2019
HEALTH
MEDIA
CATALOG
GENERAL INFORMATION

Purpose

The Audiovisual Library is maintained for the specific purpose of furnishing agencies, organizations, and individuals with health education media that can be useful for public education, professional education, and school programs.

It is not possible to supply all the media needed for educational programs throughout the state. Health departments, schools, colleges, hospitals, and other organizations are urged to purchase media items for which there is frequent or regularly recurring use.

Who May Borrow

Any responsible individual in Texas may borrow media from the collection. There is no charge other than payment of return mailing and insurance. Media from this library cannot be sent outside of Texas. To be eligible for library services, you must submit a signed Statement of Responsibility form [http://www.dshs.texas.gov/avlib/forms.shtm](http://www.dshs.texas.gov/avlib/forms.shtm) indicating that you have read and agree to abide by all the rules and regulations of the library and that you accept financial responsibility for the media you borrow. If you do not have this form on file, please complete it and mail or fax it to the library before you place your next order. Only one signed form is necessary.

Types of Media

The types of media in the collection include DVDs, VHS video, CD-ROMs, audio CDs, books, and audiovisual models. Items in the collection are for free loan only and are not available for sale.

How to Order Media

When possible, borrowers should submit a written request for media. The Audiovisual Library provides a Media Order Blank ([http://www.dshs.texas.gov/avlib/forms.shtm](http://www.dshs.texas.gov/avlib/forms.shtm)) for this purpose. All of the information must be completed on the Media Order Blank. The order form must be signed.

The Audiovisual Library also accepts telephone requests between 7:30 a.m. and 5:00 p.m. Monday through Friday: (512) 776-7260, toll free: 1-888-963-7111 ext. 7260, or you may fax your order anytime to fax: (512) 776-7474 or e-mail to avlibrary@dshs.texas.gov. For borrowers outside of Austin, orders should be received by the Audiovisual Library at least four days in advance of the show date. This requirement allows for processing and shipment.

Austin borrowers have two options to receive media. Programs may be picked up and returned at the Audiovisual Library in the Moreton Building, Room 652 at 1100 W. 49th Street, Austin. Please call for specific directions for locating the library. If the items
are available, they may be reserved and picked up during one visit. Programs may also be shipped. The borrower is responsible for payment of the return mailing and insurance.

The loan period is for a maximum of 10 business days unless other special arrangements can be made.

Group together all items needed on the same dates. Include the catalog numbers for all items. Several items are available in different media formats, such as DVD, VHS videocassette or audio CD. The catalog numbers distinguish the format and are very important.

Borrowers are limited to eight media titles for a given loan period in order to provide maximum access to the collection by the greatest number of borrowers. New clients may check out a maximum of three items on their first order.

Plan ahead and check your calendar before ordering. Reservations are accepted up to a year in advance of the show date. Do not schedule items to be received or returned on holidays or weekends. Unless you specify otherwise, any media requested but not available on the dates specified will be booked for the first available date or a similar title will be scheduled for the requested use dates. If you need to cancel these items, do so before the ship date indicated.

**Order Confirmation**

Orders are confirmed in writing. Confirmation letters, e-mails or faxes list the titles available, the ship or pick-up date, the date the items must be returned, and the titles not available. Check this information carefully and telephone the Audiovisual Library before the scheduled ship date if any corrections are needed.

**Copyright Restrictions**

Media in the collection cannot be duplicated or televised without prior written permission from the copyright owner. Media cannot be shown for commercial purposes, nor can an attendance fee be charged for their showing. Violations of federal copyright law will result in the immediate suspension of Audiovisual Library privileges and prosecution by the copyright owner can result in financial penalties and/or jail.

**Borrower Responsibility**

Media may not be lent by the borrower to others. The borrower accepts responsibility for return shipping costs and for the prompt return of media items, loss or damage beyond repair, copyright compliance, and determining appropriate audiences.

Media items are in great demand so it is extremely important to return them on the scheduled date. Any borrower having three (3) late returns will have their Audiovisual Library privileges suspended. No further confirmed orders will be shipped to borrowers
with materials still out that are two weeks or more late being returned. Willful failure to return borrowed media upon request will be viewed as theft of state property in violation of Section 31.03, Texas Penal Code, the conviction of which could, depending on value, result in a fine not to exceed $500.00 (Class C Misdemeanor), to confinement up to 10 years and a fine up to $10,000 (Third Degree Felony).

Items reserved for pick-up that are not picked up or canceled will be returned to stock and will count as a late penalty against the borrower's record.

The borrower is financially responsible for borrowed media until its return to the Audiovisual Library. Borrowers will be billed for any lost or damaged media.

Returning Media

Return items on or before the scheduled return date. If you need to extend a reservation, telephone the Audiovisual Library at (512) 776-7260 or e-mail at avlibrary@dshs.texas.gov and it will be extended once if there are no other reservations. Extensions should be kept to a minimum.

Borrowers in Austin return media items to the Audiovisual Library. An outdoor drop box is located near at the HHS North Loop warehouse to return items after closing. Borrowers who had their programs shipped to them are responsible for payment for the return shipping costs and insurance.

Videocassettes should be rewound before return. A condition check is made after each circulation.

Return all supplemental printed material such as study guides with the media. Return all video cases. Such material not returned will cause borrowers to be billed for replacement or a late penalty will be assessed.

Pack media items in the same shipping containers (bubble envelopes or cardboard boxes) in which they were received. Return the packing list with the item and indicate usage and any condition problems. A return address label is provided.

Items will be shipped by FedEx. You are not required to return them in the same manner but a traceable courier service (UPS, FedEx, Lone Star Overnight) is encouraged. Unless otherwise specified, insure each video or DVD for $200; models should be insured for $100 each; and books, CD-ROMs, and audio CDs should be insured for $25 each. Shipments valued at over $400 should be returned by UPS or similar courier service. Borrowers will be liable for returned uninsured shipments if lost in transit. The user assumes financial responsibility to the State of Texas should items requested be lost, stolen, or damaged from the date received until the materials are received in the Audiovisual Library.
Contact Information:

(512) 776-7260
Fax: (512) 776-7474
Toll free: 1-888-963-7111 ext. 7260
E-mail: avlibrary@dshs.texas.gov
Website: http://www.dshs.texas.gov/avlib/default.shtm

Physical Location:
Audiovisual Library
Moreton Building Room 652
1100 W. 49th Street
Austin, TX  78756
Driving directions: http://www.dshs.texas.gov/avlib/directions.shtm

Postal Service Mailing Address:
Audiovisual Library, MC 1975
Texas Department of State Health Services
P.O. Box 149347
Austin, TX 78714-9347

UPS/FedEx Mailing Address:
Audiovisual Library, Mail Code 1975
Texas Department of State Health Services
1100 West 49th Street
Austin, TX 78756-3199
SUBJECT INDEX/ANNOTATIONS INTRODUCTION

The SUBJECT INDEX is designed to assist you in quickly locating media on various health-related topics. Titles in the SUBJECT INDEX are arranged alphabetically. The media format and catalog number follows the title. For example:

SMOKING AND NUTRITION (DVD-DV0339)

Media Format Key:
- video - VHS video
- DVD - digital video disk; a type of compact disc that holds far more information than CD-ROMs.
- M - audiovisual model
- B - book
- AC - audio CD
- K - kit
- CD-ROM - Compact Disk - Read Only Memory - A computer storage medium which can store large amounts of information; generally used to distribute software or multi-media for use on computers with CD-ROM drives.

Language Key:
- Eng - English language
- Span - Spanish language

Captioned Programs for the Hearing Impaired: In Subject Index see HEARING IMPAIRED.
Signed programs are narrated using American Sign Language.
Open-captioned programs have written text on the screen to indicate the narration.
Closed-captioned programs require the use of closed-captioned feature on your television set to access the written text of the narration.

ANNOTATIONS

The annotations follow the subject index. The annotation entry includes the following:

TITLE - title number
format  length  prod. date  audience level
Description

Notice that the Distributor Code is provided on each audiovisual. A listing of vendors' addresses and phone numbers is available upon request. This information will be helpful for customers wishing to inquire about purchasing or duplicating copyrighted videos. The copyright holder, not DSHS, has videos available for purchase, and can discuss duplication rights.
**Audience Level Key:**

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>K</td>
<td>Preschool/Kindergarten</td>
<td>JrH</td>
<td>Junior High</td>
</tr>
<tr>
<td>P</td>
<td>Primary</td>
<td>SrH</td>
<td>Senior High</td>
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<tr>
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<td>Intermediate</td>
<td>Prof</td>
<td>Professional</td>
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What is the Health Media Catalog?

The Health Media Catalog contains materials on a variety of health related topics. To see a list of topics click here: [http://www.dshs.texas.gov/avlib/catalogindex.pdf](http://www.dshs.texas.gov/avlib/catalogindex.pdf). The items listed are video (DVD, VHS), audio CD, and CD-ROM programs. Early Childhood Intervention and Rehabilitation materials that were previously housed at the Brown-Heatly Library are not listed in this catalog. For information on early childhood intervention and rehabilitation topics see the DSHS Library Catalog: [http://www.texashealthlibrary.com/](http://www.texashealthlibrary.com/). To locate materials in the catalog below, use the Find feature in Adobe Acrobat which allows you to do a word search on a topic or keyword.

5 TIPS FOR HEALTHY EATING ON THE GO - DV0981
DVD 23 min. 2012 A
This program explains five practical tips for healthy eating for a fast-paced lifestyle: plan ahead, don't skip breakfast, read food labels, snack smart, and eat out wisely.

54321+8: COUNTDOWN TO YOUR HEALTH - DV1241
DVD 24 min. 2017 JrH-A
This DVD gives an overview of six things teens and adults can do each day to stay healthy. Viewers will discover and learn about the importance of fruits and vegetables, drinking water, positive mental health, limiting screen time, getting physical activity, and getting enough sleep. Medical professionals share the facts behind the numbers and students share some practical advice about how to live the countdown.

7 STEPS TO REDUCE THE RISK OF SIDS - DV0853
DVD 15 min. 2013 A
This DVD teaches parents about the importance of back sleeping, providing a safe sleep environment, the use of pacifiers for sleep, breastfeeding, and well-baby visits. Parents are cautioned to avoid smoking and alcohol.

9INE - DV0833
DVD 90 min. 2010 SrH-A
This dramatized and scripted series follows African-American teenagers Lonnie and Tye as they experience an unplanned pregnancy. Each episode in this nine part series portrays a month in the pregnancy. Seven public service announcements and eight interviews with real teens are also included.

10 THINGS YOU NEED TO KNOW ABOUT LOSING WEIGHT (closed captioned) - DV0789
DVD 51 min. 2009 A
This program presents ten science-based approaches to losing weight without starving as volunteers put the theories to the test. Experiments reveal the relationship between plate size and food consumption, why soup is the most filling of meals, how low-fat dairy products actually help the body eliminate fat, the long-term fat-burning potential of exercise, the counterintuitive fact that
meal-skipping really doesn’t facilitate weight loss, and more.

THE 12 STEPS W/DELBERT Boone (2 DVDs) - DV1092
DVD  150 min.  2012 A
Delbert Boone explores the road to recovery through the use of the Twelve Steps. He addresses how most alcoholics and addicts want to make sobriety an event, when in fact it is a process, and he explains how each of the Twelve Steps is an important part of the process. He says that regardless of what the drug of choice is, the results are the same. Going to meetings and working the Steps will lead the addict down the road to recovery. Delbert Boone explores the road to recovery through the use of the Twelve Steps. He addresses how most alcoholics and addicts want to make sobriety an event, when in fact it is a process, and he explains how each of the Twelve Steps is an important part of the process. He says that regardless of what the drug of choice is, the results are the same. Going to meetings and working the Steps will lead the addict down the road to recovery.

16 AND PREGNANT: SEASON 1 - DV0829
DVD  292 min. SrH-A
Teenagers Maci, Farrah, Amber, Ebony, Whitney, and Catelynn are profiled as each of them navigates the terrain of adolescence, growing pains, rebellion and coming of age while dealing with being pregnant. These stories offer a look into the variety of challenges pregnant teens face: marriage, adoption, religion, gossip, finances, rumors among the community, graduating from high school and getting a job. Challenged by incredibly adult decisions, these teenagers are forced to sacrifice their social lives and their high school experiences. The lessons they learn through these very adult situations serve as guideposts for all youth if they were to face similar circumstances.

16 AND PREGNANT: SEASON 2 - DV0830
2 DVDs  420 min SrH-A
The first half of the second season of the documentary series 16 and Pregnant follows Jenelle, Nikkole, Valerie, Chelsea, Lori, Samantha, Nicole Leah, Lizzie and Kailyn. Their stories offer a look into the variety of challenges pregnant teens face: marriage, adoption, religion, gossip, finances, rumors among the community, graduating from high school and getting a job. Challenged by incredibly adult decisions, these teenagers are forced to sacrifice their social lives and their high school experiences. The lessons they learn through these very adult situations serve as guideposts for all youth if they were to face similar circumstances.

16 AND PREGNANT: SEASON 2-B - DV0831
2 DVDs  401 min. SrH-A
The second half of the second season of the documentary series 16 and Pregnant follows Brooke, Felicia, Emily, Markai, Aubrey, Christinna, Kayla, Megan, and Ashley. Their stories offer a look into the variety of challenges pregnant teens face: marriage, adoption, religion, gossip, finances, rumors among the community, graduating from high school and getting a job. Challenged by incredibly adult decisions, these teenagers are forced to sacrifice their social lives and their high school experiences. The lessons they learn through these very adult situations serve as guideposts for all youth if they were to face similar circumstances.
16 AND PREGNANT: SEASON 3 - DV0832
2 DVDs 547 min. SrH-A
The third season of the documentary series 16 and Pregnant follows Jordan, Jennifer, Jamie, Danielle, Kayla, Cleondra, Izabella, Kianna, Taylor, and Allie. Their stories offer a look into the variety of challenges pregnant teens face: marriage, adoption, religion, gossip, finances, rumors among the community, graduating from high school and getting a job. Challenged by incredibly adult decisions, these teenagers are forced to sacrifice their social lives and their high school experiences. The lessons they learn through these very adult situations serve as guideposts for all youth if they were to face similar circumstances.

100 ANSWERS 20 QUESTION 6 PERSPECTIVES - DV0876
DVD 130 min. 2012 A, Professional
This program is a compilation of honest answers about dementia from medical doctors, professional care partners, family members, and a person living with the disease. This DVD empowers families to deal with dementia on their own terms and encourages healthcare professionals to provide person- and family-centered care. Viewers will learn how to help those with dementia to continue to live purposefully. They also learn about the different forms of dementia, useful medications, behavioral concerns, and end-of-life care.

AARON BECK ON COGNITIVE THERAPY - DV1126
DVD 51 min. 2012 Professional
The founder of Cognitive Therapy, Dr. Aaron Beck revolutionized the way millions of clinicians approach clients in distress. Here is a chance to hear directly from an innovative thinker. In this interview, Beck discusses his process of developing cognitive therapy, from his early days as a psychoanalyst, through his disillusionment with psychoanalysis, and creation of a therapeutic model that reflected his research and actual experiences with clients.

ABSTINENCE COMES TO ALBUQUERQUE - DV0755
DVD 45 min. 2006 SrH-A
Filmmakers document the implementation of abstinence education in Albuquerque, New Mexico and the controversy that ensued. Parents, public health officials, educators, state officials and national advocates on both sides of this important issue are interviewed.

ABSTINENCE FIRST: TEEN BIRTH CONTROL DECISIONS (closed captioned) - DV0470
DVD color 29 min. 2003 JrH-SrH
This DVD advocates abstinence as the best and safest choice for teens, but also goes on to describe the birth control choices that are available, including barrier methods, natural, chemical and surgical methods. Information is provided on the method’s effectiveness, whether it prevents sexually transmitted infections, details on any important side effects, how it works and how it can be obtained. This program emphasize that both partners are responsible for all birth control decisions.

ACCELERATED EXPERIENTIAL DYNAMIC PSYCHOTHERAPY (AEDP) WITH A MALE CLIENT - DV1127
DVD 100 min. 2013 Professional
Diana Fosha PhD demonstrates accelerated experiential dynamic psychotherapy with a male client with anxiety. This approach is effective with male clients because it avoids pathologizing problems, and instead affirms strengths and reflects positive qualities to offset commonly negative expectations of treatment.
ACCIDENT PREVENTION AND SAFETY: MODULE #10 - 4476
video color 13 min. 1984 A, Professional
A machine shop foreman and worker review machine safety precautions. Outlines home safety hints for accident prevention, such as using plastic glasses in bathroom, placing decals on large expanses of glass, and typical hazards.

ACQUAINTANCE RAPE - DV0096
DVD color 29 min. 2002 SrH-A
Most rapes are committed by people the victims know and trust. Many times, rape is only the beginning of the ordeal, as victims deal with anger, guilt, and the harsh judgments of society. Candid interviews present the stories behind three acquaintance rape cases. Viewers learn positive steps to take in reporting and recovering from acquaintance rape. They discover prevention tips, as well as common tactics used by rapists. In addition, the social climate surrounding acquaintance rape is explored, both by young women and young men. As the video ends, five victims of a serial rapist speak at his sentencing hearing. Their words touch on many strong emotions: fear of intimacy, lack of trust in others, and the pain of sharing their experiences with family members and husbands. (AIMS)

ADDED SUGARS: THE BITTER TRUTH - DV0990
DVD 17 min. 2013 SrH-A
This program defines “added sugars” and explains why they’re harmful to our health. Viewers learn how added sugars are different from naturally occurring sugars. The program shows where added sugars hide in our diet and suggests ways to reduce the amount we consume.

ADDICTED: KIDS BEHIND THE HEADLINES - 7841
video color 60 min. 2002 SrH-A
This documentary tells the story of high school drug abuse in Plano, Texas where hundreds of "good" students became addicted to heroin. They had everything going for them -- good families, good schools, college on the horizon. Their parents believed that drug abuse only happened to "someone else;" that it would never become a problem in their families. These families share their stories to help other teens avoid the destructive path of addiction.

ADDICTED TEENS: HEROIN ADDICTION - DV1234
DVD 30 min. 2016 SrH-A
Viewers learn why opioid use is so prevalent with today’s youth. They come to understand why some teenagers choose to take heroin and the harmful effects of heroin on the brain. This program highlights the signs of possible heroin addiction and how addiction is treated.

ADDICTED TEENS: LEGAL HIGHS - DV1235
DVD 30 min. 2016 SrH-A
Legal highs are achieved by human-made substances, chemicals, or strong stimulants that have similar effects to illegal drugs like cocaine, cannabis, or ecstasy. They are sometimes called club drugs or new psychoactive substances (NPS) and are marketed as a legal high. They range from plants, to synthetic drugs, to medicines you can buy from a pharmacy. There is often not enough research about these drugs to understand their potency or their adverse effects on humans. This program tries to discover why teens are motivated to try these
dangerous drugs.

**ADDICTED TEENS: MOLLY ADDICTION - DV1236**
DVD 30 min. 2016 SrH-A
Ecstasy, also called Molly, is a man-made stimulant often abbreviated as MDMA that has hallucinogenic properties. The club drug called ecstasy is often adulterated with LSD, cocaine, heroin, amphetamine, methamphetamine, rat poison, caffeine, and dog deworming substances. Ecstasy most commonly comes in pill form but can also be injected and taken in other ways. Liquid Ecstasy is actually GHB, a nervous system depressant, a substance that can also be found in drain cleaner, floor stripper, and degreasing solvents. Viewers learn the short, mid, and long term effects of ecstasy use. The drug is compared to methamphetamine.

**ADDICTION BASICS - DV1355**
DVD 90 min. 2017 A
This program shares insights from medical and behavioral health professionals as well as people in recovery in their own words. This DVD dispels the myths surrounding the disease of addiction. Topics include: Introduction to Addiction; What Is Addiction?; How Does Addiction Happen?; How Does Addiction Affect Your Body?; How Does Addiction Affect Your Thinking?; How Does Addiction Affect Your Life and Relationships?; How Do You Get Help for an Addiction?

**ADDICTIONS: CHEMICAL AND BEHAVIORAL - DV0095**
DVD color 20 min. 2004 SrH-A
This DVD provides an overview of the basic principles of addiction. As well as covering the traditional addictions to drugs and alcohol, it also shows how gambling and certain eating habits can be considered addictions. Examples are provided for all age groups.

**ADMINISTERING MEDICATIONS: MEDICATION SAFETY AND ORAL MEDICATIONS - DV0736**
DVD 24 min. 2010 Professional
This program describes the safe administration of oral medications and demonstrates practices that are required in order to help prevent medication errors. (MEDCOM)

**ADMINISTERING MEDICATIONS IN SCHOOLS (English/Spanish)(closed captioned) - DV0274**
DVD color 13 min. 2003 Professional
It is essential that each student gets the right medication, by the right route, at the right time. This DVD discusses the requirements regarding which students can receive medications in school and which staff can administer them.

**ADMINISTERING MEDICATIONS TO STUDENTS: A HOW-TO (English/Spanish) (closed captioned) - DV0276**
DVD color 21 min. 2003 Professional
Administering medications can run from routine to emergency, and everything in between. This program covers the methods for administering the many different types of medications you might encounter. It covers medications taken by mouth as well as eye and ear drops, nasal sprays, topical medications, aerosols and gargles, transdermal patches, inhalers, EpiPens and Glucagon. The DVD contains training points, bonus material for refresher or training talks, and a customizable PowerPoint™ presentation (DVD-ROM drive required).
ADOPTION OPTION - DV0184
DVD  color 28 min. 2003  A
This program examines the struggles of a pregnant young woman who ultimately decides to place her baby for adoption. The adoptive parents are also profiled.

ADULT, INFANT, AND CHILD CPR AND AED AWARENESS - DV0874
DVD  31 min. 2012  A
Included in this video is a step by step approach on what to do for an adult cardiac emergency, calling 911, and a comprehensive description and demonstration section on how to perform CPR for the adult age group. A brief introduction to the AED (Automated External Defibrillator), the importance of this life-saving device and how to operate one.

ADDRESSING VACCINE CONCERNS - DV1277
DVD  7 min.  A
Pediatrician Dr. Ari Brown discusses vaccine safety and efficacy. The Throgmorton and Lastinger families share stories of how they lost their beloved children to the vaccine preventable diseases on influenza and whopping cough.

ADMINISTERING MEDICATIONS: MEDICATION SAFETY AND ORAL MEDICATIONS - DV0736
DVD  24 min. 2010 Professional
This program describes the safe administration of oral medications and demonstrates practices that are required in order to help prevent medication errors.

ADULTS ONLY VACCINATION: A STEP-BY-STEP GUIDE - K0009
kit w/2 videos  color  see running times below  2004  A, Professional
Presents a comprehensive description of all aspects of a vaccination program including assessing vaccine indications and contra-indications as well as determining billing codes. Includes two videos “How to Protect Your Vaccine Supply” (23 min.) and “Immunization Techniques: Safe, Effective, Caring”(35 min.) and a written guide.

ADVANCE DIRECTIVES: THE DECISION IS YOURS - 7171
video  color  25 min.  1992  A
Explains the nature and purpose of the Patient Self-Determination Act, including the “Durable Power of Attorney for Health Care” and the “Living Will.” Presents simulated conversations between patients, family members, and health professionals. Gives the reasons for making an advance directive.

ADVANCE DIRECTIVE: TAKING CONTROL (closed captioned) – DV0627
DVD  color 17 min. 2010  A
This program details the living will and the healthcare power of attorney. It discusses both medical and emotional choices to be made about future care. While emphasizing the benefits of an advance directive, including how easy it is to fill one out, the DVD talks about the peace of mind family members will get knowing that an advance directive has been created.

ADVANCED DRIVING TACTICS - DV0273
DVD  color 21 min. 2005 SrH-A
Going beyond basic training, this DVD takes driving students into the real world—where road conditions are not always favorable. NASCAR driver David Reutimann examines a wide range of environments containing potential driving hazards, including tunnels, bridges, mountain roads, rough or uneven terrain, and harsh weather. Featuring detailed procedures for coping with rain, snow, icy surfaces, wind, fog, and extreme heat,
the program also describes how to recover from skids, hydroplaning, and fishtailing; how to safely and correctly change a flat tire; the best strategies for driving at night; the ABS system; and the importance of routine maintenance and insurance.

ADVANCED MEDICAL DIRECTIVES
SOMETHING TO THINK ABOUT
English-DV0309; Spanish-DV0310
DVD color 14 min. 2005 A
This program poses questions that will help everyone be specific about the personal care they desire at the end of life. It clearly explains the difference between a Living Will and Durable Power of Attorney for Healthcare, and mentions many of the decisions that must be made including resuscitation, tube feeding, and pain relief options.

ADVANCE DIRECTIVES:
GUIDELINES FOR HEALTHCARE PROVIDERS - DV1381
DVD 16 min. 1992 Professional
This document explains the nature and purpose of the durable power of attorney for health care and the living will. Healthcare providers are responsible for documenting advance directives and to ensure that direct care providers are informed of their existence. It is against the law for any member of the healthcare team to modify or refuse to provide care on the basis of whether or not an advance directive has been made.

AGGRESSION: IS VIOLENCE LEARNED? - DV1128
DVD 22 min. 2013 A-Professional
What drives people to violence? Can TV affect our actions and influence us to acts of violence? This documentary style program examines aggressive media, aggressive behavior and the banality of evil. It shows original film footage of research and actual crimes. An excellent resource for studies in applied psychology, this program features research psychologists providing explanations and reasoning behind aggression.

AGGRESSIVE DRIVING AND ROAD RAGE - DV1359
DVD 11 min. 2018 A
In any discussion of driver’s safety, one of the most dangerous hazards is the human factor, the unpredictability of all the drivers on the road and the way that emotion can influence the way we drive. Road Rage is responsible for over half of the fatal crashes on our roadways each year. This program demonstrates defensive driving techniques and methods your employees should use when facing aggressive driving. Topics covered include respect for the vehicle, proper and safe driving techniques, speeding, right of way, passing and tailgating, distractions, and road rage.

AGING THE NATURAL PROCESS - DV0075
DVD color 37 min. 2001 A, Professional
This program takes a look at the changes that occur naturally to the various systems of the human body as a person ages, and describes actions that can be taken to maximize and maintain their functionality.

AIDS UPDATE: THE LATEST FACTS (closed captioned) - DV0160
DVD color 23 min. 2004 JrH-A
This program reviews information on HIV, explains precautionary measures that help to lower the risks of HIV infection and also answers other frequently asked questions about this most lethal of STDs. The FDA approved a rapid HIV diagnostic test kit that provides extremely accurate results in minutes. This program explains
the new test to teens and provides crucial
details on what it means if the test comes
back positive. The Teacher’s Resource
Book includes activities to help students
consider whether their own behaviors are
putting them at risk of infection, and
provides fact sheets to remind them of
the dangers of this deadly virus.

AIDS: WHAT EVERYONE NEEDS TO
KNOW, 3rd ed. - 5873
video color 21 min. 1994 JrH-A
Presents terminology, and medical
understandings about HIV infection,
including explanations about transmission
of HIV, the progression from HIV to
AIDS, and a demonstration of correct
condom use for safer sex. Stress the
importance of avoiding HIV infection and
notes that only abstinence is 100% effective in insuring against HIV infection.

AIRBORNE PATHOGENS – DV0572
DVD color 8 min. 2003 A
Airborne diseases are easily transmitted
from person to person. Viewers are shown
how they can help reduce risk of
infection by practicing good hygiene and
using infection-control techniques where
there is risk of occupational exposure.

