgs.org.uk/mnutraineescurricula-79/about/administration/geriatricsdefined>.
 - World Health Organisation (2016). *Planning and implementing palliative care services: A guide for programme managers*. Geneva: World Health Organisation.
 - Handtke, V., Bretschneider, W., Wangmo, T., & Elger, B. (2012). Facing the challenges of an increasingly ageing prison population in Switzerland: In search of ethically acceptable solutions. *Bioethica Forum*, 5(4), 134-141.
 - Baidawi, S. (2015). Older prisoners: Psychological distress and associations with mental health history, cognitive functioning, socio-demographic, and criminal justice factors. *International Psychogeriatric Association*, 28(3), 385-395.
 - American Civil Liberties Union [ACLU] (2012). *At America's expense: The mass incarceration of the elderly*. New York: ACLU.
 - McKillop, M., & Boucher, A. (2018). 'Aging prison populations drive up costs: Older individuals have more chronic illnesses and other ailments that necessitate greater spending', 28 February 2018. Accessed 15 June 2018. Retrieved from <http://www.pewtrusts.org/en/research-and-analysis/analysis/2018/02/20/aging-prison-populations-drive-up-costs>.
 - Kim, K., & Peterson, B. (2014). *Aging behind bars: Trends and implications of greying prisoners in the Federal Prison System*. Washington, DC: Urban Institute.
 - Williams, B., & Abraldes, R. (2007). Growing older: Challenges of prison and re-entry for the aging population. In R. Greifinger (Ed.), *Public health behind bars: From prisons to communities* (pp. 56-72), New York: Springer.
 - Roberts, K. (2015). *Aging in prison: Reducing elder incarceration and promoting public safety*, New York: Center for Justice at Columbia University.
 - Williams, B., & Abraldes, R. (2007). Growing older: Challenges of prison and re-entry for the aging population. In R. Greifinger (Ed.), *Public health behind bars: From prisons to communities* (pp. 56-72), New York: Springer.
 - Sullivan, C. (2017). No country for old men: An economic analysis of incarcerating the elderly. *Elements*, 13(1), 81-89.
 - America's Civil Liberties Union [ACLU] (2016). *At America's expense: The mass incarceration of the elderly*. New York: ACLU.
 - Maschi, T., Kwak, J., Ko, E., & Morrissey, M. (2012). *Forget me not: Dementia in prison*. *The Gerontologist*, 52(4), 441-451.
 - Gatherer, A., Atabay, T., & Hariga, F. (2014). Prisoners with special needs. In S. Enggist, L. Moller, G. Galea, & C. Udesen (Eds.). *Prisons and health* (pp. 151-158). Copenhagen: WHO Regional Office for Europe.
 - United Nations (1991). *United Nations Principles for Older Persons: Adopted by General Assembly resolution 46/91 of 16 December 1991*. Retrieved from <https://www.ohchr.org/Documents/ProfessionalInterest/olderpersons.pdf>.
 - Handtke, V., Bretschneider, W., Wangmo, T., & Elger, B. (2012). Facing the challenges of an increasingly ageing prison population in Switzerland: In search of ethically acceptable solutions. *Bioethica Forum*, 5(4), 134-141

Kap 2 – Spesielle behov og utfordringer

Læringsmål:

- Forstå hvordan tilgang til rettshjelp kan påvirkes av bestemte sårbarheter hos eldre innsatte;
- Vurdere spesielle behov og utfordringer hos eldre innsatte og hvordan man kan respondere tilfredsstillende på dette. (I forhold til boforhold, helsetjenester, programmer, forberedelse til løslatelse og vurdering av tidlig løslatelse/soningsavbrudd).

Tema:

- Tilgang til rettshjelp
- Undersøkelse/vurdering av behov
- Boforhold
- Helsetjenester
- Familiekontakt
- Program for innsatte
- Forberedelse til løslatelse og oppfølging etter løslatelse
- Tidlig betinget løslatelse, amnesti og soningsavbrudd.

