

Nursing and Health Studies

Nursing General

Practical Nursing Skills

©2003 Alberta Advanced Education
As the need for licensed practical nurses grows each year, so does the necessity for quality nursing educational material. The following series of video clips provides nursing students with the opportunity to gain the required knowledge and complex skill sets of a licensed practical nurse. Follow along as each of the 16 modules and 2 case studies show the specific steps involved in common nursing procedures.

P50742-003 CD-ROM 60:00 \$129.00
Digital format also available

Cultural Diversity in Nursing Practice

©2010 Video Education Australasia
Post-Secondary
Professional nursing requires a highly sophisticated set of communication skills. Every day, nurses must effectively communicate with people of differing religions, ages, sexes and cultures. To deliver the most appropriate and effective medical treatment to such a broad spectrum of people, nurses must have an understanding of the way different cultures interact. Framed as a discussion forum, this program offers a starting point for training in transcultural nursing.

P53433-001 DVD 23:00 \$139.00
Digital format also available

Ethics and Legal Concepts in Nursing: Introduction

©2009 Video Education Australasia
Post-Secondary
This program provides an introduction to ethics in the context of nursing practice and health care. The program explores concept definitions used in health care, the philosophical principles of health care and the process of ethical decision making. A brief commentary from experienced nurses, a nursing academic and a clinical nurse, explores the sometimes complex issues of ethics in nursing practice and health care. This program offers an overview of key points and provides a starting point for exploring ethical issues in nursing practice and health care.

P53431-001 DVD 30:00 \$139.00
Digital format also available

Ethics and Legal Concepts in Nursing: Consent

©2009 Video Education Australasia
Post-Secondary
Nurses deal with people and often those with whom they deal are highly vulnerable. Nurses have a duty of care to patients and their professional demands ethical behaviour and treatment of those in their care at all times. This program deals with patients and consent. The following chapters are included: Consent in Health Care Overview, Common Dilemma's Case Study 1, Common Dilemma's Case Study 2, Ethical Issues for Consent, Legal Issues for Consent and Professional Issue for Consent.

P53432-001 DVD 24:00 \$139.00
Digital format also available

Medical Diary Series

©2001 Discovery Education Inc.
Post-Secondary

Aortic Time Bomb - After being diagnosed with an abdominal aortic aneurysm, Cliff Godwin discusses his family's history of heart problems and the severity of his situation. The program follows Cliff and his wife Betty as doctors perform tests to evaluate Cliff's treatment options and determine the best course of action. When denied for less invasive procedures, Cliff decides he must have open surgery to repair the potentially fatal condition. In the operating room, surgeons show how a stent is used to strengthen the wall of an artery as well as share the risks and complications that can accompany the procedure. *NOTE: This video contains actual surgical procedures. Please review before showing.
Conquering Crouzon's - For patients with severe facial deformities, craniofacial surgery offers a chance at a normal life. The program introduces Melissa, a young woman who suffers from Crouzon's syndrome. A genetic disease, Crouzon's causes the bones in the face and skull to fuse too early, resulting in facial abnormalities. Melissa hopes surgery will help correct her problem and boost her physical and emotional well-being.
Kicking Nicotine - Follows one man's struggle to quit smoking and emphasizes how support from loved ones can help a smoker beat his addiction. The program introduces Dutch, who has been smoking for fifteen years, and accompanies him to a stop-smoking therapy group at his local hospital. Along with group therapy, Dutch receives a nicotine patch to help reduce his physical cravings.
Living with Autism - Autism is a neurological disorder that leads to problems with verbal and nonverbal communication, rigid behaviors, and poor social interactions. The program describes what life is like for autistic children, some of the early warning signs, and the resources available for autistic children.

DVD	Each: 22	Each: \$89.95
4 Pack:	P53136-001	\$230.00

P53136-002	Aortic Time Bomb
P53136-003	Conquering Crouzon's
P53136-004	Kicking Nicotine
P53136-005	Living With Autism

Nutrition Pathways : A Introduction to Nutrition

©1996 Dallas County Community College
Post-Secondary

Addresses the basic chemical and scientific aspects of nutrition and provides practical information on the major nutrients, nutritional needs during the life cycle, and the relationship between nutrition and lifestyle. Profiles real people in real situations utilizing experts and professionals associated with nutrition to reveal to students how nutrition and lifestyle choices can have an impact on their lives.

DVD	Each: 30	Each: \$99.00
Complete Set:	P52129-027	\$995.00

P52129-028	Nutrition Basics
P52129-029	The Digestion System
P52129-030	Carbohydrates: Simple and Complex
P52129-031	Carbohydrates: Fibre
P52129-032	Fats: The Lipid Family
P52129-033	Fats: Health Effects
P52129-034	Protein: Form and Function
P52129-035	The Protein Continuum
P52129-036	Metabolism

Nursing and Health Studies

Nutrition Pathways : A Introduction to Nutrition – Con't

P52129-037	Weight Control: Energy Regulation
P52129-038	Weight Control: Health Effects
P52129-039	Water-Soluble Vitamins
P52129-040	Fat-Soluble Vitamins
P52129-041	Major Minerals and Water
P52129-042	Trace Minerals
P52129-043	Physical Activity: Fitness Basics
P52129-044	Physical Activity: Beyond Fitness
P52129-045	Lifecycle: Pregnancy
P52129-046	Lifecycle: Lactation and Infancy
P52129-047	Lifecycle: Childhood and Adolescence
P52129-048	Lifecycle: Adulthood and Aging
P52129-049	Diet and Health: Cardiovascular Disease
P52129-050	Diet and Health: Cancer, Immunology, and Acids
P52129-051	Diet and Health: Diabetes
P52129-052	Consumer Concerns and Food Safety
P52129-053	Applied Nutrition

