

## Learning Resources

### Abdominal Hysterectomy

Relevant information concerning the surgical risks involved with abdominal hysterectomy. Dispels myths, reassures about continued sexual function. Helps patient understand what she will experience throughout the procedure and recovery, in hospital and at home. Consultant: Dr Howard W Jones, Jr., Howard and Georgeanna Jones Institute for Reproductive Medicine.

Adult  
14 minutes, order 3-2018-IN

### Appraisal Of The Newborn

Physical examination of a normal newborn, identifying existing abnormalities and providing a basis for assessing changes.

Professional  
26 minutes, order 1-6467-IN

### The Breast Exam

*The Physical Assessment Series*

Techniques of inspection and palpation; effective teaching of self examination.

Professional  
13 minutes, order 1-6481-IN

## A comprehensive listing of video resources for medical training.

### The Clinical Management Of Breastfeeding

#### The Clinical Management of Breastfeeding, Part 1 The Science and Art of Breastfeeding

An introduction to the process of human lactation and to its clinical management - from pre-conception through a child's first year of life. Part One contains four modules:

#### The Benefits of Breastfeeding

Outlines nutritional and anti-ineffective properties of breast-milk. Identifies specific health and cognitive benefits to infants. Summarizes new scientific data supporting short and long term benefits for women's health. Covers economic, practical and emotional advantages of breastfeeding.

#### History, Culture and Technology

Explains the evolution of artificial substitutes. Explores reasons for cultural trends away from breastfeeding in the developed world. Helps providers anticipate common misperceptions patients have about breastfeeding.

#### Anatomy and Physiology of Lactation

Covers the science of lactation with clear language and imagery explaining: the cycle of supply and demand; the physiological mechanisms of suckling; the role of the brain in lactation; how milk is produced in the breast and transferred to the baby; the milk ejection reflex; the constituents of breast milk; stages of lactation (lactogenesis and galactopoiesis); specific properties of colostrum; transitional milk and mature milk.

### Breastfeeding Management

Offers a basic course on the principals of effective clinical management with information on: feeding cues; supply and demand; frequency and duration of feedings; positions for feeding; latching on; assessing that baby is getting enough milk; medical contraindications and techniques for motivating and supporting patients.

45 minutes, order 7-1149

#### The Clinical Management of Breastfeeding, Part 2 Putting It All Into Practice

Identifies the specific roles that health professionals can play at different points along the perinatal continuum to motivate and support breastfeeding. Part Two contains five modules:

#### Prenatal Care

Teaches when and how to raise the subject of breastfeeding in the course of prenatal care; shows providers offering fact-based, non-biased information in patient interviews.

#### Labour and Delivery

Identifies ways intrapartum caregivers play a time-sensitive and crucial role in getting breastfeeding established soon after birth; focuses on early attachment after delivery; shows infants' reflexive breastfeeding behaviours.



## Learning Resources

### Mother/Baby Care

Demonstrates effective bedside teaching by hospital based caregivers; provides patient education objectives for the first 24 hours of breastfeeding; shows how to identify patients' teachable moments and provide referrals for mothers with special needs.

#### Postpartum Follow-up

Covers the importance of sustained support for patients after discharge; gives indications of and effective treatment suggestions for common breastfeeding problems such as sore nipples, engorgement, and sleepy babies.

#### Pediatric/Well Baby Care

Reviews new AAP guidelines for supporting breastfeeding throughout initiation and maintenance; discusses growth patterns of breastfed and artificially fed infants; itemizes ways those in pediatric/well baby settings can play a role in sustained breastfeeding.

57 minutes, order 7-1150

Professional

102 minutes, order 7-11490-IN

#### Endometriosis

Explains how Endometriosis develops and what treatment options are available. Typical symptoms are reviewed plus the association of endometriosis with infertility. Hormonal

therapy options are outlined as are common side effects of these drugs. Discusses surgical options, including hysterectomy.

Adult, Professional

14 minutes, order 3-2002-IN

#### Evaluation Of Amenorrhea: Normal & Disordered Menstruation

Amenorrhea, or the lack of menses can be divided into functional and anatomic categories, and lends itself to a simplified diagnostic approach. This discussion presents the problems of diagnosis and treatment of amenorrhea, in concert with the diagnosis of other associated disease processes. Examples of laboratory results based on clinical material are described.

