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Basic Care for Dependent Patients

Oral Care for the Dependent Patient
West Virginia University, 1990
VC 617.601 OR1 (21 min.)

**Summary:** This program provides caregivers with basic, useful information necessary to conduct an oral screening and develop a plan of daily mouth care and infection control.

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Blood Glucose: diabetes & hypoglycemia

Diabetes and its Complications
Springhouse Corp., 1994
VC 616.462 D54C (40 min.)

**Summary:** Demonstrates how to detect, manage, and treat common diabetic complications. Covers the acute complications of hypoglycemia and hyperglycemia. Also covers chronic complications including diabetic neuropathy, cardiovascular disease, foot problems, diabetic eye disease, and diabetic nephropathy. Includes a review of the causes, signs, and treatments of diabetes.

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Diabetes: insulin use and management
Medcom, 1988
VC 616.462 D54I (22 min.)

**Summary:** Graphically displays the different kinds of insulin and their characteristic actions in the body, as well as the best injection sites, and the routine of site rotation. Special attention is given to the correct way to give an injection and how to measure an accurate dose.

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Diabetes: listen to your body: hyperglycemia and hypoglycemia
Medcom, 1986
VC 616.462 D54L (26 min.)

**Summary:** Portrays the different causes and symptoms of hyper and hypoglycemia, and demonstrates how to recognize each condition. Emphasizes frequent self-monitoring to prevent possible episodes.
**Diabetes Mellitus**  
*Mosby, Inc., 1998*  
VC 616.462 D54M (31 min.)

**Summary:** Discusses how the body normally controls the blood glucose level; compares the pathophysiology of diabetes mellitus, Type 1 and Type 2. Identifies signs and symptoms of acute diabetic complications and hyperglycemia in diabetic patients. Interprets the results of diagnostic tests and the care needed for diabetic patients.

**Diabetes: self-monitoring: glucose and ketones**  
*Medcom, 1986*  
VC 616.462 D54s (22 min.)

**Summary:** Emphasizes the basic techniques and skills of accurate blood glucose monitoring -- timing, blotting, and recording the results. Includes what to do when blood glucose levels are too low or too high, or when ketones appear in the urine.

**People With Diabetes Can Enjoy Healthy Lives!**  
*Eli Lilly and Co., 1994*  
VC 616.462 P39 (14 min.)

**Abstract:** This program shows that if you keep your blood sugar as near normal as possible, you may reduce your risk for long-term eye, kidney, and nerve complications.

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**Burn Care**

**Burn Care: a team challenge**  
*Video Press, 1982*  
VC 617.11 B93 (45 min.)

**Abstract:** This program shows a burn center as seen from the perspectives of professional team members and patients.

**Reservoirs of Strength**  
*Pyramid Film & Video, 1990*  
VC 617.11 R311 (58 min.)
Cardiovascular Nursing

Affairs of the Heart
PBS Home Video, 2000
VC 616.1 AF26A (60 min.)

Summary: Alan Alda heads into the operating room to witness amazing advances in the repair and replacement of the hard-working heart.

Arrhythmias
Mosby, Inc., 1999
VC 616.128 AR69 (31 min.)

Contents: Titles on 3 patient information sheets are: Tests for Arrythmias -- Treatments for Arrythmias -- What is an Arrhythmia?
Summary: Discusses how to spot signs of a deadly or a benign arrhythmia, how to prevent them and to stop them.

Assessing Heart Sounds
Springhouse Corp., 1988
VC 616.12 As74 (30 min.)

Summary: This video reviews auscultatory sites S(1), through S(4), tricuspid regurgitation, mitral regurgitation, pulmonic stenosis, aortic stenosis, aortic regurgitation, pulmonic regurgitation, mitral stenosis, and tricuspid stenosis. Also included are ways to determine critical descriptive factors used for documentation, such as where the sound is best heard, its intensity or loudness, and its duration, pitch, quality, and timing in relation to S(1) and S(2).

Auscultation of Heart Sounds
Concept Media, 1991
VC 616.07 AU72 (29 min.)

Abstract: This program discusses techniques for listening to each of the heart sounds, and discusses significant abnormalities.

Coronary Artery Disease and Angina Pectoris
Mosby, 1998
VC 616.12 C816 (30 min.)

Summary: Presents practical information on every clinically relevant aspect of these two disorders. In addition, free continuing education (CE) contact hours can be earned. The
self-test with answers and rationales is meant to reinforce learning. Free patient information sheets that can be photocopied and shared with patients are available.

**Heart Failure and Pulmonary Edema**  
*Mosby-Year Book, 1997*  
VC 616.07 H351 (34 min.)

**Summary:** Intended to increase understanding of these complex diseases which in turn will enhance the nurse’s ability to care for patients. Gives practical information on every clinically relevant aspect of these two disorders.

**Heart to Heart: the truth about heart disease**  
*WGBH Educational Foundation, 1994*  
VC 616.12 H351 (62 min.)

**Abstract:** This program presents a lecture by Dr. William Castelli. Much of the information is based on the results of a study of the health of the population from one small Massachusetts town.

**Hypertension**  
*Mosby, 1998*  
VC 616.132 H999A (32 min.)

**Abstract:** Identifies signs of "the silent killer" and aids the nurse in helping patients with hypertension before life-threatening complications occur. Differentiates between primary and secondary hypertension. Identifies modifiable and un-modifiable risk factors. Spots hard to detect signs and symptoms that point to potential complications.