Læringsteknikker:



Referanser:

- Grunseit, A., Forell, S., & McCarron, E. (2008). *Taking justice into custody: the legal needs of prisoners*. Sydney: Law and Justice Foundation of New South Wales.
- Rogan, M. (2014, May 3). *The Rule of Law and Access to Justice in Prisons*. Paper presented at The Rule of Law and Access to Justice in Prisons, Burren Law School. Dublin: Dublin Institute of Technology.
- United Nations Office on Drugs and Crime (2009). *Handbook on Prisoners with special needs*. New York: United Nations.
- Human Rights Watch (2012). *Old Behind Bars: The Aging Population in the United States*. Washington, DC: Human Rights Watch.
- Cooney, F., & Braggins, J. (2010). *Doing time: Good practice with older people in prison - the views of prison staff*. London: Prison Reform Trust.
- Greifinger, R. (2007). *Public Health Behind Bars: From Prisons to Communities*. New York: Deputy Editors.
- Yeager, D. (2012). Older Inmates Adjust to Live Outside Prison. *Social Work Today*, 12 (1). Retrieved from: <http://www.socialworktoday.com/archive/012312p28.shtml>
- Clinks (2013). *Working with older offenders: A resource for voluntary, community and social enterprise organisations*. London: Clinks.

Kap 3 – Identifisere aldersrelaterte helseproblem i fengsel: tegn og prosedyrer

Læringsmål:

- Være klar over viktigheten av å forstå geriatiske syndromer i fengselskonteksten, ha tilgang til tips for å kartlegge noen av dem;
- Identifisere vanlige sykdommer hos eldre innsatte, og kunne forstå hvordan man bør respondere til hver av dem;
- Videre forståelse av substansmisbruk i fengsel, og særlig hvordan rusbruk kan utvikle seg hos eldre innsatte.

Tema:

- Geriatiske syndromer
- Vanlige sykdommer hos eldre innsatte
- Rusmisbruk over lang tid

Læringsteknikker:



Referanser:

- Enggist, S., Moller, L., Galea, G., & Udesen, C. (2014). *Prisons and health*. Copenhagen: WHO Regional Office for Europe.
- Bedard, R., Metzger, L., & Williams, B. (2016). Ageing prisoners: An introduction to geriatric health-care challenges in correctional facilities. *International Review of the Red Cross*, 98(903), 917-939.
- United Nations Office on Drugs and Crime (2009). *Handbook on Prisoners with special needs*. New York: United Nations.
- Williams, B., Ahalt, C. & Greifinger, R. (2014). The older prisoner and complex chronic medical care. In S. Enggist, L. Moller, G. Galea & C. Udesen. *Prisons and Health*. World Health Organisation - Regional Office for Europe. Retrieved from http://www.euro.who.int/_data/assets/pdf_file/0007/249208/Prisons-and-Health,-19-The-older-prisoner-and-complex-chronic-medical-care.pdf?ua=1
- NACRO (2009). *A Resource pack for working with older prisoners*. London: Department of Health.
- Fazel, S., Yoon, I. A., & Hayes, A. J. (2017). Substance use disorders in prisoners: an updated systematic review and meta-regression analysis in recently incarcerated men and women. *Addiction*, 112(10), 1725-1739. <https://onlinelibrary.wiley.com/doi/pdf/10.1111/add.13877>
- Arndt, S, Turvey, C., & Flaum, M. (2002). Older Offenders, Substance Abuse and Treatment. *American Journal of Geriatric Psychiatry*, 10(6), 733-739.
- United Nations Office on Drugs and Crime (2008). *Drug Dependence Treatment: Interventions for Drug Users in Prison*. Retrieved from

https://www.unodc.org/docs/treatment/111_PRISON.pdf

- National Council on Alcoholism and Drug Dependence, Inc. (2015, June 26). Alcohol, Drug Dependence and Seniors. Retrieved from <https://www.ncadd.org/about-addiction/seniors/alcohol-drug-dependence-and-seniors>

Kap 4 – Å arbeide med eldre innsatte: god praksis

Læringsmål:

- Ha tilgang til aldersvennlige prosedyrer for mottakelse og introduksjon til fengselssystemet;
- Lære om fordelene ved å implementere forum og dagsentre for eldre innsatte;
- Lære tips for hvordan man kan utvikle retningslinjer for å ivareta eldre innsatte.