ALCOHOL AND DRUGS BODY AND
MIND - DV1108
DVD 42 min. 2002 SrH-A
What happens to our bodies when we
abuse alcohol and drugs? What is the
effect on our brain chemistry? How do
drugs actually produce the effect of
feeling high, and what is the price we
pay? The answers to these questions are
the focus of this program. Issues related
to tolerance, dependence, and craving
are discussed, and are illustrated visually
through the use of brain scans and
various other graphics.

ALCOHOL AND ITS EFFECTS - DV1020
DVD 60 min. 2001 SrH-A
Recovering users, top alcohol
researchers, and treatment Professionals
explore the emotional and physical reasons for drinking, the craving, the role
 genetics and environment plays, as well
as strategies for treatment and recovery.

ALCOHOL AND PREGNANCY: MAKING
HEALTHY CHOICES (closed
captioned) - DV0741
DVD 10 min. 2010 A SrH-A
This program features teenagers but is
appropriate for all audiences. Viewers will
learn how alcohol affects the fetus, how
to live an alcohol-free lifestyle, and where
to find help if they are at risk for abusing
alcohol.

ALCOHOL, DRUGS, AND THE BRAIN
WITH DR. CARLTON ERICKSON -
DV1211
DVD 40 min. 2011 A-Professional
Dr. Carlton Erickson of the University of
Texas at Austin explains the difference
between abuse and dependence, who is
at risk for abuse and dependence, and how to get help.
He uses animations to depict the
neurochemical actions in the brain.

ALCOHOL: THE MEDICAL
CONSEQUENCES PART 1 - DV1105
DVD 30 min. 2004 SrH-A
Part I focuses on alcohol's effect on the
digestive tract. The toxic effects on the
pharynx, throat, stomach, pancreas, and
liver are shown in detail.

ALCOHOL: THE MEDICAL
CONSEQUENCES PART 2 - DV1106
DVD 31 min. 2004 SrH - A
Part II discusses alcohol's target organ,
the brain. Shows how alcohol affects the
chemistry, biology, and structure of the
brain. Also includes effects on skeletal,
heart, and hormonal systems.

ALIVE INSIDE - DV0986
DVD 78 min. 2014 A
This DVD explores music’s ability to combat memory loss and restore a deep sense of self to those with dementia. People with dementia are shown responding with great joy to the music of their youth. The late Dr. Oliver Sacks and musician Bobby McFerrin explain how music awakens memories and spurs communication in those with Alzheimer’s disease.

**ALCOHOL AND THE DEVELOPING BRAIN - DV1348**
DVD  22 min.  2018 JrH-SrH
This program focuses on the effects of alcohol on the still-developing adolescent and young adult brain. Students learn that the moldable nature of the young brain makes learning and acquiring new skills easier but also poses greater risks of addiction and dependence. Testimony from experts and recovering alcoholics clarify why people start to drink and why young people are at greater risk of developing an alcohol use disorder. The video then focuses the risks of alcohol abuse on different parts of the still-developing brain and how alcohol affects decision-making, coordination, and memory. Viewers learn about the risks of binge drinking, which can cause blackouts and alcohol poisoning. The video details the difficulties of recovery from alcoholism but offers hope that recovery is possible.

**ALL ABOUT MEAT – DV0335**
DVD  color  18 min.  2004 SrH-A
This DVD offers a statistical overview of meat consumption. It gives the nutritional value of meat, explains good and bad fats, cholesterol, and portion sizes. Ideals for the appearance, texture, and color of raw meat are discussed. Viewers will learn how to handle meat safely.

**ALL HANDS ON DECK (ENGLISH/SPANISH) – DV0570**
DVD color min. 1996 K-A
This humorous video explains the procedures for proper handwashing. An actor portrays a germ to teach the audience about avoiding germs. The reasons for handwashing are outlined and the proper technique is demonstrated along with suggestions for avoiding immediate recontamination before even leaving the restroom. This DVD contains a version of the program intended for young people, one for health care staff and one for food service staff.

**ALL WOMEN NEED FOLIC ACID. SOME WOMEN NEED MORE - CD0010**
CD-ROM color  2003 Professional Computer-based tutorial teaches how to counsel women about folic acid. Emphasizes the use of prescription folic acid for mothers who have spina bifida themselves or who have had a child with spina bifida. Contains printable documents on folic acid.

**ALLERGIES: RESPIRATORY SYSTEM - DV0989**
DVD  17 min.  2011 A
This animated video explains what allergies are, how they affect the respiratory system, and what you can do to control an allergy attack.

**ALZHEIMER’S ABUSE - DV0749**
DVD  21 min.  2009 Professional Dr. Peter Rabins and geriatric nursing assistants identify the signs of potential abuse for Alzheimer's patients and the
danger of neglect. Cognitive and behavioral problems may trigger verbally or physically abusive behavior from staff. Long-term care staff talks about the importance of accepting a patient’s reality to nurture emotional well-being and prevent agitation and catastrophic reactions. They also discuss the diminished response to pain among many with Alzheimer’s disease. This program also describes: vulnerability of Alzheimer’s patients; abuse situations frequently observed with Alzheimer’s patients; symptoms of abuse; and strategies to prevent abuse.

ALZHEIMER’S: A CAREGIVERS GUIDE - DV0762
DVD 73 min. 2010 A
This program addresses common issues faced by those who care for people with Alzheimer’s disease. It explains the stages of the disease and demonstrates modifications that can be made in the home. Also available online. (NEVCO)

ALZHEIMER’S ASSESSMENT: IDENTIFYING IMPAIRMENTS AND REMAINING ABILITIES - DV0821
DVD 23 min. 2012 A
Using clinically relevant items from several standard protocols, Dr. Peter V. Rabins assesses cognitive and memory decline in individuals with Alzheimer’s disease, ranging from mild to severe impairments. This program provides information for the health care team and all students training to work with the elderly.

ALZHEIMER’S DISEASE CATASTROPHIC REACTIONS AND OTHER FEAR-INDUCED BEHAVIORS - DV0820
DVD 19 min. 2007 A
Long-term staff identifies multiple situations which can precipitate catastrophic reactions. These include: a resident with Alzheimer’s disease being approached by someone they don’t remember or know; a caregiver attempting to provide personal care; a change in environment such as a new room or roommate; a change in routine; a change in care provider; or even a change in where the resident sits at mealtimes. While these are some of the most usually encountered situations which can cause a fearful or catastrophic reaction, nursing staff emphasize that each individual resident with Alzheimer’s responds differently. Knowing each individual is the best way to avoid catastrophic reactions.

ALZHEIMER’S DISEASE AND RELATED DISORDERS FOR HOME HEALTH - DV0797
DVD 100 min. 2010 Professional Care for people with Alzheimer’s disease is aimed at enhancing quality of life and maximizing functional performance by improving cognition, mood, and behavior. This program for home health care providers discusses effective communication with patients who have Alzheimer’s disease or related disorders; behavior management; maximization of daily function; and development of the interpersonal skills needed in working with family members and other caregivers. (FFH)

ALZHEIMER’S DISEASE DO’S AND DON’TS - DV0962
DVD 26 min. 2000 A
The most important care challenges posed by Alzheimer’s disease include providing for the safety of the person with Alzheimer’s, dealing with difficult behaviors, and maintaining relationships. As Alzheimer’s disease diminishes memory and cognitive capabilities, many normal life activities become dangerous. These include driving, leaving home unsupervised, cooking, or operating any kind of machinery. Also potentially
troubling to caregivers are behaviors such as agitation, aggression, wandering, and repetitive questioning. Experts and family caregivers provide ideas for understanding and responding to these difficult behaviors.

ALZHEIMER’S DISEASE FOR ASSISTED LIVING FACILITIES LEVEL TWO - DV0937
DVD 65 min. 2014 Professional
This DVD explores various strategies for managing AD residents with patience and respect, all the while reducing the stress level of each healthcare professional.

ALZHEIMER’S DISEASE: IS IT DELIRIUM OR DEMENTIA - DV0919
DVD 36 min. 2015 A
This video, designed for nursing home personnel, explores several successful methods for dealing with residents who have an altered mental status. These methods will make the job easier, even rewarding, and will help calm the concerns of family members.

ALZHEIMER’S: FACILITATING ADLS - DV0819
DVD 20 min. 2009 A
This program gives advice to caregivers on how to encourage cooperation when performing activities of daily living. Caregivers should avoid overwhelming a patient with general directions; give step-by-step verbal cues; demonstrate what action the patient should perform; encourage the patient; provide positive reinforcement at the completion of each step; encourage patients to do as much as they can for themselves; and, use a gentle reassuring tone of voice and manner. If something upsets a patient, they suggest not continuing, but coming back later and trying a different approach or bringing in another staff member.

PROVIDING PATIENT-CENTERED CARE - DV0822
DVD 19 min. 2010 A
Guidelines to providing patient-centered care include: the importance of recognizing an individual’s past life and discovering their life-long interests; finding out and respecting individual preferences in food, routine, clothing and activities; relating to each person as an individual with unique physical and emotional needs; and, understanding what is appropriate today, may not be tomorrow. In order to find out how to develop a patient-centered approach for each patient, staff needs to team with other staff as well as families to get essential background information. Choices should be presented to patients throughout the day in such a way to gather information through one word responses. In this way, patients will be able to successfully guide the caregiver with their preferences despite limited language. Staff will find that not only does person-centered care minimize catastrophic reactions, fearful behaviors and aggressive responses, it gives individuals with Alzheimer’s disease the best possible quality of life and the opportunity to be more fully involved in life for as long as possible.
ALZHEIMER’S PROJECT (closed captioned) - DV0532
3 DVDs  color 533 min. 2009 A
This program contains four documentary films. The Memory Loss Tapes provides an up-close and personal look at seven individuals living with Alzheimer’s. Grandpa, Do you Know Who I am? With Maria Shriver captures what it means to be a grandchild of someone with Alzheimer’s, while Caregivers highlights the sacrifices and successes of people who experience their loved ones’ descent into dementia. Momentum in Science takes viewers inside the laboratories and clinics of 25 leading scientists and physicians, revealing some of the most cutting-edge research advances.

ALZHEIMER’S PROJECT DISCUSSION - DV0542
DVD  color  90 min. 2009 A
Dr. Ronald Devere, a board-certified neurologist who has been in private practice for 34 years, gives a lecture on the causes of Alzheimer’s disease, who is at risk, prevention and diagnosis. Devere is a member of the board of directors of the Capital of Texas Chapter of the Alzheimer’s Association and was appointed by the governor to the Texas Council on Alzheimer’s Disease and Related Disorders.

AMAZING HUMAN BODY: EXPLORE THE EVERYDAY MIRACLES THAT KEEP YOU ALIVE - DV1350
DVD  165 min. 2019 SrH-A
Explore the internal mechanics of the human body through pioneering graphics and captivating scientific case studies. Witness the fascinating and finely tuned systems that keep the body motoring and the scientists guessing.

AMERICAN SIGN LANGUAGE, LEVEL 1: GREETINGS, THE ALPHABET, AND MORE - DD0663
DVD  54 min. 2011 A
This program shows viewers how to sign each letter of the alphabet, then demonstrates the signs for introductions and greetings, family members, rooms in the house, animals, and question forms. Segments of the video are displayed first without and then with text so that viewers can test their understanding. Viewers can assess their comprehension of longer conversations by watching a person tell a story in Sign Language.

AMMONIA IN THE WORKPLACE - DV0170
DVD  color  9 min. 2000 A
Ammonia is widely used as a refrigerant and in fertilizers. Even low-level exposures to this hazardous chemical can irritate the eyes, skin, and respiratory tract. Exposure to higher concentrations of ammonia can be fatal. It is crucial for workers to follow strict safety procedures when handling, using, or transporting ammonia.

ANALYZING MEDIA INFLUENCES - DV0047
DVD  color  30 min. 2006 SrH
This DVD will help viewers understand the media's influence on the way they feel about themselves and the health choices.

ANAPHYLAXIS: WHAT YOU SHOULD KNOW ABOUT AN ALLERGIC EMERGENCY (closed captioned) - DV0868
DVD  24 min. 2010 A
Anaphylaxis is a severe allergic reaction that involves a number of body systems and can be fatal within minutes. It is caused by allergies to certain foods, insect stings, medications, latex, or other allergens. There are up to 2,000 episodes
of anaphylaxis per every 100,000 people each year. This program highlights ways to prevent anaphylaxis, shows how it is diagnosed, and discusses the available emergency treatments that can truly be life-saving.

ANGER MANAGEMENT IN COUNSELING AND PSYCHOTHERAPY - DV1130
DVD 169 min. 2014 Professional
Anger experts Dr. Howard Kassinove and Dr. Raymond Chip Tafrate present live case examples of their anger episode model, an empirically developed approach geared specifically to anger management. With behavioral definitions, thorough assessment strategies, and structured interventions, this comprehensive resource serves as a guide to best practices with this difficult population.

ANGER MANAGEMENT: IN THE KNOW - DV1057
DVD 16 min. 2006 SrH-A
Teaches teens how anger operates, what its physical and psychological effects are, and how to stop short of the aggressive responses and reflexive hostility that can precipitate violence.

ANGER MANAGEMENT: IT'S THE SAME AS DRIVERS EDUCATION - DV1170
DVD 15 min. 2012 A
This DVD was developed to deal with anger management in a treatment or community corrections agency. Bob Francis, LICDC-CS, encourages viewers to learn how to manage their anger in the same way they learned how to drive. He urges them to work with a counselor, sponsor, or coach that will help them examine their triggers and modify their reactions.

ANGER WHO'S TO BLAME? - DV0150
DVD 17 min. 2003 JrH-SrH
This program helps teens discover that unacknowledged anger can cause depression, drug use, poor academic performance, and acting-out. Students discover that they are responsible for their own anger and how they choose to handle it.

ANONYMOUS PEOPLE - DV1156
DVD 88 min. 2013 A
This is a feature documentary film about the 23.5 million Americans living in long-term recovery from addiction to alcohol and other drugs. Deeply entrenched social stigma and discrimination have kept recovery voices silent and faces hidden for decades. Courageous addiction recovery advocates are starting to come out of the shadows to tell their true stories. The moving story of this film is told through the faces and voices of the leaders, volunteers, corporate executives, and celebrities who are laying it all on the line to save the lives of others just like them.

ANOREXIA AND BULIMIA: THE TRUTH ABOUT EATING DISORDERS - DV1026
DVD 30 min. 2004 A-Professional
Students learn the definition of Anorexia and bulimia and how and why these eating disorders begin. They will learn how the disorder harms a person's health and where to turn for help with an eating disorder.

ANTIBIOTIC RESISTANCE: STOPPING THE SUPERBUGS (closed captioned) - DV0837
DVD 24 min. 2008 A
Because of resistant strains of bacteria we are facing a worldwide crisis. This program shows how the problem developed over the years and explains what the experts believe we need to do to win the battle.
APPLYING ASAM PLACEMENT CRITERIA - DV1074
DVD 74 min. 2007 A, Professional
Comprehensively reviews the biopsychosocial aspects of applying the American Society of Addiction Medicine (ASAM) Patient Placement Criteria (PPC) to people with alcohol and drug problems as well as co-occurring disorders.

ARMCHAIR FITNESS: AEROBICS - DV0111
video color 60 min. 1994 A
Contains three 20-minute routines of lively stretching and strengthening motions with musical accompaniment that can be performed by anyone able to sit erect in a chair. The exercises lessen leg and back strain and aid circulation, increases flexibility and coordination. They strengthen heart and lungs; lower blood pressure; increase stamina and muscle strength.

ARMCHAIR FITNESS: GENTLE EXERCISE - DV0210
video color 30 min. 1994 A
Suggests exercise for persons with limited strength and range of motion. Begins with a slow and easy warm-up and then continues with gentle full-body motions including a seated dance and concludes with a relaxation exercise. Can help build stamina; strengthen heart and lungs; lower blood pressure; and bring about an enhanced sense of well-being.

ARREST THAT STRESS - DV0195
DVD color 21 min. 2003 A
Viewers will learn how to stop picking up the slack for disorganized co-workers, deflect complainers, control their emotions and turn bad stress into good stress.

ARTHRITIS WATER EXERCISE - DV0210
DVD color 40 min. 2005 A
This fitness DVD offers exercises that are easy on the joints and can help reduce pain caused by arthritis.

ASBESTOS AWARENESS EMPLOYEE BASIC TRAINING - DV0748
DVD 18 min. 2011 A
This program covers topics where asbestos training is required by various government safety regulations, and forms the core of the two-hour asbestos awareness training requirement mandated by OSHA. It is ideal for custodians, maintenance workers, and others who might contact asbestos containing materials during the course of their work.

ASSESSING CHRONIC PAIN IN THE COGNITIVELY IMPAIRED - DV0817
DVD 24 min. 2012 A
Viewers will learn how to define, identify, and assess pain. This program addresses special challenges that caregivers face in assessing pain when residents cannot self-report, such as when patients have dementia. It explores ways that a facility can help residents manage pain. This program will explain the differences between acute and chronic pain, and describes how people experience pain in different ways.

ASSESSING NUTRITION IN OLDER ADULTS - DV1202
DVD 34 min. 2009 Professional
Developed to assess nutritional status in older adults, the two-part Mini-Nutritional Assessment (MNA) is a valuable resource to identify older adults that are at risk for malnutrition. This DVD demonstrates the assessment process, as well as, how to
measure arm and leg circumferences, and compute body mass index. The DVD also documents specific risk factors for older adults, and offers an accurate, age-appropriate assessment that care providers can use to develop an effective nutritional plan for the patient.

**ASSESSING THE MENTAL STATUS OF THE OLDER PERSON - DV0498**
**DVD** color 34 min. 1991 Professional
A geriatric specialist implements the Mini-Mental State Examination assessing the mental status of individuals who are elderly, ranging from normal to severely impaired. Professionals can get hints on how to both formally and informally assess the mental status of an individual. It also presents individuals with the classic symptoms associated with Alzheimer’s disease including: loss of short-term memory; confusion; and impaired cognitive ability.

**ASSESSMENT AND PSYCHOLOGICAL TREATMENT OF BIPOLAR DISORDER - DV1131**
**DVD** 53 min. 2011 Professional
Kay Redfield Jamison, an expert on bipolar disorder, is interviewed in this video and presents essential information on the assessment and treatment of bipolar disorder in psychotherapy.

**ASSISTED LIVING FACILITY: EMERGENCY PLAN OF ACTION GUIDE - 7801**
**video** color 12 min. 2002 A, Professional
Explains that gaining residents’ support and trust is vital in an emergency situation. Practicing drills and procedures is emphasized as well as working with local emergency departments. Shows the RACE technique for fire safety and evacuation.

**ASTHMA: FIGHTING TO BREATHE - DV0144**
**DVD** color 47min. 2004 SrH-A
This DVD program shows that a majority of asthma’s victims come from racial minorities. Shows how this chronic illness adversely affects African-American and Latino populations in the U.S. Viewers will learn what asthma is, and what triggers it, and review a game plan for leading a healthy life.

**ASTHMA SELF-MANAGEMENT (closed captioned) - DV0973**
**DVD** 12 min. 2016 A
Featuring people with their asthma under control living healthy and active lifestyles, this DVD reviews asthma self-care skills. These skills include keeping an asthma diary of triggers, symptoms, and medications taken; creating and following an asthma action plan; and taking medications as prescribed. Making healthy lifestyle choices such as quitting smoking, maintaining a healthy weight, getting physically active, eating healthy, and avoiding people with the cold or the flu are also recommended to help maintain good control of asthma.

**AT A LOSS FOR WORDS - DV0509**
**DVD** color 30 min. 1997 A
This DVD teaches spouses, family members, friends, neighbors and early caregivers how to help and what to say and do when someone experiences a miscarriage, stillbirth or newborn death.

**AT THE BREAKING POINT: EMOTIONS AND ETHICS IN FAMILY CAREGIVING - DV0685**
**DVD** 46 min. 2009 A
This compilation DVD contains short excerpts (from 3 to 8 minutes each) that show families in the midst of dealing with the challenges of caregiving, having a parent in a long-term care facility, aging, Alzheimer’s Disease, and death. Excerpts from A Thousand Tomorrows (6283) and
Into the Other Lane: Driving and Dementia are included (DV0669).

**AUSCULTATION OF BREATH SOUNDS: ABNORMAL BREATHING SOUNDS - DV1213**

DVD 19min. 2016 Professional
Breath sounds offer important and often diagnostic information about many health conditions related to pulmonary function. This program will cover the qualities of breath sounds, abnormal breath sounds and some of their associated conditions, and how to document your findings. Because auscultation is a subjective assessment, breath sounds are described using terminology standardized by the American Thoracic Society.

**AUSCULTATION ON BREATH SOUNDS: NORMAL BREATH SOUNDS - DV1212**

DVD 19 min. 2016 Professional
This program identifies the components of a stethoscope, describes the anatomy of the respiratory system, differentiates tracheal breath sounds, bronchial breath sounds, bronchoesvascular breath sounds, and vesicular breath sounds. Viewers will learn how to identify anterior and posterior landmarks for breath sounds.

**AVIAN FLU WHAT YOU NEED TO KNOW (English/Spanish) (closed captioned) - DV0232**

DVD color 13 min. 2006 A
The Avian Flu lacks one trait that could turn it into a pandemic: the ability to spread from human to human. The lethal virus could become contagious any time, so companies must be prepared to protect their employees and families from exposure, and their facilities from contamination. This program informs viewers about the virus and offers important tips on how to avoid transmission. Bonus features include an expanded leaders guide and a customizable PowerPoint® presentation (DVD-ROM drive required for PowerPoint).

**AVOIDING FALLS IN LONG-TERM CARE FACILITIES - DV0739**

DVD 22 min. 2010 A-Professional
This program explains the consequences of falls, identifies risk factors that contribute to them and teaches what can be done to minimize falls among long term care residents.

**AVOIDING THE TEEN PREGNANCY TRAP (closed captioned) - DV0520**

DVD color 18 min. 2008 JrH-SrH
Using a peer-to-peer approach, this program educates students about the risks of teenage pregnancy. A young mother describes how becoming pregnant changed her life. A teen father stresses that sexually active males must share the responsibility for preventing pregnancies. An abstinent teen shares her reasons for her choice. For those who aren’t abstinent, the program emphasizes that knowing the facts and using contraception effectively and consistently greatly reduces the chances of a pregnancy.

**BACK CARE AND SAFETY - 5240**

video color 15 min. 1990 A
Informs viewer about the back and how it works. Covers common types of back injuries and their causes. Demonstrates the short- and long-term effects of back injuries. Illustrates injury prevention techniques, including back muscle-strengthening exercises and proper lifting techniques.

**BACK FITNESS (closed captioned) - 7307**

video color 12 min. 1999 A
Explains five skills to build a fit back. Shows correct posture for sitting, standing and sleeping. Demonstrates the
correct way to lift in order to protect the back. Shows rest and relaxation techniques to ease muscle spasms in the back. Gives tips on good nutrition to strengthen muscles and maintain high energy levels. Demonstrates various exercises for flexibility and strengthening of the lower back.

**BACK IN ACTION (English/Spanish) (closed captioned) - DV0708**
DVD  20 min. 2010 A
Using a humorous approach, this DVD helps improve awareness and cultivate individual responsibility when it comes to back safety issues. It is intended for use in general industry. It covers basic anatomy of the back, warning signs of potential injury, risk factors, and preventative measures. It shows employees how proper lifting techniques and a pro-active health regimen can go a long way toward maintaining a properly aligned spine, a strong core and better quality of life.

**BACK SAFETY - 4904**
video color  28 min. 1987 A
Discusses causes and prevention of back injuries. Explains what to do when one experiences back discomfort. Explains the symptoms of disc rupture and sciatica. Explains that maintaining a good diet, reducing intake of alcohol and caffeine, avoiding stress, losing weight, and maintaining good posture all contribute to good back health. Demonstrates proper posture for standing, bending, lifting, sitting, driving, and sleeping. Discusses physical conditioning and exercise as important factors in preventing back problems. Shows proper lifting techniques and illustrates exercises to strengthen the back muscles.

**BACK SAFETY BASICS - DV0882**
DVD  10 min. 2009
Back injuries can affect workers in any type of occupation and devastate their quality of life. Many of the causes of back injury can be prevented by teaching employees how the back operates and the basics of proper lifting techniques, correct posture, and stretching exercises.

**BACK SAFETY: SAFE IN 8 (English/Spanish)-DV0630**
DVD Eng 8 min.; Span 8 min  2006 A
A healthy back is the basis of employees' activities at work or home. This program illustrates simple steps to make sure that this vital foundation is in perfect shape and free from any injury and damage. It discusses the concepts of staying within the safety zone, proper grasping and lifting, load awareness, reverse stretching and mechanical advantage. Bonus features include a leader’s guide, quiz and a customizable PowerPoint® presentation (DVD-ROM drive required for leader’s guide and PowerPoint).

**BACK SAFETY: SLIPS, TRIPS, AND FALLS - 6613**
video color  25 min. 1993 A
Focuses on safety consciousness both on and off the job. Topics include: back safety; slips, trips, and falls; fire safety; and the Texas Hazard Communication Act. Includes an instructor's manual with overhead transparency masters, handout masters, performance evaluation and answer key.
BACK SAFETY FOR OFFICE ENVIRONMENTS - DV1366
DVD 15 min. 2018 A
This DVD explains the back and how it works, different types of back injuries, better posture for a healthier back, how to lift things safely and taking care of your back 24/7.

BACK SAFETY UPDATE
English-DV0081; Spanish-DV0082
DVD color 21 min. 2005 A
This DVD is about back injuries both on and off the job. It emphasizes overall back care, including exercise and weight control. Viewers will learn about back structure as well as lifting, twisting, and falls. The importance of proper sitting, standing and sleeping positions is emphasized. Stretching, taking breaks, proper diet and stress management are shown to contribute to back health.

BACK TO BASICS: APPLYING STANDARD PRECAUTIONS - DV0735
DVD 10 min. 2008 Professional
This DVD covers proper hand hygiene, application of Personal Protective Equipment (PPE), respiratory hygiene, cough etiquette, cleaning, disinfection or sterilization of patient care equipment, instruments and devices, care of the environment, correct handling of textiles and laundry, and safe injection practices.

BACK TO BASICS FOR SAFE LIFTING - 4467
video color 21 min. 1984 A
Chronic back pain and spinal disc problems afflict one out of three Americans. Often the trouble starts with efforts to lift a heavy object, but in the wrong way. In this program supervisors learn how to teach the safe methods of lifting heavy cases and crates.

BACTERIA AND DISEASE CONTROL (rev. ed.) - 4908
video color 9 min. 1992 A
Explains basic sanitation and cleanliness, how bacteria can be harmful and what to do about it. Useful for janitors and custodians.

BANDAGING: MODULE # 7 - 4948
video color 11 min. 1984 A, Professional
Demonstrates proper bandaging techniques applied in an automobile accident and a factory first aid station. A lifeguard applies a figure-eight bandage. Reviews the types, materials, and applications for various bandages and dressings, and the use of a sling.

BARIATRIC SURGERY – DV0611
DVD color 30 min. 2008 A
Gastric bypass surgery has swept the nation as the magic bullet for weight loss. A panel of doctors and patients takes an in-depth look at the pros and cons of this surgery.

BARN DANCE PARTY: THE ADVENTURES OF ZOBEY (English/Spanish)(closed captioned)- DV0567
DVD 26 min. 2011 K-P
Young children take a trip to the farm with Zobey, the lovable furry purple alien, in his latest adventure at a barn dance party. This program is designed to encourage children to be physically active. Parents and caretakers are encouraged to be physically active along with their children. The DVD includes nutrition tips and recipes.

