

LEARNING LAB

NURSING, HEALTH, PHYSICAL EDUCATION, & RECREATION

RESOURCE MANUAL

2008 - 2009



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LEARNING LAB

NURSING

RESOURCE MANUAL

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Airway Management, Respiratory Disease, & Pathophysiology

AIRWAY MANAGEMENT: Chest Tubes: Patient And System Management
Medcom, 1987

VC 616.2 AI78C (27 min.)

Subject: Respiratory disease

AIRWAY MANAGEMENT: Suctioning : Nasotracheal, Oropharyngeal, And Endotracheal Techniques
Medcom, 1985

VC 616.2 AI78S (34 min.)

Subject: Respiratory disease

AIRWAY MANAGEMENT: Tracheostomy Care, Tube Change, And Artificial Airway Cuff Management
Medcom, 1985

VC 616.2 AI78T (24 min.)

Subject: Respiratory disease

ASSESSING BREATH SOUNDS
Springhouse Corp., 1988

VC 616.73692 AS74 (30min.)
Series: Video skill series

ASTHMA, EMPHYSEMA, AND CHRONIC BRONCHITIS
Mosby, Inc., a Times Mirror Company, 1999

VC 616.23 AS83 (31 min. 59sec.)
Series: Pathophysiology for nurses.

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.

Basic Clinical Skills

BASIC CLINICAL SKILLS: Administering Intramuscular, Intradermal, And Subcutaneous Injections

Medcom, 1986

VC 610.73 B292A (25 min.)

BASIC CLINICAL SKILLS: Administering Oral, Topical, Suppository, And Inhalant Medications

Medcom, 1986

VC 610.73 B292AD (27 min.)

BASIC CLINICAL SKILLS: Bed Bath

Medcom, 1985

VC 610.73 B292B (19 min.)

Summary: Shows how to gather bed bath supplies, prepare the patient, and use proper body mechanics. Focuses on perineal care, back massage, shaving, hair care, and oral hygiene.

BASIC CLINICAL SKILLS: Bedmaking

Medcom, 1985

VC 610.73 B292BE (16 min.)

Summary: Gives guidelines for changing bed linens on both occupied and unoccupied beds. Shows the actions involved in gathering clean linens, preparing a work area, preparing the patient, removing soiled linens, and providing comfort and safety measures.

BASIC CLINICAL SKILLS: Cleansing Enema

Medcom, 1985

VC 610.73 B292C (19 min.)

Summary: Shows methods of preparing the patient, preparing the enema solution, administering the enema, and caring for the patient after administration. Discusses both small- and large-volume enemas.

BASIC CLINICAL SKILLS: Nasogastric Intubation

Medcom, 1985

VC 610.73 B292N (24 min.)

Summary: Demonstrates skills needed for performing nasogastric intubation and presents guidelines for patient care in the acute setting.

BASIC NURSING SKILLS

Miami-Dade Community College, 1981

VC 610.73 B292NS (27 min.)

Subject: Measurement: blood pressure, temperature, pulse, respiration.

BASIC PHYSICAL ASSESSMENT ACCORDING TO THE SIX BASIC NEEDS

Pearl River Community College. School of Nursing, 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, 1997

Elaine Kersh

VC 610.73 B391M (20 min.)

CAST CARE

PRCC, 1989

VC 610.73 C274 (15 min.)

Blood Physiology, Transfusion, & Administration

ADMINISTERING BLOOD AND BLOOD COMPONENTS

Health Sciences Consortium, 1988

VC 615.39 AD65 (16 min.)

Abstract: This program presents information for the proper procedures for administering blood, and proper preparation of the patient.

ADMINISTERING BLOOD AND BLOOD PRODUCTS

Williams & Wilkins, 1995

VC 615.39 AD65P (21 min.)

Series: Advanced clinical skills

Abstract: This program demonstrates procedures to ensure safe handling and administration of blood and blood products.

BLOOD TRANSFUSION THERAPY

Health Sciences Consortium.,1987

VC 615.39 B623 (9 min.)

Abstract: This program presents the steps to follow to eliminate clerical errors in collecting and labeling blood samples and administering blood products.

Cardiovascular Nursing

ASSESSING HEART SOUNDS

Springhouse Corp., 1998

VC 616.12 AS74 (30 min.)

Series: Video skill series

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). Distributed by Syndetic Solutions, Inc.

HEART FAILURE AND PULMONARY EDEMA

Mosby-Year Book, 1997

VC 616.07 H351 (34 min. 39 sec.)