**I Am Joe’s Heart**  
*Medcom, 1987*  
VC 616.1 Ia1h (24 min.)

**Abstract:** This program uses animation and live action to show the effects of lack of exercise, heavy smoking and overindulgence in fatty foods and alcohol on the heart.

**Identifying Cardiac Dysrhythmias**  
*Springhouse Corp., 1990*  
VC 616.12 Id2 (30 min.)
Interventional Techniques in Cardiology
*Cardiology Concepts, 1992*
VC 617.41059 IN8 (11 min.)

**Abstract:** This program presents the concept of catheter based treatment for coronary artery disease.

Learning ECGS: anatomy and physiology of the heart
*Mosby-Year Book, 1994*
VC 616.12 L479A (24 min.)

**Abstract:** This program gives an overview of the circulatory systems, cardiac output, electronic conduction system and automatic nervous system influences.

Learning ECGS: ventricular dysrhythmias
*Mosby-Year Book, 1994*
VC 616.12 L479V (20 min.)

**Abstract:** This program discusses the fundamentals of ventricular dysrhythmias.

Myocardial Infarction
*Mosby, 1998*
VC 616.123 M996 (32 min.)

**Abstract:** This program presents practical information on clinically relevant aspects of myocardial infarction.

**Drugs & Alcohol: dependency & adverse reactions**

Alcohol Addiction
*Films for the Humanities, 1988*
VC 616.861 AL18 (23 min.)

**Summary:** This program investigates alcoholism as an example of substance abuse. It includes interviews with alcoholics, recovered alcoholics, physicians, researchers and psychiatrists.
Alcoholism and Chemical Dependency in Women  
*Hospital Satellite Network, 1985*  
VC 616.861 AL18W (29 min.)

**Abstract:** From the fifth annual Betty Ford Center conference, this program heightens awareness of the prevalence of drug and alcohol dependency in present day society.

Drugs, Alcohol and Pregnancy: what you should know  
*Human Relations Media, 1992*  
VC 618.3268 D842 (25 min.)

**Abstract:** This program discusses the effects on unborn children of illegal drugs such as crack and cocaine as well as legal substances like alcohol and cigarettes.

Preventing Adverse Drug Reactions  
*Concept Media, 1995*  
VC 615.70420 P928 (21 min.)

**Abstract:** This program addresses the tragic and costly phenomenon of adverse drug reactions in the field of mental health treatment.

Understanding Movement Disorders  
*Concept Media, 1995*  
VC 615.78 UN2 (26 min.)

**Abstract:** This program describes the various involuntary movement disorders that can occur with patients who take psychotropic medications.

Dysuria & Ostemy Care, Cystological Examination, & Transurethral Resection

Alterations In Patterns Of Urinary Elimination: dysuria  
*Concept Media, 1990*  
VC 616.63 AL79 (18 min.)

**Summary:** This program discusses nursing diagnosis and how defining characteristics for diagnosis are reflected in assessments and observations.
Cysto/Tur  
*Abbott Laboratories, 1989*  
VC 616.07582 C993 (12 min.)

**Subject:** Cystological examination and transurethral resection.

Ostomy Care  
*Medcom, 1993*  
VC 617.554 OS7 (24 min.)

**Summary:** This program explains the anatomy and physiology relevant to ileostomy and colostomy. It demonstrates pre and postoperative nursing care of the ostomy patient.

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**Ethics, Malpractice, Law & Legislation**

Defending the Nursing Malpractice Lawsuit  
*Williams and Wilkins, 1993*  
VC 344.73 D361 (25 min.)

**Abstract:** This program discusses what to do if you get sued or are a witness in a nursing malpractice suit.

How to Reduce Your Risk of Being Sued  
*Williams and Wilkins, 1993*  
VC 344.73 H83 (25 min.)

**Abstract:** This program discusses possible ways to avoid nursing malpractice lawsuits.

Legal and Ethical Responsibilities  
*Wisconsin Technical College System Foundation, Inc., 2003*  
VC 610.73 L522LE (30 min.)  
Series: Nursing Assistant - Lesson 14

Managing our miracles: health care in America  
*New York: Columbia University, 1985*  
VC 368.5 M311 (60 min.)

**Summary:** Explores the meaning of medical malpractice to doctors, patients and their attorneys.
Resident Rights: The Art Of Caring
Medcom, 1990
VC 362.16 R311 (20 min.)

Summary: Illustrates the importance of protecting resident rights, including the right to information, self-determination, association, and communication, freedom from abuse, quality care, and dignity.

First Aid & CPR

Community CPR
Mosby Lifeline, 1993
VC 616.0252 C737C (110 min.)

Abstract: This program gives instructions on what actions to take in various emergency situations.

Community First Aid
Mosby Lifeline, 1993
VC 616.0252 C737F (37 min.)

Abstract: This program gives instructions on what steps to take in various emergency situations.

CPR for the Professional Rescuer
Mosby Lifeline, 1993
VC 616.1025 C839 (91 min.)

Contents: Human body systems -- Primary survey -- Rescue breathing -- Clearing an obstructed airway (adult and child) -- Clearing an obstructed airway (infant) -- Using a resuscitation mask -- Using a bag-valve mask -- Recognizing a heart attack -- Adult CPR -- Child CPR -- Infant CPR -- Two-rescuer CPR.

Fundamentals: basic knowledge & skills

Basic Clinical Skills: closed suction wound drainage wound irrigation, and specimen collection
Medcom, 1988
VC 610.73 B292CL 1988 (23 min.)
Basic Clinical Skills: feeding the patient
*Medcom, 1985*
VC 610.73 B292F (14 min.)