Digital format also available

Nutrition for Life One – Pregnancy, Infancy & Childhood

©2006	Video Education Australasia
Post-Secondary	
This program aims to educate students about the nutrients required for optimal growth and development across the lifespan. It will explore patterns of physical development during prenatal development through to late adulthood and the nutrients required to support both growth and maintenance of the human body.	
P50632-001	DVD 30:00 \$95.00

Digital format also available

Nutrition for Life Two – Youth, Adulthood & Late Adulthood

©2006	Video Education Australasia
Post-Secondary	
Part two in the Nutrition For Life, this program will explore the nutrient needs of adolescence/youth and adulthood.	
P50632-002	DVD 25:00 \$95.00

Digital format also available

Nutrition for Physical Activity

©2006	Video Education Australasia
Post-Secondary	
This program discusses what to eat, both for 'normal' physical activity and for elite athletes. Nutrition is an integral component of training and competition. This program explores the ways to use nutrition to your advantage.	
P50633-001	DVD 30:00 \$95.00

Digital format also available

Wound Management – A Nurse's Guide

©2010	Video Education Australasia
Post-Secondary	
Wound management is one of the cornerstones of good nursing care. Effective care of wounds extends far beyond the application of the wound dressing. Nurses and nursing assistants may be required to assess, plan, implement and evaluate care of wounds and in order to fulfill these roles, it is critical to have an understanding of the several basic procedures involved. In this	

program we examine skin anatomy, the classification of wounds, procedures, dressings, and documentation. Knowledge in each of these areas will allow nurses and nursing assistants to make well informed decisions about wound care and ultimately play an active part in promoting the healing process.

P53442-001	DVD	20:00	\$139.00
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Digital format also available

Effective Wound Management

©2007	Video Education Australasia	
Post-Secondary		
Safe skilled practice is central to the principles of nursing. With increasing demands for health professionals to strive for higher standards of care, many nurses are returning to the basics which underpin expert clinical practice in order to review and update their current knowledge and skills. Maintaining asepsis in acute wound management is just one of many basic skills which together create a solid foundation on which to build and support excellence in patient care delivery. This program has been developed with the purpose of marrying the principles of infection control with an aseptic - no touch technique thus promoting the optimum environment for wound healing. Chapters include: A basic overview of the physiology of wound healing; Preparing to dress an acute wound; Setting out the basic dressing pack; Performing an Aseptic No touch dressing technique		
P52235-001	DVD 25:00	\$95.00

Digital format also available

Administering Medications

©2006	Video Education Australasia	
Post-Secondary		
Assisting in medication administration is an important role of the personal carer and carries significant responsibility. In fulfilling this role effectively and safely, the carer becomes a vital member of the health care team. This program introduces medication and looks at the five R's principle of medication administration, the routes of administration and the various techniques of administering different medications. Students will gain insight into documenting the effects of medications, such as intended effects, side effects and allergic reactions.		
P52468-001	DVD 43:00	\$129.00

Digital format also available

Skin Integrity and Pressure Ulcers

©2010	Video Education Australasia	
Post-Secondary		
At some point in their careers, most nurses and nursing assistants will care for patients at risk of developing pressure ulcers. Pressure ulcers are distressing, debilitating and difficult to manage. Yet in many cases pressure ulcers are readily preventable. In this program we see how understanding the causes and staging of pressure ulcers can lead to improved management. We also determine the best ways to assess a patient's risk of developing them, and discuss preventative actions like correct positioning and turning, measures that can be taken to protect skin integrity, and early intervention and treatment options.		
P53434-001	DVD 18:00	\$139.00

Digital format also available

Nursing and Health Studies

Basic Care Procedures: Showering & Bed Bathing

©2006 Video Education Australasia

Post-Secondary

Maintaining personal hygiene plays an important role in preventing disease, especially infection; as well as contributing to the patient's general well-being, preserving comfort and positive body image. The general care principles of safety, privacy and comfort are highlighted throughout the program.

P52467-001 DVD 25:00 \$129.00

Digital format also available

Vital Signs

©2006 Video Education Australasia

Post-Secondary

The assessment of a patient's health status is an essential part of the nurse's or personal carer's role. It includes observation of the patient and measuring the patient's vital signs. This program focuses on the vital signs and how to measure temperature, pulse, respiration and blood pressure. It also outlines how to measure oxygen saturation, blood glucose levels and how to perform a urinalysis. Each vital sign is described, as well as how to use appropriate equipment and how to accurately perform procedures.

P52469-001 DVD 40:00 \$129.00

Digital format also available

Injury to Excellence

©2002 Alberta Advanced Education

Post-Secondary

This series looks at the many facets of sports medicine by following some of Canada's leading experts in sport medicine as well as elite athletes and people who live an active lifestyle.

DVD Each: 25:00 Each: \$89.95

P50723-003 Sport Medicine
P50723-004 Athletic Therapy

Journey to Health Series

©2003 Dallas County Community College

Post-Secondary

Journey to Health: Mind ~ Body ~ Spirit invites students to explore health from mental, physical and spiritual perspectives — where health is not defined simply as the absence of disease, but as high-level wellness of the entire individual.

P52128-027 DVD 13:00:00 \$995.00

Digital format also available

Cancer Warrior

©2001 PBS Distribution

Post-Secondary

Imagine cancer as a highly manageable disease. Imagine treatment with few side effects. Imagine a revolution in medicine. Dr. Judah Folkman (Director of the Surgical Research Laboratories at Boston's Children's Hospital) shares his 40-year quest for a radically new cancer treatment, including the development of the much-touted drug, Endostatin. Now, Dr. Folkman invites cameras into his lab for a first-person look at the groundbreaking clinical research that offers hope to cancer patients. See a medical pioneer in action and hear the personal stories of courageous cancer patients participating in Endostatin and other drug trials. Special DVD features include: Access to the Cancer Warrior Web site; chapter search; English audiotrack; and subtitles.

