

6.7 Cardiff Prison

Background - 2001 Health Needs Assessment

As part of a joint initiative between the UK Health Departments and the Home Office, Health Authorities in Wales were required to undertake a Health Needs Assessment of prison populations in their local geographical area and to use this assessment to inform the development of Prison Health Improvement Programme. The Directorate of Public Health, & Policy arranged for a Health Needs Assessment to be undertaken in HMP Cardiff in preparation for the development of a Prison Health Improvement Programme. This was undertaken led by Lisa Thurston, Carolyn Lester and Dr Laurence Hamilton-Kirkwood. The purpose of this needs assessment was to provide quantitative and qualitative information that would be used to identify the health needs of prisoners at HMP Cardiff and then to prioritise the issues and solutions needed to improve their health.

Outcomes of the 2001 Health Needs Assessment

This needs assessment highlighted five key areas in HMP Cardiff:

- Mental health
- Substance misuse
- Chronic diseases
- Infectious disease
- Health promotion

Health Needs Assessment - 2003 Update

Due to the time between the production of the 2001 Health Needs Assessment and the commencement of work on the HIP, it was deemed necessary to update the Health Needs Assessment. This work was carried out under the authority of the HIP Steering Group.

The 2003 update to the Health Needs Assessment was carried out by Matthew Jones (Cardiff LHB) and Lyndsay Allen (Cardiff LHB) with the help of Rosolind Mullins (Healthcare Centre Manager) and other staff at HMP Cardiff. The update confirmed that the five key areas identified in 2001 still held true. However, additional factors were identified which impact on these areas and have been taken into consideration during the production of the HIP.

Additional Factors Since 2001:

Mental Health

- Increase in prescription of antipsychotic drugs
- Increase number of sectioned prisoners
- Suicide Prevention Manager

Substance Misuse

- Approximate 85 per cent of all new arrivals at Cardiff test positive for more than one type of drug. A significant increase. In June 2003 this figure was 38 per cent.

Chronic Diseases

- An increase from 0 to 53 lifer prisoners
- Increase in sentenced population
- Need to ensure chronic disease management clinics deliver coronary heart disease and diabetes NSFs

Infectious Disease

- Increase in Sexually Transmitted Infections among the general, with a predicted rise in the prison population.

Health Promotion

- Demographic change of the prison population

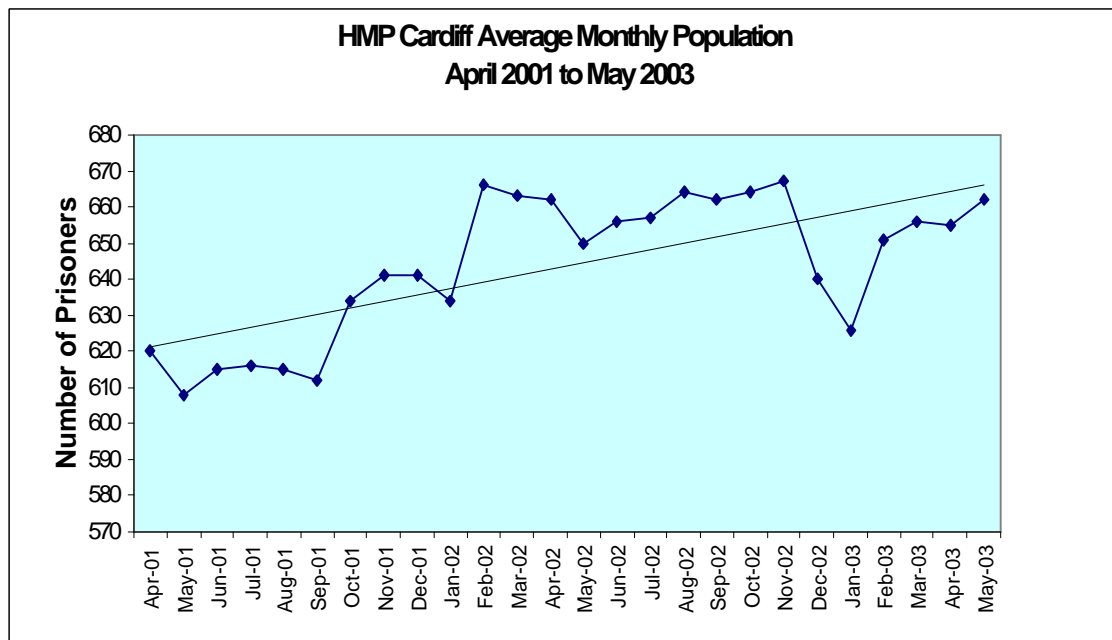
Demographic characteristics of Cardiff Prison

Cardiff Prison is a Victorian, Category B Local prison and remand centre situated in the city centre. It was built in 1870 and has three new training residential units (C, D and E wings) which opened in 1996.

It has certified normal accommodation for 524 prisoners with an operational capacity of 750. Due to the closure of one wing for refurbishment, the operational capacity is currently around 669. Calculated from monthly statistics, the average daily population (ADP) in 2003 was 660.

Average Monthly Population

Since the 2001 Health Needs Assessment the population of HMP Cardiff has increased as illustrated in the graph below.



Increase in long-timers (those serving sentences over 4 years)

At the time of the 2003 update to the health needs assessment HMP Cardiff was undergoing a role change linked to the refurbishment of the three Victorian wings over a three year programme. Young offenders ceased to be held at HMP Cardiff in November 1999 and, once refurbishment is completed in 2003, the prison will become a 'Category B Local/Trainer'. Since the 2001 Health Needs Assessment HMP Cardiff the prison population has changed to include a greater number of long-timers (serving over 4 years) and lifers. At present there are 76 inmates serving 4 years and over, of these 53 are lifers. These changes are shown in the graph below:

N.B. The figures quoted in the graph are snap shot figures not averages for the whole month.

HMP Cardiff - Population by Ethnicity and Status

n=584, June 2003

AGE Ethnic Group	REMAND			SENTENCED		
	White	Black (Afro- Caribbean)	Asian/ot her	White	Black (Afro- Caribbean)	Asian/ot her
21-24	57	3	3	102	2	1
25-29	53	4	0	78	0	1
30-34	26	2	1	65	1	2
35-39	46	1	0	51	1	2
40-44	5	2	0	30	1	0
45-49	5	0	0	18	0	1
51-54	2	0	0	5	0	1
>54	3	1	0	8	0	0
TOTAL	197	13	4	357	5	8

HMP Cardiff - Policies

At last count HMP Cardiff held 57 specific and 1 miscellaneous formal written policies (Appendix 3). A number of these policies are referred to and discussed in more detail throughout this document.