**Summary:** Discusses standard hospital diets and the times they are used. Demonstrates preparing a patient for a meal, serving meal trays, checking the tray, and assisting the physically or visually impaired person.

Basic Clinical Skills: preoperative and postoperative care
*Medcom, 1986*
VC 610.73 B292pr (36 min.)

**Summary:** Deals with the nurse's role in the patient's preparation for and recovery from surgery. Covers baseline data, promoting the patient's understanding of the surgical experience, surgical preparations, monitoring the patient's condition, and discharge planning.

Basic Clinical Skills: surgical wound care
*Medcom, Inc., 1985*
VC 610.73 B292S (24 min.)

Basic Clinical Skills: urethral catheterization
*Medcom, 1986*
VC 610.73 B292U (23 min.)

Basic Human Anatomy
*Damon Corp., 1983*
VC 611 B292 (Pts 1 – 16; 20 min. ea)

**Contents:** 1. Introduction; 2. Skeletal system (cranium and face); 3. Skeletal system (ear, neck, and trunk); 4. Skeletal system (extremities); 5. Muscular system; 6. Integumentary system; 7. Respiratory system; 8. Nervous system; 9. Sensory organ (the eye); 10. Sensory organ (the ear); 11. Cardiovascular system; 12. Lymphatic system; 13. Endocrine system; 14. Urinary system; 15. Digestive system; 16. Reproductive system.

Basic Nursing Skills
*Miami-Dade Community College, 1981*
VC 610.73 B292NS (27 min.)

Basic Physical Assessment According to the Six Basic Needs
*PRCC, 1994*
VC 616.07 B292 (34 min.)

**Abstract:** Becky Dale, a nursing instructor at the PRCC School of Nursing, demonstrates the six basic needs of physical assessment.

Bedmaking
*Pearl River Community College, 1995*
VC 610.73 B391m (20 min.)

**Abstract:** In this program, Elaine Kersh demonstrates 3 types of bedmaking of unoccupied beds.

Cast Care
*PRCC, 1989*
VC 610.73 C274 (15 min.)

The Digestive System
*Encyclopaedia Britannica Educational Corporation, 1981*
VC 612.3 D569 (18 min.)

**Summary:** Explains the major chemical and mechanical processes by which the digestive system converts food to energy.

The Incredible Human Machine
*National Geographic Society, 1975*
VC 612 IN2 1975 (60 min.)

**Summary:** Describes the structure and functions of the human body.

The Lungs and Respiratory System
*Encyclopedia Britannical Educational Corporation, 1975*
VC 612.2 L972 (16 min.)

**Summary:** This program describes the structure and functions of the human respiratory system and explains how the exchange of oxygen’s and carbon dioxide gases takes place in the lungs.
Visual Histology
*Micron BioSystems, 1989*
VC 611.018 V829 (Pts. 1 – 26; 30 min. ea)

**Contents:**

**Pt.1.** Use of the light microscope; **Pt.2.** The cell; **Pt.3.** Epithelial tissue; **Pt.4.** Connective tissue; **Pt.5.** Blood; **Pt.6.** Cartilage; **Pt.7.** Bone; **Pt.8.** Muscle; **Pt.9.** Nervous tissue; **Pt.10.** Skin; **Pt.11.** The circulatory system; **Pt.12.** The respiratory system; **Pt.13.** The oral cavity; **Pt.14.** The esophagus and stomach; **Pt.15.** The small and large intestine; **Pt.16.** The liver and gall bladder; **Pt.17.** The pancreas; **Pt.18.** The urinary system; **Pt.19.** Organs of the immune system; **Pt.20.** The male reproductive system; **Pt.21.** Female reproductive system, pt.1: Ovary and fallopian tube; **Pt.22.** Female reproductive system, pt.2: Uterus, cervix, vagina and mammary gland; **Pt.23.** The endocrine system; **Pt.24.** The ear, nose and tongue; **Pt.25.** The eye; **Pt.26.** The final examination.

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**History of Medicine**

*A Matter of Life and Death: magic moments and dark hours in the history of medicine*
*Shanachie Entertainment, 2006*
DVD 610.9 M429MA (2 discs; 240 min.)

**Contents:**

**Pt.1.** The first breath: Pregnancies with complications ; Saving the premature infant ; The scourge of smallpox ; The breakthroughs of Louis Pasteur ; The fight against tuberculosis ; X-rays and seeing into the human body -- The wild years: The birth control pill revolution ; Syphilis: cupid's poison arrow ; The rise of AIDS ; Searching for the human seed ; Battlefield medicine: from bone saws and wound clamps ; Ether, chloroform and laughing gas –

**Pt.2.** Mid-life: The inner workings of the heart ; The deadly clotting of blood ; Artificial kidneys and dialysis ; The battle against diabetes ; Unraveling the stomach ulcer mystery ; Drugs from alchemy to pharmacy ; The miracle of penicillin -- Age and death: Lifesaving heart transplants ; 200 years of cancer research ; Radiation and chemotherapy ; The fight against blindness ; Mapping the brain ; Alzheimer's: the disease of the 21st century ; DNA and gene.

**Summary:** Chronicles 5,000 years in the history of medicine, telling the story of those 'magic moments' of groundbreaking medical discoveries, as well as when it went horribly wrong.