P50932-019 DVD 60:00 \$39.00

Confronting Epidemics: Three Case Studies – SARS, AIDS and Influenza

©2004 Video Education Australasia

Post-Secondary

This program examines modern day epidemics, using three case studies from the late 20th and early 21st centuries - SARS, HIV-AIDS, and influenza. Firstly, SARS took the world by surprise in early 2003, and was particularly prevalent in Hong Kong and the south of China. The program looks at the response by authorities in the area, and outlines how the Australian government handled fears. Secondly, HIV-AIDS exists in epidemic proportions in southern Africa, and the program includes reports from ABC journalists from South Africa and Kenya. The third epidemic, influenza has been around for more than a century and has claimed more human lives than any other disease. Experts predict that another epidemic could hit at any minute and the program explores how Australia is preparing itself. Extracts of ABC current affairs programs were used in the making of this program.

50487-001 DVD 22:00 \$95.00

Digital format also available

The Vaccine War

©2010 PBS Distribution

Post-Secondary

Public health scientists and clinicians tout vaccines as one of the greatest achievements of modern medicine. But for many ordinary Americans vaccines have become controversial. Young parents are concerned at the sheer number of shots-some 26 inoculations for 14 different diseases by age 6-and follow alternative vaccination schedules advocated by gurus like Dr. Robert Sears. Other parents go further. In communities like Ashland, Oregon, up to one-third of parents are choosing not to vaccinate their kids at all. And some advocacy groups, like Generation Rescue, argue that vaccines are no longer a public health miracle but a scourge; they view vaccines as responsible for alarming rises in certain disorders, including ADHD and autism. This is the vaccine war: On one side sits scientific medicine and the public health establishment; on the other a populist coalition of parents, celebrities (like Jenny McCarthy), politicians and activists. It's a war that increasingly takes place on the Internet with both sides using the latest social media tools, including Facebook and Twitter, to win the hearts and minds of the public.

P52445-035 DVD 60:00 \$65.95

Attack from Within – Living with Arthritis

©2001 Alberta Advanced Education

Post-Secondary

Christine Enfield doesn't recall hearing her diagnosis of rheumatoid arthritis - she was only 6 years old. Christine's disease and her pain are severe. Her life is a daily struggle for control over a disease that can be treated but not cured. Christine's experience with arthritis, and three other intimate stories, describes the tribulations of arthritis sufferers. It is an insight into a disease that affects virtually every family in Canada. Animated illustrations provide a dynamic schematic of the disease and take us for a ride through the human body to witness the origin, progression and treatment of the disease.

P50715-002 DVD 53:00 \$95.00

Digital format also available

Nursing and Health Studies

The Human Condition Series

©2006 INTELECOM Intelligent Telecommunications

Post-Secondary

People today seek out information on health issues as never before: asking pointed questions of health care providers, demanding second opinions, seeking information on the internet, looking for alternatives to traditional care and treatment. There are good reasons for that curiosity: a more educated populace, higher health care costs, a growing interest in fitness, a new corporate focus on wellness education, increased use of technology in health care. Clearly, people are growing more determined to positively impact their own health through lifestyle and health care choices. The Human Condition will help them achieve that goal.

DVD	Each: 30:00	Each: \$64.95
Complete Set:	K51247-002	\$1159.95

P51247-027	Fabric of Health
P51247-028	In Human Terms
P51247-029	State of Mind
P51247-030	Lives Balance
P51247-031	Behind Closed Doors
P51247-032	It's Personal
P51247-033	Risky Business
P51247-034	The Code
P51247-035	Haley or Matthew's Story
P51247-036	The Growing Years
P51247-037	Web of Addiction
P51247-038	Feels So Good...Hurst So Bad
P51247-039	What You Don't Know
P51247-040	Food for Thought
P51247-041	Weighing In
P51247-042	Working it Out
P51247-043	Gem Warfare
P51247-044	The Modern Plague
P51247-045	Heart of the Matter
P51247-046	Brain Attack
P51247-047	Diagnosis – Cancer
P51247-048	Living with Cancer
P51247-049	Age Happens
P51247-050	Final Chapter
P51247-051	The Medical Marketplace
P51247-052	What Price

Also available in digital format

The Brain Fitness Program

©2008 PBS Distribution

Post-Secondary

The Brain Fitness Program is based on the brain's ability to change and adapt, even rewire itself. In the past two years, a team of scientists has developed computer-based stimulus sets that drive beneficial chemical, physical and functional changes in the brain. Dr. Michael Merzenich of the University of California and his colleagues share their scientifically based set of brain exercises in this life-altering program. Peter Coyote narrates.

P52487-002 DVD 60:00 \$103.90

Brain Fitness2: Sight & Sound

©2008 PBS Distribution

Post-Secondary

This program, specifically designed to help people get the most from their vision and hearing as they age, considers how these senses change throughout life and what people can do to keep them healthy and fully functional.

P52488-002 DVD 60:00 \$103.90

Brink: Swine Flu: Anatomy of a Pandemic

©2009 Discovery Education Inc.

Post-Secondary

Pandemic is a terrifying word--but what does it really mean? The recent outbreak of H1N1 is only the latest in a series of deadly global battles between human and virus. And as scientists learn more about the ways viruses mutate and replicate, an international effort is underway to track and vanquish humanity's most lethal foes. The program traces the spread of swine flu from Mexico around the world and draws parallels between this outbreak and the 1918 Spanish flu epidemic that killed millions of people.

P53619-001 DVD 40:00 \$89.95

Digital format also available

Bird Flu – How Safe are We?

©2005 PBS Distribution

Post-Secondary

During the past 100 years, life expectancy more than doubled in developed countries. In the last few decades, however, thirty new infectious diseases have emerged and one of them, AIDS, is becoming perhaps the most devastating epidemic in history. New diseases travel the globe with unprecedented rapidity, and older killers that once seemed controllable are roaring back with a vengeance. How Safe Are We? examines the most critical threats we face today, including avian flu, and the pressing need to strengthen global public health systems.