BASIC CLINICAL SKILLS: THE BED BATH - DV1215
DVD 23 min. 2011 Professional
The bed bath not only helps keep the patient clean but also maintains healthy skin by providing stimulation and
increasing circulation. It provides the patient with mild exercise and provides an opportunity for close observation of any skin condition. The time spent giving a bed bath is ideal for assessing the condition of the patient's skin, interacting with the patient and providing important emotional support. After watching this DVD, viewers should be able to describe the benefits of a bed bath, demonstrate the procedures for providing a bed bath, demonstrate providing perineal care to males and females, demonstrate the technique for providing a back rub, and describe after-bath grooming.

**BASIC CLINICAL SKILLS: URETHRAL CATHETERIZATION - DV1217**  
DVD 27 min. 2010 Professional  
This basic skills program demonstrates and describes the process for performing a urethral catheterization. Both intermittent straight catheters and indwelling retention catheters are shown and discussed. The need for patient education and patient support during catheterization is emphasized. The techniques for performing catheter care and removal of a catheter are also shown and discussed.

**BASIC DENTAL HEALTH - DV0109**  
DVD color 17 min. 2004 SrH  
This DVD will guide viewers through the essentials of dental health. They will learn what causes gum disease and tooth decay.

**BASIC FIRST AID (Dumac) - 6147**  
video color 20 min. 1996 A  
Answers the “what to do” questions that arise when an accident occurs, and covers the possible lifesaving steps necessary in helping the victim. The various types of accidents discussed include cuts, blisters, assorted burns, eye injuries, broken bones, heat exhaustion, poisoning and heart attack. In addition to identifying the care and treatment of these traumas, provides information on choking and the Heimlich maneuver. Defines OSHA bloodborne pathogen regulations, and discusses general safety awareness.

**BASIC FIRST AID, PART I - 7346**  
video color 10 min. 1998 A, Professional  
Stresses the need to remain calm when emergencies arise. Provides information on first aid for bleeding, choking, burns, shock, fractures, and an accident or illness that leaves a person unconscious and not breathing.

**BASIC FIRST AID, PART II - 7347**  
video color 6 min. 1998 A, Professional  
Covers legal issues and health risks involved with administering first aid. Discusses the Good Samaritan laws, getting the victim's consent for treatment, and the use of barrier devices.

**BASIC HEAD TO TOE ASSESSMENT WITH GERIATRIC FOCUS - DV1231**  
DVD 47 min. 2016 Professional  
This video provides instruction on how to perform a comprehensive physical assessment for elderly patients. Body systems include: skin, head and neck, peripheral vascular system, abdominal, lower extremities, and musculoskeletal system.

**BASIC INFLUENCING SKILLS - DV1132**  
DVD 150 min. 2012 Professional  
This video is for counselor training and development. Viewers will observe the specifics of influencing skills in reality based demonstrations.

**BASIC PRINCIPLES - 7892**  
video color 22 min. 2002
Professional
This video provides information about the roles and responsibilities of a nursing team member, the nursing process, the delegation of tasks, and patient and resident rights. Proper communication whether it is oral, written or nonverbal is emphasized. Viewers will learn about reporting, charting, and end of shift reporting. The chain of infection is explained along with the proper procedure for hand washing.

**BASICS: FRUITS AND VEGETABLES** (closed captioned) - DV0869
DVD 16 min. 2008 JrH-SrH
Fruits and vegetables are an essential part of a healthy diet. In this program, Chef Paulette Mitchell discusses the variety of fruits and vegetables available while demonstrating preparation and cooking methods. Chef Paulette also demonstrates easy and delicious recipes including fruit kabobs, fruit smoothies, fruit ices, vegetable pizza, and a veggie tortilla roll-up.

**BASICS OF OXYGEN ADMINISTRATION** - DV1196
DVD 12 min. 2011 Professional
This video demonstrates the use of both high and low flow oxygen delivery devices including: nasal cannulas, simple masks, venturi masks, non-rebreather masks, and oxygen concentrators. After viewing this program, the viewer should be able to describe components used to provide oxygen to patients, identify common high-flow delivery devices, identify common low-flow delivery devices, identify the signs and symptoms of hypoxia, explain precautions to take for fire safety when oxygen is in use, describe the preparation and process for administering oxygen to a patient, and describe the use of oxygen in the home.

**BATH SALTS AND OTHER SYNTHETIC DRUGS** - DV1110
DVD 24 min. 2014 SrH-A
Filmed with a primary focus on "bath salts" (synthetic cathinones), this program examines readily available designer drugs that can produce powerful highs while exposing the immensely damaging effects such chemicals cause to the brain and other organs when ingested.

**BATH SALTS: THE DEADLY FACTS** - DV1051
DVD 19 min. 2011 A, Professional
Bath salts are a recent drug scourge to hit the United States. In the first few months of 2011, poison control centers nationwide reported a record-breaking increase in emergency room visits related to bath salts. This program gives viewers the hardcore truth about this highly addictive substance which causes intense paranoia, psychosis and suicidal thoughts.

**BATHING WITHOUT A BATTLE: CREATING A BETTER BATHING EXPERIENCE FOR PERSON’S WITH ALZHEIMER’S DISEASE AND RELATED DISORDERS** - DV0416
DVD+CD-Rom 45min. 2003 Professional
This package contains an interactive CD-Rom and DVD. It teaches person-centered methods for making the bathing experience more enjoyable for both caregivers and the people they are bathing. Towel-bathing, tub bathing, in-room bathing, and hair washing techniques are demonstrated. Separate tracks are available on the CD-Rom for nurses, nursing assistants, nursing home administrators, surveyors, and home care givers. Minimum requirements for the CD-Rom: 200 MHz Intel Pentium II processor or greater, Windows 95,98,ME,200,XP, 32 MB RAM, 16-bit color monitor, 800 x 600 resolution, 16 bit sound card.
BATTERED AND BROKEN - DV0185
DVD color 30 min. 2005 A
Dianne Schwartz was traumatized by an abusive husband. She tells her story of gradual escape and healing from her living nightmare. Now, Dianne Schwartz is the founder of a non-profit organization that educates the public about domestic violence.

BATTLING EATING DISORDERS (closed captioned) – DV0291
DVD 29 min. 2006 SrH-A
Anorexia and other eating disorders exert a frightening degree of control over millions of teenagers, especially young women. This program represents a powerful weapon in the battle against eating disorders, pinpointing their origins in body image and self-esteem issues, illustrating their grim consequences in crystal-clear terms, and offering students, parents, teachers, and counselors a rich source of information and support. Hosted by The Sopranos’ Jamie-Lynn Sigler, herself a survivor of teenage anorexia, the video explains how to recognize eating disorders, how friends and loved ones should communicate their fears and concerns, and how those who suffer from these often fatal illnesses can find professional help.

BE A HOUSE DETECTIVE: HOW TO PROTECT YOUNG CHILDREN FROM HAZARDS IN THE HOME - DV0374
DVD color 18 min. 2002 A
This DVD takes viewers on a room by room tour, looking at the most common sources of childhood injuries. Each room features a different family, with diverse cultural backgrounds, old.

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BEDMAKING SKILLS - 7051
video 17 min. 1996 A, Professional
Identifies the three types of bed making used in clinical practice and when each should be used. Demonstrates how to make both unoccupied and occupied beds correctly. Explains how a postoperative bed differs from an unoccupied bed. Includes documentation tips and safety issues for bedmaking.

BE SAFE THE MOVIE: HOW TO INTERACT SAFELY WITH THE POLICE - DV1313
DVD 60 min. 2013 A
This DVD teaches people with autism how to interact with the police and with EMS.

BE THE ONE IN THE FIGHT AGAINST HUMAN TRAFFICKING - DV1324
DVD 52 min. 2018 A
This documentary walks its audience through actual cases of human trafficking prosecuted in the state of Texas, identifies the tools of traffickers and how they are typically utilized to obtain and maintain victims. It equips viewers with red flags and a reporting protocol. Most of all, it challenges Texans to change the culture in which we live from one that identifies with and honors perpetrators to one that provides security, safety, and integration to survivors. It has English language and Spanish language captions.

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BEING MORTAL (closed captioned) - DV0976
DVD 60 min. 2015 A
This Frontline documentary follows Boston surgeon Atul Gawande as he explores the relationships doctors have with patients who are nearing the end of life. The film investigates the practice of caring for the dying, and shows how doctors are often remarkably untrained, ill-suited and uncomfortable talking about chronic illness and death with their patients. It also explores the benefits of palliative care. A companion book with the same title is available at WB 310 G284b 2014.

**BEYOND OPIATES - DV1133**  
**DVD** 33 min. 2014 A  
This video presents a fresh new perspective on the science of pain and how it influences recovery from opioid dependency. The content focuses on a new paradigm for understanding chronic pain showing how the extended use of prescription painkillers increases the sensitivity of nerve cells thereby magnifying pain. Interviews with recovering addicts and treatment Professionals illustrate the challenges opiate addiction creates and presents a message of hope and encouragement for clients to examine recovery in light of this new view of treating dependency and pain.

**BEYOND THE MUSIC: THE POWER OF MUSIC WITH PEOPLE WHO ARE LIVING WITH DEMENTIA AND OTHER AGE-RELATED CONDITIONS - DV1178**  
**DVD** 45 min. 2012 A  
This program documents the power of music to transcend the challenges of dementia as it shows non-responsive, non-verbal residents suddenly smiling, singing, moving, and interacting with others when engaged with music.

**BICYCLE SAFETY AND YOU - DV0387**  
**DVD** color 15 min. 2004 El-SrH  
A police officer advises students on how to make bicycle riding safer and more fun. Topics include bicycle maintenance, safety gear and safety rules.

**BIENVENIDO A LA VIDA (Spanish) - DV0196**  
**DVD** color 34 min. 2002 SrH-A  
This program features the birth stories of native Spanish speakers. Ana and Victor use a variety of natural coping techniques. Tanya is supported by her mom and a professional Doula. Jessica and Arturo choose an epidural for pain relief.

**THE BIG CHILL - 6949**  
**video** color 5 min. 1992 A  
Shows three friends on a hike in the forest and how bad weather and lack of planning can cause one person to suffer hypothermia. Gives the symptoms and the first aid response.

**BIGGEST MYTHS ABOUT STI’S - DV0926**  
**DVD** 22 min. 2013 JrH-A  
While abstinence is the only way to completely avoid STI infections, the program stresses the importance of latex barriers for students who are sexually active. Students are encouraged to get tested if they have engaged in risky sex and students who may have symptoms of an STI are urged to see a clinician right away.

**BILL W. - DV1071**  
**DVD** 103 min. 2011 A  
Tells the story of William G. Wilson, co-founder of Alcoholics Anonymous, a man included in TIME Magazine's 100 Persons of the 20th Century. Interviews, recreations, and rare archival material reveal how Bill Wilson, a hopeless drunk near death from his alcoholism, found a way out of his own addiction and then forged a path for countless others to follow.
**BIOLOGICAL THREAT IN HEALTH CARE: EVERYONE’S ON ALERT** (closed captioned) - 7620
video color 13 min. 2002 A, Professional
Emphasizes the importance of a biological disaster preparedness plan for first responders and health care professionals. Briefly describes the symptoms and treatment of anthrax, smallpox, plague, botulism, tularemia, and viral hemorrhagic fevers. Describes the precautions recommended for first responders, emergency rescue workers, and health care workers.

**BIOTERRORISM: FACING THE THREAT AND STAYING SAFE** - 7619
video 24 min. 2002 A
Offers information about the most likely biological weapons that could be used in the event of a terrorist attack. Provides preventative and practical precautions to take. Gives medical explanations of anthrax, smallpox, plague, botulism, tularemia, and viral hemorrhagic fevers.

**BIOTERRORISM FOR HEALTHCARE** - DVD-DV0003; VHS-7707
DVD/VHS 13 min. 2002 Professional
Viewers will learn how to recognize the symptoms of cutaneous anthrax and smallpox; preventative and practical precautions to take with patients. Viewers will see the difference between cutaneous anthrax and a spider bite; inhalation anthrax and the flu; smallpox and chickenpox; and botulism and other paralyzing ailments.

**BIRDS AND THE BEES AND ME FOR BOYS** - DV0344
DVD color 18 min. 2003 JrH
Birds, The Bees, and Me for Boys addresses all of the basics regarding puberty, sex, and childbirth. The program is presented by a young adult male. It includes information on male specific issues. There is also an emphasis on respecting girls and their bodies. This DVD is intended for an audience of boys.

**BIRDS AND THE BEES AND ME FOR GIRLS** - DV0345
DVD color 18 min. 2003 JrH
This DVD addresses all of the basics regarding puberty, sex, and childbirth. The program is narrated by a young adult female. The program features animation and focuses on female specific issues. It is intended for an audience of girls.

**BIRTH CONTROL MYTHS AND METHODS (4th ed.)** - DV0065
DVD color 30 min. 2003 SrH-A
This DVD informs young adults about the many different methods of birth control and encourages them to practice safe sex. This program begins by reviewing the reproductive systems of both men and women and then provides viewers with information about modern birth control options. Through helpful vignettes and medical guidance, the program discusses the forms and functions of the major types of birth control: male and female barrier methods, monthly hormonal contraception, progestin-only methods, intrauterine contraception, sterilization, abstinence, and emergency contraception. This straightforward presentation empowers viewers to take control of their bodies and their futures.

**BLOOD COLLECTION: PERFORMING PHLEBOTOMY** - DV1390
DVD 31 min. 2015 Professional
This program focuses on performing venipuncture, troubleshooting problems with gaining venous access, and common complications. In addition, guidelines for documentation of the blood collection procedure will be presented.
BLOOD COLLECTION: SPECIAL CONSIDERATIONS - DV1391
DVD 22 min. 2015 Professional

This program focuses on special considerations when performing phlebotomy on specific populations, including pediatric patients, the elderly, women who have had mastectomies, patients who are obese, and those who have needle phobia.

BLOOD VS GERMS: NEWS YOU CAN USE - DV0948
DVD 15 min. 2009 I-JrH
How are germs and diseases spread? That’s just what these middle schoolers are trying to uncover for their next science report. After the kids meet an uncle with Hepatitis C they realize that the way the body works is a lot like a video game. In gathering information for their report the kids find out how diseases are spread and how the immune system works to fight off those diseases.

BLOODBORNE PATHOGENS - DV0066
video color 19 min. 1998 A, Professional
Provides information on bloodborne pathogens such as those causing hepatitis B, hepatitis C and AIDS. Discusses and demonstrates effective means of infection control and exposure control. Explains personal protective equipment.

BLOODBORNE PATHOGENS: DON'T TAKE THE RISK - DV1228
DVD 15 min. 2015 A
This DVD will introduce viewers to the different diseases caused by bloodborne pathogens, how to decrease their risk of becoming infected by these infectious microorganisms, and what to do if they come in contact with them.

CORRECTIONS (closed captioned) - 7535
video color 22 min. 1999 A, Professional

BLOODBORNE PATHOGENS HIV/AIDS/OSHA - DV0838
DVD 31 min. 2011 Professional
Focusing on the subject of bloodborne pathogens, this program includes discussion of epidemiology, pathophysiology, risk behaviors, opportunistic diseases, and diagnostic tests. It also reviews disease transmission and prevention as well as treatment modalities.

BLOODBORNE PATHOGENS IN BEHAVIORAL HEALTHCARE (English/Spanish) (closed captioned) - DV0063
DVD color Eng-17 min., Span-17 min. 2004 Professional
This DVD teaches healthcare workers the standard precautions to take to reduce exposure to Hepatitis C, Hepatitis B and HIV. It explains what to do if an exposure occurs. Bonus features include an expanded leaders guide, a quiz, and a customizable PowerPoint® presentation (DVD-ROM drive required for PowerPoint).

BLOODBORNE PATHOGENS IN SCHOOLS: THE FUNDAMENTALS (English/Spanish) – DV0581
DVD color 14 min. 2010 A
Viewers will be able to identify the symptoms of three common bloodborne pathogens and trace how the three bloodborne pathogens spread. They will learn about proper hand hygiene and how
to put standard precautions into place as well as how to respond to bleeding emergencies.

BLOODBORNE PATHOGENS: MANAGING THE RISK - DV0513
DVD color 13 min. 2009 A
The program is intended for the workplace and explains what bloodborne pathogens are and covers Hepatitis B, Hepatitis C and HIV. It explains how infection occurs, how bloodborne diseases can be passed from one person to another and what can be done to reduce the risk of exposure.

BLOODBORNE PATHOGENS PROTECTION IN THE HOME CARE SETTING (English/Spanish)(closed captioned) - DV0655
DVD 17 min. 2010 A, Professional
As a home healthcare provider, you can be exposed to blood and potentially infectious body fluids - regardless of your specific responsibilities. This program outlines the proper precautions that you should follow to ensure your safety on the job. This DVD covers OSHA 1910.1030. workplace transmission, standard precautions, HBV vaccination, work practice controls, housekeeping and laundry.

BLOODBORNE PATHOGENS SAFETY PART 1 - DV0246
DVD color 15 min. 2007 Professional
This program, intended for health care workers, explains the sources and modes of transmission of HIV, Hepatitis B and Hepatitis C. It details the occupational risk for health care workers.

BLOODBORNE PATHOGENS SAFETY PART 2 EXPOSURE CONTROLS AND PPE - DV0247
DVD color 17 min. 2007 Professional
This DVD describes the universal and standard precautions. It explains post-exposure response and prophylaxis. The use of gloves, eyewear and gowns for protection against bloodborne infections is detailed.

BLOODBORNE PATHOGENS SAFETY PART 3 WORK PRACTICE CONTROLS - DV0248
DVD color 16 min. 2007 Professional
This program describes the safe handling of sharps, the use of safer needle devices, decontamination and cleaning procedures. It shows proper linen handling and explains the CDC hand hygiene guidelines.

BLOODBORNE PATHOGENS SAFETY PT 1 BLOODBORNE INFECTIONS AND TRANSMISSION OF BLOODBORNE INFECTIONS - DV0249
DVD color 15 min. 2007 Professional
This program, intended for workers at long term care facilities, explains the sources and modes of transmission of HIV, Hepatitis B and Hepatitis C. It details the occupational risk for health care workers.
BLOODBORNE PATHOGENS SAFETY PART 2 EXPOSURE CONTROL AND PERSONAL PROTECTIVE EQUIPMENT - DV0250
DVD color 18 min. 2007 Professional
This DVD is intended for the long term care environment. It describes the universal and standard precautions. It explains post-exposure response and prophylaxis. The use of gloves, eyewear and gowns for protection against bloodborne infections is detailed.

BLOODBORNE PATHOGENS SAFETY PART 3 WORK PRACTICES (Long Term Care Version) - DV0251
DVD color 16 min. 2007 Professional
This program describes the safe handling of sharps, the use of safer needle devices, decontamination and cleaning procedures. It shows proper linen handling and explains the CDC hand hygiene guidelines.

BLOODBORNE PATHOGENS TRAINING FOR EMPLOYEES REFRESHER - DV0728
DVD 11 min 2008 A
Almost all employees in the workforce can be exposed to bloodborne pathogens, often when they least expect it. To protect themselves from these microorganisms, workers must receive training and learn specific precautions. Viewers will learn the hazards associated with bloodborne pathogens and how to protect themselves from exposure to these hazards by following universal precautions in each and every potential exposure situation. Topics include the Exposure Control Plan, universal precautions, PPE & barrier devices and responding to exposure situations.

BLOODBORNE PATHOGENS: WHAT EMPLOYEES NEED TO KNOW (closed captioned) - 7525
video 25 min. 2001 A
Focuses on current laws requiring bloodborne pathogens procedures and recommendations of OSHA and CDC. Shows several different work settings, including housekeeping, and examples of potential exposure risks. Explains the lines of defense and provides detailed, in-depth coverage of the procedures.

"BOB, I'M REALLY BUSY"": THE IMPACT OF IMPERSONAL CARE ON THE WELL-BEING OF PERSONS LIVING WITH DEMENTIA" - DV1252
DVD 12 min. 2010 Prof
This DVD uses amateur actors to dramatize five short trigger scenarios involving assistance for persons living with dementia. The dramatized care situations will open up discussion on how best to provide resident-specific support and assistance. Each brief scenario is designed to demonstrate the impact of a caregiver's tone, actions, and level of sensitivity to the resident’s needs. This up-close-and-personal look at caregiving will give caregivers a chance to dissect and analyze how they provide care, and foster a deeper understanding of how to interact positively with persons living with dementia.

BONE MARROW TRANSPLANTS: SERIOUS ANTI-CANCER THERAPY - DV0982
DVD 24 min. 2011 A
Bone marrow is a vital body material that can be killed by disease, radiation, or chemotherapy, and bone marrow transplants are used either when the patient’s own marrow has been removed to protect it during treatment or when another person’s marrow is introduced. Originally used for patients with leukemia, the treatment is now used for
many other forms of cancer.

**BRAIN ATTACK - DV0186**
DVD color 28 min. 2000 A
This program follows the cases of two victims of stroke: a pregnant woman who suffered an ischemic stroke just two weeks before her baby was due, and a healthy middle-aged man who experienced a cerebral hemorrhage as he was preparing for work.

**BRAIN BASED THERAPY OF ADOLESCENTS WITH JOHN ARDEN - DV1134**
DVD 60 min. 2013 Professional
Relying on research in developmental neurobiology, neuroscience, temperament, and attachment studies as well as evidence-based psychotherapeutic practices, this program addresses the importance of understanding how the brain develops and functions during the actual work of child and adolescent psychotherapy.

**BREAKFAST: MOST IMPORTANT MEAL OF THE DAY (closed captioned) - DV0106**
DVD color 21 min. 2003 SrH
Eating a healthy breakfast is the key to a productive day. Benefits include greater physical stamina, better concentration at school or work, and a more efficient metabolism. Breakfast is the meal most likely to be skipped by all age groups. This video brings home the importance of the day's first meal by exploring the numerous mental and physical benefits of a nutritious breakfast. Viewers will understand the relationship between eating and metabolism, specifically between breakfast and blood-sugar levels. The kinds of foods that best fuel the body in the morning are also listed.

**BREAST CANCER: DISEASE AND EASE - DV0920**
DVD 26 min. 2012 SrH-A
The American Cancer Society estimates that the lifetime risk of breast cancer will rise to one in seven women by the year 2024. This program shows how breast cancer develops, how it can be detected and diagnosed, and how it is typically treated. 3D graphics show the way breast tumors form and grow, as well as how they ideally respond to radiation therapy. Viewers learn how breast examinations are performed and how a real-world lumpectomy surgery is conducted.

**BREAST CANCER PREVENTION AND TREATMENT - DV0029**
DVD color 20 min. 2001 A
This program presents a concise overview of critical concerns and issues regarding breast cancer, a disease that affects one in five women. In a logical format using computer graphics and footage with real patients, the program addresses the general pathology of cancer, the specifics of breast cancer, and the various risk factors. A segment on self-examinations clearly demonstrates how these potentially life-saving checks are performed, explaining how they are the key to early detection. Treatment options are fully explained and illustrated, including chemotherapy, mastectomy, and reconstructive surgery.

**BREATHE SAFELY: THE PROPER USE OF RESPIRATORY PROTECTION - DV1361**
DVD 9 min. 2018 A
The purpose of this program is to provide employees with an understanding of the respiratory hazards they may encounter in their work areas and how to use the proper respiratory protection to prevent exposures to such hazards. Topics include: medical evaluations and fit testing; employee responsibility to wear respiratory protection; particulate (filter)
respirators; chemical cartridge respirators; PAPRS, SCBAS, & SARS; user seal checks; cleaning, disinfecting, and storing respirators.

**BRUSH THOSE TEETH AND DENTURES - DV0966**
DVD 22 min.  1996 Professional
A dentist who specializes in geriatric dentistry works with nursing assistants and residents in a long term care facility to demonstrate proper mouth care for the dependent elderly. As many elderly in long term care and assisted living are no longer able to properly care for their own oral hygiene, it is essential for nursing assistants to assume this often overlooked responsibility. Even when residents believe they are doing a good job, the nursing assistant needs to check and make sure that teeth or dentures and the mouth have been effectively cleaned. Interviews of residents and nursing assistants emphasize the importance of providing this care both as a health consideration and from a quality of life perspective.

**BRUSH UP ON HYGIENE (closed captioned) - DV0407**
DVD color 20 min.  2008 El Young viewers learn about cleanliness and good hygiene with zany host, Dr. Tidy. Proper hand washing becomes fun in “The Top Five Times to Wash Your Hands”. Tackle oral hygiene with a Germ-Cam eye view of enamel, plaque, cavities and bad breath. This program also covers: What are germs? How do they spread? Why do little kids need a daily regimen for their skin and hair? What causes body odor? What makes gym socks so stinky? Do I really have to wear clean clothes every day? This humorous presentation has practical, age-appropriate hygiene tips, and delivers the message that keeping your body clean is an important part of staying healthy and feeling good about yourself.

**BUCKET TRUCKS - DV0171**
DVD color 6 min.  1997 A Bucket trucks allow workers to gain access to heights, but also require attention to safety. To help avoid risks such as falls and exposure to electrical hazards, learn and follow safe work practices.

**BULLYING AND SUICIDE: THINK ABOUT IT - DV0923**
DVD 21 min.  2014 SrH-A Structured around two scenarios in which a boy and a girl commit suicide after repeatedly being bullied, this video offers valuable insights into bully and victim psychology, types of bullying, and anti-bullying behavior. Alternate scenarios are included that illustrate how bystanders to bullying can help neutralize some of the cumulative psychological effects of bullying that can push students to take their own lives.

**BULLYING BEHAVIORS: INVESTIGATING MYTHS AND FACTS - DV0693**
DVD 25 min  2005 JrH This program was filmed in Australia. This program explains to junior high students what bullying is and the many different forms it can take including cyberbullying. It also provides students with a range of coping mechanisms and strategies.

**BULLYING: IN THE KNOW - DV1056**
DVD 19 min.  2006 SrH - A Explores the origins, dynamics and relationships of all parties to bullying, including the onlookers who tacitly
support it by their presence and the relatively few who intercede.

BULLYING PREVENTION: TAKING ACTION - DV0916
DVD 16 min.  2010 A
Adults can deter bullying in the school environment by understanding the behavior, learning how to deal with it and taking action. This program teaches what bullying is, why children are reluctant to report it, how to detect bullying and intervene, how to deal with the students involved, and working with parents.

BULLYING THERE'S ALWAYS A WAY OUT - DV0673
DVD color 30 min.  2011 JrH-SrH
Junior High and High School students present real-life scenarios of bullying, including bullying through the internet, texts and video. Difficult and distressing situations in a variety of settings are addressed, followed by both unproductive actions and resolutions that work. This program covers bullying from its painful beginning to its peaceful end.

A BURNING ISSUE: IS YOUR FAMILY SAFE?/UN ASUNTO CANDENTE: LA PROTECCIÓN DE SU FAMILA (English/Spanish) - DV0436
DVD color Eng 30 min., Span 30 min.  2003 A
Hosted by Good Morning America’s Ron Hazelton, this comprehensive DVD addresses fire prevention, smoke alarms, escape planning, and home fire sprinkler systems.

BURPING THE BABY - 4383
video color 18 min. 1986 SrH-A
Limited to use by WIC Programs. Shows burping techniques that can settle fussy baby behavior and solve some breastfeeding problems. Demonstrates four techniques of burping. Parents are taught how to tune into babies' cues to tell when they need to burp. Involving the father with burping not only points out the anatomic differences between male and female shoulders, but shows how fathers can help with breastfeeding.