Post Secondary - Advanced, Professional

30 minutes, order 1-5448-IN

#### Evaluation Of Amenorrhea: Elements Of The Work-up

Amenorrhea, or the lack of menses can be divided into functional and anatomic categories, and lends itself to a simplified diagnostic approach. This discussion presents the problems of diagnosis and treatment of amenorrhea, in concert with the diagnosis of other associated disease processes. Examples of

Post Secondary - Advanced, Professional

30 minutes, order 1-5455-IN

#### Examination Of The Pregnant Abdomen

The Physical Assessment Series

Witness a proper abdominal assessment on a pregnant woman during a routine check up and learn successful methods for keeping your patient informed of your findings.

Professional

8 minutes, order 1-6476-IN

#### Fetal And Neonatal Asphyxia

Appropriate infant resuscitation is based upon knowing when and why intervention is needed. This discussion presents nurses with information about the pathophysiology of asphyxia.

Maternal risk factors associated with the birth of an asphyxiated infant are identified and assessment methods are described.

The neonatal consequences of asphyxia are presented, along with basic nursing assessment and consideration.

Post Secondary - Advanced, Adult, Professional

30 minutes, order 1-5297-IN

#### Fetal Asphyxia: Causes And Consequences

A clear, well-animated description of the resuscitation process.

Professional

30 minutes, order 1-5245-IN

#### Fetal Development: A Nine Month Journey

Fibreoptic images from inside the womb blend with ultrasound images, schematic drawings, and animation to describe each stage of fetal development. For every mother and father to be.

Ages 15 to 18, Post Secondary - Introductory, Adult, Professional

15 minutes, order 3-2003-IN

#### The Gynecological Examination

The Physical Assessment Series

Learn proper, safe and comfortable procedure for examining both the external and internal female genitalia using the techniques of inspection and palpation plus review a smear and culture procedures.

Professional

19 minutes, order 1-6489-IN

#### The Gynecological Series

Five patient education videos on common gynecological problems and procedures.

Gives up to date information on the diagnosis and treatment of cervical dysplasia. Using dramatization, detailed graphics, animation, and actual clinical visits, the video demonstrates colposcopy, biopsy, cryosurgery, cone biopsy, and laser therapy. The program emphasizes the importance of early diagnosis through regular Pap smear testing.



## Learning Resources

### **Pap Smear and Colposcopy** **Vaginal Hysterectomy**

**G**ives up to date information on the diagnosis and treatment of cervical dysplasia. Using dramatization, detailed graphics, animation, and actual clinical visits, the video demonstrates colposcopy, biopsy, cryosurgery, cone biopsy, and laser therapy. The program emphasizes the importance of early diagnosis through regular Pap smear testing.

Order 1-6551, 10 mins

### **Endometriosis**

**C**overs the causes, various symptoms, and degrees of severity. The video discusses diagnostic laparoscopy, the benefits and risks of hormone therapy, and surgery (including laser therapy).

Order 1-6543, 10 mins

### **Abdominal Hysterectomy**

**T**his video informs and reassures the patient, clarifying menopause, hormone therapy, and common indications for surgery. The video also covers what the patient should expect before and after surgery, including complications and the psychological impact of surgery.

Order 1-6553, 10 mins

### **Laparoscopy**

**D**emonstrates the entire procedure, step by step, discussing the diagnostic use of laparoscopy and possible complications.

Order 1-6549, 10 mins

Graphically illustrates how weakened pelvic supports cause uterine prolapse, cystocele rectocele, and enterocele, as well as explaining what to expect from the surgery.

Order 1-6541, 10 mins

Adult, Professional  
50 minutes, order 1-65530-IN

### **Hemotherapy In The Neonatal Period**

*The Transfusion Professional Series*

**P**remature newborn babies often present hemolytic diseases which require relatively large transfusions of blood products. Dr. Kamil Gal of Newark Beth Israel Medical Centre describes the causes and pathogenesis of these diseases and explains why treatment therapies require massive blood transfusions. The doctor also examines the indications and complications of exchange as well as procedures for proper RBC volume maintenance in newborns experiencing frequent blood drawing. The program content also addresses blood product screening procedures and prevention of hemolytic...