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**Typhoid Mary: the most dangerous woman in America**
*WGBH Educational Foundation, 2005*
VC 616.9272 T98TM (60 min.)
DVD 616.9272 T98T (60 min.)
Infection Control & Sanitation

Humans and Bacteria
Films for the Humanities & Sciences, 1997
VC 616.014 H88 1997 (39 min.)

Summary: "Presents the human body as a complex ecosystem of bacteria, then examines each portion of the body, which bacteria live there, and why. The three major bacterial groups--sphere-shaped cocci, rods, and helical spirochetes and spirilla--are examined. Their behavior when interacting with the body is explored. A discussion of factors that encourage bacterial growth leads to specific information on which bacteria cause certain conditions, and how infection can be avoided."

Infection Control: an update for the health professional
Medcom, 1987
VC 616.9 IN3 (27 min.)

Sink a Germ: a great soap opera
Brevis, 1986
VC 614.44 SI65 (17 min.)

Abstract: This program presents the rationale and techniques for effective hand washing as a means of preventing the spread of infection.

Liver, Stomach, & Digestion

I Am Joe's Liver
Medcom, 1984
VC 616.3 IA1LI (26 min.)

Abstract: This program uses live-action sequences, animation, and a talking liver to describe how the liver functions, medical problems associated with the liver, and the liver's importance in the human body.

I Am Joe's Stomach
Medcom, 1975
VC 616.3 IA1Lst (25 min.)
Abstract: This program uses three-dimensional animation and live sequences to show the intricate functions of the human stomach and its care through experiences of a figurative person who has problems because of poor eating habits.

**Lungs & Respiratory System: airway management, respiratory disease, & pathophysiology**

**Acid/Base Balance: respiratory alkalosis and acidosis**
*Concept Media, 1989*
VC 612 AC47R 1989 (27 min.)

**Summary:** This program focuses on the acid/base imbalances that occur as a result of respiratory dysfunction.

**Assessing Breath Sounds**
*Springhouse Corp., 1988*
VC 616.73692 As74 (30 min.)

**Asthma, Emphysema, and Chronic Bronchitis**
*Mosby, 1999*
VC 616.23 As83 (32 min.)

**Summary:** Recognize the signs of asthma, emphysema, and chronic bronchitis, and learn to manage these disorders effectively to prevent life-threatening complications. Viewers will get information to help understand and treat these common disorders. See exactly what's happening inside the patient's body and know precisely what it means to nursing care.

**Percussion and Auscultation of the Lungs and Thorax**
*Concept Media, 1991*
VC 616.07 P412 (Pts 1 – 2; 28 min. ea)

**Abstract:**
- **Pt.1** discusses techniques for listening to each of the heart sounds, and discusses abnormalities.
- **Pt.2** discusses breath and voice sounds.

**The Lungs and Respiratory System**
*Encyclopedia Britannical Educational Corporation, 1975*
Summary: This program describes the structure and functions of the human respiratory system and explains how the exchange of oxygen’s and carbon dioxide gases takes place in the lungs.

Tracheostomy Care
*Title on container: Tracheostomy Care
Springhouse Corporation, 1992
VC 610.73 T673 (30 min.)

Summary: This program illustrates the important aspects of caring for a patient with a tracheostomy.

Mental, Psychological, & Behavioral Disorders

Attention Deficit Disorder: children
*Title on container: The diagnosis and treatment of attention deficit disorder in children
Films for the Humanities, 1995
VC 616.8589 AT81 (29 min.)

Abstract: This program shows how a diagnosis of attention deficit disorder (ADD) is made and what treatments are working.

Losing the Thread: the experience of psychosis
*Title on container: Losing the Thread: the experience of psychosis
Common Loon Productions, 1992
VC 616.89 L897 (56 min.)

Abstract: This program is meant to provide a frame of reference for attaining a deeper awareness of the problem of psychosis.

The World of Abnormal Psychology
*Title on container: The World of Abnormal Psychology
The Annenberg/CPB Collection, 1992
VC 616.89 W893 (Pts.1 – 13; 58min ea)


Abstract: These programs cover the spectrum of psychological disorders from simple stress to paranoid schizophrenia.
Mobility/Immobility

**Impaired Mobility: the nurses' role**  
*Concept Media, 1993*  
VC 616.02 IM6 (29 min.)

**Abstract:** This program discusses nursing interventions such as deep breathing and coughing. It promotes exercise as preventive measures to avoid or minimize complications of impaired immobility and bed rest.

**Mobility: assisting with casts and traction**  
*Insight Media, 1993*  
VC 610.73677 M713C (71 min.)

**Abstract:** This program demonstrates nursing care required by patients with splints, casts, or traction, as well as the application and removal of a cast.

**Mobility: assisting with crutches and walkers**  
*Insight Media, 1993*  
VC 610.73677 M713A (38 min.)

**Abstract:** This program demonstrates nursing care required by patients using crutches, walkers, and canes.

**Positioning Patients**  
*J.B. Lippincott, 1992*  
VC 610.73 P842 (12 min.)

**Abstract:** This program demonstrates moving and positioning patients who cannot move independently.

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**Neurological Care & Nursing**

**Acute Neurological Care: head injury**  
*Medcom, 1985*  
VC 616.8 AC95H (33 min.)

**Summary:** Defines the four most common types of head injury in relation to pathophysiology, signs, symptoms, and clinical significance. Illustrates the broad scope of nursing responsibilities in caring for a patient immediately following head injury.
Acute Neurological Care: spinal cord injury
Medcom, 1985
VC 616.8 AC95S (30 min.)

