

Learning Resources

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

Guided Imagery

Adult
57 minutes, order 1-3849-IN

The Learning About Pain Management Series

Pain and Its Effects

In addition to physical manifestations, chronic pain has social, economic, and psychological consequences.

12 minutes, order 1-5364

Pain and Medications

The benefits and side effects of analgesics and adjusting dosages addressed.

12 minutes, order 1-5365

A selection of videos on pain relief and management for nursing staff and patients

Hands On Pain Relief

Describes how alternate therapies are used when medication is not prescribed.

11 minutes, order 1-5366

Managing Stress

Offering everything from biofeedback, hypnosis, and psychotherapy, to stress management, and how to tailor to the needs of patients.

13 minutes, order 1-5367

Resuming Physical Activity

Pain causes more distress and disability than any disease or disorder. The response to pain varies from person to person; stress and anxiety may magnify the effects of pain.

Chronic pain usually causes patients to restrict their movements. Physical therapy can help patients increase their mobility and muscle strength. Physical therapists also show patients how to improve the posture and motion habits that aggravate pain.

15 minutes, order 1-5368

Overcoming Pain Behaviour

Help pain sufferers determine the activities they can perform and the type of job retraining they may benefit from.

12 minutes, order 1-5369

Professional, Adult
75 minutes, order 1-53640-IN

The Management Of Mild To Moderate Pain

Focuses on practical aspects of management through pharmaceuticals targeted to neural mechanisms responsible.

Post Secondary - Advanced, Adult, Professional
30 minutes, order 1-6678-IN

New Developments In Nursing Management Of Pain

This discussion presents the role of the nurse and other members of the medical team in a typical pain management center. The physiological basis of the phenomenon of pain and pain relief as well as the possible role of placebos in stimulating the patient's own endorphins are explained. Some noninvasive forms of pain relief, such as acupuncture and transcutaneous electrical nerve stimulation (TENS), are also discussed.

Professional
30 minutes, order 1-5102-IN

Nursing Assessment & Management Of Patient With Acute Pain

Reasons for undertreatment and misconceptions that hamper assessment; process of developing individualized treatment plan.

Professional
30 minutes, order 1-5097-IN



Learning Resources

Pain Management

The Doctor Is In Series

Pain can be controlled in 90% of today's illnesses. This program shows what you can expect when you're recovering from surgery, dealing with cancer, or coping with chronic pain from back or nerve injuries.

Profiled are Dr. Margaret Cuadill, developer of an innovative mind-body approach; Dr. Richard North from John Hopkins University, who talks about electric stimulators; Dr. Ronald Melzack, author of the Gate Control theory of pain; and Dr. Carol Warfield, Chief of the Division of Pain Medicine at Beth Israel Deaconess Medical Center in Boston.

Patients in all areas are shown recovering from illnesses that are painful and health care staff explain the treatments.

Professional, Patient Education, Adult
28 minutes, order 2-3131-IN

P C A: Patient Controlled Analgesia & The Management Of Pain

The nurses's role is explored, including patient teaching, pain assessment, handling of side effects, and contraindications for PCA usage.

Professional
20 minutes, order 1-2015-IN

Why Do I Have To Cry?: Assessment Of Pain In Children

Strategies for assessment and discussion of developmental stage differences in children's pain response.

Professional
25 minutes, order 4-2006-IN

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