Post Secondary - Advanced, Adult, Professional  
54 minutes, order 1-3460-IN

### **Herpes And Pregnancy**

*The Coping With Herpes Series*

**P**roper treatment practices enable women with genital herpes to deliver normal, healthy babies.

Adult  
8 minutes, order 1-5231-IN

### **In Vitro Fertilization**

*The Ob/gyn Series*

**E**xtensive research has improved in vitro fertilization pregnancy rates. Doctors Howard and Georgeanna Jones, leading scientists in reproductive medicine, outline in vitro fertilization techniques performed at their institute which have attained a 25% pregnancy level. The Jones' lecture addresses all aspects of the in vitro process including: patient screening, ovulation and monitoring, oocyte retrieval, sperm harvesting, embryo transfer, luteal phase, early pregnancy, statistical findings, ethical considerations and cost. The program is well illustrated and extremely concise.

Professional  
60 minutes, order 1-3421-IN

### **In-vitro Fertilization And Embryo Transfer**

**S**ince the birth of Louise Brown in England in 1978, in vitro fertilization programs have spread throughout the world, providing hope for infertile couples.

This discussion is designed to inform the nurse about the sequential phases that are included in an in vitro fertilization program.

Post Secondary - Advanced, Professional  
30 minutes, order 1-5668-IN

### **Infant Resuscitation**

**T**he asphyxiated newborn requires a unique and highly specialized method of resuscitation. This discussion outlines the steps involved from tactile stimulation, emphasizing bag and mask ventilation, and intubation.

Also discussed are cardiac massage and biochemical resuscitation. Use of real life demonstrations as well as verbal descriptions are included with the rationale behind each step.

Post Secondary - Advanced, Professional  
30 minutes, order 1-5717-IN

### **The Infertility Series** **Infertility: The Causes**

**B**efore infertility can be treated, its cause must be determined. This program describes some of the diagnostic tests and procedures, including endometrial biopsy, sperm evaluation, postcoital exams, hysterosalpingography, and laparoscopy. Case studies are used to illustrate various situations.

10 minutes, order 1-5505





## Learning Resources

### **Infertility: Fertility Drugs**

More than a third of the causes of female infertility stem from faulty ovulation, a problem that can often be corrected by fertility drugs. This program describes the ovulation process and how it can be monitored. The uses, side-effects, and dangers of three specific drugs (Clomid, Pergonal, and gonadotropin-releasing hormone) are examined.

30 minutes, order 1-5006

### **Infertility: Laser and Micro Surgery**

Blockage in the fallopian tubes is the leading cause of female infertility. This program focuses on the causes and correction of this problem. Procedures and conditions discussed include endometriosis, hysterosalpingography, laparoscopy, and laser and microsurgery.

30 minutes, order 1-5006

### **Infertility: In Vitro Fertilization**

If all other procedures have failed, two final methods are available: in-vitro fertilization and the "gift" procedure. The final program in this series explains these procedures and describes the prime candidates for each.

30 minutes, order 1-5007

Professional, Adult  
100 minutes, order 1-55050-IN

### **The Management Of Vaginitis**

The American Academy of Family Physicians presents a comprehensive review of the current diagnostic approaches and treatments in the management of vaginitis. Emphasis is on the procedures and processes leading to specific diagnosis and treatment for effective long-term management.

Post Secondary - Advanced, Adult, Professional  
30 minutes, order 1-6675-IN

### **Menopause Series**

*Menopause Series*

#### **Menopause: What is Menopause?**

Technically, menopause is the last period, but the word is used in a broader sense to describe the years leading up to and following the last period. Menopause generally occurs between the ages of 50 and 55, but it has been reported as early as 40.

15 minutes, order 1-5232

#### **Menopause: Symptoms and Treatment**

As the complex menstrual cycle ceases, female hormones that have been saturating the body for 40 years or more are withdrawn, causing symptoms that range from mild to nearly incapacitating. Hot flashes, vaginal dryness, osteoporosis, and urinary incontinence are some of the common problems.