Summary: Stresses the importance of both the physiologic and psychosocial aspects of caring for the patient with a spinal cord injury. Describes nursing intervention and therapeutic modalities.

Epilepsy: taming the brain storm
Films for the Humanities, 1986
VC 616.853 EP44 (26 min.)

Summary: Explores the misconceptions about epilepsy, describes epileptic seizures, and looks at recent research into its causes and treatment.

Maintaining Communication with Persons with Dementia: an educational program for nursing home staff and family members
Springer Publishing Co., 1998
VC 616.83 M285 (38 min.)

Nursing Strategies for Treating Dementing Disorders
Promedica Research Center, 1997
C 616.831 N938 (ca. 25 min. ea. side)
  *Audio Cassette*

Nurse Abbreviations & Medical Terminology Quizzes

The Nursing Abbreviations and Medical Terminology quizzes have been created in Quiz Player. These quizzes include power point presentations containing content on nursing abbreviations and medical terminology followed by questions to be answered. The instruction sheets for these quizzes are located at the media desk. Sign in at the media desk and ask for the instruction sheet for either the “Nursing Abbreviations” assignment or the “Medical Terminology” assignment.
Nursing Homes: care & patients

The Confused Resident: Strategies For Quality Care
Medcom, 1990
VC 362.16 C76 (29 min., 15 sec.)

Summary: (Producer) Dramatic scenes are used to illustrate the characteristic problems of dementia, including memory loss, catastrophic reaction, communication problems, loss of coordination, depression, an interventions, such as distracting the resident from the negative behavior and simplifying tasks, are demonstrated.

Resident Rights: The Art Of Caring
Medcom, 1990
VC 362.16 R311 (20 min.)

Summary: Illustrates the importance of protecting resident rights, including the right to information, self-determination, association, and communication, freedom from abuse, quality care, and dignity.

Nurse & Patient

Interactions for Study
Concept Media, 1989
VC 610.73069 IN8 (12 min.)

Summary: Dramatizes nurse/patient interactions which illustrate the technique of and blocks to therapeutic communication.

Techniques of Therapeutic Communication
Concept Media, 1990
VC 610.73069 T226 (20 min.)

Summary: Dramatizes interactions which define and illustrate techniques for talking with patients: ways of encouraging conversation, helping patients explore their thoughts and feelings, and insuring mutual understanding between nurse and patients.
Nutrition & Exercise

9 Essential Steps to Weight Loss  
*Braun Media, 2006*  
DVD 613.25 N622N (90 min.)

Summary: "Dr. Jonny Bowden analyzed over 16 popular diet programs and compiled the best points of each one into an easy-to-follow nine step program that tells you exactly what you need to do to achieve lasting weight loss and vibrant good health."

30 day shred  
*Lionsgate, 2008*  
DVD 613.71 T349D (60 min.)

Summary: Jillian Michaels presents three workouts using her "3-2-1 Interval System" designed for maximum weight loss and overall fitness.

Acid/Base Balance: metabolic alkalosis and acidosis  
*Concept Media, 1989*  
VC 612 AC47M (29 min.)

Summary: This program focuses on the acid/base imbalances that occur as a result of metabolic dysfunction.

Activity and Exercise  
*Pearl River Community College, 1995*  
VC 610.73 Ac85 (44 min.)

Abstract: In this program, Donna Rushton demonstrates moving a patient in bed and range-of-motion exercises.

Assessing Fluids and Electrolytes  
*Springhouse Corp., 1989*  
VC 612.01522 AS74 (30 min.)

Banish fat boost metabolism  
*Lionsgate, 2009*  
DVD 613.712 B225F (57 min.)
Summary: This 40-minute circuit workout blasts your heart rate with challenging intervals to turn up the burn and peel off the pounds. Whether you're just getting started, or ready for a hardcore workout, this program will ignite your metabolism and more.

Basic Clinical Skills: feeding the patient
Medcom, 1985
VC 610.73 B292F (14 min.)

Summary: Discusses standard hospital diets and the times they are used. Demonstrates preparing a patient for a meal, serving meal trays, checking the tray, and assisting the physically or visually impaired person.

Characteristics and Properties of Food. Part 2
Video Education America, 1999
DVD 664 C37P (24 min.)

Summary: This video provides viewers with a comprehensive understanding of three important characteristics and properties that may influence the flavor, texture and appearance in our everyday food preparation and their role in the manufacture of food products: enzymes, pectin and pigments.

CNN: Nutrition news
Guidance Associates, 1988
VC 613.2 C112N (19 min.)

Summary: A collection of eleven Cable News Network reports on topics in nutrition including discussions of cavity research; teen weight management; clean and lean meat standards; fashion and body perception; tropical oils; light desserts; and foods of the future.

CNN: On the menu
Guidance Associates, 1988
VC 613.2 C112O (16 min.)

Summary: A collection of eleven Cable News Network reports on topics in nutrition including discussions of low fat desserts; menu ideas for citrus fruits; benefits of olive oil; and producing leaner chicken.

Enzymes: regulators of body chemistry
Human Relations Media, 1985
VC 612 EN99 (37 min.)
Contents: Pt.1. How enzymes work; Pt.2. Enzymes and health.

Fat, sick, & nearly dead
Reboot Media, 2011
DVD 616.398 F268S (97 min.)

Summary: Filmmaker Joe Cross, recently obese and unhealthy, travels the United States promoting to all he encounters a lifestyle "reboot" centered around consuming only fruit and vegetable juices. Along the way he meets Phil Staples, a morbidly obese man to whom Cross offers his reboot cure.