Series: Mosby's nursing skills video series: pathophysiology for nurses

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

IDENTIFYING CARDIAC DYSRHYTHMIAS

Springhouse Corp., 1990

VC 616.12 ID2 (30 min.)

PHARMACOLOGIC INTERVENTIONS FOR ALTERED HEART RATE AND RHYTHM: Anti-Dysrhythmics

Williams & Wilkins, 1993

VC 610.7369 P494A (22 min.)

Series: Cardiovascular nursing.

Abstract: This program discusses IV administered medications for correcting dysrhythmias.

PHARMACOLOGIC INTERVENTIONS FOR ALTERED TISSUE PERFUSION: Vasoactive Medications

Williams & Wilkins, 1993

VC 610.7369 P494V (26 min.)

Series: Cardiovascular nursing

Abstract: This program looks at IV administered medications that affect preload, afterload, and contractility of the heart.

Care of Wounds & Injuries

BASIC CLINICAL SKILLS: Closed Suction Wound Drainage, Wound Irrigation, And Specimen Collection

Medcom, 1985

VC 610.73 B292CL (20 min.)

BASIC CLINICAL SKILLS: Closed Suction Wound Drainage Wound Irrigation, And Specimen Collection

Medcom, 1988

VC 610.73 B292CL (23 min.)

WOUND CARE AND APPLYING DRESSINGS

Mosby, 1993

VC 617.14 W915 (24 min.)

Series: Mosby's nursing skills video series

Abstract: This program tells how wounds heal, and how proper wound care can decrease pain, facilitate healing, and improve cosmetic results.

Diabetic Nursing

BASIC CLINICAL SKILLS: Diabetic Procedures: Mixing Insulins, Blood And Urine Glucose Monitoring

Medcom, 1985

VC 610.73 B292D (26 min.)

Summary: Introduces procedures and techniques to be used in teaching diabetic patients and family members how to prepare for self care. Covers mixing insulins, blood glucose testing, and urine sample testing.

DIABETES AND ITS COMPLICATIONS

Springhouse Corporation., c1994

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.

DIABETES MELLITUS

Mosby, Inc., a Times-Mirror Company, 1998

VC 616.462 D54M (31 min.)

Series: Pathophysiology for nurses

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.

Drug & Alcohol Dependency

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.

Dysuria & Ostemy Care

ALTERATIONS IN PATTERNS OF URINARY ELMINATION : Dysuria

Concept Media, 1990

VC 616.63 AL79 (18 min.)

Series: Urine elimination: assessments and interventions.

Summary: This program discusses nursing diagnosis and how defining characteristics for diagnosis are reflected in assessments and observations.

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.

Ethics, Malpractice, Law & Legislation

DEFENDING THE NURSING MALPRACTICE LAWSUIT

Williams and Wilkins, 1993

VC 344.73 D361 (25 min.)

Series: Legal issues confronting today's nurses.

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.)

Series: Legal issues confronting today's nurses.

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

RESIDENT RIGHTS: The Art Of Caring

Medcom, inc., 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.

Infection Control, Hygiene & Sanitation

BASIC CLINICAL SKILLS: Medical Asepsis

Medcom, 1985

VC 610.73 B292M (14 min.)

Summary: Discusses asepsis as a fundamental principle of infection control. Focuses on methods for controlling the spread and growth of microorganisms, patient hygiene, management of patient care equipment, and isolation procedures.

INFECTION CONTROL: An Update For The Health Professional

Medcom, 1987

VC 616.9 IN3 (27 min.)

O. R. PROCEDURES: Preparing And Maintaining The Sterile Field

Medcom, 1985

VC 617 OP2P (18 min.)

O. R. PROCEDURES : Preparing And Maintaining The Sterile Field

Medcom, 1988

VC 617 OP2P 1988 (20 min.)

Abstract: This program explains and demonstrates the types of materials used to create the sterile field, techniques of surgical draping, and principles for maintaining the integrity of the sterile field during the operative procedure.

PERSONAL HYGIENE: Providing For Personal Care

Insight Media, 1992

VC 614.48 P432 (34 min.)

Series: Art of bedside care.

Abstract: This program shows basic procedures of nursing in providing for personal care and hygiene.

SHIRLEY HOLMES TRACKS DOWN GERMS

Concept Media, 1992

VC 610.73 SH66 (16 min.)

Series: Fundamental concepts in nursing

Summary: This program presents a look at practical and reliable methods for fighting the battle against harmful organisms in health care facilities and homes. Animated.

SINK A GERM: A Great Soap Opera

Brevis Corporation, 1986

VC 614.44 SI65 (17 min.)