15 minutes, order 1-5233

### **Menopause: Hormone Replacement Therapy**

HRT is a combination of estrogen and progesterone. Administration of these hormones recreate the natural cycle so that the build-up of endometrial cells is naturally sloughed off each month. However, HRT can involve a long term commitment; it must be carefully timed and undertaken only after screening tests and only in conjunction with regular check-ups.

15 minutes, order 1-5234

#### **Menopause: Attitudes and Expectations**

Despite the fact that midlife is full of major stressors, by the time a woman is 50 she has usually developed fairly efficient coping mechanisms. Women who suffer major adjustment problems are most often those with a prior history of emotional difficulty. Still, many women have found support groups helpful in dealing with the emotional, psychological, and social impact of menopause.

15 minutes, order 1-5235

Adult  
minutes, order 1-52320-IN

### **Midwifery And The Law**

Although midwifery has an uncertain legal status in Canada, many women want to deliver their babies with the assistance of qualified midwives, either in their own homes or in a clinic or hospital. In many provinces laws will or have already been enacted.

In this program, a midwife describes a situation in which crucial time was lost during a transfer and re-diagnosis. The child was stillborn and although the parents supported the midwife, it was brought forward to a Coroner's Inquiry.

Features interviews between midwives and former clients, looks at midwifery projects carried out at Vancouver's Grace Hospital and shows initiatives in practices in Quebec, Ontario and Alberta.

Ages 15 to 18, Post Secondary - Introductory, Adult, Professional  
30 minutes, order 9-1203-IN



## Learning Resources

### Nutritional Management Of Diabetes During Pregnancy

Over the last decade, remarkable progress in reducing complications among pregnant diabetic women. Nutritional management of the pregnant diabetic remains a key factor in that success. This program describes the metabolic changes during pregnancy, methods of assessing glycemic control, guidelines for nutritional management, and a team approach to perinatal care. It also differentiates between Type I, Type II, and gestational diabetes.

Professional  
30 minutes, order 1-5731-IN

### Ob Emergencies: Babies At Risk

Helps prepare OB nurses to recognize a crisis and make the on-the-spot decision that can save a baby's life.

Tells how to spot the first signs of fetal distress. Demonstrates continuous fetal heart rate monitoring, often used during labour, and explains how it can be used to differentiate between normal fetal heart rates and fetal stress and distress.

Covers other biochemical and biophysical techniques that can help diagnose fetal distress.

Professional  
25 minutes, order 1-2233-IN

### Obstetrical Ultrasound Volume 2

*The Obstetrical Ultrasound Series*

Ectopic pregnancy puts a mother at high risk for developing serious medical complications. Dr. Faye Laing, a radiologist from the University of California in San Francisco, presents a thorough overview of techniques that enable the physician to make an early diagnosis of this condition. She discusses the predisposing factors for ectopia and describes the use of ultrasound, HCG serum level measurements, radio immuno assay tests(RIA), culdocentesis, and laparoscopy. The doctor also describes the criteria for normal intrauterine sac features and identifies abnormalities that may indicate an ectopic condition.

Professional  
20 minutes, order 1-3690-IN

### Obstetrical Ultrasound Volume 1

*The Obstetrical Ultrasound Series*

Advanced ultrasound technology now enables physicians to better monitor the earliest stages of pregnancy. Using ultrasound films, Dr. Edward Lyons tells doctors how to recognize fetal development on ultrasound images. He identifies the shape and presentation of the chorionic and yolk sacs and explains how to measure the crown rump length. The doctor also defines the indications for blighted ovums and spontaneous abortions.

Professional  
22 minutes, order 1-3698-IN

### Post Mastectomy: The Physical Therapy Connection

With Barbara Rabinowitz, WACSW Co-Director/Administrator Comprehensive Breast Center, Robert Wood Johnson Medical Center. Talks about recovery after mastectomy and how physical therapy can help.