P51688-003 DVD 112:00 \$24.00

Biomedical Applications of EMR

©1996 Alberta Education

Post-Secondary

Discusses the relative energy of electromagnetic waves of different frequencies in terms of their penetrating ability in human tissue. Focuses on the many EMR devices used in biomedical applications.

P50194-142 DVD 30:00 \$79.95

Digital format also available

Health in the Developing World

©2001 Video Education Australasia

Post-Secondary

Across the world 1.3 billion people suffer from extreme poverty. They don't have enough to eat, they don't have proper shelter, they don't have safe drinking water and they don't have access to life saving medicines. This program explores three aspects of development that can have a positive impact on the health and lives of people in developing countries. We look at how the provision of safe drinking water, the clearing of landmines and the introduction of micro-finance systems to create employment can help improve the quality of life for individuals and society.

P50562-002 DVD 34:00 \$95.00

Digital format also available

Nursing and Health Studies

RX for Survival

©2005 PBS Distribution

Post-Secondary

At the dawn of the 21st century, the health of the world is at a critical crossroads. Malaria, tuberculosis, and other diseases virtually eliminated from developed countries routinely claim millions of lives in developing nations. More than 30 new or emergent diseases like Ebola fever, SARS, West Nile virus, and avian flu have appeared within the last 20 years. Strains of "superbugs" resistant to our best drugs mystify modern medicine, while HIV/AIDS still lacks a vaccine and continues to ravage the world. This six-part documentary series presents the compelling stories and real-life drama of those who are proving that solutions are indeed possible – and that lives can be saved right now, the world over.

P51688-002 DVD 112:00 \$46.95

The History of Medicine 3 - Pack

©2006 Discovery Education Inc.

Post-Secondary

Travel back in time to witness some of the most important innovations in the history of medicine. Includes Innovations in Obstetrics and Pediatrics., The Road to Vaccines and From Stethoscope to X-ray; development.

P51688-004 DVD 128:00 \$195.00

Biomechanics

©2002 Video Education Australasia

Post-Secondary

The human body performs a large range of movements every day. Elite sports people perform even more complex movements in the most efficient ways possible with the input from sports scientists known as biomechanists. Biomechanics is the study of how the physical laws of mechanics apply to human movement. This program clearly investigates the basic concepts of movement and applies these to human performance. The program provides strong links with the associated areas of: Velocity, Force, Inertia, Moment of Inertia, Acceleration, Momentum; Conservation of Momentum; Summation of Momentum, Impulse, Elasticity, Accuracy and Flattening the arc, Friction, Levers, Types of motion, Torque, Flight Trajectory, Spin and Balance and Stability.

P50461-001 DVD 25:00 \$95.00

Digital format also available

Introducing Pathogens

©1995 Video Education Australasia

Post-Secondary

In this program we explore the characteristics of the five major groups of pathogenic organisms, the progress of scientific research and the technology used in understanding these organisms and how to combat the diseases they cause. We study how pathogens have altered the course of human history and how they still pose a threat to human health and survival. We also see why some infectious diseases are still major causes of death in developing countries.

P50590-001 DVD 35:00 \$95.00

Digital format also available

The Physics of Medical Imaging

©2008 Video Education Australasia

Post-Secondary

Technological advances developed from our understanding of the electromagnetic spectrum, has provided medical technologists sophisticated tools with which to analyze and interpret bodily process for diagnostic purposes. These methods are usually non-invasive processes for identifying and monitoring diseases or injuries of the body by using images representing internal anatomical structures and organs of the body. Ultrasound, compute axial tomography, positron emission tomography and magnetic resonance imaging, are methods that can often provide clear diagnostic pictures without surgery. A magnetic resonance image (MRI) scan provides a view of bone, nerves and other soft tissues. The medical practitioner can view the MRI films and diagnose ailments such as a pinched nerve, a degenerative disc or a tumor. Perhaps the greatest advantage of each of these techniques is their ability to allow diagnosis without the need for surgery. Diagnostic imaging expands the knowledge of practitioners and the practice of medicine.

P52376-001 DVD 30:00 \$95.00

Digital format also available

Medical Applications

©2006 Discovery Education Inc.

Post-Secondary

Witness the elements at work in our world. From chronicling the use of lithium in the treatment of bipolar disorder to discussing the use of nitrogen in cryonics, this program illustrates the medical applications of basic chemical substances.

P52696-004 DVD 25:00 \$89.95

The Suicide Tourist

©2010 PBS Distribution

Post-Secondary

Do we have the right to end our lives if life itself becomes unbearable, or when we enter the late-stages of painful, terminal illness? The questions, debated for centuries, have only grown more pressing in recent years as medical technology has allowed us to live longer lives, and several U.S. states have legalized physician-assisted suicide. With unique access to Dignitas, the Swiss non-profit that has helped over one thousand people die since 1998, Academy award-winning filmmaker John Zaritsky offers a revealing look at two different couples facing the most difficult decision of their lives-and lets us see for ourselves as one Chicago native makes the trip to Switzerland for what will become the last day of his life.

P52445-022 DVD 60:00 \$65.95

Nursing and Health Studies

Euthanasia – COMING SOON Call for details

©2011 Video Education Australasia

Post-Secondary

Do people have the right to die? Should the state condone the deliberate killing of a person? This program investigates the various religious, moral and philosophical arguments surrounding euthanasia, providing both 'for' and 'against' arguments for this controversial and important topic. Students will hear from many prominent figures, such as Lord Joel Joffe - the peer who has brought the Private Members Bill to legalize Assisted Dying to the UK Parliament, and Baroness Jane Campbell - a disabled peer violently opposed to Lord Joffe's bill, who successfully prevented doctors from 'letting her go' in hospital. A short drama, Jay's Choice, also assists in contextualizing the philosophical debates in an emotional 'real life' story. This informative program is bound to provoke debate on a subject which could potentially change the way in which we value life and the manner in which we perceive death.