BUS PERSONS DISHWASHERS AND JANITOR SAFETY HOSPITALITY
English-DV0278; Spanish-DV0279
DVD color 14 min.  2005 A
Hospitality workers encounter a significant amount of daily risk in their jobs. This program illustrates the correct procedures for avoiding back injury; cuts and burns; and slips and falls. Safe lifting techniques are demonstrated.

BUZZ IN A BOTTLE: DANGERS OF CAFFEINE-SPIKED ENERGY DRINKS (closed captioned) – DV0558
DVD color 17 min.  2010 A
This program describes the many physical effects that these concoctions have including dizziness, fainting, heart palpitations, caffeine poisoning, headaches, fatigue, diminished concentration, anxiety, insomnia, shaking, nausea, and high blood pressure. Even more alarming is the trend of mixing these beverages with alcohol, thus allowing users to drink more alcohol than they normally would and putting them at a greater risk for alcohol poisoning.

Bystander Intervention: Putting a Stop to Sexual Assault - DV1179
DVD 21 min.  2017 SrH-A
This program carefully explains the basics and principles of bystander intervention, a strategy that has proven effective in the reduction of sexual assault. The video begins by dramatizing the Kitty Genovese case where many observers did not step in to prevent an assault. This behavior came to be called the Bystander Effect. Bystander intervention is a powerful tool
that arms bystanders with techniques to
counter the bystander effect by getting
witnesses to stop violent acts or sexual
assaults by using their brains. Using
dramatizations of sexual assault
situations viewers are taught three ways
to disrupt a sexual assault: intervene
directly, create a distraction, or call for
help from others nearby. Real teens who
have successfully intervened in attempted
sexual assaults describe how they
followed the principles and foiled an
attempted sexual assault.

CAFFEINE: HOW MUCH IS TOO MUCH
(closed captioned) - DV0970
DVD  22 min.  2016 JrH-A
Many teens readily consume caffeinated
drinks: coffee, tea, colas, energy
boosters, caffeinated sports drinks, and
more. Many teens also use powdered
caffeine or energy shots to boost energy
for all-nighters, performances,
competitions, or exams. But most teens
do not know that caffeine is a neuro-
stimulant that can cause overdose
poisoning or even death. This program
takes a look at the pros and cons of
caffeine use and teaches viewers to
understand whether or not they are in
the danger zone for caffeine overuse or
even dangerous overdose.

CAGE THE RAGE - DV0292
DVD color 23  min.  2007 JrH-SrH
The acronym C.A.G.E. stands for Calm
down, Assess the situation, Gage the
alternative, Empower yourself. By
viewing this program, students will (1)
see how to identify anger in themselves
and those around them; (2) understand
why mismanaged anger is so destructive;
(3) discover how anger gets repressed,
and the bodily and mental illnesses that
may result from it; and (4) learn to
release anger and express emotions in an
acceptable and positive way using the
C.A.G.E. method. Scenarios are included
in which students model first unhealthy
and then healthy behaviors. Candid
interviews with experts and teens are
also included.

CANCER IN THE WORKPLACE -
DV0754
DVD  44 min.  2005 A
This DVD covers the employee’s
perspective, commonly asked questions
by coworkers, absenteeism, how to find
support in the battle against cancer and
the benefits of a positive attitude.

CANCER STORY PREVENTION AND
SCREENING: NEW CANCER DEFENSES
(closed captioned) - DV0353
DVD     59 min.  2004  A, Professional
This DVD examines the risk for cancer. It
profiles a man with smoking related
cancer of the larynx and two men with
prostate cancer. The genetic
predisposition for cancer is explained. It
emphasizes the importance of colon
cancer screening. Viewers also learn
about lifestyle choices they can make to
reduce the risk of developing this
disease.

CANCER STORY: WHAT IS CANCER
(closed captioned) - DV0352
DVD color  57 min.  2004  A, Professional
This DVD provides a primer on how
cancer begins and grows. Using
animation and interviews with medical
experts, the program explains normal cell
behavior and cancer etiology within a
dramatized story of a cancer patient
undergoing diagnosis and treatment.
CANNABINYZED: THE PHYSICAL AND MENTAL EFFECTS OF MARIJUANA - DV0988
DVD 26 min. 2016 SrH-A
As the legal status of marijuana changes its perceived dangers are decreasing while the potency of the drug is increasing. This video covers marijuana as a psychoactive substance that induces its effects by manipulation of natural brain chemicals known as the endocannabinoids. The toxic and addictive impact that results from the drug’s disruption of natural endocannabinoids is characterized in this video by the testimony of those impacted by the drug and by the scientists studying its effects.

CAR SEATS: HOW TO PROTECT YOUR CHILD FROM BIRTH TO TEN
English-DV0142; Spanish-DV0143
DVD color 36 min. 2004 SrH-A
This DVD program demonstrates the latest safety recommendations and shows parents how to install a range of car seats.

CARDIOVASCULAR NUTRITION - DV0305
DVD color 21 min. 2007 A
This program contains guidelines on how nutrition and exercise can optimize cardiovascular health. It shows how to use food labels to help follow the guidelines. Factors, such as omega3 fatty acids, and trans fats are discussed.

CAREGIVING: PERSONAL CARE - DV0036
DVD color 35 min. 2003 A, Prof
This program provides information about providing personal care in a way that honors an individual's preferences and dignity. Topics covered include the use of correct body mechanics, infection control, correct handwashing, privacy and modesty issues, safety, independence, oral hygiene, and denture care. Personal grooming topics such as dressing, nail care, laundry, shaving and hair care are also covered.

CAREGIVING: PERSONAL CARE 2013 ed. (closed captioned) - DV0828
DVD 35 min. 2013 A, Professional
This is the 2013 edition of DV0036. This program provides information about providing personal care in a way that honors an individual's preferences and dignity. Topics covered include the use of correct body mechanics, infection control, correct handwashing, privacy and modesty issues, safety, independence, oral hygiene, and denture care. Personal grooming topics such as dressing, nail care, laundry, shaving and hair care are also covered. (MFA)

CAREGIVER PROFICIENCY: ALZHEIMER'S DISEASE - DV1232
DVD 90 min. 2015 Professional
This video for health care assistants discusses the stages of Alzheimer's disease and the modifications that can be made in the home to help these patients. It also addresses common issues that caregivers in a home setting face when treating a patient with Alzheimer's disease.

CARING FOR A LOVED ONE WITH ALZHEIMER'S: AN EMOTIONAL JOURNEY - DV0927
DVD 50 min. 2012 A
This DVD offers insight, hope, and understanding for anyone who cares for a loved one with Alzheimer's. Topics discussed include: caring for one who doesn't remember your name; grieving loss; struggling with feelings of failure, guilt, frustration, and anger; how to care for you while you care for someone else; feeling exhausted; finding support, and allowing someone else to care for your loved one. Caregivers are encouraged to
recognize those times when laughter, singing, and foolishness are entirely appropriate. They are advised to learn to accept the person that s/he is now. This program is divided into 12 segments and features interviews with experts including Joanne Koenig Coste, author of Learning to Speak Alzheimer's (DV0547).

CARING FOR PEOPLE WITH DEMENTIA - DV0308
DVD  color 18 min.  2006 Professional
Viewers are introduced to the topic of dementia. They learn about common behaviors in patients with dementia and how to manage those behaviors. They also learn how to care for a person with this illness and how to cope with the stress of caring for such a person. Nursing assistants are shown assisting patients who have problems with eating, aggression, scavenging and wandering.

CARING FOR SOMEONE WITH MID TO LATE STAGE ALZHEIMER'S DISEASE - DV0205
DVD  color 43 min.  2005 Professional
People in mid to late stages of Alzheimer's may have difficulty expressing their needs in words, may be less able to reason and may be unaware of what is socially appropriate. This DVD covers changes that occur in this stage of the disease. Topics include core principles of care, tolerance levels, naps, sexuality and intimacy, pain management and incontinence.

CARING FOR THE COGNITIVELY IMPAIRED: COMMUNICATION WITH IMPAIRED CLIENTS - DV0896
DVD  22 min.  2011 Professional
Many times chronic illnesses contribute to mental and behavioral changes. This program focuses on various causes and the proper response. It reviews the various warning signs of depression and types of functional and organic disorders. It explains the difference between delirium and depression.

CASE MANAGEMENT IN HEALTH CARE (closed captioned) – DV0798
DVD  15 min.  2012 A
This program was filmed in Australia. Case management is becoming a prominent and successful tool of modern health care. Putting the client firmly at the center of a collaborative process, it can be mediated by doctors, social workers, nurses, and a range of vocationally qualified staff. This program investigates case management in detail, making the point that its benefits and best practices can help bring about optimal outcomes in highly complex environments.

C.A.T.C.H. ONTO GOOD HYGIENE (closed captioned) - DV0701
DVD  16 min.  2009 JrH
Adult host Rachel and two young teens demonstrate and share the fundamentals of hygiene including hand washing, acne, dental care and care for the body, skin, nails and hair.

CATCHING A KILLER: PREVENTING MENINGOCOCCAL DISEASE - DV0983
DVD  24 min.  2011 A
This program gives an overview of meningococcal disease and the vaccines that are available to prevent it. Viewers meet a patient whose case wasn’t discovered by the ER doctors who initially treated her, and then learn which telltale symptom prompted her new physician to begin lifesaving treatment.
CELEBRATE BIRTH - DV0070
video/DVD  41 min.  2000  A
Explains the Lamaze technique for childbirth. Composed of four segments: features the Lamaze class (18 min.); highlights the labor and delivery of three women (7 min.); details the labor and delivery of one woman while talking about the function of the doula (8 min.); demonstrates exercises and movements to practice during pregnancy to minimize any discomfort (8 min.).

CELEBRATING 30 YEARS OF TEXAS WIC - DV0043
DVD  color  24 min.  2004  A
This is a summary of the history of the Texas WIC program. It consists of interviews with WIC directors and other WIC staff members who reminisce about the beginnings of the WIC program. The interviewees share many humorous and uplifting anecdotes about WIC through the decades.

CHAIR FITNESS BALANCE AND POSTURE VOL. 3 - DV0333
DVD  color  34 min.  2000  A
This volume eases viewers up and out of their chairs. The chair is still used throughout the session. These exercises are designed to enhance balance, increase standing tolerance and improve posture.

CHAIR FITNESS SERIES VOL. 1 - DV0331
DVD  color  65 min.  1998  A
This program offers a two day plan of 30 minutes each. The host, Blanche Back, leads viewers through broad movements and progressive strength training. She uses free weights for added resistance and shows how to make your own ankle weights at home. This workout focuses on core strength and flexibility.

CHAIR FITNESS SERIES VOL. 2 -
DV0332
DVD  color  65 min.  1998  A
This program offers a two day plan of 30 minutes each. The host, Blanche Back, leads viewers through broad movements and progressive strength training. She uses free weights for added resistance and shows how to make your own ankle weights at home. This workout focuses on core strength and flexibility.

CHEMICAL HANDLING SAFETY THE BASICS (English/Spanish)(closed captioned)- DV0709
DVD  17 min.  2010  A
This program teaches employees how to identify, handle, and store dangerous chemicals safely and properly. They will be trained how to respond effectively in case of an emergency. The training illustrates hazard identification, personal protection, and emergency response.

CHEMICAL HIGHS: THE DANGERS OF SYNTHETIC DRUGS - DV1180
DVD  19 min.  2016  SrH-A
This program offers a sobering view of what happens when young people experiment with synthetic drugs like Flakka, K2, Molly, and bath salts. Substance abuse counselors, medical doctors, and former addicts all explain the dangers of synthetic drugs. Viewers learn that these synthetic drugs impact the brain, induce horrifying hallucinations and paranoia, and ultimately lead to addiction and even death.

CHEMICAL LABELS IN THE LABORATORY – DV0615
DVD  19 min.  1987  A, Professional
Describes an in-house laboratory chemical labeling system which complies with the Texas Hazard Communication Act. Physical hazards, health hazards, and target organ effects are defined. Examples of chemical labeling systems used by some manufacturers are also
reviewed.

**CHEMICAL SAFETY (Long Island) - DV0228**
DVD  9 min.  1996  A
Stresses the importance of reading labels.  Explains various chemical hazards: toxics, corrosives, flammables, reactives.  Describes the routes of chemical entry into the body.  Provides safety tips for handling, storing and disposing of chemicals.

**CHEMICAL SAFETY #2: HEALTH HAZARDS - 4328**
video color  20 min.  1985  A, Professional
Using the health hazard sections of a MSDS as a guide, explains: how chemical substances can affect human health; how harmful exposures can be avoided; and what emergency procedures should be followed when an accident occurs.

**CHEMICAL SPILLS: CONTROL PROCEDURES - DV0573**
DVD  color  7 min.  2001  A
This program stresses the importance of proper training, personal protective equipment, and appropriate material to contain and absorb minor spills.

**CHILDHOOD EPILEPSY WHAT YOU NEED TO KNOW - DV0679**
DVD  81 min.  2008  A
This film provides an overview of childhood epilepsy, including different types of seizures; diagnostic procedures; treatment options; the impact of epilepsy on development and learning; safety; epilepsy in the family and community; stigma; and the benefits of encouraging a child's unique interests and talents.

**CHILDHOOD NUTRITION: PREVENTING OBESITY (Spanish/English) (Spanish closed captioned) V. 1 & 2 - DV0156**
DVD  Eng 37 min.  Span 37 min.  2005  A
Volume 1: Feeding Your Baby Birth to 1 Year teaches parents about age-appropriate food choices for babies and the importance of positive, nurturing eating experiences. It covers breastfeeding and formula feeding; reading hunger and fullness cues; how and when to introduce solid foods; choking and allergies; self-feeding and family meals. Volume 2: Young Children Eating Right Ages 1 to 6 covers the USDA's MyPyramid; making mealtime a positive experience; quick and healthy home made and fast food ideas; ways to promote exercise and limit TV; food safety and choking hazards. Captions provided for English language only.

**CHILDREN TEACHING CHILDREN ABOUT MILITARY FAMILIES - DV1204**
DVD  46 min.  2014  JrH-A
What special burdens and challenges, especially emotional and psychological, are experienced by children with a parent in the military serving overseas?  Fear, anxiety, loneliness, detachment?  Children share their personal stories of what it's like.  Stories focus on what deployment means to them, the struggles they have faced, and how they have worked through challenging times.  The authentic advice they offer for other children will leave viewers with a sense of hope.

**CHILDREN'S HEADACHES - DV0187**
DVD  color  14 min.  2002  A
A headache specialist and a 12-year-old child with migraines discuss the ways to help a child, and the signs that mean it's time to see doctor.

**CHOICES - DV1052**
32 min. 2012 SrH-A
In this film, Robert Kent tells the heart wrenching story of how his son Brandon, and two friends were killed by a drunk driver on Christmas morning. His story illustrates the direct and indirect victims of drunk drivers and the ripple effects their choices send through families. Robert Kent is compelling and painfully honest in his quest to convince others to make the choice not to drive before they begin to drink.

DVD 15 min. 2007 SrH
Three boys on the verge of manhood face the realities of being in relationships with the girls in their lives. This film, written by high school students, deal with the issues of passion, pregnancy, peer pressures and STD’s.

**CHOICES IN CHILDBIRTH V. 3 - CESAREAN BIRTH - DV0074**
DVD color 22 min. 2002 SrH-A
This DVD follows one couple’s unexpected cesarean birth from early labor through recovery. Animation is used instead of graphic surgery footage. An obstetrician shares additional valuable information, including reasons for the procedure, decision making with care providers, reducing the cesarean risk, and making a cesarean birth as fulfilling as possible. Cesarean surgery footage is included after the main program so that presenters can choose whether or not to show the graphic footage.

**CHRONIC ANXIETY IN THE ELDERLY - 7211**
video color 26 min. 1998 A, Professional
Deals with the problem of anxiety in the elderly and the diseases associated with the problem including Geriatric Anxiety Disorder (GAD). Examines the symptoms and physiological manifestations, including chemical imbalance, psychosocial implications and the emotional impact on the aged brought on by societal changes. Discusses caffeine, cigarettes, and alcohol as possible instigators.

**CHRONIC CARE (closed captioned) - DV0543**
DVD color 28 min. 2006 A
A chronic condition is a long-term or permanent illness with no known cure. This program provides a framework for dealing with chronic illnesses such as stroke, emphysema, or rheumatoid arthritis, whether viewers are seeking general knowledge, attending to their own health concerns, or caring for a loved one. The program explores ways for family members and other caregivers to participate in the development of a realistic chronic care plan.

**CHRONIC PAIN (closed captioned) - DV0355**
DVD color 28 min. 2005 A
This program explores what causes chronic pain and looks at treatments involving medication, physical therapy, and alternative methods. Doctors dedicated to fighting pain are interviewed. It also features commentary from patients who cope with pain every day: a man battling cancer who uses relaxation techniques to ease pain; a woman with damaged vertebrae who has regained mobility through exercise; and an arthritis sufferer who can write without pain because of drugs.
CHUCKLES AND THE HAPPY TEETH (English/Spanish) VHS - 5007 DVD- DV0539
DVD/VHS Eng-8 min., Span-8 min. 1992 P
In this puppet show video Chuckles meets a friend named Mary who teaches him the importance of brushing, flossing, going to the dentist and staying away from sweets. Aimed at children 3-5 years old.

CHUCKLES AND THE SUPER SNACKS (English/Spanish) - 4954
video color Eng-7 min., Span-7 min. 1992 P
A puppet show set at the circus. Introduces Chuckles the clown who is tired and run down until he learns about healthy foods from the super snacks. Aimed at children 3-5 years old. (WIC)

CJD INFECTION CONTROL AND PATIENT CARE FOR HEALTH CARE PROFESSIONALS - DV0846
DVD 30 min. 2007 Professional
Dr. Ermias Belay explains how Creutzfeldt-Jakob Disease (CJD) is transmitted. He explains that there is no personal danger to health care professionals who come in contact with people who have CJD.

CJD INFORMATION FOR FUNERAL DIRECTORS AND EMBALMERS - DV0844
DVD 38 min. 2007 A
This DVD explores the myths and misconceptions about Creutzfeldt-Jakob disease that have made people so fearful of it. Experts explain what happens to people who have the disease and how it can be transmitted. Several people who have the disease are profiled.

CLEANING AND SANITIZATION IN THE FOOD INDUSTRY(closed captioned) - DV0703
DVD 24 min. 2009 A-Professional
This program was filmed in Australia. It guides viewers through sanitation tools and procedures that are essential to the management of any food-related enterprise, including both food service outlets and food manufacturing facilities. Incorporating interviews with a café chef, a quality manager at a condiment factory, and the manager of a cleaning fluid distribution company, the film shows the proper steps for sanitizing dishes, utensils, floors, counters, culinary appliances, and assembly areas. Waste disposal and the storage of loose food items are also covered.

CLEANING AND SANITIZING - 4933
video color 25 min. 1991 A
Explains the difference between clean and sanitary and when to clean and sanitize food-contact surfaces. Explains how to wash, rinse, and sanitize using a dish machine, and how to manually wash, rinse, and sanitize using a three-compartment sink. Demonstrates the proper storage of dishes and utensils. Explains how to use and store wiping cloths, and how to handle garbage and refuse storage and disposal. (NRA)

CLIENT RELATIONS: EFFECTIVE COMMUNICATION SKILLS - DV1275
DVD 50 min. 2015 Prof
This program presents strategies for effective communication in response to behavior changes brought on by aging and disease.

CLIENTS' RIGHTS: HOME HEALTH - DV1276
DV 50 min. 2016 Prof
This program is intended to help home health aides understand and appreciate the significance of the responsibility they
have when it comes to client rights. The clients' bill of rights.

**CLINICAL GEROPSYCHOLOGY: MENTAL HEALTH ISSUES IN LATE LIFE WITH PATRICIA A. AREAN, PHD - DV1253**

DVD 100 min. 2014 Prof For older adults with mental health issues, problem-solving skills can weaken as a result of cognitive decline in late life. Problem-solving therapy is especially suited for work with older adults because it encourages the client to define his or her problems concretely in terms of the stimuli, responses, and consequences. In this video, Dr. Patricia Areán demonstrates the effective use of problem-solving therapy with a 62 year old retired woman who is the sole caregiver of her grandchild, as well as both of her parents. The client has been struggling with depression, severe mood swings, and sleeplessness for about five years.

**CLOSE CALLS: THE WAKE UP CALL - 6124**

video color 14 min. 1995 SrH-A Accidents are usually preceded by one or more incidents which can be described as “close calls.” These close calls should be a reminder for a worker to review the actions leading to the close call so the actions will not be repeated. Unsafe actions could result in a dangerous accident. Three accident scenarios are presented with the close call incident preceding each accident.

**COCAINE AND CRACK: IN THE KNOW - DV1009**

DVD 19 min. 2003 A, Professional The program describes the difference between powdered cocaine and crack. It goes on to detail the social effects, biological functions, and short and long-term effects of cocaine.

**COCAINE AND HEROIN: STILL HERE, STILL DEADLY - DV0652**

DVD color 21 min. 2007 SrH-A This DVD recounts the stories of two teens who became cocaine and heroin addicts. Both teens describe how they became addicted, and how incredibly difficult it is to recover from their addictions. It includes strategies for recognizing the dangers of and avoiding these destructive drugs. A counselor in Dallas discusses a heroin derivative called cheese which led to a rash of overdoses by teens in Texas.

**COCAINE RALPH - 7775**

video color 30 min. 1992 A Ralph Strangis talks about his alcohol and drug use, cocaine addiction, and recovery from addiction. Contains some explicit language and should be previewed before showing.

**CODE RED ROVER, GROWNUP COME OVER (English/Spanish) - DV0598**

DVD color 11 min. 2010 P-I Rover, the animated home safety hound, and his friend, Freddie Flashlight, help a family learn to prevent home injuries. Children will learn about pool, bicycle helmet, and fire safety. The Texas Department of State Health Services does not endorse any particular brand or product.

**COGNITIVE THERAPY FOR OBSESSIONS - DV1135**

DVD 164 min. 2012 Professional Stopping obsessional thinking patterns is one of the most vexing challenges people face. Anxiety disorder expert Reid Wilson employs a variation of cognitive-behavioral and strategic methods in two
live sessions, demonstrating his unique approach to tackling obsessive thinking.

COLD STRESS - DV0399
1 DVD + 1 CD-Rom color 14 min. 2006 A
Hypothermia and frostbite can set in without warning and can happen in freezers, refrigerators, and underground. This DVD educates viewers on hypothermia and frostbite, their warning signs, and the safety measures to take before working in the cold.

COLLECTING BLOOD SAMPLES: DO IT RIGHT THE FIRST TIME (closed captioned) - DV0379
DVD color 17 min. 2008 Professional
This program reviews the use of proper techniques and protective devices when collecting blood samples. Viewers will learn about two major types of universal precautions: the use of barriers and the prevention of stick injuries. It also reviews effective blood collection techniques when working with adults and children.

COLONOSCOPY - DV0974
DVD 10 min. 2005 A
This DVD is an updated version of DV0704. This DVD emphasizes colonoscopy as the recommended screening tool for colorectal cancer. It explains how a colon polyp can change over time and develop into colorectal cancer. The program reassures patients that they are taking the right steps to prevent colorectal cancer by having a colonoscopy and having any polyps removed. It also covers preparation methods, possible complications, side effects and recovery.

COLOR POWER: FRUIT AND VEGETABLES (closed captioned) - DV0867
DVD 24 min. 2014 JrH-SrH
When it comes to fruits and vegetables, more is better. Fruits and veggies are filled with a host of health-promoting benefits, but often times we fall short on our daily servings. How can we get ourselves to eat and enjoy more fruits and veggies? Viewers learn of the importance of eating fruits and vegetables, daily nutrition requirements, selection and basic preparation methods, proper portions and ways to incorporate more fruits and vegetables into their diet.

COMBATING CONFLICT WITH CHARACTER: DEALING WITH BULLYING (closed captioned) - DV0764
DVD 32 min 2011 SrH
This DVD dramatizes the verbal, emotional, and social aspects of bullying and cyber bullying. It distinguishes between bullying that is typically male and typically female. It reveals the results of bullying, from hurt feelings to academic problems to murder and suicide. Dramatizations and expert commentary highlight specific strategies to combat bullying. Also available online.

COMBATING THE OBESITY EPIDEMIC: TREATMENT OPTIONS - DV0668
DVD 59 min. 2008 Professional
Professor Jack H. Wilmore delivers a lecture on the primary approaches employed to address the obesity epidemic. Using a power point presentation, he looks at the results of several of the studies in the scientific literature on each of the treatment options and discusses the relative effectiveness of each alternative. He discusses exercise, physical activity, behavioral treatment, combination
interventions, pharmacotherapy, and gastric bypass surgery. He details energy balance-related and genetic factors that can affect weight loss efforts.

**COMFORT CARE IN LONG-TERM CARE - DV0500**
DVD color 21 min. 2006 Professional A doctor, nursing and hospice staff discuss pain management, symptom control, supportive interactions, nutrition and special accommodations for bathing, meals and rest.

**COMFORTABLE LATCH: A GUIDE TO SUCCESSFUL BREASTFEEDING (English/Spanish) - DV0044**
DVD Eng.13 min., Span. 15 min. 2006 A lactation consultant works with new mothers to demonstrate how to properly use the latch position for breastfeeding. The DVD contains depictions of real mothers and an animated demonstration of the baby at the breast.

**COMMON PSYCHOLOGICAL DISORDERS OF ADOLESCENCE GUIDE - DV1164**
DVD 27 min. 2011 SrH-A This DVD focuses on several real teens who are struggling with some of the most common psychological problems that occur in adolescence: anxiety disorders, depression, eating disorders, attention deficit hyperactivity disorder (ADHD) and substance abuse disorder. Are these disorders hereditary? How do they develop, and why? How common are they among teens? What can a person do to cope with them? The real teens featured in the program share their personal struggles and ultimately affirm that young people can successfully manage their psychological disorders with guidance from a mental health professional.

**COMMUNICATING WITH PERSONS WITH DEMENTIA - DV1292**
DVD 18 min. 2018 Professional Viewers will learn how to recognize the difficulties in communicating with a person with dementia along with effective interventions to solve the problems created by these difficulties. Effective communication is crucial if people with dementia are to maintain their ties to social groups.

**COMMUNICATION DIFFICULTIES - DV0877**
DVD 41 min. 2009 Professional This DVD discusses ways to assess the expressive and receptive skills of older adults with dementia or other medical conditions. It offers a number of interventions caregivers can apply, including the use of a 9-question assessment and intervention tool that promotes better overall communication and patient safety.

**CO-OCCURRING DISORDERS: MENTAL HEALTH AND DRUGS - DV1034**
DVD 36 min. 2004 A This DVD provides individuals with a deeper understanding of the mental illnesses that are a significant element of a dual diagnosis and of how psychoactive drug use can aggravate these conditions.

**CONCEPTION TO BIRTH - DV0032**
DVD color 50 min. 2005 SrH-A Profiles several couples as they embark on the journey from conception to birth. Viewers witness scenes from inside the womb a few hours after conception to labor and delivery. Includes animated graphics. Also includes brief scenes of female nudity.
CONFESSIONS OF A GERM: THE PLAGUE - DV0218
DVD color 51 min. 2002 SrH-A
This program covers the history of the plague. The differences between bubonic and pneumonic forms are explained and illustrated with dramatizations of plague victims and interviews with survivors. Centers for Disease Control and Prevention plague specialists Drs. Kenneth Gage and David Dennis discuss the battle in the American southwest to contain this pathogen. Dr Jen Alibek, former director of the Soviet bioweapons program, and other experts look at the threat of the plague’s use in the future.