Tema:

- Aldersvennlig mottakelse og introduksjon til soning
- Forum for eldre innsatte
- Program for eldre innsatte
- Å arbeide med eldre innsatte: god praksis

Læringsteknikker:





Referanser:

- Eadie, T., Grainge, P., Jackson, J., Safe, K., & Wilkes, J. (2017). *Good Practice Guide: Working with older prisoners*. Bournemouth: RECOOP.
- RECOOP: About Us. Retrieved from <http://recoop.org.uk/pages/home/index.php>
- Le Mesurier, N. (2011). *Older people in prison: A monitoring guide for IMBs*. London: Age UK.
- United Nations Office on Drugs and Crime. (2009). *Handbook on Prisoners with special needs*. New York: United Nations.
- Maschi, T., Viola, D., Harrison, M., Harrison, W., Koskinen, L., & Bellusa, S. (2014). Bridging community and prison for older adults: invoking human rights and elder and intergenerational family justice. *International journal of prisoner health*, 10(1), 55-73

Kap 5– Å sikre kontinuitet i omsorg

Læringsmål:

- Å forstå de spesifikke behovene som eldre mennesker har i forhold til å

	<p>sikre kontinuiteten i omsorgstjenester mellom fengsel og samfunnet.</p> <p>Tema:</p> <ul style="list-style-type: none"> - Kontinuitet mellom fengsler - Kontinuitet mellom fengsler og samfunnet <p>Læringsteknikker:</p> <div style="display: flex; align-items: center; gap: 10px;">   </div> <p>Referanser:</p> <ul style="list-style-type: none"> - World Health Organization Europe (2003). <i>Declaration on Prison Health as Part of Public Health</i>. Copenhagen: WHO Regional Office for Europe. - International Committee of the Red Cross (2018). <i>Ageing and Detention</i>. Geneva, Switzerland: ICRC. - Senior, J., Forsyth, K., Walsh, E., O'Hara, K., Stevenson, C., Hayes, A., ... Shaw, J. (2013). Health and social care services for older male adults in prison: the identification of current service provision and piloting of an assessment and care planning model. <i>Health Services and Delivery Research</i>, 1(5). - Kouyoumdjian, F., Wiwcharuk, J., & Green, S. (2015). Optimizing continuity of care throughout incarceration: Case and opportunities. <i>Canadian Family Physician</i>, 61(2), 107-109. - Enggist, S., Moller, L., Galea, G., & Udesen, C. (2014). <i>Prisons and health</i>. Copenhagen: WHO Regional Office for Europe. - Center for Justice at Columbia University (2015). <i>Aging in Prison: Reducing Elder Incarceration and Promoting Public Safety</i>. Retrieved from http://centerforjustice.columbia.edu/files/2015/10/AgingInPrison_FINAL_web.pdf
<p>Module IV</p> <p>“Palliativ omsorg i fengsel”</p>	<p>Kap 1 – Palliativ omsorg: Introduksjon- definisjon, fordeler, tjenester og pasientrettigheter</p> <p>Læringsmål:</p> <ul style="list-style-type: none"> - Kunne kategorier av tjenester som gir palliativ omsorg - Kunne forklare pasientens rettigheter og grunnleggende palliativ omsorg <p>Tema:</p> <ul style="list-style-type: none"> - Palliativ omsorg: Konseptet palliativ omsorg og differensiering fra terminalstadiet. - Hospice konseptet og filosofi i fengselssystemet <ol style="list-style-type: none"> a. Definisjoner, praktiske aspekter, rettigheter til en verdig død og smertelindring for innsatte på terminalstadiet. b. Dødsopplevelsen i fengsel; Fengselshistorie; programmets mål; Hvordan palliativ omsorg matcher det overordnede målet med fengsel; Rollen til involverte parter: pasienten/familien, andre innsatte, fengselsansatte, lokale myndigheter, nasjonal administrering av fengsler, retten; - Tjenester involvert i palliativ omsorg

- Epidemiologiske aspekt (statistiske data, frekvens og aspekter ved disse problemene i fengsel)
- Pasientrettigheter

Læringsteknikker:

- Presentasjon
- Oppgaver/øvelser
- Idemyldring
- Spørsmål

Referanser:

- HEALTH SERVICES POLICY & PROCEDURE MANUAL North Carolina Department Of Correction Division Of Prisons SECTION: Clinical Practice Guidelines, Palliative Care, September 2009
- Law no. 46 from 21 January 2003, Patients' rights by Romanian Parliament, published in the Official Monitor on 29 January 2003, no. 51

Kap 2- Kommunikasjon og teamarbeid

Læringsmål:

- Assimilere grunnleggende konsepter relatert til kommunikasjon i setting hvor man gir palliativ omsorg
- Forstå kompleksiteten ved å kommunisere med vanskelige pasienter
- Forstå og kunne elaborere på konseptet konflikthåndtering.