DVD 35:00 \$139.00
Digital format also available

Understanding and Managing Type 2 Diabetes

©2007 Video Education Australasia

Post-Secondary

The incidence of diabetes around the world is rapidly rising. Predominant causative factors include age, lifestyle and obesity with up to 90% of the diabetic population having type 2 diabetes. As a direct result of this rise, the need for nurses with diabetic expertise has also risen. This program has been developed as a response to growing demand for diabetic nursing knowledge, signs and symptoms awareness, and management of type 2 diabetes. It will provide an invaluable learning resource for both nursing students and clinical nurses delivering hands-on nursing care.

P52257-001 DVD 32:00 \$95.00
Digital format also available

Doctor's Diaries

©2009 PBS Distribution

Post-Secondary

Over the past 21 years, NOVA has followed a group of seven doctors from their first day at Harvard Medical School in 1987. All young, bright and accomplished, none of them could have predicted what it would take, personally and professionally, to become a member of the medical tribe. In this special two-part program, NOVA returns one last time to get an update on the kind of doctors, and people, they have become.

P50932-289 DVD 72:00 \$49.98

Be Well Now with Dr. Nancy Snyderman

©2009 PBS Distribution

Post-Secondary

Dr. Nancy Snyderman, chief medical editor of NBC News, outlines the everyday elements that affect well-being and provides the information people need to revitalize their bodies, maintain longevity, manage their care and possibly even save their lives. The special is based upon Dr. Snyderman's best-seller, Medical Myths That Can Kill You: And the 101 Truths That Will Save, Extend, and Improve Your Life.

P52455-002 DVD 53:00 \$109.90

Randy Pausch – The Last Lecture

©2008 Disney Educational Productions

General

Experience the moving lecture that spawned a National Bestselling book and inspired millions to believe in the power of achieving their childhood dreams. Carnegie Mellon professor Randy Pausch was asked to deliver his "Last Lecture" - a series designed to examine the final lessons speakers would impart when facing their own mortality. For Pausch, who had recently received a terminal cancer diagnosis, the topic was anything but hypothetical. The inspirational lecture Randy Pausch delivered; entitled "Really Achieving Your Childhood Dreams" became an instant sensation and resonated with people around the globe. Randy Pausch lost his cancer battle on July 25, 2008; however his legacy lives on through "The Last Lecture."

P52331-001 DVD 30:00 \$29.95

The Heroes

©2006 PBS Distribution

Post-Secondary

The Heroes tells the real-life stories of unsung champions who protect people worldwide from the ravages of disease. Using highlights from the acclaimed six-hour Rx for Survival series, this unique two-hour program takes viewers inside the stirring campaigns that have saved countless lives and renewed hope for poor communities around the world. The Heroes shares the inspiring stories of individuals whose tireless perseverance and ingenuity are building a safer and healthier future for humanity.

P51688-004 DVD 112:00 \$24.00

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Nursing and Health Studies

Parenting/Family/Relationships

Establishing your Breastfeeding Relationship

©2009 Discovery Education Inc.

Post-Secondary

This program explores the benefits of breastfeeding a newborn baby. Breastfeeding helps a newborn baby grow by naturally providing all the nutrients an infant needs during the first few months of life. Breastfeeding also provide the infant with antibodies that may help fend of diseases such as diabetes and some forms of cancer.

P53702-001 DVD 18:00 \$89.95

Newborn Care

©2008 Discovery Education Inc.

Post-Secondary

This program explores the proper way to care for newborn babies once they leave the hospital. The program focuses on proper feeding techniques as well as how to bathe and dress a baby. In addition, this program also explores safety concerns about infant cribs, car seats, and baths.

P53703-001 DVD 24:00 \$89.95

Postpartum Care

©2010 Discovery Education Inc.

Post-Secondary

Giving birth can be a marvelous time for a mother; however, it is also a time fraught with many questions. Postpartum is an educational video designed to help new mothers take care of themselves during this period of intense change.

P53701-001 DVD 15:00 \$89.95

Child Development – Stepping Stones

©2003 Coast Learning Systems

Post-Secondary

Child Development: Stepping Stones has been designed to appeal to a wide variety of students, and in particular, to provide students preparing for careers in child development, early childhood education, social work, and related fields with a comprehensive understanding of development. The twenty-six 30-minute video lessons cover a wide variety of topics affecting the developing child, give students the opportunity to observe children, and feature interviews with leading child development experts and medical professionals.

DVD	Each: 30:00	Each: \$64.95
Complete Set:	P51428-028	\$1195.00

P51428-028	The Developing Person
P51428-029	A Scientific Approach
P51428-030	Nature and Nurture: The Dance of Life
P51428-031	The Wondrous Journey
P51428-032	A Delicate Grasp
P51428-033	Grow, Baby, Grow
P51428-034	The Little Scientists
P51428-035	Getting to Know You
P51428-036	Off to a Good Start
P51428-037	Fatherhood
P51428-038	Playing and Growing
P51428-039	Playing and Learning
P51428-040	Playing and Socializing
P51428-041	Developing Through Play

P51428-042	Hazards Along the Way
P51428-043	The Golden Years of Childhood
P51428-044	The Age of Reason
P51428-045	A Society of Children
P51428-046	On the Road of Accomplishment
P51428-047	School Days
P51428-048	Explosions
P51428-049	What if?
P51428-050	Who Am I?
P51428-051	The Home Stretch
P51428-052	Crashing Hard Into Adulthood
P51428-053	Different Paths

Also available in digital format

Becoming Parents - Adoption

©2003 Classroom Video

Local adoptions are down, intercountry adoptions are on the rise. After IVF failed, Birthe and Guy adopted 2 Korean children through DOCS inter-country adoption program. They strive to maintain cultural links between their children and Korea. They are supported through ASIAC, a support network of other adoptive parents. Gwenda, a social worker who interviews prospective parents for DOCS over the 2 years it takes to be assessed, stresses the special needs of overseas born adoptees and the adoptive family's ability to empathize. Lynelle, a Vietnamese adult adoptee, and founder of ICASN, a support group for adoptees, stresses the adoptee's confusion in identity and their need for cultural links with their country of origin.