Adult  
22 minutes, order 1-6233-IN

### Premenstrual Syndrome: A Clinical Approach

Premenstrual syndrome (PMS) has long been a significant health problem for millions of women in their reproductive years. PMS is now thought to include four different subgroups. This discussion describes the symptoms of the four subgroups, identifies the tools to be used in their diagnoses, and outlines several factors that must be present in an effective PMS treatment program. Also see: Part two *Practical Approaches*, number 1-5662.

Post Secondary - Advanced, Professional, Adult  
30 minutes, order 1-5666-IN

### Premenstrual Syndrome: Practical Approaches

Premenstrual syndrome (PMS) has long been a significant health problem for millions of women in their reproductive years. PMS is now thought to include four different subgroups. This discussion describes the symptoms of the four subgroups, identifies the tools to be used in their diagnoses, and outlines several factors that must be present in an effective PMS treatment program. Part one with *A Clinical Approach*, number 1-5666.

Post Secondary - Advanced, Professional, Adult  
30 minutes, order 1-5662-IN



## Learning Resources

### The Premenstrual Syndrome Series

#### PMS: Diagnosis

Seventy percent of all women suffer from Premenstrual Syndrome (PMS). Diagnosis is difficult since there is no proven explanation, however theories do exist. The program discusses these theories, as well as symptoms of PMS and the step towards diagnosis. A gynecologist, a psychiatrist, and their patients are featured throughout the program. Individual treatment and diagnosis is stressed.

1-5423 11 mins

#### PMS: Holistic Treatment

Holistic treatment of PMS involves adapting to a healthy lifestyle. Alternatives such as change in diet, vitamin intake, daily exercise, and have helped some PMS patients notably decrease their symptoms. A gynecologist and a psychiatrist, as well as their patients, provide commentary throughout the program, offering advice for a holistic lifestyle.

1-5425 13 mins

#### PMS: Drug Therapy

When holistic treatment doesn't lessen the symptoms of PMS, drug therapy may be necessary. Hormonal approaches, such as the Pill, Progesterone, Danazol, GNRH and the experiment drug Naltrexene are mentioned in this program. The side-effects of these drugs are discussed by

professionals in the field, and their patients currently using these drugs. The pros and cons of drug therapy are also discussed.

1-5426 10 mins  
Professional  
minutes, order 1-5424-IN

#### Psychological Aspects Of In Vitro Fertilization

Current procedures used for in vitro fertilization (IVF) and embryo freezing will be discussed with emphasis on a team approach that includes psychiatric screening as part of the infertility evaluation. Faculty members Michael J.

Vergare, M.D., Associate Chairman of the Department of Psychiatry at Albert Einstein Medical Center, Martin Freedman, M.D., Director of Albert Einstein's In Vitro Fertilization Program, Erlynn Haberman, R.N., M.S.N., Nurse Coordinator of Albert Einstein's IVF Program, and Vincent Rinella (Moderator), Director of Clinical Programs at Philadelphia Psychiatric Center will discuss the following topics:

The psychiatric implications of fertility problems, specifically IVF.

Current procedures that couples undergo for evaluation and IVF.

Current procedures for embryo freezing.

Post Secondary - Advanced, Professional  
60 minutes, order 1-5853-IN

### Reproductive Medicine: Premises And Promises

Healthy Living: Road To Wellness Series

Nearly three out of four American couples pursuing assisted reproduction are not successful – a staggering statistic leading to new revisionism in reproductive medicine. This program takes an in-depth look at the reasons behind increased infertility rates, low-tech intervention strategies, and high-tech assisted reproduction technology.

Adult  
30 minutes, order 5-4969-IN

### Resuscitating The Asphyxiated Newborn

The asphyxiated newborn requires a unique and highly specialized method of resuscitation. In this program, tactile stimulation, bag and mask ventilation, intubation, cardiac massage, and biochemical resuscitation are sequenced and demonstrated, emphasizing the importance of a rapid and well-coordinated team response.

Post Secondary - Advanced, Adult, Professional  
30 minutes, order 1-5482-IN

### Second Opinion: Women's Health Issues

An intimate look at the life-changing experiences of three women in their battle, not only with breast cancer, heart disease and AIDS, but also with the health system and its providers.