Tema:

- Grunnleggende kommunikasjonsferdigheter
- Tverrfaglige team i palliativ omsorg (lege, sykepleier, prest, psykolog, sosialarbeider, koordinator), profesjonelle aktører og deres roller
- Kommunikasjon med pasienter/familier og mellom medlemmer av omsorgsteam
- Kommunikasjon med vanskelige pasienter (delir, angst, forvirring etc)
- Konflikthåndtering

Læringsteknikker

- Presentasjon
- Oppgaver/øvelser
- Idemyldring
- Spørsmål

Referanser:

- Mary Burton – Counseling People with Cancer, Ed. John Wiley&Sons, 1998
- Martin Fegg, Jan Gramm, Martina Peslinger – Psychologie Palliative Care, Verlag W. Kohlhammer, Stuttgart 2012
- Christa Diegelmann, Margarete Isermann – Ressourcenorientierte Psychonkologie Verlag W. Kohlhammer, Stuttgart 2016
- David A. Clark PhD, Arons T. Beck MD – The anxiety & Worry Workbook, Press, 2012

- Eric Berne – Jocuri pentru adulti, Ed. Amatea, Bucuresti 2003
- Eric Berne – Ce spun dupa buna ziua?, Ed. Trei, Bucuresti 2003
- Anthony Back, Robert Arnold, Janns Tilski – Comunicarea cu pacientii grav bolnavi, Hospice Casa Sperantei 2009
- Stefan Prutianu – Manual de comunicare si negociere in afaceri, Vol. I Comunicarea, Polirom Iasi, 2000
- Tudorel Butoi – Psihologie judiciara – Editura trei, Bucuresti, 2011
- Tudorel Budoii si Ioana Teodora Butoi – Tratat universitar de psihologie judiciara – Editura Pinguin Grup, Bucuresti, 2001
- Dr. Daniela Mosoiu - Comunicarea in cancer - teza de doctorat- Hospice Casa Sperantei, 2009
- Douglas Stone, Bruce Patton, Sheila Hehn, Roger Fisher – Diffcult Conversations, Penguin Books
- Carol Price – Assertive communication skills for Professionals – Career Track Publications

Kap 3 – Pasientens behov

Læringsmål:

- Definere konseptet lidelse (sufferance)
- Beskrive omsorgs intervensjoner

Tema:

- Smerte: identifisering og håndtering
- Behov: fysiske symptomer, selvomsorg/mobilisering), psykososiale, spirituelle
- Verktøy for å identifisere symptomer (screening); rapportering
- Livskvalitet hos pasientene
- Monitorering av pasientene

Læringsteknikker:

- Presentasjon
- Oppgaver/øvelser
- Idemyldring
- Spørsmål
- Rollespill

Kap 4 – Førstehjelp i palliativ omsorg

Læringsmål:

- Gjenkjenne de akutte situasjonene i palliativ omsorg
- Definere de mest akutte situasjonene ved palliativ omsorg
- Reflektere om hvordan man skal håndtere akutte situasjoner i palliativ omsorg

Tema:

- Identifisering av akutte situasjoner
- Omsorgsintervensjoner: munnhygiene, hudpleie og intervensjons

algoritmer

- Rapporteringsalgoritmer

Læringsteknikker:

- Presentasjon
- Oppgaver/ øvelser
- Spørsmål
- Tidligere erfaringer fra virkeligheten

Referanser:

- Twycross R, Wilcock A. Symptom management in advanced cancer (third edition). Radcliffe Publishing, Abingdon, 2001.
- Maryjo Osowsk. Spinal Cord Compression: An Obstructive Oncologic Emergency. Topics in Advanced Practice Nursing eJournal. 2002;2(4).
- R. Sohior and G. Sheppard. Hypercalcemia of Malignancy: An Emergency Medicine Simulation. Cureus. 2017 Nov; 9(11): e1847. Published online 2017 Nov 15
- G. Tradounsky. Seizures in palliative care. Can Fam Physician. 2013 Sep; 59(9): 951-955.
- Grewal J, Grewal HK, Forman AD. Seizures and epilepsy in cancer: etiologies, evaluation and management. Curr Oncol Rep. 2008;10(1):63-71.
- Lawlor PG, Gagnon B, Mancini IL et al (2000) Occurrence, causes, and outcome of delirium in patients with advanced cancer: a prospective study. Arch Intern Med 160(6):786-794.
- Bush SH1, Bruera E. The assessment and management of delirium in cancer patients Oncologist. 2009 Oct;14(10):1039-49.
- Centeno C, Sanz A, Bruera E. Delirium in advanced cancer patients. Palliat Med 2004;18:184-194

Kap 5 – Terminalstadiet

Læringsmål:

- Kjenne igjen tegn på terminalstadiet
- Kjenne til de nødvendige intervensjonene på en pasients terminalstadie

Tema:



- Gjenkjennelse av terminalstadiet
- Identifisere behov
- Intervensjoner (DNR)

Læringsteknikker:

- Presentasjon
- Øvelser/oppgaver

Referanser:

- Hui, David, et al. "Concepts and definitions for "actively dying," "end of life," "terminally ill," "terminal care," and "transition of care": a systematic review." Journal of pain and symptom management 47.1 (2014): 77-89.
- The Hospice Foundation of America: The Dying Process: A Guide for Caregivers. https://hospicefoundation.org/hfa/media/Files/Hospice_TheDyingProcess_Docutech-READERSPREADS.pdf.

	<ul style="list-style-type: none"> - Twycross R. Symptom management in advanced cancer, second edition. Oxford: Radcliffe Medical Press, 1997:114 - Freeman FR: Delirium and organic psychosis. In: Organic Mental Disease. SP Medical and Scientific Books, Jamaica, NY. 1981, 81-94 - The Route to Success in End-of-Life Care - Achieving Quality in Prisons and for Prisoners National End of Life Care Programme, 2011 <p>Kap 6 – Å sikre kontinuitet i omsorg</p> <p>Læringsmål:</p> <ul style="list-style-type: none"> - Oppgi nivåer av monitorering - Avgjøre pasientens monitoreringsnivå <p>Tema:</p> <ul style="list-style-type: none"> - Kontinuitet mellom fengsler - Kontinuitet mellom fengselet og lokalsamfunnet <p>Læringsteknikker:</p> <ul style="list-style-type: none"> - Presentasjon <p>Referanser:</p> <p>D.Mosoiu et al. Continuous Monitoring. Clinical Protocols for Palliative Care, 2011; 12-14.</p>
<p>Modul V</p> <p>Ansattes helse og velvære i fengsler</p>	<p>Mål for modulen:</p> <ul style="list-style-type: none"> - Få en bedre forståelse av risikofaktorene for ansatte i fengsler; - Hvordan begrense skadene ved å balansere et stressende arbeidsmiljø i fengsel; - Metoder for å ivareta ansatte, slik som å gjenkjenne utbrenthet og mestringsstrategier, et trygt miljø og sikkerhetstiltak. <p>Kap 1 - Introduksjon</p> <p>Læringsmål:</p> <ul style="list-style-type: none"> - Bedre forståelse av samspillet mellom fengselsmiljøet og de ansatte. <p>Tema:</p> <ul style="list-style-type: none"> - Ansatte og fengselsmiljøet <p>Læringsteknikker:</p> <div style="display: flex; align-items: center; gap: 10px;">   </div> <p>Referanser:</p> <ul style="list-style-type: none"> - Aebi, M., Tiago, M., Berger-Kolopp, L., & Burkhardt, C. (2017). SPACE I – Council of Europe Annual Penal Statistics: Prison populations. Survey 2016. Strasbourg: Council of Europe. - United Nations Office on Drugs and Crime [UNODC] (2015). UNODC Statistics. Accessed 11 July 2018. Retrieved from https://data.unodc.org/.