Series: Infected control

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

Intravenous Therapy, Medications, & Methods

BASIC CLINICAL SKILLS: Initiating Intravenous Therapy

Medcom, 1986

VC 610.73 B292I (30 min.)

Summary: Presents the nurse's responsibilities in the initiation, administration, and monitoring of intravenous therapy.

BASIC CLINICAL SKILLS: Preparing And Administering Intravenous Medications

Medcom, 1986

VC 610.73 B292P (29 min.)

Summary: Demonstrates specific skills required to prepare and administer intravenous medications.

DETECTING AND MANAGING I.V. THERAPY PROBLEMS

Springhouse Corp., 1988

VC 615.63 D48 (30 min.)

Series: Video skill series

VENIPUNCTURE TECHNIQUE

Concept Media, 1991

VC 610.73 V559 (21 min.)

Series: Medications: administration & absorption

Abstract: This program describes the various types of needles available and indications for use. It describes in depth the procedures for insertion of various needles and catheters.

Mobility/Immobility

IMPAIRED MOBILITY: The Nurses' Role

Concept Media, 1993

VC 616.02 IM6 (29 min.)

Series: Immobility: preventing complications.

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.)

Series: Art of bedside care: ABC's of nursing procedures.

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.)

Series: Art of bedside care: ABC's of nursing procedures.

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

POSITIONING PATIENTS

INCE, 1992

VC 610.73 P842 (12 min.)

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

Neurological 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.

IDENTIFYING NEUROLOGIC DEFICITS

Springhouse, 1989

VC 610.7368 ID2 (30 min.)

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

Nutrition & Exercise

ACID-BASE BALANCE: Maintenance And Compensation Systems

Medcom, 1984

VC 612 AC47 (18 min.)

Subject: Acid-base imbalances

ACTIVITY AND EXERCISE

Pearl River Community College, 1997

Donna Rushton

VC 610.73 AC85 (44 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.

Obstetrical & Pediatric Nursing

NURSING CARE OF THE NEW FAMILY

Concept Media, 1991

VC 649.33 N938

PT. #:

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

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

OBSTETRICAL NURSING: Cesarean delivery

Medcom, 1987

VC 618.2 OB7C (22 min.)

Summary: Follows the delivery of a baby by Cesarean. Covers the types of Cesarean operations and the limitations and indications of each.

OBSTETRICAL NURSING: fetal monitoring

Medcom, 1987

VC 618.2 OB7F (25 min.)

Summary: The fetoscope, doptone and electronic fetal monitors are demonstrated. Emphasis is given to the application of external and internal electronic fetal monitors. Actions to prevent or alleviate potential fetal distress are given.

OBSTETRICAL NURSING: LABOR AND DELIVERY: AUGMENTATION

Medcom, 1987

VC 618.2 OB7LA (27 min.)

Summary: Follows the nursing assessment required from admittance to the labor and delivery unit through labor, delivery, and recovery.

OBSTETRICAL NURSING: LABOR AND DELIVERY: THE LDR

Medcom, 1987

VC 618.2 OB7L (26 min.)

Summary: Discusses nursing responsibilities in the LDR through labor, delivery and recovery.

OBSTETRICAL NURSING: Maternal Changes And Prenatal Care

Medcom, 1987

VC 618.2 OB7M (39 min.)

Summary: Identifies major components of prenatal nursing assessment. Describes the physiology of normal pregnancy, relating maternal changes with fetal development from conception to term.

OBSTETRICAL NURSING: Postpartum

Medcom, 1987

VC 618.2 OB7P (13 min.)

Summary: Describes the characteristic physiological changes that occur in the postpartum period for a vaginal or a Cesarean delivery. Explains the nursing assessments required during the first hour postpartum and transition to home.

PRENATAL EXAM

University of Tulsa Nursing School, [n.d.].

VC 618.24 P917 (30 min.)

Subject: Prenatal care; maternity nursing

USE OF PUPPETS IN THE NURSING OF CHILDREN

Houston Baptist Hospital School of Nursing, [n.d.].

VC 610.7362 US2 (26 min.)

Summary: Illustrates the use of puppets for communication, entertainment, assessment and teaching in the nursing of children.

Subject: Pediatric nursing

Pain Management & Medications

ADMINISTRATION OF INTRAVENOUS MEDICATIONS

Concept Media, 1991

VC 610.73 AD65 (19 min.)

Series: Medications: administration & absorption

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, inc., 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.

