

# Learning Resources

## After Head Injury

A head trauma injury radically changes the lives of both victims and their families. Intensive care unit social workers discuss their role in helping both victims and victims' family members cope with this long term tragedy. They help social workers improve the quality of care delivered to both patients and families by sensitizing the caregivers to the psychological states and needs of all those involved in this situation. The panelists present an interview with a recovering head trauma patient to better illustrate the changes in parent/child and sibling relationships.

Post Secondary - Advanced, Adult, Professional  
55 minutes, order 1-3900-IN

## Augmentative Communication

Featuring Megan McCall, FMA, CCC, Speech/Language Pathologist, Augmentative Communication Coord., Children's Specialized Hospital, NJ. Team evaluative efforts are used in the determination of effective and efficient means of communication in patients whose understanding of language exceeds their ability to express themselves due to any variety of reasons.

Post Secondary - Advanced, Adult, Professional  
24 minutes, order 1-5950-IN

*Our collection of video resources for care-givers, medical professionals and their patients.*

## Cancer Pain Management: A Team Approach

Multidisciplinary program promotes the appropriate use of narcotic analgesics to optimize pain control.

Post Secondary - Advanced, Adult, Professional  
30 minutes, order 1-5775-IN

## Chronic Pain Management: Part 1

State of the art in rehabilitative health care, intended for all members of the rehabilitation team.

Post Secondary - Advanced, Adult, Professional  
90 minutes, order 1-5319-IN

## Chronic Pain Management: Part Two

Adult  
90 minutes, order 1-53192-IN

## Coma: The Journey Back

Documents an individual's recovery from severe head injury suffered in a car accident.

Adult, Post Secondary - Introductory, Professional  
20 minutes, order 6-1018-IN

## Creative Lifelong Alternatives For The Brain Injured

Community based programs offer alternatives to assist patients in reaching their optimal medical, psychosocial, and vocational levels.

Post Secondary - Advanced, Adult, Professional  
30 minutes, order 1-5734-IN

## Current Development In Rehabilitation Of Cancer Surgery Pati

With Kenneth W. Staffan, M.S. Director of Public Information, American Cancer Society, NJ Div. Deals with the rehabilitation of the cancer patient that has had surgery, particularly a debilitating surgery. Talks about the support that is given to cancer patients by the American Cancer Society.

Post Secondary - Advanced, Adult, Professional  
55 minutes, order 0-249-IN

## Exercise Testing And Pulmonary Rehabilitation

Dr John Penek, Director of the renowned "Breathing Centre", discusses the diagnosis and treatment of pulmonary disorders. Penek explains how doctors can use sophisticated (circa 1984) exercise testing equipment to make accurate differential diagnosis. Dr Penek explores the major factors contributing to dyspnea including cardiac and respiratory factors. He also outlines an integrated rehabilitation program which has been proven to be effective. This program combines aerobic exercise, dietary training, breathing exercises, and group therapy.

Professional  
54 minutes, order 1-3639-IN

## 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



### Learning Resources

#### Hsn Videoconference: Stroke Rehabilitation

This month's topic is the rehabilitation of stroke victims. The incidence of cerebral vascular disease within an aging society contributes to the increasing demands for effective stroke rehabilitation. This videoconference describes the types of cerebral vascular accidents and their related medical complications. Included is a review of diagnostic aids and criteria for home evaluation, which focuses on the interrelated roles of physical, speech, and occupational therapists.

Accreditation: HSN  
Post Secondary - Advanced, Adult, Professional  
90 minutes, order 0-5161-IN

#### The Medical Rehabilitation Series

##### Brain Injury Rehab: Acute Phase

The topic is acute rehabilitation of head injured patients. A "how-to" approach is combined with interactive audience participation during:

Evaluation and management of the comatose patient, including sensory stimulation and joint and skin care; Evaluation and management of confused, agitated phase of brain-injury recovery; Management of patients with spasticity and various cognitive, behavioral, language, and motor dysfunctions, including swallowing disorders.