- Smit, D., & Snacken, S. (2009). Principles on European prison law and policy: Penology and human rights. Oxford: Oxford University Press.
- Molleman, T., & Leeuw, F. (2012). The influence of prison staff on inmate conditions: A multilevel approach to staff and inmate surveys. *European Journal on Criminal Policy and Research*, 18(2), 217-233.
- Bennett, J., Crewe, B., & Wahidin, A. (2008). *Understanding Prison Staff*. Devon: Wilan Publishing.
- Penal Reform International (2018). *Global Prison Trends 2018*. London: Penal Reform International.
- Akbari, J., Akbari, R., Shakerian, M., & Mahaki, B. (2017). Job demand-control and job stress at work: A cross-sectional study among prison staff. *Journal of Education and Health Promotion*, 6, 15.
http://doi.org/10.4103/jehp.jehp_68_14
- Bennett, J., Crewe, B., & Wahidin, A. (2008). *Understanding Prison Staff*. Devon: Wilan Publishing.
- Penal Reform International (2016). *Global Prison Trends 2016*. London: Penal Reform International.
- Turner, M. & Peacock, M. (2017). Palliative Care in UK Prisons: Practical and Emotional Challenges for Staff and Fellow Prisoners. *Journal of Correctional Health Care*, 23(1), 56-65.
- Keinan, G., & Malach-Pines, A. (2007). Stress and burnout among prison personnel: Sources, outcomes, and intervention strategies. *Criminal Justice and Behavior*, 34(3), 380-398.

Kap 2 – Den stressende arbeidsplassen

Læringsmål:

- Videre forståelse av risikofaktorer og stressorer som er gjelende for ansatte i fengsel;
- Refleksjon rundt beste metoder for å håndtere et slikt miljø.

Tema:

- Risikofaktorer og stress hos fengselsansatte
- Helseisriko hos fengselsansatte

Læringsteknikker:



Referanser:

- World Health Organization (2006). *Constitution of the World Health Organization*. Retrieved from http://www.who.int/governance/eb/who_constitution_en.pdf
- Finney, C., Stergiopoulos, E., Hensel, J., Bonato, S., & Dewa, C. (2013). Organizational stressors associated with job stress and burnout in correctional officers: A systematic review. *BMC Public Health*, 13(82). doi: 10.1186/1471-2458-13-82.
- Holman, D., Johnson, S., & O'Connor, E. (2018). Stress management interventions:

Improving subjective psychological well-being in the workplace. *Handbook of well-being*. Salt Lake City, UT: DEF Publishers.

- Coyle, A., & Fair, H. (2018). *A Human Rights Approach to Prison Management: Handbook for Prison Staff*. London: Institute for Criminal Policy Research.
- Lambert, E., Minor, K., Wells, J., & Hogan, N. (2016). Social support's relationship to correctional staff job stress, job involvement, job satisfaction, and organizational commitment. *The Social Science Journal*, 53(1), 22-32.
- Enggist, S., Moller, L., Galea, G., & Udesen, C. (2014). *Prisons and health*. Copenhagen: WHO Regional Office for Europe.
- CBC News: The National (2015, July 28). *Prison guards and PTSD: High rates with little attention* [Video file]. Retrieved from <https://youtu.be/y3sggkw-X3Y>
- Armstrong, G., Atkin-Plunk, C., & Wells, J. (2015). The Relationship Between Work-Family Conflict, Correctional Officer Job Stress, and Job Satisfaction. *Criminal Justice and Behaviour*, 42(10), 1-17. DOI: 10.1177/0093854815582221
- Carleton, R., Afifi, T., Taillieu, T., Turner, S., El-Gabalawy, R., Sareen, J., & Asmundson, G. (2018). Anxiety-related psychopathology and chronic pain comorbidity among public safety personnel. *Journal of Anxiety Disorders*, 55(2018), 48-55. <https://doi.org/10.1016/j.janxdis.2018.03.006>
- Brough, P., & Biggs, A. (2010). Occupational stress in police and prison staff. In J. M. Brown & E. A. Campbell (Eds.), *The Cambridge handbook of forensic psychology* (pp. 707-717). New York, NY, US: Cambridge University Press.