CONFINED SPACED ENTRY: SAFE IN 8 (English/Spanish) – DV0629
DVD color Eng 8 min.; Span 8 min 2005 A
This DVD teaches viewers about common confined space hazards, personal protective equipment (PPE), and rescue. Bonus features include a leader’s guide, quiz and a customizable PowerPoint® presentation (DVD-ROM drive required for leader’s guide and PowerPoint).

CONFINED SPACE SAFETY - 6505
video color 40 min. 1996 A, Prof
Designed to make workers aware of the importance of evaluating and testing confined space atmospheres before entry. Through dramatic scenarios and demonstrations, the program offers a visual resource of proper procedures, equipment, and testing methods. Teaches how to recognize oxygen deficiency or flammable and explosive materials in confined spaces. Discusses how to evaluate and test confined space atmospheres, including determining oxygen content, flammability, and toxicity. Interprets the results of atmospheric testing to determine if a confined space is safe for entry and cold or hot work. Establishes engineering, administrative, and personal protection control procedures to create or preserve safe conditions.

CONFINED SPACES - 7868
video color 20 min. 2000 A
A comprehensive program designed to meet the requirements of 29 CFR Section 1910.146 (g) general education and specialized training. This video covers pre-entry and any subsequent testing or monitoring; required written certification for re-entry; requirement to immediately provide each authorized entrant testing results; developing rescue plans, including the evaluation and selection of rescue personnel; and communicating key information to employees whose jobs do not include confined space duties.

CONFIDENT SPACES PERMIT REQUIRED - DV0759
DVD 20 min. 2011 A
This training program is designed to provide employees with the safety basics and necessary skills involved in confined space entry necessary to comply with 29 CFR 1910.146.

CONFLICT: THE DISRUPTIVE, CHAOS CREATING RESIDENT - DV0750
DVD 20 min. 2008 Professional Nursing assistants share their experiences of handling the disruptive resident with behaviors destructive to other residents, staff and the entire community. They use distraction, redirection and resident swapping. They try walking away, teaming with other staff members, setting limits or requesting a psychiatric evaluation. They talk about their successful approaches and identify prevention strategies. They discuss disruptive residents who makes unfounded complaints about care to their
family members or nursing home administrators. They recommend appropriate actions when the family members of patients are abusive to staff. Viewers will discover ways to make sure this doesn’t happen.

**CONFRONTING CJD AND OTHER PRION DISEASES- DV0845**
DVD  60 min.  2006 A
This DVD consists of a series of lectures presented by some of the world’s leading prion disease experts and a rare interview with a patient who has Creutzfeldt-Jakob disease.

**CONGESTIVE HEART FAILURE (closed captioned) – 6149**
video color 14 min.  1995 A, Professional
Explains congestive heart failure, including its causes and symptoms. Viewers learn how lifelong management can relieve symptoms and prevent complications. Provides a variety of treatment options.

**CONQUER THE CHAOS: THE BEST IDEAS IN TIME MANAGEMENT - DV1259**
DVD  21 min.  2010 A
You can be successful at your job without working 60-hour weeks, straining your family life, or going home every night feeling exhausted and frustrated. This DVD shows how to manage your time effectively.

**CONTROLLING DIABETES ONE DAY AT A TIME English-7731**
video color 11 min.  2003 A
Covers basic information on disease management. Explains the importance of regular check-ups, controlling sugar, eating healthy foods in healthy proportions, and exercise. Intended for patients newly diagnosed with Type 2 diabetes.

**CONTROLLING DIABETES ONE DAY AT A TIME/ CONTROLANDO LA DIABETES UN DIA A LA VEZ\– English-DV0056; Spanish-DV0055**
DVD color 11 min.  2003 A
Covers basic information on disease management. Explains the importance of regular check-ups, controlling sugar, eating healthy foods in healthy proportions, and exercise. Intended for patients newly diagnosed with Type 2 diabetes.

**CONTROLLING DIABETES (VIETNAMESE) - DV1305**
DVD 11 min.  2003 A
Covers basic information on disease management. Explains the importance of regular check-ups, controlling sugar, eating healthy foods in healthy proportions, and exercise. Intended for patients newly diagnosed with Type 2 diabetes.

**COPING WITH EMOTIONS: ANGER - DV1356**
DVD  32 min.  2015 A
Learning to cope with anger is vital in recovery. Unprocessed anger, which often leads to resentment, is a leading cause of relapse. Following a brief education on important aspects of anger and resentment, this presentation introduces viewers to a variety of practical anger management tools. Viewers also learn which of these tools can be used to calm rageful anger, clearing the way to use other tools to process and uncover its true source.
COPD: TAKE CONTROL (closed captioned) - DV0913
DVD 15 min. 2010 A
This DVD explains to patients what COPD is and how it affects their breathing. Self-care skills such as quitting smoking, using medications as prescribed, oxygen therapy, and knowing when to contact the healthcare provider are shown. Diaphragmatic breathing, and pursed lip breathing are explained and demonstrated. Positive lifestyle changes are introduced. Following these self-care skills will help patients manage their COPD so they can stay out of the hospital.

CORONARY ARTERY DISEASE (closed captioned) - DV0354
DVD color 28 min. 2003 A
This program explores the risk factors and symptoms associated with Coronary Artery Disease (CAD), emphasizing that it can lead to a heart attack or cardiac death without warning. Promoting a positive approach, the DVD portrays these traumas as life-changing occurrences for patients who do survive a cardiac event and commit to improving their health. Case studies and personal commentary from patients, along with explanations of advanced medical procedures developed to treat CAD, are also included.

CORONARY ARTERY DISEASE: DISEASE AND EASE - DV0921
DVD 24 min. 2012 A
Viewers learn about coronary artery disease's causes, development, dangers, and treatment through case studies and expert interviews. 3D graphics show how plaque builds up in arteries, how this eventually obstructs blood flow, and how angioplasty, or the insertion of a tiny balloon and stents, can relieve the construction. Patients who are coping with coronary artery disease share the challenges they face in their everyday lives.

COUNSELING INTAKE PROCESS: CULTURALLY COMPETENT DEMONSTRATIONS AND DEBRIEFINGS - DV1136
DVD 100 min. 2010 Professional
This video demonstrates the counseling intake process and how mental health practitioners make it successful for clients of culturally diverse backgrounds. Two distinctively different approaches to the intake session are demonstrated.

CROSSING THE LINE: SEXUAL HARASSMENT AND HOW TO CONFRONT IT (closed captioned) - DV0197
DVD color 24 min. 2005 A
This video explains different kinds of sexual harassment. It defines the factors motivating harassers, and provides specific techniques for dealing with the problem. Viewers will see what steps to take if anyone harasses them or if they witness the harassment of others, including keeping a journal, employing the broken record technique, speaking with supervisors, sending memos, using grievance procedures, and filing formal complaints.

CRY FOR HELP - DV1060
DVD 57 min. 2009 A
This program takes a look at teen depression and suicide through the lens of the Virginia Tech and Columbine shootings. It takes a look at two high schools who seek to identify adolescents at risk after losing four students to suicide in less than a year.
CULTURAL AWARENESS IN HEALTHCARE: AN ACTION PLAN - DV0892
DVD 17 min. 2014 Professional
This program explains the importance of providing culturally and linguistically appropriate care. It describes the CLAS (Culturally and Linguistically Appropriate Services in Health and Health Care) standards put forth by the U.S. Department of Health and Human Services and the categories within those standards. It gives guidance in establishing and implementing an action plan that recognizes and enforces the CLAS standards.

CULTURAL COMPETENCE – DV0550
4 DVDs 60 min. 2006 Professional
This 4 disc program outlines diverse cultural beliefs regarding child rearing, death and dying, nutrition, medicine, and the role of the family in personal decisions. Viewers will be able to compare and contrast how these cultural beliefs affect patient and family interactions with healthcare providers. It also reviews the seven steps to developing cultural competence.

CULTURAL DIVERSITY AND NURSING PRACTICE - DV1266
DVD 23 min. 2010 Professional
This program was filmed in Australia. 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. We discuss the aspects of transcultural nursing, the dangers of cultural conflict, and effective multicultural communication methods.

CULTURAL DIVERSITY IN HEALTHCARE: ASSISTED LIVING - DV1274
DVD 35 min. 2015 Professional
Culturally competent care adapts care interventions to the cultural needs and preferences of diverse clients. This program provides practical and effective methods of recognizing and dealing with the special needs of different cultures.

CURRENT ISSUES IN TUBERCULOSIS: THE AMERICAN EPIDEMIC - DV0891
DVD 17 min. 2014 Professional
This program explains the causes of tuberculosis and the difference between tuberculosis infection and tuberculosis disease. It lists four body systems that can be infected with TB and its common symptoms. Viewers will learn about the six population groups that are at high risk for TB infection and will be able to describe multidrug-resistant tuberculosis. They will also learn the ways a person can acquire tuberculosis.

CUSTOMER SERVICE IN LONG-TERM CARE MAKING IT WORLD CLASS - DV1341
DVD 20 min. 2009 Professional
Customer satisfaction requires deliberate actions on our part to identify and then satisfy customer expectations. This DVD helps train your employees to anticipate the residents' needs, minimize problems, speak and listen effectively, learn to follow up effectively, handle complaints successfully, be caring, conscientious, team-oriented and pro-active.

CUTTING: ADDICTED TO SELF-INJURY - DV0667
DVD color 11 min. 2006 A
Self-injury starts as a way of coping with emotional pain. But cutting, the habit of self-injury, is a sign of deep-seated
anxiety. This DVD examines the behavior and explores how parents, friends, guidance counselors, and those who cut themselves can work together to stop it. It goes inside a support group for young women struggling with the habit, showing them engaging in group discussions, self-expression exercises, and role-play that helps them let go of negative emotions and confront their behavior.

**CYBER BULLYING REAL LIFE TEENS – DV0632**

DVD color 18 min. 2008 SrH

Cyber-bulling is any form of harassment that occurs via the Internet. This program explains why teens cyber-bully, what can be done about it and how bullies can be stopped. It deals with forums, chat rooms, and help for victims of bullying.

**CYBER-SENIORS - DV1319**

DVD 74 min. 2013 A

This documentary adds to the important international conversation about the growing generation gap. Focusing on a group of senior citizens who take their first steps into cyber-space under the tutelage of teenage mentors, the film renders a thought-provoking look at a spirited group of men and women who are enriched by digitally re-connecting with their families and each other. (Finding their footing rather quickly, the group moves on to compete for the most YouTube views while swiftly building their online inventory of friends.)

**CYSTIC FIBROSIS: A DAY IN THE LIFE - DV0188**

DVD color 26 min. 2004 A

For a young person living with Cystic Fibrosis (CF), each day is a struggle just to breathe. The lungs are clogged with thick mucus requiring constant medication and intrusive therapies. There is no cure for CF and, without a lung transplant, the disease can become a death sentence. This program follows the story of a young woman with CF and a young man whose life was saved by a lung transplant.

**DANGER BEHIND THE WHEEL: THE FACTS ABOUT DISTRACTED DRIVING - DV1243**

DVD 26 min. 2010 SrH-A

This powerful program emphasizes the dangers of driving distractions, applying makeup, eating, changing radio channels but most of all, talking or texting via cell phone while driving. Viewers hear from ordinary people whose lives have been forever changed because of distracted driving. A young driver who crashed his car while texting describes how it feels to know that he caused the deaths of two innocent people. A young woman describes the severe injuries she endured, in addition to her parents’ deaths, as a result of a distracted teen talking on his phone while driving. Jennifer Smith, co-founder of the advocacy group FocusDriven, shares her story. David Strayer, a leading researcher explains that driving simulations in his lab have shown that talking on a cell phone, even with a hands-free device, is as dangerous as driving drunk. The program’s unforgettable stories and statistics make it clear that no cell phone call is worth losing a life.

**DANGER OF MARIJUANA SUBSTANCE ABUSE POWERPOINT PRESENTATION - CD0034**

CD unknown SrH

This CD-Rom contains 24 full-color PowerPoint slides for classroom use. It covers an overview of the various forms of marijuana, the social and legal ramifications of marijuana use, and an analysis of the long and short-term effects of marijuana.

**DANGERS OF ALCOHOL SUBSTANCE**
ABUSE POWERPOINT PRESENTATION - CD0032
CD unknown SrH
This CD-Rom contains 24 full-color PowerPoint slides for classroom use. The slides cover the topics of Blood Alcohol Concentration (BAC), binge drinking, alcohol poisoning, Fetal Alcohol Syndrome (FAS), the long-term damage caused by alcohol abuse and more.

DANGERS OF MELANOMA - DV0424
DVD color 29 min. 2004 A
Left untreated for too long, melanoma, almost always curable when treated early, becomes one of the deadliest of all cancers. This program promotes sun exposure precautions and self-examinations as ways to lower risk of contracting and dying of melanoma, describes standard medical practices once melanoma is diagnosed, and investigates the ongoing research to find more effective treatments, including a cancer vaccine. Commentary is provided by oncologists, a dermatologist, and an epidemiologist, as well as by patients who have lived with melanoma.

DANGERS OF SMOKING SUBSTANCE ABUSE POWERPOINT PRESENTATION - CD0033
CD unknown SrH
This CD-Rom contains 24 full-color PowerPoint slides for classroom use. This CD-Rom delivers information about the dangers of smoking tobacco and the damage to the body’s systems. The twenty-two slides offer details on addiction, secondhand smoke, bidis, herbal cigarettes, and more.

DANGERS OF SUGAR AND SALT - DV1346
DVD 21 min. 2014 SrH-A
This program gets viewers to think about how much sugar and salt they are eating, why too much sugar and salt can be harmful, and how to reduce their consumption of sugar and salt. The health dangers of sugar are presented with particular emphasis on sugary soft drinks. Too much sugar puts us at risk for weight gain, obesity, diabetes, cancers and tooth decay. The average teen consumes a whopping 3,500 mg of salt every day, increasing the risks for high blood pressure, stroke and heart attack. Viewers learn how to decode nutritional labels, so they understand the many different names for sugar and for salt, and are able to identify hidden sugar and salt that lurk in packaged and processed foods.

DARK DAYS: SHEDDING LIGHT ON DEPRESSION - DV1125
DVD 22 min. 2011 A
Even as ignorance about depression leads to social stigmas and alienation, many people with depression do not realize what ails them and therefore do not seek treatment in the first place. This program examines in detail what depression is, its various symptoms, and the options available for coping with or even curing it. Featuring widely respected experts from the leading mental health organization SANE Australia, the video covers clinically recognized types of depression, what demographic groups are most at risk, specific signs and symptoms, and harmful myths that prevent patients from getting real help. A close look at depression in adolescence is also included.
THE DARK SIDE OF ADDERALL AND OTHER "STUDY DRUGS" - DV1116
DVD 15 min. 2014 SrH-A
When used under a doctor’s guidance, Adderall, Ritalin, and similar medications can be effective in controlling ADHD. Pressures for success and achievement have turned this into a seriously abused drugs today. Using the drug is leading to ever-increasing addiction that produces serious physical and psychological problems.

A DAY AWAY FROM STRESS - 5421
video color 52 min. 1987 El-A
A relaxation tape in two parts. Part 1 (26 min.): Explains five stress reduction techniques while the screen shows beautiful scenes from nature. Part 2 (26 min.): The soothing images continue with no narration or instructions, in order to practice the techniques of diaphragmatic breathing, progressive relaxation, focusing, scanning and deep relaxation.

A DAY IN THE HEALTH OF TEXAS (2002) - 7436
video color 21 min. 2002 A
Provides an overview of the multiplicity of services that the Texas Department of Health provides each day to the individual citizens of Texas. Includes a message from Texas Health Commissioner, Dr. Eduardo Sanchez.

A DAY IN THE LIFE OF NANCY MOORE - 5378
video color 28 min. 1990 A
Developed specifically for nurse aides who care for patients with Alzheimer’s disease. Nancy Moore is such a nurse aide. She is shown dealing in a calm and caring manner with several difficult patients. She explains what she does to help these patients maintain their dignity and independence. She stresses the importance of customizing care for each resident's particular situation, and maintaining a good relationship with the resident's family members.

A DAY IN THE LIFE OF PUBLIC HEALTH – DV0599
video color 10 min. approx. 1990 JrH-A
Presents an overview of the importance of public health, especially in the state of Kansas.

DEAD END DIETS: WHY FAD DIETS DON’T WORK - DV1193
DV 17 min. 2016 SrH-A
There are dozens of quick-fix diets from eating only grapefruit, to detox cleanses, to chili pepper concoctions, to eating the way some celebrity recommends for instant weight loss. These fad diets do not work and may be harmful to your health. This program looks at the science of weight loss and dieting and contrasts it with the billions of dollars spent by the fad diet industry to hook you on one scheme or another. Katrina Schroeder, a nutritionist, explains how people get fooled into thinking a fad diet is good, only to find out that it has bad health consequences. She gives tips for healthy food prep and healthy eating habits.

DEADLY DRIVING DISTRACTIONS: TEXTING, CELL PHONES, AND OTHER KILLERS (closed captioned) - DV0888
DVD 20 min. 2010 A
Psychology researcher David Strayer, a driving instructor, and other experts give advice on safe driving techniques. They underscore the hazards of driving while texting, while talking on a cell phone or using an MP3 player, while eating, and while drunk. In addition, young adults add extra credibility to the “eyes on the road, hands on the wheel” message by expressing concern about their own
distracted driving behaviors. The program concludes with the story of a young man who died behind the wheel because he was texting.

DEADLY FOOD ALLERGIES - DV0189
DVD color 13 min. 2003 A
For parents of most kids, it's hard to believe that a morsel of forbidden fruit can bring a child to the brink of death. This DVD profiles two kids and their families who found out the hard way that the threat posed by food allergies is very real.

DEALING WITH ASTHMA DIABETES AND EPILEPSY IN SCHOOLS (English/Spanish) (closed captioned) - DV0116
DVD color 15 min. 2001 A, Professional
This DVD covers three common medical conditions and how to help students deal with them, both day to day and in emergencies. Viewers will learn how to recognize an episode and possible triggers of asthma. They will learn the symptoms of high and low blood sugar of diabetes and what to do in each case. The physical signs of a seizure are shown. The difference between a complete epileptic seizure and a partial epileptic seizure is explained. The importance of regarding these medical conditions as a normal part of life and leading by example are emphasized.

DEALING WITH FEELINGS - DV0425
DVD color 20 min. 2005 K-I
Students gain practical tips for communicating care and respect in relationships with friends and family as well as dealing with everyday worries, grief, fear and big life changes. The importance of self-esteem is highlighted.

DEALING WITH TEEN DATING ABUSE (closed captioned) - DV0161
DVD color 18 min. 2004 JrH-A
This program chronicles the story of Megan, a high school freshman and her boyfriend Matthew. As their romance deepens, Matthew monopolizes Megan’s life, isolates her from her friends and activities, controls her clothing choices, criticizes her intelligence and eventually physically abuses her. At the same time, he repeatedly apologizes and proclaims his love. The viewer sees the story from three perspectives: Megan’s, Matthew’s, and also from the point of view of Megan’s best friend, Ana.

DEFEATING CANCER: PRECISION MEDICINE AND PERSONALIZED CARE - DV1331
DVD 57 min. 2017 A
The search for a cure for cancer has entered an era of precision medicine as experts create personalized treatments based on cancer patients’ unique genetic makeup. This DVD spotlights the cutting-edge biomedical and health research efforts and the many threads that connect cancer patients to doctors, researchers and innovators around the world. Cancer survivor Sharon Osbourne narrates this story of breakthroughs in the ongoing battle against cancer. Cancer treatment has advanced over the years. Previously, doctors used relatively the same methods for treating all cancer patients. However, in the past decade, they have learned that cancer cells act differently from patient to patient. This realization has opened up new avenues for treatment on the individual level. This is what precision medicine is all about, and this program explores several new advances in the field including genetic testing, immunotherapy, nanotechnology, personalized forms of early cancer screenings and pinpoint-accurate radiation treatment. Through interviews and personal stories, the program introduces viewers to doctors, researchers and patients who have their
own stories, scars and successes in the battle against cancer.

DEFENSIVE DRIVING: WHEN GOOD WEATHER GOES BAD - DV0511
DVD color 19 min. 2008 A
Motorists learn how to drive defensively when it rains, snows, or floods. They also learn how to drive in windy, icy or foggy conditions.

DELIRIUM, DEMENTIA, AND DEPRESSION (closed captioned) - DV0960
DVD 29 min. 2010 A
Delirium and dementia are two of the most common mental disorders elderly people face. Depression is also common in elderly people and often presents with symptoms similar to dementia or delirium. The differentiation between these three conditions can be difficult because many symptoms overlap. As the cause of so much suffering and discomfort, it is important these conditions are effectively addressed by medical staff. This Australian-made program defines these conditions by detailing symptoms and speaking to medical experts. Potential risk factors, causes of delirium and assessment criteria for all three conditions are outlined along with a brief summary of management strategies.

DELIRIUM IN THE OLDER PERSON: A FAMILY GUIDE - DV0700
DVD 27 min. 2007 A
This DVD follows the experience of two families when a loved one develops delirium. It includes information and advice from health care professionals and medical experts. A family's ability to recognize delirium can be of life-saving importance. Getting prompt assessment and treatment for the underlying cause can mean the difference between returning to normal life or being confined to increasing levels of care, or even death.

DELIVERING EXCELLENT CUSTOMER SERVICE IN THE LONG-TERM CARE ENVIRONMENT - DV0856
DVD 26 min. 2009 Professional
This DVD demonstrates important skills necessary to help caregivers provide care for their customers (residents and their families) and to ensure consistent customer satisfaction. Filled with practical information and useful instruction, this program illustrates the standard for excellent customer care.

DELIVERY SELF ATTACHMENT (open captioned)(English/Spanish) – DV0635
DVD color 11 min. 2008 A, Professional
This DVD depicts newborns placed on the mother's abdomen crawling up to self-attach to the breast. Footage is from a study published in The Lancet, which looks at how the use of labor medications and separation of mother and baby affect initial breastfeeding. Dr. Lennart Righard provides a 5 minute introduction.

DEMENTIA AND NUTRITION: HELPING PREVENT NUTRITIONAL AND FLUID DEFICIENCIES – DV0640
DVD color 25 min. 2008 A
Long term care staff will learn how to prevent nutritional and fluid deficiencies, how dementia changes residents' ability to nourish themselves and how to help residents get the nutrition, hydration and fluids that they need.
DEMENTIA AND YOUR CARE GIVING DECISIONS – DV0642
DVD color 27 min. 2010 A
Long term care staff will learn about some of the common forms of dementia and the Global Deterioration Scale, or GDS, which assesses the progression of dementia. Staff will learn about their role in providing care and the effects that dementia can have on care giving. The importance of structured programs is emphasized.

DEMENTIA CARE: AGGRESSIVE BEHAVIORS - DV0645
DVD 37 min. 2004 A, Professional
This DVD identifies many of the root causes of aggression, while giving practical ways caregivers can help to reduce aggressive behavior. It covers the signs of agitation, aggression triggers (and how staff may unwittingly contribute to them), the importance of allowing residents to communicate, and techniques to maintain safety when an aggressive episode occurs. It teaches caregivers to remain respectful of residents' personal space when providing assistance.

DEMENTIA AND LONG-TERM CARE: COMMUNICATING WITH RESIDENTS - DV0855
DVD 23 min. 2012 Professional
Viewers learn of the communication difficulties associated with dementia. They see examples of verbal and non-verbal techniques to bridge the communication gap with residents with dementia. Caregivers can help residents by understanding residents’ capabilities and limitations, then using that knowledge to help provide individualized care.

DEMENTIA BEHAVIOR MANAGEMENT - DV1293
DVD 30 min. 2018 Prof
This program teaches nurses and other healthcare workers to identify problem behaviors in long-term care settings and presents techniques for effectively intervening. It identifies reasons for disruptive behavior, including medical problems and stressors, and discusses sundowning and its symptoms. The program also considers what prompts a catastrophic reaction and lists six ways to defuse and de-escalate potential danger.

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DEMENTIA WITH DIGNITY
DVD-DV0224; VHS-7890
color 60 min. 1993 A, Professional
This program was filmed in Australia. This program shows that quality of life can be enhanced for persons with dementia when caregivers learn how to communicate and respond to the needs of the person behind the illness. Both professional and family caregivers can strengthen and encourage the use of a person's remaining skills in order to build self-esteem and stimulate intellectual abilities. This video also looks at the importance of creating a safe environment. It gives practical strategies for dealing with many of the effects of dementia, including combative or
uninhibited behavior, sleeplessness, wandering, delusions and anxiety.

**DEPRESSION IN OLDER ADULTS:**
**THE RIGHT TO FEEL BETTER - 6721**
video 30 min. 1997 Professional
Discusses the prevalence of clinical depression in older adults. Outlines the causes, symptoms, and treatment of the disease. Stresses that staff of long term care facilities should be watchful for changes in patient behavior. Describes suicide risk factors and prevention.

**DEPRESSION: IN THE KNOW - DV1019**
DVD 17 min. 2006 SrH-A
This DVD provides information on the warning signs and effects of clinical depression. It provides teens with methods for dealing with and preventing depression in themselves and others.

**DEPRESSION: OUT OF THE SHADOWS - DV1061**
DVD 90 min. 2008 A
Tells the dramatic stories of people of different ages, from diverse backgrounds, who live with various forms of depression. Leading mental health experts highlight the latest scientific research and innovative treatments, offering greater understanding and hope for the millions of people living with this disease. This title is also available online through Films on Demand.

**DEPRESSION: WHAT YOU MUST KNOW - DV1018**
DVD 226 min. 2005 A
Dr. Michael Kuna and Julie Nelson-Kuna review the process of diagnosis, psychotherapy, medications, and alternative treatments for depression.

**DEVELOPING CULTURAL COMPETENCE - DV0169**
DVD color 40 min. 2002 Professional
This video program teaches how to develop cultural awareness and competence, both individually and within health care organizations. Topics include family, personal space, eye contact, touch, gestures, verbal communication style, time orientation, and beliefs about medicine, illness and health. Interviews with experts in the field provide further insight into the impact of culture on health care.

**DIABETES AND HEART DISEASE**
(closed captioned) -6991
video 18 min. 1999 A
Shows how patients can minimize the risk of heart disease by making positive lifestyle changes. Advises working closely with the health care team, making healthy food choices, exercising, smoking cessation, and stress management. Explains the signs and symptoms of a heart attack and what to do if they occur.

**DIABETES AND NUTRITION CHANGING EATING BEHAVIOR - DV0255**
DVD color 22 min. 2006 A
Ernie, Agnes, Harvey and Franklin all have Type 2 Diabetes. They all want to make a change to their eating habits to improve their glucose and overall health. Through their stories this program shows viewers how to make healthy eating changes that will last a lifetime. It includes making a commitment, keeping a food diary, setting goals, working through barriers, and getting feedback on progress.

**DIABETES AND NUTRITION DINING OUT - DV0253**
DVD color 24 min. 2006 A
Whether going through the fast food drive-through, stopping at the corner restaurant after work, or getting take-out for the family, people with type 2 diabetes and those living with Type 2 diabetes can make healthy eating choices at restaurants.
diabetes need to make healthy food choices in every dining out situation they face. This program gives guidelines and shows examples of healthy food choices throughout.