P51964-002 DVD 22:00 \$94.00

Digital format also available

Practical Strengths for Resolving Conflict

©2009 Video Education Australasia

Post-Secondary

Conflict is any situation where people have a difference of values, expectations, opinions, interpretations, needs or wants. This program is about giving all Health workers some insight into what constitutes conflict and what contributes to situations of conflict in the workplace. In addition we outline skills necessary to ensure best possible outcomes when attempting to resolve situations of conflict. Aristotle said "anyone can become angry. That's easy, but to become angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way—that's not easy." The aim of this program is to give participants the best possible chance of success in choosing the right moment, with the right person, in the right way.

P52604-001 DVD 19:00 \$149.00

Digital format also available

Our Families, Ourselves

©2007 Intelcom Intelligent Communications

Post-Secondary

Our Families, Ourselves offers a contemporary look at marriages and families – and the choices, changes and constraints that affect individuals, diverse family types, and interpersonal relationships.

DVD	Each: 27	Each: \$79.95
Complete Set (18 DVDs):	K51336-002	\$1195.00
Boxed Set (5 DVDs with 18 programs)	P51336-019	\$449.00

P51336-001	Changing Families
P51336-002	Perspectives on the Family
P51336-003	Family History
P51336-004	Face, Ethnicity, and Family

Nursing and Health Studies

- P51336-005 The Role of Gender
 - P51336-006 Love and Loving
 - P51336-007 Sex and Sexuality
 - P51336-008 Making Connections, Choosing Partners
 - P51336-009 Singlehood
 - P51336-010 Marriage and Commitment
 - P51336-011 To Parent or Not to Parent
 - P51336-012 Parents and Children
 - P51336-013 Working
 - P51336-014 Family Violence
 - P51336-015 Divorcing
 - P51336-016 Remarriage and Stepfamilies
 - P51336-017 Growing Older
 - P51336-018 Families Today and Tomorrow
- Digital format also available

The Sex Files answers questions and clarifies myths about human sexuality. Each episode explores a different topic relating to health and sexuality. NOTE: Sex Files programs are recommended for an audience aged 17 and up. May contain information that is considered offensive to some viewers.

DVD **Each: 30** **Each: \$95.00**

- P52535-001 The Erection
- P52535-002 Breasts
- P52535-003 Orgasm
- P52535-004 The Birds and The Bees
- P52535-005 Aphrodisiacs
- P52535-006 Fantasy
- P52535-007 The Affair
- P52535-008 Fetish
- P52535-009 Gender
- P52535-010 Hair
- P52535-011 What is Sexy?
- P52535-012 Girl Power
- P52535-013 Birth Control
- P52535-014 Sex Drive
- P52535-015 The Act
- P52535-016 The Vagina
- P52535-017 Sexual Signaling
- P52535-018 Sexual Senses
- P52535-019 Sex For One
- P52535-020 Puberty
- P52535-021 Homosexuality
- P52535-022 The Rear End
- P52535-023 Sexual Cycle
- P52535-024 Love Juices
- P52535-025 Circumcision
- P52535-026 Intersexed
- P52535-027 Sexual Myths
- P52535-028 Testicles
- P52535-029 Celibacy
- P52535-030 Addiction
- P52535-031 Better Sex
- P52535-032 Sexual Reconstruction
- P52535-033 Menopause
- P52535-034 Future Sex
- P52535-035 Sex & Culture
- P52535-036 Sex & Disabilities
- P52535-037 Sex vs. Love
- P52535-038 Healing Sex
- P52535-039 Pregnancy
- P52535-040 Sexpertise
- P52535-041 Sex Toys
- P52535-042 Kinky Sex
- P52535-043 Rated X
- P52535-044 Beyond Monogamy
- P52535-045 Pleasure and Pain
- P52535-046 The Kiss
- P52535-047 The Strip
- P52535-048 The Bi-Way
- P52535-049 Baring it All
- P52535-050 No Sex Please
- P52535-051 Dirty Jokes
- P52535-052 Makin' It Work
- P52535-053 More Kinky Sex
- P52535-054 The Boob Tube
- P52535-055 Top 10 Sexiest Things

Death: A Personal Understanding

©1998 Distribution Access

Post-Secondary

Whether it is the passing of a loved one or the thought of facing our own mortality, death can be a frightening and often misunderstood experience. This series will take you on a journey towards the understanding of death as an integral part of life that each of us must face. Hosted by Dr. Robert Kasternbaum, Professor of Gerontology at Arizona State University, each program explores one aspect in the process of understanding death including cultural differences, the grieving process and a society in denial.

DVD **Each: 25:00** **Each: \$49.95**
Set: 2 Disk **P50272-011 & 012** **\$299.90**

- P50272-023 The Deathbed
 - P50272-024 Grief and Bereavement
 - P50272-025 A Child's View of Death
 - P50272-026 Sudden Death
 - P50272-027 Facing Mortality
 - P50272-028 Fear of Death and Dying
 - P50272-029 The Dying Person
 - P50272-030 What is Death?
 - P50272-031 Death Rituals
 - P50272-032 The Good Death
- Digital format also available

Baby Making – The A.R.T of Life

©2000 Classroom Video

Post-Secondary

Explore new technologies in reproduction and the social implications of these technologies. Through personal stories told by young infertile couples, lesbian parents and mothers who use donor sperm or donor eggs, students will realize the ethical dilemmas facing parents.

Throughout the video bioethicists highlight the issues, as well as future scenarios.

P51720-002 **DVD** **22:00** **\$94.00**

Digital format also available

The Sex Files

©2000 Exploration Production Inc.

Post-Secondary

The Sex Files answers questions and clarifies myths about human sexuality. Each program explores a different topic relating to health and sexuality.