Kap 3- Helsefremmende fokus og bevissthet

Læringsmål:

- Anerkjenne viktigheten av og innvirkningen av helsefremmende programmer;
- Forstå nødvendigheten av at fengselsansatte er trent på viktige helsespørsmål.

Tema:

- Helsefremmende programmer
- Fengselsansattes opplæring i helse

Læringsteknikker:



Referanser:

- World Health Organization. (1995, October). Health in prisons. Health promotion in the prison setting. In *Summary report on a WHO meeting, London*. Copenhagen: WHO.
- Enggist, S., Moller, L., Galea, G., & Udesen, C. (2014). *Prisons and health*. Copenhagen: WHO Regional Office for Europe.
- Greifinger, R. (2007). *Public Health Behind Bars: From Prisons to Communities*. New York, USA: Springer Science & Business Media.

- Woodall, J., & Dixey, R. (2017). Advancing the health-promoting prison: a call for global action. *Global health promotion*, 24(1), 58-61.
- Santora, L., Arild Espnes, G., & Lillefjell, M. (2014). Health promotion and prison settings. *International journal of prisoner health*, 10(1), 27-37.
- Fazel, S., Hayes, A. J., Bartellas, K., Clerici, M., & Trestman, R. (2016). The mental health of prisoners: a review of prevalence, adverse outcomes and interventions. *The Lancet. Psychiatry*, 3(9), 871-881. [http://doi.org/10.1016/S2215-0366\(16\)30142-0](http://doi.org/10.1016/S2215-0366(16)30142-0)
- Møller, L., Gatherer, A., Jürgens, R., Stöver, H., & Nikogosian, H. (2007). *Health in prisons: a WHO guide to the essentials in prison health*. Copenhagen: WHO Regional Office Europe.

Kap 4 – Ivaretakelse av ansatte

Læringsmål:

- Utvide din forståelse av fenomenet utbrenthet og mestrings og håndteringsstrategier;
- Forstå rollen en betjent har og ferdighetene som trengs for å skape et trygt miljø i fengselssystemet;
- Forstå ulike aspekter og perspektiver på beskyttelse, sikkerhet og omsorg i fengselmiljøet.

Tema:



- Gjenkjenning og håndtering av utbrenthet
- Betjentenes rolle
- Sikkerhetstiltak

Læringsteknikker:



Referanser:

- Ojedokun, O., & Idemudia, E. S. (2014). Psycho-socio-emotional well-being of workers in a high-stress occupation: are men and women really so different? *Gender and Behaviour*, 12(3), 5824-5838.
- Schaufeli, W., & Buunk, B. (2017). In W. Schaufeli, C. Maslach & T. Marek (Eds.), *Professional burnout: Recent developments in theory and research* (pp. 311-346). Philadelphia: Routledge.
- Maslach, C., & Jackson, S. E. (1981). The measurement of experienced burnout. *Journal of Occupational Behavior*, 2, 99 –113. doi:10.1002/job .4030020205
- Enggist, S., Moller, L., Galea, G., & Udesen, C. (2014). *Prisons and health*. Copenhagen: WHO Regional Office for Europe.
- Lazarus, R. (1993). Coping Theory and Research. *Psychosomatic Medicine*, 55(3), 234-247.