**DIABETES AND NUTRITION EATING FOR HEALTH - DV0270**
DVD color 20 min. 2006 A
A key topic for diabetes patient education, this program provides an overview of how people with diabetes can make healthy food choices. It includes the new USDA Food Pyramid and shows examples from each food group throughout. The importance of including physical activity into your day to maintain good health is emphasized.

**DIABETES AND NUTRITION SHOPPING AND COOKING - DV0254**
DVD color 20 min. 2006 A
When someone has diabetes, simple things like grocery shopping, cooking and eating may not seem so simple anymore. This video offers tips to make everyday eating decisions simple again. From reading the food label to preparing low-fat meals, it emphasizes making one healthy decision at a time to avoid feeling overwhelmed.

**DIABETES AT TIME OF DIAGNOSIS - 6975**
video 30 min. 1996 SrH-A
Helps the patient understand the diagnosis of diabetes, what may be going on inside the body and how the diagnosis was made. Explains what day-to-day changes diabetes might bring. Explores options for treatment and management, including helpful lifestyles tips. Answers frequently asked questions about diabetes.

**DIABETES: CONTROL IS PREVENTION - 7082**
video 106 min. 1997 A, Professional Teleconference presented on October 30, 1997. Intended to increase awareness of the impact of diabetes and highlight existing efforts to reduce the burden of diabetes. Provides ideas in order to mobilize communities to action to improve diabetes outcomes.

**DIABETES: MAKING LIFESTYLE CHANGES (closed captioned) - DV0912**
DVD 20 min. 2015 A
This practical and realistic program takes patients through the steps to making changes for a lifetime of better health. The process suggested in the DVD includes making an action plan, choosing one long range goal, setting short-term measurable goals to achieve it, keeping a log, working with a diabetes educator, and evaluating obstacles. The video recommends viewers get feedback on progress. It encourages people to seek support from diabetes support groups, or other community groups. The video features a diverse group of actual patients, who share their own experiences.

**DIABETES SKIN AND FOOT CARE: IN STEP 4th ed.– DV0625**
DVD color 13 min. 2008 A
This program provides patient education for diabetics on the care of their skin and feet. It suggests a daily routine to check for redness, flaking, calluses, or cuts that won't heal. It includes guidance on shoe selection and other tips to help people prevent problems before they occur. The monofilament test to detect neuropathy is also covered.
DIAGNOSING DEPRESSION: HEALTHY BODY, HEALTHY MIND - DV1002
DVD 26 min.  2006  A
This program highlights the latest breakthroughs in treatment and diagnostic tools spotlighting several people who have suffered with depression, but are finding relief through a combination of treatment strategies.

DIAGNÓSTICO: EPILEPSIA ¿Y AHORA QUÉ? (SPANISH)- DV0680
DVD   93 min.  2010 A
This DVD was filmed entirely in Spanish. It provides an overview of childhood epilepsy, including different types of seizures; diagnostic procedures; treatment options; the impact of epilepsy on development and learning; safety; epilepsy in the family and community; stigma; and the benefits of encouraging a child's unique interests and talents. It also contains a bonus section of person on the street interviews and an appendix that illustrates and explains First Aid for seizures. (English version – DV0679).

DIALECTICAL BEHAVIORAL THERAPY WITH MARSHA LINEHAN - DV1137
DVD   96 min.  2013  Professional
Dr. Marsha Linehan is the creator of Dialectical Behavior Therapy (DBT) and is best known for her success with suicidal and highly complex clients. Research on DBT has shown its application with Borderline Personality Disorder and other hard-to-treat conditions. In this video, Dr. Linehan demonstrates her approach with an extremely challenging client.

THE DIGESTIVE SYSTEM (Chart) - CH-001
chart  color 1995  SrH-A
A heavy-duty laminated anatomical chart measuring 20" x 26" showing the organs making up the digestive system.

DIGITAL COMMUNICATION SKILL'S DOS AND DON'T'S (closed captioned) - DV0956
DVD   56 min.  2015  A
The ways in which emails, texts or voice messages are composed and conveyed make the difference in impressing or disappointing an employer or co-worker. This video explains what you should do, and what you don’t want to do, when it comes to email, texting, video-conferencing and using the phone for business calls or voice mail.

DIRTY LITTLE SECRETS - 6559
video  color  9 min.  1996  SrH-A
Presents safe practices to follow when storing, preparing and cooking food to prevent foodborne illnesses in the home kitchen. Topics include: organizing the refrigerator and freezer, organizing the food pantry, keeping cold food cold and hot food hot, washing hands and utensils, cooking food well, and storing cooked food safely.

DISASTER PREPAREDNESS IN HOME HEALTH - DV1189
DVD   22 min.  2014  Professional
This video teaches home health aides how to respond quickly and appropriately to fires and natural disasters. They will learn how to react to the three classes of fires, how to use a fire extinguisher, and what steps can be taken to keep fires from happening.
**DISCUSSING ADVANCE DIRECTIVES - 7924**  
Video 16 min. 2002 Professional  
Two nurses and a physician discuss the issues involved in working with other staff and patients on advance directives. Among these issues are misunderstandings, among both patients and staff, about the differing roles of living wills, durable powers of attorney, and "do not resuscitate" orders; confusion about how to interpret these documents; and the ambivalence of some patients about having to make such decisions at all.

**DISEASE AND EASE: CERVICAL CANCER - DV0984**  
DVD 25 min 2012 A  
This program defines cervical cancer and reviews the risk factors. It explains the stages of cancer and how cancer of the cervix is prevented, diagnosed, and treated. It also discusses the HPV vaccine. This DVD contains surgical scenes of a graphic nature. It should be previewed before use.

**DISPLAY SCREEN EQUIPMENT - DV0985**  
DVD 12 min. 2016 A  
All workplaces make use of some sort of Display Screen Equipment (DSE). Display Screen Equipment, sometimes referred to as DSE, is any device, or piece of equipment that has an alphanumeric or graphic display screen. Equipment categorized as display screen equipment include: desktop and laptop computers, tablets, smartphones, cash register displays, LCD monitors, and all varieties of touchscreens. Tasks requiring prolonged use of display screen equipment can present hazards to users. Use of that equipment requires proper management to control the hazards and reduce the risks to users. This program aims to raise awareness of DSE issues in the workplace. By paying close attention to the requirements of the job and the design of the workplace, the impact on individuals’ health and safety at work can be made as small, and the workplace experience made as comfortable, as possible.

**DISRUPTIVE BEHAVIOR: TOO GREAT A COST - DV1342**  
DVD 22 min. 2010 Professional  
Co-workers and supervisors are guilty of disruptive behavior when they bully, intimidate, or disrespect those they work with. They also act in a disruptive manner when they yell, are condescending, or gossip. This DVD points out the impact of disruptive behavior on employee health, morale, performance, turnover, an organization's reputation, communication, teamwork, and patient safety. The program shows how healthcare workers can create a supportive environment that can neutralize disruptive behavior; and cites tips on confronting and conversing with a disruptive person. The lessons learned from the DVD can be applied to healthcare and office settings alike.

**DIVERSITY IN THE WORKPLACE FOR MANAGERS AND SUPERVISORS - DV1370**  
DVD 14 min. 2018 A  
The diversity of the people in today's workforce can bring meaningful benefits for businesses as well as for employees but it can bring significant challenges as well. Managers and supervisors learn about the obstacles that can prevent people from accepting change and what they can do to embrace and encourage diversity in their department. This program defines diversity, lists its benefits, and teaches about the harm of stereotyping, bias, and discrimination.
DOCUMENTATION ESSENTIALS OF NURSING DOCUMENTATION - DV0858
DVD 24 min. 2013 Professional
This program describes commonly used approaches to documentation, a review of the basic data to record in patient records, and practice guidelines to follow that protect patient privacy, comply with federal regulations, and protect the nurse against potential legal actions. It describes the functions of medical records, five commonly used approaches to documentation, lists the most common types of documenting mistakes and sources of inaccuracy, and explains the importance of maintaining patient confidentiality. It also describes strategies to preserve patient confidentiality at all times and explains how to address issues related to noncompliance, unusual occurrence reports and administrative considerations.

DOCUMENTATION IN HOME HEALTH - 6238
video 16 min. 1995 A, Professional
Designed to train nurses in home health care how to correctly document care and treatment. Explains the major purposes of this type of documentation and the features essential to effective home health nursing documentation.

DOG DEFENSE AVOIDING ON THE JOB DOG BITES - DV0229
DVD color 19 min. 2006 A
Dogs aren’t always the best friends of mail carriers, meter readers, delivery persons, census workers, and others who make house calls as part of their jobs. This DVD features the personal accounts from professionals who encounter dangerous dogs every day in the course of their work. It summarizes advice for avoiding painful, frightening, and debilitating injuries. Viewers will learn how to assess a situation, read dog body language, and protect themselves from attack.

DOGS, CATS AND KIDS - DV0219
DVD color 27 min. 2004 K-Elem
This program will show children how to handle and play with pets to avoid being bitten or scratched. Viewers will learn how to read cat and dog body language, observe warning signs and deal with strays. They will also learn how to behave when being chased by a dog. (NAHEE)

DOMESTIC VIOLENCE AND SUBSTANCE ABUSE: THE ABUSERS - DV1089
DVD 29 min. 2012 A
Four former abusers, men and women, tell their stories of substance abuse and how it led to violence. What they learned about themselves during recovery changed their thinking and resulted in sobriety. They learned how to be better husbands, wives, brothers, and fathers and how to get their lives back for good.

DOMESTIC VIOLENCE AND SUBSTANCE ABUSE: VICTIM - DV1090
DVD 34 min. 2012 A
Five real men and women tell about the abusive relationships they were in and how it made them feel about themselves. In each case, drugs and alcohol played a role. Each narrator goes into detail on how working the steps to recovery empowered them and gave them the strength to leave the relationship and become a survivor.
DON'T CHOKE: THE HEIMLICH MANEUVER - DV0105
DVD color 22 min. 2005 SrH
When someone is choking, you have only four to six minutes to save that person's life. The Heimlich Maneuver quickly dislodges objects from the windpipe. This simple maneuver can also be performed on drowning victims and on people who are having asthma attacks. Learn how to perform the Heimlich on children and on yourself.

DON'T DRINK FOR TWO: PREVENT FETAL ALCOHOL SPECTRUM DISORDERS/NO BEBA POR DOS EVITE LOS TRASTORNOS DEL ESPECTRO ALCOHÓLICO FETAL – DV0613
DVD  Eng 8 min., Span 8 min. 2010 A
Two moms share their personal stories of sorrow after giving birth to children with Fetal Alcohol Spectrum Disorders (FASD). This DVD combines facts about FASD and information women can use to get help to quit drinking.

DON'T STRESS ABOUT IT: STRESS MANAGEMENT FOR TEENS - DV0661
DVD color 45 min. 2005 JrH-SrH
This stress management program, provides youth with the tools necessary to identify and manage the stresses of everyday life including disruptions at home, problems at school, community violence, difficulties with friends and more.

DRIVER SAFETY BEGINS WITH ATTITUDE - DV0172
DVD color 7 min. 2004 A
Safe driving begins with a good attitude. Improve your driving skills by learning to control negative emotions when you’re behind the wheel.

DRIVING SAFELY REASON ON THE ROAD - DV0269
DVD color 16 min. 2000 SrH-A
Viewers witness common driving behaviors like tailgating, not using turn signals, cutting cars off, and other inconsiderate behavior, from inside as well as outside the car. Not only do viewers see how dangerous such behavior can be, but experts give insight into how some incidents can escalate into violence. The SAFE process is explained and demonstrated: Scan, Anticipate, Figure, Execute. This is an excellent perspective for all new drivers and a good refresher for experienced ones.

DRIVING STUPID (closed captioned) - DV0863
DVD 16 min. 2014 SrH-A
This program dramatizes that most teens overestimate their driving skills and underestimate the risks involved in texting while driving, driving drowsy, and driving under the influence. True to life stories accentuate these very real dangers. A young woman describes how a driver who was texting caused a crash that killed her parents and left her with severe injuries. Another teen describes falling asleep while driving and how the resulting crash left him wheel-chair bound for life. A trauma center nurse and a police officer describe the kinds of injuries they have seen for teenage victims of crashes due to alcohol and drugs. The film also shows teens participating in a driving skills program that safely exposes them to a variety of hazards and teaches them the importance of developing safe driving skills.

DRIVING TACTICS BASIC DRIVING SKILLS - DV0271
DVD color 21 min. 2005 SrH-A
Can you operate 3,000 pounds of heavy machinery powered by continuous
explosions? You must be able to, if you want to drive a car. NASCAR star David Reutimann explains the basics of automobile control in this DVD, guiding students from their first time behind the wheel to the essentials of driving and parking on public streets. Highlighting mental as well as physical preparation, the program covers starting up, accelerating, braking, shifting, steering, turning, and all the steps that go into safely handling a vehicle. Students will also learn the fundamental rules of the road, including how to read signs, signals, and surface markings.

**DRIVING TACTICS DEFENSIVE DRIVING - DV0272**
DVD color 21 min. 2005 SrH-A
What’s the most important factor to consider when driving? Visibility? Engine performance? No...it’s other drivers. In this DVD, NASCAR driver David Reutimann focuses on defensive driving, the cornerstone of safe vehicle operation. Underscoring the danger of making assumptions when behind the wheel, the program stresses preparing for the worst possible events and circumstances. It illustrates three solid principles of defensive driving: Give Yourself Space, Anticipate, and Know Your Options. Issues concerning drunk driving, tailgating, finding escape routes out of dangerous situations, and proper behavior at the scene of an accident are also covered.

**DRUG ABUSE BEYOND MARIJUANA AND ALCOHOL: CROSSING THE THIN LINE - DV1239**
DVD 18 min. 2017 SrH-A
"Today’s teens are more likely to abuse prescriptions and over the counter medications than many illegal drugs. This is often referred to as "'pharming.'" This program examines how these drugs effect the user. It defines street names for GHB & Rohypnol and explains the effects of MDMA, methamphetamines, and inhalants."

**DRUGGED DRIVING: THE ROAD TO DISASTER (closed captioned) - DV0468**
DVD color 25 min. 2008 SrH
ER doctors and police investigators specially trained to recognize drug-impaired driving present a hard, on-the-scene look at how drugs impact driver alertness, reflexes and perception skills. A prosecutor specializing in DUI cases explains the legal consequences following a drugged driving crash. Finally, a mother recreates the tragic story of how her daughter died in a drugged driving crash caused by marijuana smoking. Viewers get a comprehensive view of the devastating effects of drugged driving on teens, their families and their communities.

**DRUGS AND ALCOHOL: YOUR CHOICE - DV0946**
DV 15 min. 2012 JrH-SrH
There are all kinds of drugs. Some help people with medical problems and can be bought in any store, right over the counter. Other medicines must be prescribed by a doctor. The alcohol and energy drinks we see advertised everywhere? Those are drugs, too. Then there are illegal drugs like marijuana. Some drugs are helpful. Some can be hurtful, and even deadly. What do all they have in common? They all change how your body works and they should all be taken seriously.

**DRUGS IN THE WORKPLACE: THE STRAIGHT STORY – DV0574**
DVD color 10 min. 2000 A
Abusing drugs and alcohol may result in the loss of your job, your health, and your family and friends. Learn how drug use can lead to a lifetime of regrets.
DRUGS OF ABUSE: TREATMENT AND RECOVERY - DV1162
DVD 90 min. 2012 A-Professional
In this video, doctors and clinicians join individuals in recovery to discuss the symptoms and consequences of drug abuse, the neurobiology of addiction, substance abuse treatment, and life in recovery. This video offers an inside look at the disease of addiction, the treatment process, and long-term recovery. Specific drugs discussed include alcohol, nicotine, marijuana, heroin, cocaine, synthetic marijuana, inhalants, prescription drugs, and more.

DRUGS THE STRAIGHT FACTS: ALCOHOL - DV1113
DVD 17 min. 2010 SrH-A
Explores the history of alcohol, including its use as a medicine; the effects of alcohol on the body and the short- and long-term health impacts; and teenage attitudes toward alcohol and trends such as binge drinking. Also examines the prevalence of alcohol in American culture and discusses alcoholism - how to identify it and how to treat it.

DRUGS THE STRAIGHT FACTS: COCAINE AND CRACK - DV1115
DVD 20 min. 2010 SrH-A
The pleasure of a cocaine high doesn’t last long, but the damage cocaine causes can last a lifetime. This video explores the history of cocaine; the effects of cocaine and crack on the body and the short- and long-term health impacts; and teenage attitudes toward cocaine and crack.

DRUGS THE STRAIGHT FACTS: INHALENTS - DV1112
DVD 18 min. 2010 SrH-A
Explores the history of inhalant abuse; the effects of inhalants on the body and the short- and long-term health impacts; and teenage attitudes toward inhalants. Also describes the major classes of commonly abused inhalants and treatment and prevention measures.

DRUGS THE STRAIGHT FACTS: MARIJUANA - DV1114
DVD 19 min. 2010 SrH-A
Traces the history of marijuana and goes on to explain some of the many uses of the hemp plant; the effects of THC - the primary psychoactive chemical in marijuana, sinsemilla, hashish, and hash oil - on the body; the short- and long-term health implications of marijuana abuse; and teenage attitudes toward marijuana. Also investigates the concept of psychological dependency and considers whether marijuana is a gateway drug.

DRUGS THE STRAIGHT FACTS: NARCOTICS - DV1111
DVD 20 min. 2010 SrH-A
Delves into the history of narcotics such as heroin, opium, codeine, and morphine; the effects of narcotics on the body and the short- and long-term health impacts; and teenage attitudes toward narcotics. Also considers legalization and regulatory issues involving narcotics, as well as physical and psychological addiction to these potent drugs.

DRUGS: TRUE STORIES - DV1079
30 min. 2007 Elem-A
This video relays the stories of two teens. Joel’s abuse of alcohol and marijuana led to addiction to prescription pills. His parents, and his sister describe their denial, Joel’s spiraling addiction, and his ongoing recovery. Trevor tells how he
avoids drug use with support from his mentors.

**DRUNK DRIVING KILLS - DV1335**
DVD 31 min. 2016 A
This film features several people arrested for DUI and the impact it has made on their lives. They speak about how much their DUI cost, the Mothers Against Drunk Driving classes they were required to attend and the joys of sobriety.

**DUI: DRIVING UNDER THE INFLUENCE - DV1053**
DVD 40 min. 2014 SrH – A
In a series of compelling interviews with DUI offenders, viewers learn about the skills needed for driving and how those are impaired after using drugs and alcohol.

**DUI/DWI MAKE THIS ONE YOUR LAST ONE. - DV1138**
DVD & CD 19 min. 2010 A
This DVD is designed specifically for first-time DUI/DWI offenders. The CD-ROM contains a facilitator's guide, presentation materials, and reproducible client handouts. Ideal for adult offenders, this program provides compelling content and no-nonsense information in a way that offers an alternative to the ineffective stereotypical scare tactic programs.

**DYING HIGH 2: REAL STORIES OF DRUGGED DRIVING - DV1242**
DVD 24 min. 2012 SrH-A
This program moves onto the nation's highways, where viewers follow an ambulance as it responds to a multi-vehicle accident involving teens and drugs. Viewers learn the driver severed his spinal cord and is now a quadriplegic. Viewers are briefed on the range of devastating outcomes resulting from driving under the influence of alcohol, marijuana, and other drugs. Teens who faced the horror of a drugged driving crash are interviewed. This DVD urges students to think about the impact their actions have on loved ones and friends when making decisions about drugs and driving.

**DYING TO BE THIN - DV1017**
DVD 60 min. 2004 SrH-A
Introduces viewers to students, ballet dancers, fashion models and other young women who are in recovery from Anorexia and Bulimia. Eating disorders specialists discuss dramatic advances in diagnosing and treatment of these diseases.

**EARLY BREAST CANCER: WITH KNOWLEDGE COMES HOPE (closed captioned) - DV0356**
DVD color 23 min. 2003 A
This DVD explains the four stages of tumor properties, provides insight into studies linking the disease to estrogen-genetic factors, and explores the drugs, treatment benefits, and diagnostic techniques used by leading cancer centers. It espouses the need for early detection. Featured interviews include survivors and physicians.

**EASING THE ADJUSTMENT TO A NURSING HOME: STRATEGIES FOR FAMILIES -DV0646**
DVD color 12 min. 2010 A
This DVD provides strategies to make the adjustment to a nursing home or assisted living facility easier for the resident and the family members.

**EAT RIGHT: 2005 FOOD PYRAMID - DV0042**
DVD color 24 min. 2005 SrH-A
The new USDA dietary guidelines and revised food pyramid emphasize the importance of physical activity and eating nutrient dense foods. For the first time,
the food pyramid includes moderate to vigorous exercise as part of the daily diet. Eat right is basic education for nutrition classes.

**EATING AND FEEDING ISSUES IN OLDER ADULTS WITH DEMENTIA - DV0647**
DVD color 39 min. 2009 A, Professional
Older adults with dementia often have an added risk of poor nutrition and hydration, due to cognitive loss. The Edinburgh Feeding and Dementia Scale equips caregivers to observe the older adult for eating or feeding difficulties, and target specific interventions that increase nutritional intake. It includes suggestions on when and how often to do an assessment to ensure accuracy. Caregivers will also find helpful insights on how an older adult's ability to eat is affected by late-stage Alzheimer's disease.

**EATING FOR YOUR FUTURE - DV0021**
DVD color 46 min. 2005 JrH-SrH
Up to 100 tons of food and drink will pass through a person’s digestive system during their lifetime. This video investigates the effects of nutrition and lifestyle choices on the quality of life. The program is divided into two parts. It shows how the choice of different foods can make a person healthier or sicker in the long run. The second part shows how a nutritious balanced diet can provide for a long and healthy life.

**EBOLA: THE SEARCH FOR A CURE - DV0922**
DVD 50 min. 2014 A
No one knows exactly where the Ebola virus came from but it is one of the most virulent infections known to science. This special episode of Horizon meets the scientists and doctors from around the world who are looking for a cure. First-hand accounts of what it is like to catch and survive this disease are presented.

**EBT WIC IN THE FAST LANE MANAGER POLICY AND PROCEDURE GUIDE (closed captioned) - DV0221**
DVD color 22 min. 2007 A
The first part of this DVD provides an introduction to the electronic benefit transfer system for food store managers. The second part of the DVD gives an overview of WIC procedures for food store managers.

**EFFECTIVE PSYCHOTHERAPY WITH MEN - DV1272**
DVD 77 min. 2006 Professional
This program consists of a dramatic recreation of key moments in a 12-session course of therapy with Raymond, a man who at mid-life cannot feel excitement at the prospect of his impending fatherhood. Dr. Levant helps Raymond understand the socio-cultural forces that restrict the emotional lives of men, and in doing so creates a strong therapeutic bond. Then he gradually helps Raymond experience and appreciate the breadth and richness of his emotions. With these fuller resources at his disposal, Raymond is able to use Dr. Levant's support to make rapid and meaningful changes in his life.

**EFFECTIVE TB INTERVIEWING FOR CONTACT INVESTIGATION – DV0695**
DVD/VHS 67 min 2004 Professional
This video demonstrates successful interviewing strategies with TB patients. It is designed to enhance the knowledge and skills of health care workers who are responsible for conducting TB interviews.
with patients as part of contact investigations.

**EFFECTIVELY INTERVENING WITH VIOLENT BEHAVIOR - DV1139**
DVD 65 min. 2012 Professional
In this video, Peter Fonagy, PhD, eloquently articulates effective methods of intervening with violent behavior. He begins with child development, emphasizing that early attachment often inhibits violent tendencies. Providing viewers with a series of effective examples, Fonagy discusses the importance of mentalization or self-reflective functioning as a method for intervening with violence. He also addresses social factors affecting violence, risk factors and thoughts that drive violent behavior, and counseling violent offenders in a variety of settings, including in prisons, group therapy and individual therapy.

**EGRESS/EXIT SAFETY - 5616**
video color 5 min. 1992 A
Shows that it is important to keep emergency exits safe. Three key points are covered: obstructions, exit doors, and how to exit safely.

**ELDER ABUSE: FIVE CASE STUDIES – 5905**
video color 40 min. A – Professional
Candid accounts of five sufferers of physical and emotional elder abuse by a spouse or adult child are presented. Provides important insights into the ambivalent feelings of older abuse victims as they try to find safety and relief from their pain. A variety of intervention techniques are explained that can be used to stop the abuse. Appropriate training tool for nurses, therapists, and social workers.

**ELECTRICAL SAFETY - DV1367**
DVD 17 min. 2018 A
Electricity is so much a part of everyday life it’s easy to forget that it can be dangerous. This program discusses how electricity works, explains its hazards, and describes the procedures and equipment that employees should use to avoid those hazards. This program also shows how to deal with an electrical accident.

**ELDER ABUSE AND NEGLECT - 7558**
video 29 min. 2001 A, Professional
Defines the complexities of elder abuse and the different forms of abuse: physical, sexual, neglect, self-neglect, emotional or psychological, financial, and abandonment. Includes risk factors for elder abuse.

**ELDER ABUSE AND NEGLECT: SHOW YOU CARE - 7950**
video color 20 min. 1999 A
Viewers will find out the subtle forms of abuse and learn of the different types of elder neglect. This program identifies those elders at the greatest risk for abuse and discusses abuse assessment and report policies.

**ELDER ABUSE: THE REAL DEFINITION: NEGLECT - DV0418**
DVD color 19 min. 2000 Professional Nursing staff considers situations in which neglecting an older person is abusive. It includes: not responding to a call bell; not providing assistance when needed;
allowing a resident to remain soiled; not observing and reporting significant change in an older person's physical or mental status; and not reporting signs of pain.

ELDER MISTREATMENT ASSESSMENT - DV0826
DVD 39 min. 2009 A
The Elder Assessment Instrument (EAI) is designed to help caregivers identify possible abuse, neglect, exploitative, and abandonment indicators. The DVD encourages a team approach in incorporating elder abuse screening in the general older adult health assessment, and takes a realistic look at the potential challenges associated with an accurate assessment, such as patient restriction on sharing of information, and limiting caregiver presence during assessment.

ELECTRICAL SAFETY FOR NON-ELECTRICAL WORKERS - 5250
video color 20 min. 1991 A
Explains basic electrical concepts, effects of electric shock, and common electrical hazards. Techniques for avoiding hazards and for reacting to an electrical emergency are described. Intended as an introduction to electrical hazards for plant personnel.

ELECTRICAL SAFETY IN THE LABORATORY - DV0729
DVD 11 min 2010 A
To work safely with electrical equipment, employees need to understand how electricity works, be aware of common electrical hazards and know how to use electricity safely. This DVD emphasizes the need for safety when using electricity, and discusses how to reduce the potential for accidents involving electrical shock, fire and explosions.

ELECTRICAL SAFETY IN THE WORKPLACE - 7177
video 23 min. 1998 A
Provides electrical power facts and terminology, including the basic laws describing the behavior of electricity. Describes the increasing levels of damage to the human body from contact with increased electric current. Lists dos and don’ts in working with and around electricity.

ELECTRICAL SAFETY ILLUSTRATED - DV0394
DVD color 17 min. 2001 A
This DVD teaches viewers how the currents of electricity flow through circuits and the body. It explains electric shock and its effects, resistance, ground, neutral and hot wires and conductors.

ELECTRICAL SAFETY PART 1 SHOCK PROOF UNQUALIFIED - DV0277
DVD & CD-ROM color 17 min. 2004 A
This is a 2 part program. The first is a DVD that contains the program itself. The second is a CD-ROM which contains a companion PowerPoint presentation. Viewers will learn to recognize electricity hazards. They will also learn about preventing electrical accidents and injuries. OSHA & NFPA compliance requirements are included. This program is intended for all unqualified employees and features a variety of workplace settings.