Forks over knives
 Monica Beach Media, 2011
DVD 613.28 F764O 2011 (96 min.)

Summary: This film examines the claim that most if not all degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. It traces the personal journeys of a pair of pioneering researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn. Although they didn't know each other, their individual research led to startlingly similar conclusions: degenerative diseases could usually be prevented--and in many cases reversed--by adopting a whole food, plant-based diet. Despite the profound implications of their findings, their work has remained relatively unknown to the public. The filmmakers explore the ancient idea of food as medicine, following "reality patients" who have adopted a whole foods plant-based diet as the primary approach to treat their ailments.

I Am Joe's Spine
Medcom, 1974
VC 612 IA1SP (26 min.)

Abstract: This program uses these dimensional animation and live sequences to provide an understanding of the complexity of the spine's construction and an awareness of what can happen when the spine and its surrounding muscles are not given proper care.

Jillian Michaels for beginners
Gaiam, 2011
DVD 613.71 J563B (97 min.)

Summary: The first step in fitness just got easier. Join Jillian Michaels, as she takes you through beginner circuits of cardio and strength exercises that will help melt away the pounds and build muscle. The frontside workout focuses on the muscles in your chest, shoulders, triceps, abdomen, and quadriceps. The backside workout targets your back,
buns, hamstrings, and biceps. Join former contestants from The biggest loser, Kimmi Dove, Shane Giles and Pete Thomas, as they workout along with you and provide limitless motivation with their inspirational interviews.

**No more trouble zones**  
* Lionsgate, 2009  
DVD 613.712 N66M (58 min.)

**Summary:** Get into the zone with TV's kick-butt trainer, Jillian Michaels, and tackle stubborn problem areas with her sure-fire circuit training formula that combines upper and lower-body sculpting moves to obliterate fat even faster.

**Nutrients: their interactions**  
* Video Education America, 2002  
DVD 613.2 N9591 (22 min.)

**Summary:** Looks at nutrients in food. Examines what they are and why we need them. Focuses on vitamins A, B1, B3, B6, B12 folate, vitamins C & D, iron, calcium, phosphorus, iodine and sodium.

**Nutrition & Exercise: facts to live by**  
* Informed, Inc., 1995  
VC 616.1205 N959 1995 (26 min.)

**Summary:** Basic information on nutrition and exercise to help prevent heart disease.

**Nutrition: eating to live or living to eat & Obesity: the slimming of America**  
* KERA-TV. Distributed by PBS Video, 1988  
VC 612.3 N959 1988 (58 min.)

**Nutrition: foods, fads, frauds, facts**  
* Guidance Associates, 1986  
VC 613.2 N959 (22 min.)

**Summary:** Examines the sociology of American eating habits, probes psychological factors governing the development of personal tastes, and outlines basics of daily nutrition.

**Shred-it with weights. Levels 1 & 2 workouts**  
* Lionsgate, 2010  
DVD 613.712 SH84W
Summary: Get ready for a fresh, dynamic way to work out! Jillian Michaels adds extra weight to her hardcore circuit training techniques for a total-body workout designed to burn maximum fat. Using a kettlebell or a single hand weight helps you build lean muscle and burn mega calories with two 30-minute boot camp workouts. Begin with Level 1 and progress to Level 2 for maximum body-shredding results. Stick with Jillian's program and you'll see extreme weight-loss results in just 30 days!

Staying Fit
Films for the Humanities & Sciences, 1987
VC 613.7 ST29 (19 min.)

Summary: A patient recovering from heart bypass surgery explains how he turned his life around through daily exercise and a change in lifestyle.

Yoga meltdown. Levels 1 & 2 workouts
Lionsgate, 2012
DVD 613.7046 Y75M (66 min.)

Summary: Jillian Michaels introduces a new yoga workout unlike any other. Combining hard-core yoga power poses with her dynamic training techniques, Michaels gets real weight-loss results fast. Contains two complete 30-minute workouts that include a warm-up and cool down. Begin with the Level 1 workout which focuses on quickly flowing yoga sequences to burn mega calories. Then progress to Level 2 which adds twists and balance poses for an even greater burn.

Obstetrical & Pediatric Nursing

Nursing Care of the New Family
Concept Media, 1991
VC 649.33 N938

Contents:
Pt. 1. Postpartum assessment (22 min.); Pt. 2. Ineffective breastfeeding (23 min.);
Pt. 3. Knowledge deficit: infant care (23 min.)

Abstract: This program provides step-by-step demonstrations on how to assess the postpartum patient and family.

Pediatric Assessment
TS Media, 1994
VC 618.92 P341A (35 min. ea)

Contents:
1. Assessment skills and preparation; 2. Integumentary and lymph systems, head and neck; 3. Eyes and ears, nose and throat; 4. Chest and abdomen, heart and lungs; 5. Genitalia and spine, extremities and muscles.

**Pediatric Conscious Sedation**  
*Mosby Year-Book, 1995*  
VC 617.9604 P341

**Contents:** 1. Agents and procedures (31 min.); 2. Specific procedures, case studies (25 min.)

**Summary:** (Producer) Describes the newest sedation technology used in emergency departments, surgical and non-surgical ambulatory care centers, and physician offices. This program allows the user to view procedures as they are applied in real-life situations.