	<ul style="list-style-type: none"> - Tait, S. (2008). Care and the prison officer: beyond 'turnkeys' and 'care bears'. <i>Prison Service Journal</i>, 180, 3-11. - United Nations Office on Drugs and Crime (2015). <i>Handbook on Dynamic Security and Prison Intelligence</i> (Criminal Justice Handbook Series). New York: United Nations Publications. - Cloyes, K., Rosenkranz, S., Berry, P., Supiano, K., Routt, M., Shannon-Dorcy, K., & Llanque, S. (2016). Essential Elements of an Effective and Sustainable Prison Hospice Program. <i>American Journal of Hospice and Palliative Medicine</i>, 33(4), 390-402. - Penal Reform International (2013). <i>Balancing security and dignity in prisons: a framework for preventive monitoring</i>. London: Penal Reform International. - Lehtmetts, A., & Pont, J. (2014). <i>Prison health care and medical ethics: A manual for health-care workers and other prison staff with responsibility for prisoners' well-being</i>. Strasbourg: Council of Europe. - Hairston, C. (2001). Prisoners and Families: Parenting Issues During Incarceration. <i>Commissioned paper for the Department of Health and Human Services</i>. Retrieved July, 26, 2018. - United Nations Office on Drugs and Crime (2015). <i>Handbook on Dynamic Security and Prison Intelligence</i>. New York: United Nations Publications.
<p>Modul VI</p> <p>“Dynamisk sikkerhet”</p>	<p>Mål for modulen:</p> <p>Kap 1 – Introduksjon “Det essensielle ved dynamisk sikkerhet”</p> <p>Læringsmål:</p> <ul style="list-style-type: none"> - Forstå konseptet dynamisk sikkerhet; - Anerkjenne at informasjon er en kritisk komponent ved fengselsystemet. <p>Tema:</p> <ul style="list-style-type: none"> - Det essensielle ved dynamisk sikkerhet <p>Læringsteknikker:</p> <div style="display: flex; align-items: center; gap: 10px;">   </div> <p>Referanser:</p> <ul style="list-style-type: none"> - Liebling, A. (2004). Prisons and their moral performance: A study of values, quality and prison life. Oxford: Oxford University Press. - Drake, D. (2008). Staff and order in prisons. In J. Bennett, B. Crewe, & A. Wahidin (Eds.), <i>Understanding prison staff</i> (pp. 153-167). Devon: Willan Publishing. - United Nations Office on Drugs and Crime [UNODC] (2015). <i>Handbook on dynamic security and prison intelligence</i>. New York: United Nations. - Hill, G. (in preparation). <i>Staff training on radicalisation and violent extremist inmates</i>. <p>Kap 2- Elementer i dynamisk sikkerhet</p> <p>Læringsmål:</p>

- Kjenne til elementene som bidrar til en effektiv og dynamisk tilnærming til sikkerhet;
- Forstå hvert elements konseptualisering
- Forstå sammenhengen mellom disse elementene og hvordan de er assosiert med hverandre.

Tema:

- Profesjonelle og konstruktive relasjoner mellom innsatte
- Interpersonlige ferdigheter
- Seleksjon og opplæring av ansatte
- Å inkorporere dynamisk sikkerhet i et operativt system
- Ledelse av avdelingen og veiledning
- Samle informasjon
- Å forhindre at ansatte blir manipulert eller blir korrupte
- Konstruktive aktiviteter for innsatte

Læringsteknikker:



Referanser:

- United Nations Office on Drugs and Crime [UNODC] (2015). *Handbook on dynamic security and prison intelligence*. New York: United Nations.

Kap 3 – Informasjon og dynamisk sikkerhet

Læringsmål:

- Forstå hvordan informasjon/etterretning og dynamisk sikkerhet er to komplimenterende og sammenvevde konsepter i et fengselsystem.

Tema:

-

Læringsteknikker:



Referanser:

- United Nations Office on Drugs and Crime [UNODC] (2015). *Handbook on dynamic security and prison intelligence*. New York: United Nations.
- Palantir (2013, September 25). *Dynamic security: Intelligence in the correctional environment* [Video file]. Retrieved from https://youtu.be/MW_tddfVxp4.

Kap 4 – Å anvende dynamisk sikkerhets- tenkning til helsetjenester i fengsel

Læringsmål:

- Forstå hvordan helsetjenester i fengsel også kan anvende elementer av dynamisk sikkerhet;
- Anerkjenne fordelene ved en slik tilnærming til en helsefremmende strategi.

Læringsteknikker:



Referanser:

- Leggett, K., & Hiron, B. (2007). Security and dynamic security in a therapeutic community prison. In M. Parker (Ed.), *Dynamic security: The democratic therapeutic community in prison* (pp. 232-242). London: Jessica Kingsley Publishers.
- Baybutt, M., Acin, E., Hayton, P., & Dooris, M. (2014). Promoting health in prisons: A setting approach. In S. Enggist, L. Møller, G. Galea, & C. Udesen (Eds.), *Prisons and health* (pp. 180-184). Copenhagen: World Health Organization.