ELEMENTS OF BACK CARE IN HEALTH - DV0028
DVD 16 min. 2000 Professional
This program provides information on how to prevent back injuries through stretching and exercise, good body mechanics, and improved techniques for transfer. Easy to understand examples of
appropriate transfer techniques are shown in detail. A short segment on transfer aids and devices available is also included.

ELEMENTS OF HUMAN NUTRITION: CARBS (closed captioned) - DV0492
DVD  color  21 min.  2009 SrH-A
Viewers learn how our bodies use carbs, how many we should eat each day, and which foods are healthier choices for carbs than others. They will begin to understand the role of glucose, fructose, sucrose, lactose and other sugars in the diet and learn why people who go on carb-reducing diets lose weight and why carbohydrates are a more efficient fuel than protein. This program reviews important facts about blood sugar, insulin, diabetes, and the glycemic index.

ELEMENTS OF HUMAN NUTRITION: FATS (closed captioned) - DV0496
DVD  color  27 min.  2009 SrH
This program details the effects of fats on the body and distinguishes between good fats and bad fats and how fats relate to vitamins, hormones, energy, and our nervous system.

ELEMENTS OF HUMAN NUTRITION: MINERALS: (closed captioned) - DV0494
DVD  color  27 min.  2009 SrH-A
Viewers will learn the names and functions of minerals, and which foods are the best sources to ensure proper nutrition. This program explains the difference between vitamins and minerals and why calcium makes bones stronger.

ELEMENTS OF HUMAN NUTRITION: PROTEIN (closed captioned) - DV0493
DVD  color  21 min.  2009 SrH-A
Proteins help us see, contract our muscles, and clot blood. This program teaches us what a protein is and the foods that provide it, how our bodies process protein, the difference between high and low quality proteins, and the recommended intakes of this essential nutrient.

ELEMENTS OF NUTRITION: VITAMINS (closed captioned) - DV0495
DVD  color  25 min.  2009 SrH-A
Viewers learn what vitamins are, and how they keep us healthy. They also learn about vitamin overdose and vitamin shortages.

ELEMENTS OF HUMAN NUTRITION: WATER (closed captioned) - DV0497
DVD  color  30  min.  2009 SrH
This program explains dehydration and what water contamination means to third world countries and disaster areas. It contrasts the benefits of drinking water with sodas and sport drinks while providing recommendations for daily water intake.

EL SEXO PUEDE EESPERAR: HABLE CON SUS HIJOS - DV1306
DVD  24 min.  2004 SrH-A
This DVD stresses the importance of talking to your children about sex. It suggests what information to give children at different ages and how to start a conversion. Parents should talk to children at an early age and continue to communicate with them as the issues become more serious.

ELECTRICAL SAFETY - DV0949
DVD  23 min.  2015 A
When you play this DVD you will be asked to enter security access code 2318. To enter the code use your DVD player's remote. If you are using a DVD player in a computer, you can enter the code by clicking the numbers with your mouse, or by using the numerical pad on the keyboard followed by enter. Most
workplaces are literally surrounded by a maze of electrical circuits. Cables, conduits and extension cords deliver electricity to plant, equipment appliances and lights. The vast majority of people know very little about electricity and this lack of knowledge makes it very difficult for people to recognize potential hazards. Without a basic understanding of how electricity behaves and what effects electricity can have on the human body, it is very difficult to understand what we as individuals can or should do, to reduce the risks associated with specific electrical hazards.

**EMERGENCY ACTION PRINCIPLES: MODULE #1 - 4477**

video 12 min. 1984 A, Professional A child is treated for poisoning, an elderly victim is rescued from a smoke-filled room, and a construction worker who is bleeding heavily is treated for shock. Discusses first aid priorities: rescue, breathing and heartbeat, heavy bleeding, poisoning, shock, examination, seeking of medical help, and continued monitoring of victim.

**EMERGENCY EVACUATION - 5377**

video color 17 min. 1991 A Dramatizes a fire emergency in a health facility and demonstrates the proper techniques for dealing with such emergencies. Presents the specific roles of nurses and other personnel during evacuation. Demonstrates removal techniques.

**EMERGENCY PREPAREDNESS STEP-BY-STEP: A PLANNING AND IMPLEMENTATION FRAMEWORK FOR MEDICARE AND MEDICAID PROGRAMS - DV1203**

DVD 26 min. 2017 Professional This video provides a framework for emergency readiness planning by senior living and senior care provides so they can understand the preparedness requirements of the centers for Medicare and Medicaid services.

**EMERGING DRUGS OF ABUSE (closed captioned) - DV0781**

DVD 20 min. 2013 JrH-A Newspaper headlines are filled with horror stories about the effects of synthetic drugs like Spice and K2 (synthetic marijuana) and bath salts (a cocaine substitute). This DVD shows teens how underground labs profit by concocting compounds that mimic the effects of illegal drugs. Former users pull no punches as they tell just how dangerous these drugs are. Law enforcement is stretched thin trying to keep up as drug dealers concoct poisons in their basement labs including Spice, K2, bath salts, Kratom, Krokodil, Oxidado, and salvia, as well as versions of dextromethorphan and crystal meth. The message is clear: Anyone taking these or any unknown drug is risking serious injury or death.

**EMOTIONALLY FOCUSED THERAPY IN ACTION - DV1140**

DVD 213 min. 2011 Professional Viewers of this video watch Dr. Johnson conduct an actual session of Emotionally Focused Therapy (EFT) with a challenging couple. After serving in Iraq as a helicopter pilot, Matt has returned with a PTSD diagnosis and finds himself shutting down emotionally, leaving Rhea feeling hurt and angry. Dr. Johnson works with this couple using EFT. In a single session,
she helps them conceptualize their conflicts in attachment terms, gain an understanding of their negative cycle, and begin to reveal some of the vulnerable feelings that underlie their explosive anger.

**EMPLOYMENT RELATIONS AND CONFLICT RESOLUTION - DV0935**  
DVD 23 min.  2012 A  
Conflict is inevitable in organizations and all personnel should know how to deal with it appropriately. This program examines employee relations and workplace conflict, using interviews with experts to explore the nature of workplace disputes, the role of managers and the human resources department in handling them, and effective strategies for their resolution.

**ENDING SILENCE, SHAME & STIGMA: HIV/AIDS IN THE AFRICAN AMERICAN FAMILY - DV0938**  
DVD 28 min.  2012 A  
This documentary explores the impact of HIV/AIDS on the Black community. Shot over a period of five years, the interview subjects give voice to the range of individuals both affected and infected with HIV, as well as the complex social issues factoring into the high rate of infection amongst African Americans.

**END OF LIFE CARE IN DEMENTIA - DV0649**  
DVD color 29 min.  2008 A  
Caregivers will learn how to tailor care to the changing needs of the resident, establish communication about care preferences, support the family members, other residents, and fellow staff, as well as, what to do immediately after a resident death. This program encourages flexible care plans, and discussion of issues related to pain management, active dying symptoms, and comfort levels.

**ENERGY BALANCE - DV1351**  
DVD 20 min.  2012 JrH-A  
Being physically active and eating from all the food groups is key to balancing your energy. Registered Dietitian Melissa Halas-Liang discusses the nutrition basics of the energy equation, while personal trainer Dwayne Arthur Jones explains the importance of balancing the equation by using that energy.

**THE ENERGY CONNECTION: MANAGING STRESS/AVOIDING BURNOUT - DV0964**  
DVD 23 min.  2005 Professional  
This lecture, presented by humorous and engaging speaker Camille Wade Maurice, is designed to help long term and home health care workers and managers get the most productivity out of their energy level, time and available resources without stress. It also gives ways to help all levels of staff acknowledge and deal with daily frustrations, co-worker and management conflicts, and time restraints without stressing out.

**ENGAGING THE AMBIVALENT OCD CLIENT - DV1141**  
DVD 182 min.  2012 Professional  
Working with therapeutic resistance is often discussed in psychotherapy training, but the ambivalent client with obsessive-compulsive disorder poses a unique challenge for clinicians. Here, anxiety expert Reid Wilson demonstrates a counterintuitive cognitive-behavioral approach to confronting safety-seeking behaviors that can help these clients maintain commitment to recovery.
ENVIRONMENTAL JUSTICE POWER OF PARTNERSHIPS - DV0504
DVD color 47 min. 2007 A
This documentary film tells the story of how one man, a local community organization and a handful of partners discovered a public health problem and worked together to bring people together and create change. The film highlights the EPA’s Collaborative Problem-Solving Model.

EPIDEMIOLOGY: LINKING SMOKING AND LUNG CANCER - DV1120
DVD 20 min. 2013 SrH-A
The epidemiology collection looks at research methods used to study diseases in society. The first section explores the critical role epidemiology plays in establishing a link between smoking and lung cancer. The second section illustrates the difference between causation and correlation. The third section explains the concepts of reliability and validity.

EPILEPSY 101: INFORMATION FOR PEOPLE WITH SEIZURES - DV0431
DVD color 12 min. 2004 A
This DVD provides basic information for people who have been diagnosed with epilepsy (recurring seizures). It describes the four major treatment options and through interviews with patients and physicians offers tips on how to limit epilepsy’s effects on people’s lives.

EPILEPSY: FIRST AID FOR SEIZURES - 4162
video 15 min. approx. 1981 JrH-A
Describes what to do if someone has an epileptic seizure. Shows the different types of seizures in children and adults.

ERGONOMICS ADJUSTING YOUR COMPUTER WORKSTATION - DV0746
DVD 12 min. 2011 A
This program trains employees on how to adjust their computer workstations to avoid excess strain and stress as they complete their work each day. It covers the five step process for proper workstation set up and the proper organization of work materials. It also educates viewers on maintaining neutral positions, positioning the back and torso, avoiding eyestrain, and avoiding muscle strain. Tension reducing exercises are reviewed.

ERGONOMICS: REDUCING WORK RELATED INJURIES - DV0382
DVD color 8 min. 2001 Professional
This DVD is intended for health care workers. Viewers will be able to identify the signs and symptoms of musculoskeletal disorders. The proper equipment adjustments at computers and workstations are shown. Advice is given on how to prevent injuries when lifting and transferring patients.

THE ESSENTIAL ELEMENTS OF HAND SAFETY - 6476
video color 14 min. 1996 A
Graphically illustrates hand injuries. Presents four types of hand hazards: mechanical, chemical, thermal and general. Shows job situations in which these hazards occur. Discusses accident prevention measures based on recognizing the hazard, evaluating the extent of the hazard and, whenever necessary, following through with appropriate control measures. Provides many tips for the worker to reduce hand injuries.
ESSENTIALS OF DISCIPLINE TODDLER AND PRESCHOOL YEARS - DV0319
DVD color 28 min. 2000 A
Tantrums, poor manners, whining, and refusing to share are all typical behaviors in young children. These typical behaviors can test the patience of any caregiver or parent. This program shows how to use positive techniques and problem-solving to guide youngsters into better behavior.

ETERNAL HIGH - DV1082
DVD 30 min. 2006 SrH
Crying uncontrollably at the kitchen table, mind racing with thoughts of suicide. How could this happen to a teen that has everything: a budding film career, popular in school, an all-state athlete, a good student, loving parents, and a perfect girlfriend? Everything was great yet suddenly everything was horrible. Why did this happen? Bryce captured his true-life battle with depression and suicide in this 6x award-winning film

ETHICAL AND LEGAL BEHAVIOR - DV0936
DVD 10 min. 2012 Professional
This program teaches care providers about the importance of ethics and integrity in home care and provides instruction on liability issues. Caregiver integrity includes protecting client confidentiality, reliability, honesty, protecting client property, and admitting mistakes. Liability refers to legal responsibility for things that go wrong during a shift, such as negligence, theft, abuse, and invasion of privacy. Also common stereotypes about elderly people that caregivers should be aware of and make sure to avoid are discussed.

ETHICAL ISSUES IN NURSING INTRODUCTION (closed captioned) - DV0654
DVD color 23 min. 2006 Professional
This program provides an introduction to the fundamental ethical terms and concepts that students and nurses need to know. Through scenarios and expert interviews, the program clearly defines justice, fidelity, autonomy, and moral distress. It explores the vital role that personal values play in ethical situations. It also discusses the importance of nurse self-regard and the key steps to sound ethical decision making.

ETHICAL ISSUES IN NURSING SERIES PROTECTION PRIVACY SAFETY AND STANDARDS - DV0381
DVD color 20 min. 2006 Professional
Through scenarios and expert interviews, this program addresses the importance of patient privacy and confidentiality while highlighting the key mandates of HIPPA. It explores the various ways that nurses can successfully advocate for their patients, including those who might participate in research. The program also covers the importance of standards and review mechanisms and the role of an ethics committee. The challenging issue of identifying and acting on questionable and impaired practice is also covered.

ETHICS, RESIDENTS' RIGHTS AND DIGNITY - 6185
video color 20 min. 1994 A, Professional
Defines malpractice and negligence and explains what steps nursing assistants should take to protect themselves from malpractice lawsuits. Covers patient consent, use of restraints, patients’ right to privacy, and confidentiality. Discusses OBRA regulations, ethical conduct, and the importance of treating patients with dignity.

ETHICS SERIES WITH DR. MARIANNE
JENNINGS - DV1271  
DVD 13 min.  2011 A  
Dr. Marianne Jennings examines pressing topics, including the flaws of the gray-area myth, a lack of understanding why ethics matters, the culture of silence and fear of retaliation, and the pressures that compromise ethical decision-making.

EVACUATION PROCEDURES - DV1183  
DVD 18 min.  2015 A  
Would your employees be ready to clear the building safely during a crisis? Dealing with an emergency is never easy. Neither is evacuating a facility when one is happening. Very few people can think clearly or act logically in a crisis, often leading to a panic. The result can be a stampede that causes injuries and property damage. This program trains your employees how to evacuate in a calm and orderly fashion. It provides the information employees need to learn to act quickly and safely during a crisis.

EVERY FACE TELLS A STORY: JACQUI'S STORY - DV1307  
DVD 29 min.  2010 SrH-A  
This documentary tell the story of a deadly drunk driving crash that killed two young women and burned Jacqui Saburido, a college student, beyond recognition. Reginald Stephey traded college for the penitentiary when he decided to get behind the wheel after he had been drinking.

EVERYDAY CHOICES ETHICS AND DECISION MAKING IN HOME CARE AND COMMUNITY NURSING - DV0040  
DVD color 28 min.  2003 Professional  
Through the story of one young visiting nurse and her elderly patient, this challenging video documentary will help to stimulate discussion about a wide range of ethical and professional dilemmas faced by nurses working in home care and community settings.

EVERYONE WINS SERIES  
video color 1995 A, Professional  
A comprehensive training program providing practical strategies for providing quality care in long-term care facilities without the use of restraints.  
Module 4: GETTING HIT, GRABBED, AND THREATENED: WHAT IT MEANS, WHAT TO DO - 6220 (14 min.)

EVERYTHING YOU NEED TO KNOW ABOUT MARIJUANA IN 22 MINUTES - DV1042  
22 min.  2012 JrH-A  
The risks of marijuana use are illustrated in this fact-based video. Doctors illustrate how pot can permanently damage the teenage brain and contribute to mental illness. Viewers learn how marijuana use seriously impacts driver alertness, reflexes and perception skills. Young recovering addicts describe how marijuana ruined their lives and dispel the myth that marijuana is not addictive.

EVERYTHING YOU NEED TO KNOW ABOUT PRESCRIPTION AND OTC DRUGS IN 22 MINUTES (closed captioned) - DV0782  
DVD 22 min.  2012 JrH-SrH  
This program for teens dramatizes how prescription and over-the-counter drugs can be just as potent and addictive as illicit drugs like cocaine and heroin. This DVD takes a close look at the do’s, don’ts, and dangers of these medicines including the potentially deadly impact of drugged driving. Students learn how abuse of over the counter drugs can lead to addiction, overdose and even death. They also learn to read and heed warnings against mixing medicines together and that drugs should only be used by the person for whom they are prescribed.
EVERYTHING YOU NEED TO KNOW ABOUT E-CIGARETTES, VAPING, AND HOOKAHS - DV1181
DVD 20 min. 2016 SrH-A
This program challenges the belief that e-cigarettes and hookahs are risk-free healthy alternatives to traditional cigarettes. It shows how in a typical hookah session a smoker inhales 100 times the amount of toxin-laden smoke that is inhaled smoking a cigarette. While e-cigarettes don’t contain the carcinogens that come from burning tobacco, the vapor does contain highly addictive nicotine as well as other chemicals whose health risks we are only beginning to understand. Viewers also learn that teenagers who start vaping e-cigarettes are more likely to later smoke regular cigarettes. The program looks at how e-cigarettes have become a multi-billion-dollar industry controlled largely by tobacco companies, who use the same deceptive advertising techniques they have used with cigarettes.

EVERYTHING YOU NEED TO KNOW ABOUT SUBSTANCE ABUSE IN 22 MINUTES (closed captioned) - DV0324
DVD color 22 min. 2003 SrH-A
Users of drugs like alcohol, marijuana and Ecstasy are risking their future and their lives. This DVD bombards teens with plain facts that are indisputable: alcohol damages the growing adolescent brain, marijuana can cause cancer, methamphetamine is one of the most addictive substances on earth, one huff from an inhalant can result in sudden death and more. Substances covered are tobacco, alcohol, marijuana, inhalants, stimulants, club drugs and performance-enhancing drugs.

EVIDENCE-BASED PRACTICE: WHAT IT IS AND WHAT IT IS NOT - DV1387
DV 21 min. 2017 A
This program defines evidence-based practice, explains the process for using research to improve patient care, and describes the development of a nursing plan of care using evidence-based practice.

EXCAVATIONS - 5579
video color 23 min. 1992 A
Discusses the requirements of OSHA's excavation standard in great detail and includes: systems of protection against cave-ins, access to and egress from excavations, employee exposure to vehicular traffic, falling loads, hazardous atmospheres, water accumulation, unstable structures in and adjacent to excavations, and a consistent method of soil classification.

EXERCISE AND MENTAL HEALTH: THE MIND-BODY CONNECTION - DV0991
DVD 83 min. 2012 A
Professor Terry Eckman lectures about the mind-body connection. She explains the positive impact exercise has on anxiety, ADHD, depression, and stress.

EXERCISE: GETTING ACTIVE, STAYING ACTIVE - DV0413
DVD color 13 min. 2007 A
Stressing that the key to developing a safe and active lifestyle is to take small steps, this program helps viewers discover how they can fit activity into their schedules. There are three types of exercise (aerobic, strength training, and flexibility conditioning), but increasing activity level in everyday chores can be beneficial as well. Barriers to exercising and exercise tips about clothing, hydration, and pacing are discussed. Small steps can make a difference in health.

EX MEMORIA: SOME MEMORIES FADE OTHERS KEEP RETURNING - DV1199
This dramatized story of a woman with Alzheimer's disease was filmed in England. Viewers experience the world through the eyes of a character named Eva, a woman who sometimes confuses the past with the present.

EVERYTHING YOU NEED TO KNOW ABOUT MARIJUANA IN 22 MINUTES - DV1042
22 min. 2012 JrH-A
The risks of marijuana use are illustrated in this fact-based video. Doctors illustrate how pot can permanently damage the teenage brain and contribute to mental illness. Viewers learn how marijuana use seriously impacts driver alertness, reflexes and perception skills. Young recovering addicts describe how marijuana ruined their lives and dispel the myth that marijuana is not addictive.

EXPOSURE THERAPY FOR PHOBIAS - DV1142
DVD 177 min. 2012 Professional
In live sessions with a real patient, Reid Wilson demonstrates Exposure Therapy in action, offering a frame of reference that clinicians can begin to apply immediately. The patient makes an incredible amount of progress in only two sessions, demonstrating how powerful these tools really are.

EYE SAFETY - 5122
video color 10 min. 1991 SrH-A
Delivers information on eye protection emphasizing personal responsibility. Provides interviews with people who would have lost their eyesight had they not been wearing eye protection.

EYE SAFETY UPDATE - DV0980
DVD 15 min. 2014 A
Most employees take 'healthy eyes' for granted. But our eyes are very fragile and statistics show that eye injuries occur frequently in the workplace. This updated training program shows employees that many eye problems are caused by not paying attention to the work that they are doing or not wearing appropriate PPE.

FACING ANGER - DV0375
DVD 20 min. 1999 A
Introduces five employees of the same organization who represent some of the classic examples of anger experienced in the workplace. Describes several approaches for managing anger. Shows employees implementing the techniques.

FACING FEARS IN RECOVERY - DV1291
DVD 59 min. 2017 A
Recovering addicts discuss their fears, their initial reluctance to attend AA meetings, their feelings about intimacy, physical health, the 4th and 5th steps, and their criminal pasts.

FALL PREVENTION IN HOME HEALTH CARE (English/Spanish) (closed captioned) - DV0404
DVD 16 min. 2003 A, Professional
This DVD creates awareness about some of the proactive screening tools and protective strategies that can be used to prevent falls in the patient's home. It reviews how and where falls commonly occur, how to conduct a fall risk assessment and the assessment scale. The difference between unanticipated and anticipated falls is explained. Healthcare professionals will learn what to do if a patient falls. Bonus features include an expanded leaders guide, a quiz, and a
customizable PowerPoint® presentation
(DVD-ROM drive required for PowerPoint)

FALL PREVENTION IN LONG TERM CARE PART I: RISK ASSESSMENT - DV1384
DVD 19 min. 2015 Professional
Falls among older residents and other at-risk residents are very common. This program will cover the importance of making a risk assessment for each person in your care, and a risk assessment of the environment at the facility. Viewers will be able to identify the seven crucial screening factors that must be assessed to determine a resident's level of fall risk. They will learn about conducting a thorough risk assessment of the environment throughout the facility and how to identify which patients are at risk for trips and falls in a facility. They will also be able to educate at risk residents and their family members about the specific risk factors associated with their condition, and review strategies to minimize them. They will also be able to utilize a variety of tools and techniques to minimize fall risk in the resident environment.

FALL PREVENTION IN LONG TERM CARE PART 2: PREVENTIVE STRATEGIES AND PRODUCTS - DV1385
DVD 17 min. 2015 A
Viewers will learn how to identify the risk or level of risk for residents, implement preventative strategies and nursing procedures to reduce the risk of falls for residents, and utilize a wide range of tools and products designed to prevent falls and protect residents from fall-related injuries.

FALL PREVENTION IN LONG TERM CARE PART 3: A COMPREHENSIVE FALL PREVENTION PROGRAM - DV1386
DVD 22 min. 2015 A
This program identifies the purpose and duties of a fall prevention committee. It explains the importance of defining risk assessment policies and procedures within a long term care facility. It also describes the importance of defining fall prevention protocols, educating fellow staff members, and monitoring the effectiveness of protocols once they have been put in place. It outlines important points to cover in a post-fall assessment and root cause analysis.

FALL PREVENTION: LADDER SAFETY - 6788
video 21 min. 1994 A
Gives details on selecting the best ladder for the job. Stresses personal responsibility for ladder safety. Describes the inspection and correct set-up for each type of ladder. Demonstrates safety rules for climbing on and working from ladders.

FALL PROTECTION (closed captioned) - DV0889
DVD 31 min. 2008 A
This DVD will help to train workers in safely performing some of the most hazardous jobs in home building. Designed for use with the NAHB-OSHA Fall Protection Handbook, the program offers demonstrations of safe work practices and equipment operations that satisfy OSHA standards. Featured topics include the use of ladders, guardrails, personal fall arrest systems, slide guards, safety nets, aerial and forklift baskets, and other safety equipment. Viewers will learn accident prevention measures to put in place when framing and roofing, such as proper management of rope slack...
and the creation of controlled-access zones, as well as the best ways to communicate warnings and worksite hazards to the entire crew. This program correlates to all National CTE Organizational Standards (including the provisions of the Perkins Act).

**FALL PROTECTION: PREPARATION APPLICATION AND SAFETY - DV0323**
DVD color 20 min. 1998 A
This DVD is concerned with falls on construction sites. Falls from any height can be serious. This program reviews standards for guardrails, safety nets, lanyards, snaphooks and other types of fall protection equipment. It also explains rules relating to the covering of holes and working on roofs.

**FALLS AND FIRES: SAFETY IN THE HOME - 4701**
video color 11 min. 1988 A
Helps viewers avoid death and disability by suggesting simple lifestyle adjustments that can make them safer.

**FAMILY GUIDE TO ALZHEIMER’S DISEASE - UNDERSTANDING ALZHEIMER’S - 7845**
video color 62 min. 2004 A
The nature of Alzheimer’s, its causes and the stages of the disease are explained in this video. The typical symptoms, how to obtain a diagnosis and the current treatments are covered. Shows how the disease affects patients and alters the reality in which they live.

**FAMILY GUIDE TO LONG TERM CARE - DV0633**
3 DVDs color 184 min. 2005 A
This program explains when a loved one needs long term care. It helps viewers understand the many care options available. It also covers legal issues, living wills, durable power of attorney, financial planning and long-term care insurance.

**FAMILY IN TREATMENT - DV1157**
DVD 240 min. 2013 A, Professional
This video set takes direct aim at some of the most challenging beliefs, behaviors, and barriers facing the recovering addict and his or her family. With presentations intended for separate viewing by the addict, the family members, and for both addict and family together, this engaging, humorous, and yet powerful presentation addresses many of the most difficult issues that often stand in the way of achieving and maintaining sobriety. In Part 1, The Addicted (2 DVDs), Mark works with addicts in treatment and in various stages of recovery. In Part 2, The Affected - the Family (2 DVDs), Mark works with family members of addicts, both currently in treatment and in various stages of recovery. In Part 3: The Connected - Family and Addict Together (3 DVDs), Mark brings family members and addicts together to interact and share what they have learned.

**A FAMILY PERSPECTIVE - TYPE 2 DIABETES IN YOUNG PEOPLE - DV0016**
DVD color 19 min. 2005 JrH-SrH
When a child or teen is diagnosed with type 2 diabetes it is a diagnosis with which the entire family has to cope. This video focuses on what parents can do to help their child. It examines the emotions parents have when their child has type 2 diabetes and recommends how parents can provide life lessons on making healthy lifestyle choices by being role models and by incorporating healthy behaviors into family life. Provides suggestions on stocking cupboards, physical activity, and educating the child about healthy behavior for diabetes.

**FEED ME KIDS AND NUTRITION (closed captioned) - DV0226**
DVD color 26 min. 2007 A
This program is intended for parents and caregivers. Between the ages of two and eight a typical kid will eat thousands of meals, many at fast food restaurants, and watch thousands of commercials that make sugar and fat look appetizing. This program provides parents and caregivers with suggestions on how they can see that children eat a healthful diet. Information about the food guide pyramid is included.

**FEEDING YOUR BABY 8-12 MONTHS - DV0445**
DVD  Eng 8 min.; Span 8 min. 2000 A
Several families explain the techniques they use to ensure enjoyable mealtimes with their babies.

**FEEL LIKE YOURSELF AGAIN (closed captioned) - DV0343**
DVD 24 min. 2005 A, Professional
Mothers affected by post-partum depression describe it as a dark fog that overwhelms their lives. However, with treatment, the outlook is very good for overcoming mood disorders. This program features interviews with noted experts in the field. It explores symptoms and treatment. It also gives suggestions to family members about how to help the woman struggling with this disorder.