This video conference is intended for all members of the rehabilitation team: rehabilitation physicians and nurses; physical, occupational, speech, and recreational therapists; social workers; psychologists; orthotists; dietitians; and chaplains.  
60 minutes, order 1-5337

##### Brain Injury Rehab: Post Acute Phase

Rehabilitation specialists discuss outpatient program designs for individuals who are in the post acute phase of a brain trauma. The panelists discuss the deficits presented by these patients, modes for treating these ailments, and techniques geared towards the patient's re-entry into family and work life. Admission criteria, post traumatic behavior patterns, and family involvement are included in the program material. Video clips of actual rehabilitation sessions enhance this thorough and comprehensive teleconference.  
60 minutes, order 1-5313  
Professional  
120 minutes, order 1-53130-IN

#### Philosophy In Treatment Of Acute Diabetic Amputees

A physical therapist from New England Deaconess Hospital describes a highly successful approach to treatment of diabetic amputees, utilizing a unique prosthetic design and a comprehensive rehabilitation process.  
Post Secondary - Advanced, Professional  
30 minutes, order 1-5776-IN

#### Rehab Of The Injured: Work Capacity Eval And Occup Therapy

Although the accident that transforms a worker into a patient is measured in seconds, the recovery period too often is measured in weeks and months, particularly when occupational injuries are treated with conventional rehabilitation. Work capacity and work hardening programs attempt to simulate the work site, thereby bridging the tremendous gap between hospital and work environments. Patients rehabilitated in these programs often return to work with more strength and possibly even more skills than they had before their injury.

Institute: Grant Hospital of Chicago. Presenters: Jan R. Douglas. Accreditation: UCLA Credit Hours: .1.  
Professional  
30 minutes, order 1-5276-IN

#### Rheumatoid Arthritis: Rehabilitation

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

#### Shoulder Rehabilitation

Basic principles and techniques required to rehab four major reconstructive procedures; including reduction of pain and the restoration of function.

Post Secondary - Advanced, Adult, Professional  
30 minutes, order 1-5266-IN

#### The Sports Medicine Series

##### Sports Nutrition

Nutrition is an important aspect of prevention and intervention in sports medicine. This program discusses proper exercise and nutrition, how to prepare for endurance events, and how to adjust exercises for different climates. It also looks at the importance of exercises in a weight control program, outlining the difference between underweight and under-fat.  
59 minutes, order 1-3384



### Learning Resources

#### **What is Sports Medicine?**

The dramatic increase in the number of amateur athletes has focused attention on the field of sports medicine and its application to the nonprofessional "weekend" athlete who participates in sport for recreation and/or health.

Sports medicine is really a combination of disciplines, among which are internal medicine, orthopedic surgery, and preventive medicine. It is a comprehensive approach designed to prevent, treat, and rehabilitate sports-related injuries. Thus, its application ideally begins with an assessment of physical fitness, from which an exercise program is developed.

12 minutes, order 1-5377

#### **Pediatric Sports Medicine**

Special problems of children are discussed.

11 minutes, order 1-5378

#### **Knee Injuries**

The dramatic increase in the number of amateur athletes has focused attention on the field of sports medicine and its application to the nonprofessional "weekend" athlete who participates in sport for recreation and/or health.

The knee is infamous in sports medicine. Although not an inherently weak joint, it is vulnerable to torsional damage of the cartilage pad and ligament injuries.

12 minutes, order 1-5379

#### **Shoulder Injuries**

The dramatic increase in the number of amateur athletes has focused attention on the field of sports medicine and its application to the nonprofessional "weekend" athlete who participates in sport for recreation and/or health.

One of the most commonly injured parts of the body is the shoulder, which, although it has a greater range of motion than any other joint, is inherently weak and quite susceptible to sports injuries.

9 minutes, order 1-5380

#### **Elbow, Wrist & Hand Injuries**

The dramatic increase in the number of amateur athletes has focused attention on the field of sports medicine and its application to the nonprofessional "weekend" athlete who participates in sport for recreation and/or health.