SHIRLEY HOLMES PURSUES PATIENT SAFETY

Concept Media, 1992

VC 610.73 SH66P PT.1 (17 min)

VC 610.73 SH66P PT.2 (17 min)

Series: Fundamental concepts in nursing

Summary: This program emphasizes the importance of a safe environment and illustrates patient safety, and discusses moving the patient safely. Animated.

Psychological Aspects of Nursing

CULTURAL DIVERSITY AND NURSING PRACTICE

Concept Media, 1979

VC 610.73069 C899 PT.1 (25 min.) – Developing cultural sensitivity

VC 610.73069 C899 PT.6 (25 min.) – Adapting bedside care

Subject: Nursing - Psychological aspects

Study & Vocational Guidance

HOW TO STUDY FOR NURSING TESTS

Pearl River Community College, 1997

Peggy Ciccarelli

VC 610.73076 H83 (64 min.)

NURSING ... CHECK IT OUT

Texas Film Video, [n.d.].

VC 610.73 N938N (16 min.)

Subject: Vocational guidance

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, 1985

VC 610.73 B292S (24 min.)**Subject:** Surgical dressings**O. R. PROCEDURES: Preparing And Maintaining The Sterile Field**

Medcom, 1985

VC 617 OP2P (18 min.)**O. R. PROCEDURES : Preparing And Maintaining The Sterile Field**

Medcom, 1988

VC 617 OP2P 1988 (20 min.)

Abstract: This program explains and demonstrates the types of materials used to create the sterile field, techniques of surgical draping, and principles for maintaining the integrity of the sterile field during the operative procedure.

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.)

Series: Acute care skills for the med/surg nurse

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

ENTERAL FEEDING

Intercollegiate Center for Nursing Education, 1987.

VC 615.854 EN82 (28 min.)

Summary: This program identifies the indications for tube feeding, the types of tubes used, and their placement in the GI tract.

ENTERAL FEEDING TUBES

Concept Media, 1990

VC 615.855 EN82 PT.1 (20 min.)

VC 615.855 EN82 PT.2 (20 min.)

Series: Tubes, tubes, tubes.

Abstract: *Part 1* describes procedure for inserting a small bore nasogastric feeding tube using a stylet.

Part 2 contrasts intermittent and continuous feedings and gives indications and guidelines for each.

IMPLANTABLE PORTS

Concept Media, 1990

VC 615.855 IM7 (25 min.)

Series: Tubes, tubes, tubes.

Abstract: This program describes the subcutaneous implantable port system and compares it to long-term tunneled catheters.

SUCTIONING

Concept Media, 1994

VC 617.54 SU19 PT.1 (20 min.)

VC 617.54 SU19 PT.2 (20 min.)

Series: Acute care skills for the med/surg nurse

Abstract: This program presents the suctioning procedure step-by-step, including the assessment that must take place during the procedure.

LEARNING LAB

HEALTH

RESOURCE MANUAL

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Health: Support for Your Future **Achieving Emotional Maturity: Keys to Your Mental** **Health**

Discovering Psychology

VC 150 D631 (Pts 11, 12, 15, 18, 20, 23; 30 min. ea.)

Pt. #

11. Judgment & decision making
12. Motivation & emotion
15. The self
18. Maturing & aging
20. Constructing social reality
23. Health, mind, & behavior

Understanding Human Behavior

VC 150 Un2

Pt. 20 - Emotional Development

Stress: Managing the Unexpected

Understanding Human Behavior

VC 150 Un2

Pt. 14 - Stress

Managing Stress, Anxiety, and Frustration

VC 152.4 M311

Stress Management: A Positive Strategy

VC 155.9042 St83 (Pts. 1 - 5; 30 min. ea.)

Pt. #

1. Becoming Aware
2. Taking Stock
3. Managing Yourself
4. Solving Problems
5. Looking Ahead

The Brain: Stress & Emotion

VC 612.82 B731 (Pt. 4; 60 min.)

