

Learning Resources

Exercise Therapy For Osteoporosis And Postural Back Pain

Exercise routine to help women of all ages develop body awareness, enhance posture and tone, improve flexibility, and strengthen muscles.

Adult
55 minutes, order 9-7715-IN

Interacting With People In Wheelchairs

Perspective of those confined by choice or by chance to a mobile chair.

Post Secondary - Advanced, Adult, Professional
30 minutes, order 1-5280-IN

Learning About Artificial Joint Replacement Series

Introduction

Describes operational techniques, the recovery process, and possible complications.

12 minutes, order 1-5437

Surgery

Takes patients through total joint replacement surgery step by step; pre and post operative stages.

13 minutes, order 1-5438

Recovery

The most important aspects of this treatment stage including exercise regimes, positive mental outlook, and possible complications.

12 minutes, order 1-5439

Rehabilitation

Strict physical regime greatly improves the efficacy of a new joint.

12 minutes, order 1-5440

A selection of videos for nursing education and patient instruction covering Joint Replacement, Arthritis, Rheumatism and more

Living with It

Describes various mental and physical experiences patients will have.

12 minutes, order 1-5441

Adult
minutes, order 1-54370-IN

Learning About Arthritis Series

Highly informative and comprehensive. Each program contains a nice balance of "human interest" material, presented by patients, and medical advice from experts.

The feeling tone throughout the series is upbeat and positive, so that viewers are encouraged to find ways of coping rather than "giving in" to the disease. The medical experts are especially good in that they explain everything in nontechnical terms, making the medical facts readily understandable.

This series will be very useful in patient education programs and should certainly be seen by all persons with arthritis. But it

also contains much helpful information for healthcare providers. *Media Profiles, Health Sciences Edition, November 1990*

The Many Faces of Arthritis

Hundreds of disorders fall under the general heading of arthritis. This program defines the disease and describes the symptoms of different types of arthritic conditions.

Order 1-8083 13 minutes

Rheumatoid Arthritis in Adults

In this program, symptoms and effective treatment programs are discussed.

Order 1-8084 17 minutes

Osteoarthritis

Everyone over the age of sixty five suffers from osteoarthritis to some degree. The program describes the combination of medication, rest, exercise, and joint protection used to treat this disease.

Order 1-8085 14 minutes

Soft Tissue Syndromes and Gout

Unlike other forms of arthritis, soft tissue syndrome usually lasts only briefly and does not cause permanent damage. Bursitis and tendinitis, two soft tissue syndromes, are described in this program.

The similar symptoms of tendinitis and gout are compared, and ways to control gout are given.

Order 1-8086 12 minutes

Ankylosing Spondylitis

Ankylosing Spondylitis is a disease that affects the spine. The reasons it often goes undiagnosed for long periods are explained; and the symptoms and treatment are described.

Order 1-8087 14 minutes

Therapy and Pain Management

This program emphasizes the importance of combining pain management, physical therapy, and occupational therapy in the treatment of arthritis. The goals and techniques of each type of therapy are clearly described.

Order 1-8088 14 minutes

Coping with Pain and Emotion

This program reveals the pain, anger, and other emotions that often accompany arthritis. Patients discuss how they cope with self imaging problems.

Order 1-8089 14 minutes



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Rheumatoid Arthritis in Children

The three types of juvenile rheumatoid arthritis are described. The special challenges in treating young people with the disease are discussed. Order 1-8090 19 minutes
Adult, Professional minutes, order 1-80830-IN

The New Hip Generation: Total Hip Replacement

Promotes nurses' awareness of new procedures, postoperative care.
Professional 30 minutes, order 1-5139-IN

Orthopedic Assessment

Demonstrates the most up to date skills in orthopedic assessment. Illustrates how a nurse performs a thorough, well organized assessment of a healthy adult. Shows how to examine the patient's musculoskeletal system for range of motion, muscles strength, and reflexes. Techniques include inspection and palpation, measuring, and grading. Special aspects of assessing are also included (pediatric patients, emergency room patients, and patients with orthopedic disorders).
Professional 30 minutes, order 1-5112-IN

Rheumatoid Arthritis: Occupational Therapy

Team concept offers more options in lifestyle, independence, and higher quality of life.
Adult, Professional 30 minutes, order 1-5265-IN

Rheumatoid Arthritis: Rehabilitation

Emphasis on the team approach to educate patient to manage better.
Adult, Professional 30 minutes, order 1-5269-IN

Staff Education For Total Knee Replacement Surgery

A comprehensive program on total knee replacement surgery, from both a clinical and a patient's point of view. Begins with the anatomy and functioning of a normal knee and then describes various problems that can occur. A range of treatments is explained, from conservative measures to total replacement surgery. Covers all aspects of knee replacement surgery: historical background; contraindications to surgery; the surgical procedure and selection of replacement devices; possible complications, such as scarring, infection, phlebitis, pulmonary embolism, and slow healing; and patient rehabilitation, including assistive devices and restrictions.

Also demonstrates the nurse's role, pre-, post- and intra-operatively. Stresses the nurse's role as patient teacher.
Professional 28 minutes, order 1-2216-IN

Staff Education For Total Hip Replacement Surgery

A complete program for nurses and nursing students on total hip replacement surgery. Begins with a history of orthopedic surgery specific to hip replacements; the anatomy and physiology of the hip and hip joints; and factors that may exacerbate hip problems, such as osteoarthritis, obesity, and menopause. Briefly describes conservative treatment methods, including moist heat, steroidal and non-steroidal medications, and assistive devices.

Covers the replacement procedure in depth, with surgical footage, full explanations, detailed pictures, X-rays, and graphics of the prosthesis. Possible complications are also discussed.

Stresses the nurse's role in patient teaching during both the pre- and post-operative phases and in rehabilitation. Pays special attention to the needs and feelings of elderly patients.
Professional 40 minutes, order 1-2217-IN

Total Knee Replacement: Kickback To Motion

Postoperative care with emphasis on patient education, monitoring activities, prevention, and early recognition of complications.
Post Secondary - Advanced, Adult, Professional 30 minutes, order 1-5153-IN

Total Hip Replacement: Patient Education

A comprehensive procedural overview for patients facing total hip replacement surgery. Begins with a discussion of hip joint anatomy and continues with an explanation of the causes of hip degeneration and the non-surgical options available.

The program then describes the four phases of hip replacement surgery, from the pre-operative evaluation to the post-operative exercises.

This is an extremely informative video and an excellent tool for alleviating the stress and anxiety often experienced by patients and their families.

Professional, Adult 24 minutes, order 1-2226-IN



Learning Resources

Total Knee Replacement: Patient Education

An excellent program for patients facing total knee replacement surgery. Explains the anatomy and functioning of a normal knee as well as the problems that result in decreased mobility, stiffness and pain.

Covers all phases of knee replacement surgery as well as more conservative treatment options, using clear pictures and language. Stresses patient participation, especially in the pre-operative decision-making phase and in the post-operative rehabilitation phase.

Professional, Adult
23 minutes, order 1-2227-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 110. 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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