**Pediatrics: physical care**  
*Concept Media, 1987*  
VC 618.92 P341 (4 VC’s; 20 min. ea)


**Physical Assessment of a Child**  
*Medcom, 1992*  
VC 616.0754 P569 (33 min.)

**Abstract:** This program presents a plan for a systematic examination of a child, from head to toe.

**Physical Assessment of the Neonate**  
*Concept Media, 1995*  
VC 618.92 P569 (2 VC’s; 54 min.)

**Contents:** 1. Physical examination of the neonate; 2. Gestational age assessment.

**Abstract:** This program helps to establish an orderly routine for physically assessing a newborn child to determine whether or not the newborn is clinically stable and free of common pathological conditions.

**Special Care**  
*Centre Productions, 1984*  
VC 618.9201 SP31 (29 min.)
Abstract: This program presents the Special Care Nursery at Madison General Hospital, Madison, Wisc., for newborns in distress.

**Pain: assessment, management, & medications**

*Administration of Intravenous Medications*
*Concept Media, 1991*
VC 610.73 Ad65 (19 min.)

Abstract: This program discusses physiological principles upon which techniques for venous penetration are based.

*Patient-Controlled Analgesia: a nursing perspective*
*New England Baptist Hospital, 1990*
VC 615.783 P273n (15 min.)

Summary: This program illustrates the differences between PCA and traditional IM medication for pain management. It describes the advantages of PCA for the patient and the nurse.

**Patient Safety & Restraint**

*Restraints: the last resort*
*Medcom, 1990*
VC 362.16 R313 (14 min.)

Summary: Demonstrates proper application of the safety vest, cross over vest limb or wrist restraint, and pelvic support. Explores alternatives to restraints and helps viewer to understand why restraints should be the last resort.

*Transferring Patients Safely*
*J.B. Lippincott, 1990*
VC 612.76 T687
Physical Assessment

Pediatric Assessment
TS Media, 1994
VC 618.92 P341A (35 min. ea)

Contents: 1. Assessment skills and preparation; 2. Integumentary and lymph systems, head and neck; 3. Eyes and ears, nose and throat; 4. Chest and abdomen, heart and lungs; 5. Genitalia and spine, extremities and muscles.

Physical Assessment of a Child
Medcom, 1992
VC 616.0754 P569 (33 min.)

Abstract: This program presents a plan for a systematic examination of a child, from head to toe.

Physical Assessment of the Neonate
Concept Media, 1995
VC 618.92 P569 (2 VC’s; 54 min.)


Abstract: This program helps to establish an orderly routine for physically assessing a newborn child to determine whether or not the newborn is clinically stable and free of common pathological conditions.

Physical Assessment: the abdomen
Medcom, 1985
VC 616.07 P567A (22 min.)

Summary: Describes normal and common abnormal physical findings obtained from inspection, auscultation, percussion and palpitation of the abdomen. Visuals highlight specific techniques for examining the liver, spleen and kidneys.

Physical Assessment: the female reproductive system
Medcom, 1985
VC 616.07 P567F (26 min.)

Summary: Provides criteria for evaluating specific findings identified during systematic inspection and palpitation of the female breast and axilla. Following assessment of the external genitalia, the procedure for examination of internal structures is presented.
Physical Assessment: the head and neck
Medcom, 1985
VC 616.07 P567H (20 min.)

Summary: Use of the ophthalmoscope and otoscope are demonstrated and specific techniques for examining structures of the head and neck are highlighted.

Physical Assessment: the heart
Medcom, 1985
VC 616.07 P567HE (25 min.)

Summary: Presents specific techniques for examining the apical impulse, cardiac size and location, carotid and jugular pulsations, and for evaluating heart sounds, rate, and rhythm.

Physical Assessment: the integumentary system
Medcom, 1985
VC 616.07 P567I (22 min.)

Summary: Basic guidelines for the assessment of the skin, hair, and nails are presented. Provides a review of skin functions and composition.

Physical Assessment: the lungs
Medcom, 1985
VC 616.07 P567L (23 min.)

Summary: Assesses the patient's chest and respiratory status through systematic inspection, palpation, percussion and auscultation.

Physical Assessment: the male reproductive system
Medcom, 1985
VC 616.07 P567M (15 min.)

Summary: Demonstrates techniques for specific structures including the breasts and axilla, bladder, external genitalia, inguinal canal, prostate and rectum.

Physical Assessment: the musculoskeletal system
Medcom, 1985
VC 616.07 P567MU (21 min.)
Summary: Emphasizes the normal shape and symmetry of muscle, bones, and joints.

Physical Assessment: the neurologic system
Medcom, 1985
VC 616.07 P567N (25 min.)

Summary: Includes criteria used in determining the level of consciousness, speech and language usage. Gives specific techniques for examining each of the 12 cranial nerves.

Psychological Aspects of Nursing

Cultural Diversity and Nursing Practice
Concept Media, 1979
VC 610.73069 C899 (Pts: 1 & 6; 25 min. ea)


Study & Vocational Guidance

How to Study for Nursing Tests
Pearl River Community College, 1997
VC 610.73076 H83 (64 min.)

Interactions for Study
Concept Media, 1989
VC 610.73069 IN8 (12 min.)

Summary: Dramatizes nurse/patient interactions which illustrate the technique of and blocks to therapeutic communication.

Nursing ... Check it out
Texas Film Video, n.d.
VC 610.73 N938N (16 min.)
Surgical Nursing

Basic Clinical Skills: preoperative and postoperative care  
*Medcom, 1986*  
VC 610.73 B292pr (36 min.)