Elbow, wrist, and hand perform three different functions as one cohesive unit. As such, they are a frequent source of overuse injuries, e.g., "tennis elbow."

11 minutes, order 1-5381

#### **Foot, and Ankle Injuries**

Most injuries to the foot and ankle are not devastating and can be treated nonoperatively. This program reviews anatomic considerations,

describes common injuries (ankle sprains, Achilles tendonitis, stress fractures), and discusses care and rehabilitation.

12 minutes, order 1-5382

#### **Head, Neck and Spine Injuries**

Injuries affecting the neck, spine, and back can be chronic or even potentially catastrophic. Learn how to avoid injury by doing warm-ups and stretches, using the proper equipment, and undertaking strengthening exercises.

12 minutes, order 1-5383

#### **Running and Dance Injuries**

Aerobic exercise is enormously healthful but hardly risk-free. Running often causes stress-related injuries, particularly to the knee. Dancers are very susceptible to stress fractures.

11 minutes, order 1-5384

#### **Aerobic and Weight Lifting Injuries**

An aerobic workout can improve cardiovascular capacity, but if improperly done it may wreak havoc on other parts of the body—especially the feet. Similarly, body-building can do wonders for the muscular system, but the incautious and overenthusiastic beginner is a prime candidate for muscle pulls and ligament sprains.

12 minutes, order 1-5385

#### **The Athletic Trainer**

Trainer from the New York Giants talks about the role of the athletic trainer in a sports organization. An examination is made of the sports trainer's responsibilities which include: screening prospective team members, administering acute care, preventative procedures and the introduction of protective equipment.

53 minutes, order 1-3380

#### **Cybox: New Frontiers**

Fitness expert Jack Spratt explores the uses of the cybox machine in isokinetic muscle testing, training and rehabilitation. This examination includes and extensive overview of muscle physiology and an example of cybox testing.

57 minutes, order 1-3382

Professional  
271 minutes, order 1-33800-IN

#### **Stroke: Recovering Together**

Spouses are introduced to forms of communication problems experienced.

Post Secondary - Advanced, Adult, Professional  
24 minutes, order 1-3860-IN



### Learning Resources

#### Topics In Pediatric Rehabilitation

This program explores pediatric rehabilitation, a field that encompasses a variety of conditions such as cerebral palsy, muscular dystrophy, other neuromuscular diseases, and congenital abnormalities. The focus is on the role of the rehabilitation team in establishing and maintaining the optimal quality of life for patients and their families.

Post Secondary - Advanced, Adult, Professional  
90 minutes, order 1-5316-IN

#### Toward More Independent Living: Cognitive Remediation Part 1

Each year thousands of Americans suffer traumatic head injuries that dramatically impede their cognitive and physical abilities. Leading representatives from the Kessler Institute for Rehabilitation explore the effects of penetrating and non-penetrating head injuries in neuroanatomy, and they outline a cognitive retraining program designed to rehabilitate victims of this tragic event. The therapists stress the importance of an intensive, team approach that addresses each brain unit on a progressive, hierarchical basis.

Post Secondary - Advanced, Adult, Professional  
56 minutes, order 1-3788-IN

#### What Is Sports Medicine

A specialty designed to prevent, treat, and rehabilitate sports-related injuries.

Post Secondary - Advanced, Professional, Post Secondary - Introductory  
21 minutes, order 1-6419-IN

#### Wheelchair Use: Moving Toward Independence

Set realistic goals for the adjustment and adapt the home for access. Government and private resources are identified.

Adult  
18 minutes, order 1-5374-IN

#### Wheelchair Use: Making Every Day Count

Patients learn of many educational, vocational, and recreational opportunities open to them.

Adult  
20 minutes, order 1-5375-IN

#### Wheelchair Use: Taking Care Of Your Needs

Helps patients deal with concerns common to new users.

Adult  
17 minutes, order 1-5373-IN

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