Includes perceptive commentary by the authors of the groundbreaking book, *Our Bodies, Ourselves* - on the treatment these women received and on the treatment of women's health in general.

Identifies inequalities in the health care delivery system and helps to empower women seeking medical care.

An invaluable resource for nursing and allied health programs, schools of medicine, women's studies programs, outreach and advocacy groups, patient education, and public libraries. Nominated for an EMMY award.

Adult  
29 minutes, order 9-7193-IN

### The Secret Club: Women's Experiences Of Abortion

Six women speak candidly about their experience of having an elective abortion.

A gentle, informative program for all women, as well as students and clinicians.

Adult  
28 minutes, order 9-7198-IN





## Learning Resources

### Ultrasound In Obstetrical Practice: Fetal Growth

Methods for effective examinations on pregnant patients; fetal position and viability, identifying placental location, assessing gestational age.

Post Secondary - Advanced, Professional  
30 minutes, order 1-5691-IN

### Ultrasound In Obstetrical Practice: Abnormalities

Estimate fetal age and weight; determine fetal number and position; and detect certain congenital anomalies.

Post Secondary - Advanced, Professional  
30 minutes, order 1-5696-IN

### The Uterine Bleeding Series

#### Uterine Bleeding: The Causes

Abnormal uterine bleeding can be a sign of impending miscarriage, tubal pregnancy, fibroids, cancer, or endometrial hyperplasia. Most commonly, however, it indicates a disturbance in the hormones that control menstruation, i.e., dysfunctional uterine bleeding. In this case an endometrial biopsy is used to sample uterine tissue for hormone analysis. This program also explains the steps involved in a dilation and curettage (D&C) procedure, used to confirm or eliminate the possibility of cancer.

Order 1-5009 9 mins

#### Uterine Bleeding: Fibroids

Approximately 40 percent of all women over age 35 develop fibroids – benign muscle tumors found in the wall of the uterus. If they cause bleeding or pain, or if they suddenly start to grow rapidly, surgery may be indicated. This can mean a myomectomy, where the fibroids are simply removed from the uterine wall, or it may involve a hysterectomy, where the entire uterus is removed. This program explains the indications for each of these inpatient procedures and exactly what the hospitalization involves.

Order 1-5010 8 mins

#### Uterine Bleeding: Endometrial Hyperplasia

After age 40, abnormal uterine bleeding could be a warning sign of endometrial hyperplasia, a thickening of the uterine lining that may progress to cancer if left untreated. Dilation and curettage can reveal the abnormal build-up of estrogen in the lining of the uterus, in which case progesterone therapy is frequently prescribed. If the uterine lining continues to be abnormal, the physician may suggest a hysterectomy; the ovaries are also removed if the woman is over age 50.

Order 1-5011 8 mins

#### Uterine Bleeding: Endometriosis

Endometriosis usually is a chronic disease which occurs in the premenopausal years, especially in women between age 30 and 40 who have postponed child-bearing. It can cause severe pain before or during a period, and may eventually result in infertility. A woman with suspected endometriosis is treated with hormonal therapy; if this fails to relieve symptoms, a laparoscopy may be necessary to evaluate and possibly cauterize the endometriosis. Laparotomy is a major surgical procedure used to treat severe cases of endometriosis; hysterectomy is rarely necessary.

Order 1-5012 8 mins  
Professional minutes, order 1-50090-IN

#### When The Bough Breaks

Dramatization of the real life experiences of the Blalock family during the final weeks of Mrs. Blalock's difficult pregnancy. Illustrates the communication issues involved in conveying clinical information, especially "bad news." Conveys the principles of perinatal management and the health care professional's role as both information provider and care giver.

"A superb teaching resource of uncommon quality!" 5 Stars (Outstanding!) - Evaluation from 10th International Congress of Care of the Terminally Ill, 1994.

Professional  
71 minutes, order 9-7190-IN

This listing is correct as of Friday January 5, 2001 but is subject to change without notice. If this listing appears to be out of date, please contact us for up-to-date pricing and availability. This is Subject Nbr 3. For a brief master list of all available subjects, request document number 800. For an ORDER FORM, request document number 801

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