Pt. 4 – Stress and Emotion

Stress: Is Your Lifestyle Killing You

VC 616.98 St83

Nutrition: The Role of Diet in Your Health

Eat Right: using my pyramid

DVD 616.3 EAS1E

You on a diet

DVD 641.563 Y83Y

Diet for a New America: Your Health, Your Planet

VC 363.192 D566

CNN: Nutrition News

VC 613.2 C112n

CNN: On The Menu

VC 613.2 C112o

Nutrition: Foods, Fads, Frauds, Facts

VC 613.2 N959

Sports Nutrition: Facts & Fallacies

VC 613.2 Sp67

West's Nutrition Videodisc II

VD 612.3 W529

Healthy Weight: Sensible Eating and Regular Exercise

Executive Diet Helper

CD 613.25 Ex31

Menu Planner

CD 613.25 M52.9

Weight Loss Planner

CD 613.25 W427

9 Essential steps to weight loss

DVD 613.25 N622N

Angela Lansbury's Positive Moves

VC 613.7 An43

Exercise & Physical Fitness

VC 613.7 J253

Jane Fonda's Workout

VC 613.7 J253

Lilias! Alive With Yoga

VC 613.7 L627

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VC 613.7 P569

Staying Fit

VC 613.7 St29

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VC 613.7 Sw31

Aerobics: Medicine, Health, Exercise

VC 613.7 Ae82

Aerobic Dancing: Medicine, Health, Exercise

VC 613.7 Ae82d

Covert Bailey's Fit or Fat

VC 613.71 C838 (Pts 1 – 13; 30 min. ea)

Pt. #

1. Body Fat in America
2. Height-Weight Charts That Work
3. Pot Bellies & Thunder Thighs
4. How Muscles Work
5. Comparing Exercises
6. How to Get Fit Fast
7. Crash Diets & Other Weight Loss Tricks
8. Muscles in on Metabolism
9. Mistakes Fitness Buffs Make
10. Sugar & Other Carbohydrates
11. Steroids, Cholesterol & Other Fats
12. The Target Diet: Blasting the New Food Pyramid
13. Food & Fitness Foolishness

Exercise

VC 613.71 Ex37

Exercise: Shaping Up

VC 613.71 Ex37s

Weight Watchers Easy Shape-Up

VC 613.71 W427 (Pts 1 – 3; 50 min. ea)

Pt. #

1. Upper body workout
2. Healthy back and waist workout
3. Lower body workout

Your Body, Your Diet and Cholesterol
VC 616.1 Y88

A Matter of Fat
VC 616.398 M429

Obesity: The Slimming of America
VC 616.398 Ob2

Obesity
VC 616.398 Ob2L

Bulimia: The Binge-Purge Obsession
VC 616.85263 B872

Psychoactive Drugs: Use, Misuse, and Abuse

Crank
DVD 362.2917 C851CR

Drugs: uses and abuses
DVD 362.293 D842DR

Drugs: uses & abuses
DVD 616.86 D842U (Pts. 1 – 8)
Pt. #

1. Sedatives (32 min.)
2. Narcotics (29 min.)
3. Stimulants (39 min.)
4. Psychedelics & Hallucinogens (29 min.)
5. Inhalants (20 min.)
6. THC (30 min.)
7. PCP & Ketamine (17 min.)
8. Steroids (24 min.)

Hooked: America on meth
DVD 616.863 H763A

Animated neuroscience and the action of nicotine, cocaine, and marijuana in the brain
DVD 615.78 AN54A

The Mind
VC 152 M662
Pt.4 – Addictions (60 min.)

Altered States: A History of Drug Use in America
VC 362.29 A179

Substance Misuse
VC 362.2917 Su16

Marijuana and Your Mind
VC 362.293 M338

LSD and Ergot
VC 581.634 L959

Drug Free Kids: A Parent's Guide to Childhood Drug Abuse
VC 613.8 D842

The Los Angeles Lakers "Just Say No!"
VC 613.8 L896

Say "No" to Drugs
VC 613.8 Sa99

Alcoholism & Chemical Dependency in Women
VC 616.861 Al 18w

Drugs, Alcohol & Pregnancy: What You Should Know
VC 618.3268 D842

Snowbabies: The Innocent Victims
VC 618.3268 Sn61

Alcohol: Responsible Choices

Alcohol Facts:
VC 362.292 A1 18

College Pressures
VC 378.198 C686

Alcoholism & Chemical Dependency in Women
VC 616.861 A1 18w

Alcohol Addiction
VC 616.861 Sm75

Drugs, Alcohol & Pregnancy: What You Should Know
VC 618.3268 D842

Snowbabies: The Innocent Victims
VC 618.3268 Sn61

Tobacco Use: A Losing Choice

Animated neuroscience and the action of nicotine, cocaine, and marijuana in the brain
DVD 615.78 AN54A

If You Loves Someone Who Smokes
VC 362.296 If1

Kick the Habit

VC 362.296 K534

Smoking: Hazardous To Your Health

VC 616.865 Sm75h

Smoking: Kicking the Habit

VC 616.865 Sm75k

Cardiovascular Disease: Turning the Corner

Heart Attack:How Can We Prevent It?

VC 616.123 H351h

Are You Having a Heart Attack?

VC 616.123 Ar31

Heart Attack:

VC 616.123 H351h

Hypertension: Managing Your Blood Pressure

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