Nursing and Health Studies

P52535-056	Sun, Sand & Sex
P52535-057	Top 10 Sexiest Clothes
P52535-058	The Making of The Sex Files
P52535-059	The Love Glove
P52535-060	Erotic Origins
P52535-061	The Wedding
P52535-062	Sexercise
P52535-063	First Date
P52535-064	Top 10 Sexual Fantasies
P52535-065	His Sexual Makeover
P52535-066	Her Sexual Makeover
P52535-067	Virginity
P52535-068	Marriage Makeover
P52535-069	The Brothel
P52535-070	The Breasts Exposed
P52535-071	Sex and Beauty
P52535-072	Girls on Top
P52535-073	Sex and Aging
P52535-074	Top 10 Sexual Myths
P52535-075	Touch
P52535-076	Sex + Rock & Roll
P52535-077	Sexual Satisfaction
P52535-078	Sex Ed for Grown Ups
P52535-079	Top 10 Sexual Archetypes

P53608-006	Drug Actions
P53608-007	Stimulants: Cocaine and Amphetamine
P53608-008	Sedative-Hypnotics
P53608-009	Drugs Used to Treat Mental Illnesses
P53608-010	Alcohol
P53608-011	Tobacco and Nicotine
P53608-012	Caffeine
P53608-013	Over-the Counter Drugs
P53608-014	Opiates 1
P53608-015	Opiates 2
P53608-016	Hallucinogens 1
P53608-017	Hallucinogens 2
P53608-018	Marijuana 1
P53608-019	Marijuana 2
P53608-020	Drug and Athletics
P53608-021	Preventing Drug Abuse
P53608-022	Summary, Conclusions and Final Thoughts

Digital format also available

Mental Health

Cry for Help

©2009 PBS Distribution

Post-Secondary

This primetime special features first-person stories from adolescents who are confronting depression, anxiety and mental illness. From depressed, suicidal teens to parents unaware of what may be troubling their own children to those on the front lines of prevention and care, CRY FOR HELP provides a rare and important look at mental illness among young adults.

P52495-002 **DVD** **60:00** **\$109.90**

Frontline: The Released

©2009 PBS Distribution

Post-Secondary

In this follow up to the groundbreaking film The New Asylums, FRONTLINE examines what happens to the mentally ill when they leave prison and why they return at such alarming rates. The intimate stories of the released-along with interviews with parole officers, social workers, and psychiatrists-provide a rare look at the lives of the mentally ill as they struggle to stay out of prison and reintegrate into society.

P52445-018 **DVD** **60:00** **\$109.90**

Mental Disorders

©2003 Video Education Australasia

Post-Secondary

It's quite normal to feel worried or sad, but sometimes these feelings can take over us and the normal can become abnormal. We begin by introducing two case studies, Alison who has depression and Karen who has an anxiety disorder. We go on to explore the problematic idea of 'abnormality' and how mental disorders might be recognized and classified. The major part of the program is devoted to explaining, illustrating and analyzing three psychological perspectives on mental disorders: Mental Disorder as a Disease of the Body, a Disease of the Mind and as A Social Construction.

P52226-002 **DVD** **35:00** **\$95.00**

Digital format also available

Addiction/Recovery

Betty Ford: The Real Deal

©2006 PBS Distribution

Post-Secondary

Betty Ford: The Real Deal profiles Betty Ford, her time in the White House, advocacy for equal rights and her substance addiction that led to the founding of the Betty Ford Center in California.

P52456-002 **DVD** **60:00** **\$109.90**

Substance Abuse, Current Concepts

©2000 Governors State University

Post-Secondary

Professor Greg Blevins of Governor State University helps students achieve an in-depth understanding of the uses and abuses of drugs in contemporary society. His course provides a balanced, factual account of the physiological, psychological, and sociological aspects of drug abuse. Each lesson begins with an examination of existing student perceptions, using it as a springboard to introduce pertinent information on drug use and abuse. Students study substance abuse from the perspectives of legal and ethical issues, scientific pharmacology, and social attitudes. The end goal of the course is to provide students with a comprehensive understanding of the resulting effects of substance use and the possible approaches to treating and preventing it.

DVD **Each: 58:00** **Each: \$95.00**

P53608-001	Overview of Drug Use and Abuse
P53608-002	Social Concerns about Drug Use
P53608-003	Substance Abuse Theory and Treatment
P53608-004	Regulating Drug Use
P53608-005	Understanding How Drugs Work

Nursing and Health Studies

Stress: The Survival Guide

©2001 Video Education Australasia

Post-Secondary

Explains what stress is and how to keep it within limits. It outlines easy relaxation techniques and coping strategies.

P50353-001 DVD 22:00 \$95.00

Digital format also available

Lives Interrupted

©2000 Distribution Access

Post-Secondary

This series depicts what happens when lives are disturbed and how people put them back together again. Through the vivid and poignant stories of people from different walks of life who experience different types of crises – both benign and difficult – the series will examine how they rework their ideas about themselves and their worlds.

DVD Each: 35:00 Each: \$79.95

- P50739-030 Prison
- P50739-031 Sexual Abuse
- P50739-032 Accident
- P50739-033 Torture
- P50739-034 Murder of a Child
- P50739-035 Rape
- P50739-036 AIDS
- P50739-037 After Suicide
- P50739-038 Living with Huntington Disease
- P50739-039 Death of a Spouse
- P50739-040 War
- P50739-041 Stroke
- P50739-042 Cancer

Digital format also available

Trouble in Mind Series

©1999 Distribution Access

Post-Secondary

Did you know that over 80% of all mental disorders are untreated or undiagnosed? Hosted by former "Charlie's Angel", Kate Jackson, this unique series takes a dramatic and insightful journey into the centre of the most common mental disorders. We see how these disorders were viewed and treated in the past, while medical and psychiatric experts shed light on modern treatments and the easily identifiable characteristics of disorders that may be crippling the life of someone you know.