**Summary:** Deals with the nurse's role in the patient's preparation for and recovery from surgery. Covers baseline data, promoting the patient's understanding of the surgical experience, surgical preparations, monitoring the patient's condition, and discharge planning.

Basic Clinical Skills: surgical wound care  
*Medcom, Inc., 1985*  
VC 610.73 B292S (24 min.)

Tubes & Suction

Basic Clinical Skills: urethral catheterization  
*Medcom, 1986*  
VC 610.73 B292U (23 min.)

**Chest Tube Drainage**  
*Concept Media, 1994*  
VC 617.54 C426 (30 min.)

**Abstract:** This program discusses the function of the drainage system apparatus and principles related to the use of suction.

**Enteral Feeding Tubes**  
*Concept Media, 1990*  
VC 615.855 EN82 (Pt.: 1 - 2; 20 min. ea.)  
VC 615.855 EN82 PT.2 (20 min.)

**Abstract:** Pt. 1. describes procedure for inserting a small bore nasogastric feeding tube using a stylet. Pt. 2. contrasts intermittent and continuous feedings and gives indications and guidelines for each.

**Implantable Ports**  
*Concept Media, 1990*  
VC 615.855 IM7 (25 min.)
Abstract: This program describes the subcutaneous implantable port system and compares it to long-term tunneled catheters.

The Nurses' Guide to Enteral Feeding Tubes
Medcom, 1993
VC 615.855 N937 (32 min.)

Abstract: This program describes the usage and care of the feeding tubes found in the major enteral feeding tube groups.

Tracheostomy Care
Springhouse Corporation, 1992
VC 610.73 T673 (30 min.)

Summary: This program illustrates the important aspects of caring for a patient with a tracheostomy.

Viruses, Plagues, Diseases, & Infections

Ebola: the plague fighters
WGBH Boston Video, 2007
DVD 614.57 EB72 2007 (54 min.)

Summary: When a dreaded outbreak of the deadly Ebola virus swept through a remote region of Zaire in May 1995, Nova was the only film crew permitted to cover the outbreak. The Ebola plague kills a very high percentage of its victims (77% in Kikwit), often by dissolving their internal organs and connective tissue. Learn how disease specialists traced the origins of the outbreak.

Ebola: the plague fighters
WGBH Video, 1996
VC 614.57 EB72 (55 min.)

Abstract: This program documents an investigation into the deadly Ebola virus and the 1995 outbreak of the disease in Kikwit, Zaire.

E. coli: case of the mysterious microbe
Films for the Humanities & Sciences, 1998
VC 616.92 E1 1998 (26 min.)
Abstract: (Producer) In this factual case study, revelers at a Burns Day celebration in Scotland become ill. When E. coli is suspected, health officials conduct a medical manhunt to discover its source. During the program, researchers working on the case trace the evolution of the deadly 0157 E. coli strain from animals to ancient humans, and make connections between E. coli and diseases including flu and tuberculosis.

Kidney Disease
*Films for the Humanities, 1990*
VC 616.61 K54 (26 min.)

Abstract: This program deals with end-state renal disease--progressive kidney failure which, up until a generation ago, was routinely fatal but which can now be treated by means of hemodialysis and organ transplantation.

Sexually Transmitted Diseases
*Films for the Humanities, 1987*
VC 616.95 SE91 (19 min.)

Summary: (Producer) This examination of the STD epidemic focuses on chlamydia, herpes, and venereal warts as well as AIDS, strongly emphasizing prevention and early detection through new diagnostic tests. The program explains the complications from infection, including infertility, tubal pregnancy, and infections in babies.

Sexually Transmitted Infections: what we can't see
Video Education America, 2006
DVD 614.5 SE92T (29 min.)

STI’s: facts and fiction
*Video Education America, 2010*
DVD 614.547 SE92T (20 min.)

* Note: This disc is a recorded DVD and may fail to play on some DVD equipment.

Summary: Becoming sexually active is a choice many teenagers make - one that should be made with solid understanding of the threats to their health and that of their partners. In this program we take a detailed look at sexually transmitted infections, commonly known as STI's. We specifically focus on the facts and myths, decisions and getting help, symptoms and consequences, and treatment and protection. Also discussed are the differences between STD's and STI's, and how you should deal with a STI should you contract one. Being aware and remaining vigilant to the threat of STI's can reduce the likelihood of suffering long term damage or passing the infection onto someone else.
Typhoid Mary: the most dangerous woman in America
WGBH Educational Foundation, 2005
VC 616.9272 T98TM (60 min.)
DVD 616.9272 T98T (60 min.)

Viruses: the mysterious enemy
Human Relations Media, 1985, 1982
VC 616 V819 (39 min.)


Summary: Examines what is known about the tiny, mysterious, protein-covered nucleic acids called viruses and discusses their history, biochemistry, and life cycle. Tells how medical science is trying to eliminate this threat.

With Every Breath: the hanta virus
Films for the Humanities & Sciences, 1999
VC 616.925 W772 2000 (26 min.)

Scope and content: (Producer) In 1993, Native Americans in the Southwest were struck by a lethal epidemic that inexplicably caused victims' lungs to fill with fluid. With pneumonia, influenza, pneumonic plague, and even germ warfare agents from a nearby Army depot ruled out, the disease was named Navajo Flu. In this program, medical investigators from the Centers for Disease Control and Prevention, the Indian Health Service, and other health agencies use DNA analysis and intensive research to reveal the true identity of the deadly illness: the hanta virus, transmitted by the droppings of infested mice.