DVD Each: 24:00 Each: \$95.00

- P50449-014 Post-Traumatic Stress Disorder
- P50449-015 Attention Deficit Hyperactivity Disorder
- P50449-016 Alzheimer's Disease
- P50449-017 Depression
- P50449-018 Schizophrenia
- P50449-019 Delirium
- P50449-020 Panic Disorder
- P50449-021 Postpartum Depression
- P50449-022 Psychosomatic Disorder
- P50449-023 Obsessive-Compulsive Disorder
- P50449-024 Anti-Social Personality Disorder
- P50449-025 Bipolar Disorder
- P50449-026 Eating Disorder

Digital format also available

Eating Disorders

©2004 Video Education Australasia

Post-Secondary

Eating disorders are one of the most highly publicized but misunderstood illnesses in the world. This program examines what eating disorders are, their symptoms, myths and most effective treatments. Interviews are featured with school students who have suffered eating disorders, supporters of eating disorder victims, and expert psychologist Reinhold Robertson, a specialist in eating disorders. This program is filled with thorough information and real-life advice from people who've faced this condition..

P50355-001 DVD 28:00 \$95.00

Digital format also available

Aged Care

Ageing Well

©2002 Video Education Australasia

Post-Secondary

In this program we examine old age; what happens in the body and mind; its implications for every one of us now; and how we can each aim to reach a happy and healthy old age.

P50305-001 DVD 26:00 \$95.00

Digital format also available

Aged Care: Assessing Skin Conditions

©2008 Video Education Australasia

Post-Secondary

Assessing Skin Conditions provides an overview of the techniques and knowledge required to carry out an accurate assessment of a patient with a new or ongoing skin condition. The program begins with an overview of the structure and function of human skin, then continues with useful explanations of the terminology students need to recognize and describe common skin conditions. With expert commentary from a dermatologist it guides learners through the steps of assessing patients in a precise and compassionate way. Emphasis is given to ageing skin, patient communication and care.

P52311-001 DVD 24:00 \$95.00

Digital format also available

Aged Care: Communicating with Aged Care Residents

©2007 Video Education Australasia

Post-Secondary

Effective communication with those elderly people living in residential care is the keystone to the delivery of high quality care - care that not only meets the physical needs of patients, but also mental, emotional, social and even spiritual care needs. This high quality program examines the basic elements of communication and how it can be enhanced to meet the care needs of older people who are living with hearing, vision, speech and cognitive losses. The program also looks at effective communication methods for those from culturally diverse backgrounds.

P52228-001 DVD 28:00 \$95.00

Digital format also available

Aged Care: Communicating with Colleagues

©2007 Video Education Australasia

Post-Secondary

Integral to the operations of any workplace is effective communication between all staff. It is particularly important in any

Nursing and Health Studies

area of health service delivery and care, including an aged care environment. Communication in the workplace takes a variety of forms, and this program looks at the areas particularly relevant to aged care, including verbal and non-verbal communication, formal and informal communication, conflict resolution and negotiation, and communication between staff, and between management and staff. This program will serve as a valuable training and professional development resource for all workers in an aged care environment.

P52228-002 DVD 25:00 \$95.00
Digital format also available

Aged Care: Managing Incontinence

©2007 Video Education Australasia
Post-Secondary

Urinary and fecal incontinence can be one of the most stigmatizing and embarrassing disabilities to afflict both men and women in society today. The causes and types of incontinence can be varied and can affect anyone at any age not just the young or the elderly. The cost to the individual can be measured in loss of confidence, embarrassment, social isolation, relationship stress and breakdown, not just in laundering and costs of continence products. However there is hope for individuals afflicted with incontinence. New therapies, products and appliances and building design can all assist the individual. This program will examine management strategies to assist individuals and their careers to maintain dignity and independence.

P52311-002 DVD 24:00 \$95.00
Digital format also available

Caring for the Frail and Immobile

©2009 Video Education Australasia
Post-Secondary

While some losses of strength and mobility are expected, it is easy to believe that the elderly are slowing down 'just because they're old'. Through a proper understanding of the ageing process, and the common pathologies that occur in the elderly, we can gain a more accurate understanding of what to expect and what can be done to maintain or even improve mobility in the elderly. Staying mobile is an important part of maintaining ones dignity, independence, and quality of life.

P52603-001 DVD 25:00 \$149.00
Digital format also available

Protecting the Vulnerable – Identifying and Reporting Elder Abuse

©2009 Video Education Australasia
Post-Secondary

Elder abuse is a largely hidden problem. As the proportion of elderly people requiring care increases, it is critical that families, friends, carers and aged care staff are educated to understand the different forms elder abuse can take, and what they can do about it. It is also vital that governments, peak bodies and the aged care industry creates and works within a solid legislative framework that properly deals with this insidious problem in society, ensuring perpetrators are appropriately punished, rehabilitated and that vulnerable elderly people are totally protected from violation of their rights. This program provides an overview of elder abuse, including physical, sexual, financial and psychological abuse and neglect. It also looks at strategies to protect vulnerable elderly people, and appropriate responses to elder abuse.

P52251-001 DVD 28:00 \$95.00
Digital format also available

A New Look at Aging

©1999 Distribution Access
Post-Secondary

A look at the aging process which begins from the time we are born and continues throughout life. Our environment, nutrition, activity patterns and lifestyle affect how we age. Baby boomers, who are now approaching 65 years of age, are beginning to ask questions about their own future and have questions about their aging family members and friends. Older adults, finding that they are living longer than expected, are wondering how to best address some of the issues confronting them and individuals are looking for information to help them age as healthily as possible. As a society, we are looking for ways to respond to the growing numbers of older adults.

DVD	Each: 60:00	Each: \$59.50
Set of 6:	K50771-001	\$359.00

P50771-001	Journey to 100
P50771-002	Living Everyday
P50771-003	Myths of Aging
P50771-004	Use it or Lose it
P50771-005	Attitude is Everything
P50771-006	The Club Sandwich Generation

Digital format also available

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