**FETAL ALCOHOL EXPOSURE CHANGING THE FUTURE - DV0365**
DVD  color 31 min. 2006 SrH-A
Viewers will learn how fetal alcohol spectrum disorders are diagnosed. They will understand the primary and secondary disabilities associated with FASD and the human cost of these disorders. Ann Streissguth, director of the University of Washington’s Fetal Alcohol and Drug Unit is interviewed. Others featured include Kathy Mitchell, vice president of NOFAS; Erica Lara, who works at a residential drug and alcohol treatment facility designed especially for women with young children; and Erica Gitis-Miles, a college student who has FASD. The in utero effects of alcohol are considered as well, as are the facial, bodily, neurological, cognitive, and behavioral characteristics of FASD.

**FETAL ALCOHOL SYNDROME TUTOR - CD-2**
CD-ROM  1999 Professional
CD-ROM for Windows and Macintosh. System requirements for PC-Microsoft Windows 3.1, 95/98/NT; 386, 486 or Pentium processor; 8 MB minimum, 16MB recommended RAM; Mouse. System requirements for Macintosh-System 7 or higher; 608030, 608040 or PowerPC processor; 8 MB minimum, 16MB recommended RAM. Interactive software that assists in the screening and diagnosis of fetal alcohol syndrome (FAS) using descriptive text, video clips, animations and illustrations.

**FIGHTING ANTI-MICROBIAL RESISTANT PATHOGENS - DV0067**
DVD 26 min. 2004 Professional
The emergence of anti-microbial resistance in many pathogens threatens to reverse much of the progress the world has made against disease over the past 50 years. This DVD describes the emergence of anti-microbial-resistant pathogens and the recommendations of the CDC and others to fight back against them.

**FIGHTING FATIGUE IN THE WORKPLACE - DV1368**
DVD 14 min. 2018 A
This DVD explains what fatigue is and what causes it, the hazards of fatigue, how to reduce fatigue in the workplace and how sleep hygiene can help. It emphasized the role of healthy diet and exercise in preventing fatigue.

**FIND ONE CHILD - DV0034**
This DVD was created to broaden the awareness of Cornelia de Lange syndrome (CdLS). It shows the characteristics shared by people with this syndrome. Information is given about the services provided by the CdLS foundation and CdLS parents are interviewed.

**FINDING NORMAL - DV1066**
DVD 77 min. 2007 A  
This is a documentary about a group of Portland drug addicts and their rehab counselors trying day-by-day to keep themselves clean, sober and together.

**FIRE EXTINGUISHER TRAINING: USING THE P.A.S.S. TECHNIQUE - 7293**
video 15 min. 1997 A  
Explains basic fire safety, the different classes of fires and which extinguishers to use for each. Demonstrates the P.A.S.S. Technique: Pull, Aim, Squeeze, Sweep. Stresses that the time to learn how to use an extinguisher is before there is any need for it.

**FIRE EXTINGUISHERS SAFE USE - DV0173**
DVD color 7 min. 2002 A  
Portable fire extinguishers, when used properly, can minimize personal and property damage if a fire occurs. Knowing when and how to use a fire extinguisher is one key to fire safety.

**FIRE PREVENTION AND EMERGENCY EVACUATION - DV0747**
DVD 17 min. 2011 A  
Existing OSHA emergency evacuation guidelines and fire safety rules call for all facilities to meet a number of emergency preparedness and crisis management requirements. This two-part program covers both fire prevention and emergency evacuation and covers the OSHA emergency evacuation guidelines.

**FIRE PREVENTION AND SAFETY FOR STAFF MEMBERS IN LONG-TERM CARE - DV0816**
DVD 35 min. 2011 A  
This program explains the importance of fire drills, evacuation plans and emergency procedures. It details how to prevent or limit the most common causes of fires. It shows how to keep your residents safe when a fire does occur using the R.A.C.E method (Rescue, Alarm, Confine, Extinguish) or A.R.C.E. method (Alarm, Rescue, Confine, Extinguish). It demonstrates strategies for safely confining and extinguishing small fires.

**FIRE PREVENTION IN THE OFFICE - DV0400**
DVD color 14 min. 2003 A  
Employees learn steps to help prevent office fires and what to do in case of a fire emergency. This DVD covers how to operate a variety of fire extinguishers, assist in the event of a fire, evacuate, identify potential fire sources and handle and store flammable liquids, and practice good housekeeping.

**FIRE SAFETY - DV1191**
DVD 25 min. 2015 Professional  
Fire safety involves everyone in your facility, including residents, nursing staff, housekeeping and visitors. This video explains OSHA standards that require employers to provide proper exits, firefighting equipment and employee training to prevent fire deaths and injuries in the workplace.

**FIRE SAFETY - DV0364**
DVD color 29 min. 2000 A, Professional  
This program will show how to reduce the chances of a fire starting in the home. The topics covered include smoke alarms, fire extinguishers, smoking safety, fire safety in the bedroom, fire safety in the
kitchen, appliance safety, and how to leave a burning building.

**FIRE SAFETY AND EVACUATION CARRIES - 6552**
video color 12 min. 1995 A - Professional
Presents the basic information needed for personnel to act quickly and exercise good judgment in case of a fire emergency. Describes fire safety procedures based on RACE (Remove, Alarm, Contain, Extinguish), lists steps to follow when there is a fire, discusses potential fire hazards, demonstrates proper use of a fire extinguisher and demonstrates methods to safely and quickly evacuate patients.

**FIRE SAFETY: BE ALERT NOT ALARMED (English/Spanish) (closed captioned) - DV0198**
DVD color 14 min. 2005 A
This program covers the burning stages of a fire, the consequences of not acting quickly, and how to manage the dangerous reactions of residents. Viewers will also learn what to do when stairs are a danger zone. Bonus features include an expanded leader’s guide and a customizable PowerPoint® presentation (DVD-ROM drive required for PowerPoint).

**FIRE SAFETY FOR OFFICE WORKERS - DV1247**
DVD 16 min. 2010 A
While office workers often don't think much about the potential for fire while performing their jobs, there are more than 1,000 fires in office environments each year. This program discusses how to eliminate the factors that contribute to the ignition of fires and how to respond if a fire were to break out. Topics covered also include: good housekeeping, controlling electrical fire hazards, emergency action plans, evacuation procedures, classes of fire and their extinguishing agents, the importance of using the appropriate fire extinguisher, using the PASS system to extinguish a fire, and treating fire-related injuries.

**FIRE SAFETY FOR OLDER ADULTS (closed captioned) - DV0435**
DVD color 15 min. 2006 A
Viewers learn how to greatly reduce the risk of fire in the home and increase their survival in an emergency. They learn about smoke alarms, home escape plans, safe cooking, and fire sprinklers.

**FIRE SAFETY IN HOME HEALTH: TEN BURNING QUESTIONS (English/Spanish) (closed captioned) - DV0653**
DVD 25 min. 2008 A, Professional
This program emphasizes the basic facts about fire, steps to take to assess fire hazards in patients' homes, and ways to teach families how to prevent, control and escape home fires. It explains the PASS method for the proper use of fire extinguishers. It also explains the RACE method for protecting lives and property after a fire has started. Bonus features include a leader’s guide, quiz and a customizable PowerPoint® presentation (DVD-ROM drive required for leader’s guide and PowerPoint).

**FIRST AID AND CPR - DV0112**
DVD color 63 min. 2005 SrH
This DVD provides viewers with the knowledge and skills they would need in
order to make a difference in a crisis that calls for first aid or CPR.

**FIRST AID BASICS: KNOWING WHAT TO DO IN AN EMERGENCY (closed captioned) - DV0791**

DVD 34 min. 2010 A
First, call 911. This program shows viewers how to respond to common medical emergencies while waiting for professional help to arrive. With demonstrations and commentary from an experienced paramedic throughout, each section describes trauma situations or symptoms of distress and the best way to address them. The program also includes relevant advice on topics such as giving yourself the Heimlich maneuver, using an epi-pen on someone having an allergic food reaction, performing CPR in tandem with a defibrillator, and what to do at the scene of a car accident. Sections include first steps of first aid, heart attacks, strokes, broken bones and cuts, burns, diabetic emergencies, seizures, asthma attacks and anaphylactic reaction, choking, drowning, and head injuries. Also available online.

**FIRST AID EMERGENCIES: IN THE COMMUNITY (closed captioned) - DV0839**

DVD 25 min. 2013 A
This DVD was produced in Australia. This program looks at the types of injuries that often happen in a community, various factors that may be involved, and how those injuries should be treated. Viewers learn basic steps to perform in an emergency as well as the legal and moral aspects of first aid. Topics include fractures; dislocations; strains and sprains; neck, head and spinal injuries; hypothermia and hyperthermia; and CPR, or cardio-pulmonary resuscitation (both hands-only and hand-and-mouth procedures). With clear verbal and visual information, the video presents typical scenarios in public places where immediate first aid intervention is required.

**FIRST AID FOR BLEEDING - DV0174**

DVD color 7 min. 2004 A
With a severe wound, a victim can bleed to death in a matter of minutes. This DVD helps viewers learn to help control bleeding with basic first aid procedures.

**FIRST AID FOR SCHOOLS (closed captioned) - DV0850**

DVD 20 min. 2014 A, Professional
This program teaches basic first aid procedures and specific steps to follow for the most common emergencies that occur at schools. Viewers will learn about evaluating the scene, choking, head, neck, and back injuries, broken bones, cuts, impaled objects, human bites, chemical burns, eye injuries, bee sting reactions, fainting, heat emergencies, nose bleeds, dental injuries, and muscle and joint injuries.

**FIRST AID SAFETY – DV0639**

DVD color 15 min. 2008 A
This DVD is intended for adults in an occupational setting. It demonstrates to employees that knowledge of basic first aid can often limit the severity of any type of injury, or even prevent a death. It illustrates first aid for objects in the eye, burns, cuts, blisters, chemical burns, strained muscles, falls, fractures, shock, heat-related illnesses, choking, use of Automated External Defibrillation (AED), and briefly summarizes CPR.

**FIT FAMILIES (English/Spanish) - DV0007**

2 DVDs color 24 min. 2006 A
This DVD set covers portion awareness, smart snacking, effortless exercise and grocery shopping. Volume I is in English and Volume II, containing the same information, is in Spanish.
FITNESS AND WELLNESS - DV1373
DVD 15 min. 2015 A
This DVD shows viewers how to set and reach reasonable goals while eliminating bad habits that can hold them back. Viewers will learn about eating right, exercise, stress, and the dangers of smoking, alcohol, and drug use.

FIVE & SIX-YEAR-OLDS:A PARENT’S GUIDE - DV0770
DVD 21 min. 2002 A
Five and six year olds struggle to learn the idea of fair play, co-operation, following rules, and taking turns. They also struggle to distinguish reality from make believe. These youngsters arrange objects by color, assemble jigsaw puzzles, and make drawings that sometimes look like modern art. They deal with basic mathematical concepts and learn to size up three-dimensional objects.

THE 5 ESSENTIALS OF SUCCESSFUL PARENTING (closed captioned) - DV0072
DVD color 69 min. 2003 SrH-A
This program focuses on birth to age 5 with easy to follow techniques that nurture parent-child relationships. Parents are urged to become powerful role models for their children through compassion, consistency and understanding. The volumes are love and stability; time together; inspire and challenge; positive discipline; safety and health.

FIVE STEPS TO LADDER SAFETY – DV0575
DVD color 6 min. 2004 A
Viewers learn about the importance of choosing the right ladder, inspecting it thoroughly, and setting up the ladder with care. They also learn the importance of climbing and descending the ladder cautiously and using common sense.

FOLIC ACID AND THE PREVENTION OF NEURAL TUBE DEFECTS - CD-8
CD-ROM 2002 Professional
Research shows that the vast majority of serious birth defects can be prevented when women of reproductive age consume appropriate amounts of folic acid preconceptionally and through the first trimester. Slide presentation (in Powerpoint and web-based Powerpoint) which provides the background information, understanding of the embryology, epidemiology, and the supporting clinical research evidence.

FOLIC ACID EVERY DAY: PREVENTING NEURAL TUBE DEFECTS USING FOLIC ACID - K0008
Kit: 2 videos + CD-ROM color 22/10 min. 2001 Professional
Intended for use by health professionals in training peers and clients about the importance of folic acid in preventing birth defects. Preventing Neural Tube Defects with Folic Acid: You Can Make a Difference (video-22 min.)-Intended for health professionals only. Folic Acid Everyday (video-10 min.)-For health professionals or clients. Preventing Neural Tube Defects Using Folic Acid (CD-ROM)-handouts and PowerPoint slide show.

FOLLOWING THE CLUES: A VISIT TO THE DOCTOR AND THE LIBRARY (English/ Spanish/ Sudanese-Nuer) - DV0045
DVD color Eng. 12 min. Span. 15 min, Sudanese-Nuer 14 min. 2006 El-I
This DVD is aimed at young children and shows the steps involved in making a doctor's appointment, checking in at the reception desk, and undergoing a physical exam. The movie also shows a child and her family requesting health
information at their local library. The video content is appropriate for unsupervised viewing by children. For most effective learning, it is recommended that parents and children watch the video together.

**FOOD ALLERGIES (closed captioned)- DV0766**
**DVD 26 min. 2012 A**
This program explains the difference between an allergy, a sensitivity, and an intolerance. It explores the adverse reactions some people have to artificial dyes. An expert presents information on the most common food allergens, covering their symptoms, the tests used to diagnose them, and the range of treatments available. People with celiac disease discuss good alternatives to gluten, and a young man who is lactose-intolerant explains why it isn’t so hard to avoid pizza and ice cream when sticking to a special diet. Also available online.

**FOOD ALLERGIES AND ANAPHYLAXIS: A DAILY BATTLE - DV1207**
**DVD 13 min. 2015 Professional**
This program explores the importance of students with allergies having an emergency care plan. Teachers and nurses are urged to modify their classroom practices to accommodate students with allergies. It shows them the symptoms of anaphylaxis and how to administer an EpiPen.

**FOOD ALLERGIES: A LITTLE KNOWLEDGE CAN PREVENT BIG PROBLEMS - DV0766**
**DVD 26 min. 2012 SrH-A**
This program explains the difference between an allergy, a sensitivity, and an intolerance. It explores the adverse reactions some people have to artificial dyes. An expert presents information on the most common food allergens, covering their symptoms, the tests used to diagnose them, and the range of treatments available. People with celiac disease discuss good alternatives to gluten, and a young man who is lactose-intolerant explains why it isn’t so hard to avoid pizza and ice cream when sticking to a special diet.

**FOOD AS MEDICINE: USING FUNCTIONAL FOODS IN THE TREATMENT OF PATIENTS - 7785**
**video color 35 min. 2000 A, Professional**
Discusses functional foods found in a typical supermarket. Cites several important functional foods and their potential health benefits, and uses case studies to illustrate how clinicians can use food to treat disease and promote wellness in their patients.

**FOOD BASICS: SHOPPING SMARTS - DV0569**
**DVD Eng-8 min., Span–8 min. 2010 A**
This DVD offers helpful tips for WIC participants to make it easier to navigate the aisles and get what’s needed in a timely manner. Viewers look at supermarket ads, find out what is in season and learn how to plan menus.

**FOOD: KEEP IT SAFE TO EAT (2nd ed.) - 6243**
**video color 15 min. 1996 JrH-A**
Describes risks and dangers of foodborne illnesses, and the common methods of food contamination. Explains the “Danger Zone” with reference to keeping food safe. Covers the importance of proper shopping methods, kitchen hygiene, and safe defrosting methods.
Describes safe storage and reheating techniques for leftovers.

**FOOD LABELS MISLEADING DUE TO MISREADING - DV0301**
DVD 5 min. 2005 SrH-A
Does anyone really eat a sliver of a muffin or a fraction of a pickle? In this brief ABC News segment, John Stossel blasts counterintuitive food labels that calculate fat, carbs, sodium, and other essential nutritional information based on a serving size that is unrealistically smaller than the unit size.

**FOOD POISONING: PREVENTION IS BETTER THAN CURE (closed captioned) - DV0702**
DVD 24 min. 2008 SrH- Professional
This program was produced in Australia. It explores the causes of food contamination, the symptoms and ailments it produces, and the methods for preventing it. Viewers are introduced to bacteria, viruses, fungi, molds, and yeasts that threaten unsuspecting consumers, as well as dangerous cooking temperature ranges, proper time frames for food disposal, and common incubation periods for several microbe strains. Food allergens and non-microbial sources of contamination, such as pesticides and industrial waste, are also studied. This DVD reviews sources of food poisoning: Salmonella, Campylobacter, Listeria, E.coli, Staphylococcus aureus, Clostridium botulinum, and Clostridium perfringes. Also available online.

**FOOD SAFETY (Kinetic) (closed captioned) - DV0293**
DVD 21 min. 2006 SrH-A
The simple fact is most food-borne illnesses can be avoided by applying common sense at every meal and snack break. This DVD illustrates how to shop for the freshest foods, store them wisely, and prepare them correctly. Topics include signs of freshness and contamination; proper storage in the refrigerator, freezer, and pantry; ways to safely thaw frozen foods; how to avoid cross-contamination; the optimal temperatures for cooking meats and poultry; and the right way to store and reheat leftovers. “Use by” and “sell by” dates and what they mean to consumers are also addressed.

**FOOD SAFETY AND SANITATION (English/Spanish) (closed captioned) - DV0398**
DVD 22 min. 2006 A
This DVD is intended for those who work with food while it is in storage or transit, not those who will prepare food. Viewers will learn about the importance of food handling and sanitation and the most common food borne diseases. It reviews the HACCP (Hazard Analysis Critical Control Point) system for food manufacturing and food storage. It also reviews GMPs (Good Manufacturing Practices) laws and procedures.

**FOOD SAFETY: AN EDUCATIONAL VIDEO FOR INSTITUTIONAL FOOD SERVICE WORKERS - 5997**
video 10 min. 1995 SrH-A
Discusses the importance of proper cooking, storage, and serving of foods in institutional settings. Shows how to prevent E. coli, salmonella, and staphylococcus infections in day care centers, long-term care facilities, hospitals, and hospices. Stresses good personal hygiene practices, thoroughly cooking eggs and meats, using clean utensils and never touching ready to eat foods with bare hands.
FOOD SAFETY: IT'S IN YOUR HANDS - DV0993
DVD 21 min. 2015 SrH-A
Discover the steps to keeping food safe from foodborne illness by joining a chef in the kitchen along with a microbiologist to learn what you need to know for clean and safe food storage and preparation. This program reviews common foodborne illnesses, proper hand washing technique, preventing cross-contamination, the time and temperature danger zone, and keeping the kitchen clean.

FOOD SECURITY AWARENESS: FIRST LINE OF DEFENSE - DV0401
DVD color 35 min. 2006 A
This DVD reinforces the importance of security awareness in all phases of food product handling from receiving ingredients to processing and shipping.

FOOD SENSITIVITIES - DV0148
DVD color 9 min. 2000 SrH
This DVD explains the difference between food allergy and food intolerance, including symptoms and ways in which they can be relieved. The eight most common food allergens are covered as well as how to create a response plan in case of an allergic reaction.

FOOD SMARtS: MY PYRAMID FOR KIDS - DV0240
DVD color 10 min. 2006 K-El
A group of campers discovers the importance of eating right. They use the USDA MyPyramid to learn why some foods are better than others and how exercise is an important part of any healthful eating plan. They also learn what to do when a particular food makes them groan "yuck!"

FOODBORNE ILLNESS - DV0097
DVD color 24 min. 2006 SrH-A
This DVD is intended for the household consumer. No one wants a burger with a side of salmonella or a taco topped with E. coli, but that’s what you can get when food isn’t prepared correctly. This video describes common and serious foodborne illnesses, how they’re spread, and how they can be prevented through careful food handling and proper food preparation. Salmonella, Campylobacter jejuni, Escherichia coli, and shigella are discussed, along with botulism, listeriosis, and viruses like hepatitis A. Tips for selecting safe food at the store and the optimal temperatures for cooking meats and eggs are covered. The primary audience for this DVD is teenagers.

FOODBORNE ILLNESS PREVENTION (English/Spanish) (closed captioned) - DV0486
DVD color 21min. 2007 A
This DVD program is set in a school cafeteria and covers the HACCP food safety plan directed by USDA. It explains flow diagrams, documenting hazards, monitoring procedures and corrective actions as well as proper cleaning, sanitation and recording techniques. It also reviews standard operating procedures recommended by the USDA and HACCP.

FOODSERVICE FACILITIES AND EQUIPMENT - 4206
video color 10 min. 1987 A
Designed for chefs, managers, and supervisors. Outlines the requirements for the proper cleaning and sanitizing of equipment used in food preparation areas. Describes the types of materials, design, and proper maintenance of this equipment. Explains the purpose of lighting and ventilation standards in premises where food is prepared and served.
FOODSERVICE HOUSEKEEPING AND PEST CONTROL - 4208
video color 10 min. 1987 A
Designed for chefs, managers, and supervisors, and emphasizes cleanliness as the basis for all pest control. Discusses the habits and life cycles of flies, roaches, rats, and mice. Explains the importance of using licensed pest control agencies to deal with serious pest problems.

FOOTPRINTS ON OUR HEARTS - DV0508
DVD color 60 min. 1997 A
A baby dies. The agony felt is complex and intense as it mixes with misplaced guilt, hurt, and helplessness, and deep sorrow. A baby is not supposed to die. This DVD offers ways to cope with these feelings.

FORGET ME NOT - DV1318
DVD 44 min. 2017 A
This program was filmed in Australia. Three families tell their stories about adjusting to life with the disease. Two of the patients have been diagnosed with early onset Alzheimer's.

FOR GOOD MEASURE –DV0578
DVD color 7 min. 2002 A, Professional
Shows how to accurately and safely measure the standing height of children and adults, and the recumbent length of children under the age of two.

FORKLIFT HAZARD PERCEPTION CHALLENGE - 7867
video color 50 min. 2004 A
In this unique video, forklift operators come face-to-face with real-life hazard scenarios that challenge them to respond quickly and correctly. The information is provided in an interactive format. This video also shows how to avoid common hazards such as not using seatbelts; moving forward with too large of a load; backing up without checking for pedestrians; not checking inside a trailer before entering; cornering too fast; passing; and driving with forks raised.

FORKLIFT OPERATOR SAFETY - 4958
video color 18 min. 1991 A
A comprehensive program for anyone operating forklifts in the manufacturing environment. Teaches engineering principles, operator safety rules and operative maintenance. Useful for training both new and experienced operators.

FORKLIFT POWERED INDUSTRIAL TRUCK SAFETY: A REFRESHER PROGRAM – DV0636
DVD color 19 min. 2006 A
This DVD renews employees' knowledge of OSHA's forklift regulation while teaching about the seven classes of industrial trucks, equipment checkout, the stability triangle, equipment maintenance, lifting loads and loading docks.

FROM AN OBJECTIVE POINT OF VIEW – DV0552
DVD color 10 min. 2001 SrH
Two female best friends make a pact not to have sex without consulting each other. Will they both keep their agreement? This film written by teenagers looks at a teenage girl’s decision to postpone sex.

FROM DEPRESSION TO DISCOVERY: A TEENAGER’S GUIDEBOOK (closed captioned) - DV0351
DVD color 25 min. 2005 SrH-A
This program shatters common misconceptions about depression, helping young viewers recognize its outward and internal symptoms. Forms of treatment are explored. Interviews with teens living successfully with the disease are supplemented by commentary from a
psychologist.

FROM TOP TO BOTTOM: THE FRONT LINE OF INFECTION CONTROL - DV1245
DVD 12 min. 2006 Professional
This video discusses common microorganisms, where they are found, and how they can cause infection and illness. It demonstrates the methods of proper and effective hand hygiene and describe the kinds of personal protective equipment that should be worn during cleaning and disinfecting tasks. It also shows cleaning and disinfection solutions and procedures for their use and demonstrates how to mix, store and dispose of cleaning and disinfecting chemicals. This video reviews the best practices for working with sharps, waste and other hazards to ensure worker safety.

FRONTLINE: THE NEW ASYLUMS - DV1059
DVD 60 min. 2005 A
This program brings to light the half a million prisoners in America's jail dealing with mental illness. The program gives access to how the prisons are working with this population. The camera goes inside prison therapy sessions, mental health treatment meetings, crisis wards and prison disciplinary tribunals.

FUERZA POSITIVIA: CÓMO SATISFACER LAS NECESIDADES ESPECIALES DE PERSON CON LESIÓN CEREBRAL (closed captioned) – DV0621 (Spanish) – DV0620 (English)
DVD color 97 min. 2008 A
This DVD is comprised of ten modules that illustrate the neuro-anatomy of a brain injury and the everyday difficulties experienced by survivors of brain injury. It offers useful tips for effective communication and for directing individuals, families and loved ones to needed supports and services. It includes interviews with survivors and a special section on the needs of veterans with brain injury.

FUMAR: ESTAR PREPARADO PARA DEJAR DE FUMAR 2nd ed. (Spanish) - DV0524
DVD 16 min. 2007 A
In this DVD, smokers learn how to create their personal plan for quitting. The program examines why people smoke, why they may want to quit, how they can identify their personal triggers to smoke, and introduces nicotine replacement, as well as non-nicotine replacement therapies, to aid in quitting. It encourages people to make a diary of their smoking behavior and to set a quit date. Potential relapse situations are also covered. Also available under the English language title, Smoking: Getting Ready to Quit (DV0529 - DVD).

FUN WITH CHEMISTRY - DV0683
DVD 180 min. 2002 Professional
This program provides a basic understanding of chemistry. Experiments cover all nine of the DOT hazard classes, demonstrating how chemicals within these classes, either by themselves or in reaction with other chemicals, can harm people or the environment. Concepts such as pH, BLEVE and flammability range are visually demonstrated.

FUNDAMENTALS OF HOME WOUND CARE: CARING FOR THE PRESSURE ULCER -6152
video 26 min. 1995 A - Professional
Designed for the home health professional, presents the latest information on home care of bed-ridden and disabled patients with pressure-induced wounds. Focuses on the responsibilities and interaction between
physician, nurse, patient, and caregiver. Includes an overview of the functions of the skin and the healing process. Discusses wound assessment and care and the risk factors for pressure ulcers. Describes steps in proper documentation.

**GARDEN FITNESS - DV0330**
DVD  40 min.  2006 A
This program is appropriate for the beginning or experienced gardener. Viewers will be introduced to the yoga principles of breath, movement, strength and power of stability. These principles are then incorporated into typical gardening tasks. The host, Blanche Black, guides viewers through the cycle of warm up, workout and stretch.

**GASTROESOPHAGEAL REFLUX DISEASE – DV0600**
DVD  color  30 min.  2008 A
Heartburn can interrupt daily life and be the precursor to serious illnesses. A panel of experts on gastroesophageal reflux disease will discuss the diagnosis and treatment of it, as well as the symptoms.

**GATHERING ASSESSMENT DATA - 7054**
video  18 min.  1997 Professional
Identifies the equipment necessary to complete a brief physical assessment. Explains the differences between subjective and objective data. Demonstrates how to obtain an accurate health history. Utilizes inspection, palpation, auscultation, and percussion to gather data in the physical assessment. Includes tips on legal, safety, and documentation issues.

**GENERAL LABORATORY SAFETY - DV0280**
DVD  20 min.  2002 A
This is an indispensable safety aid for training laboratory personnel. It provides a look at what should and should not occur in the lab - and why! It covers fires, explosions, burns, poisoning, electrical shock, bacteriological contamination, chemical burns, and much more.

**GENERATION RX - DV1084**
DVD  81 min.  2008 A
For decades, scores of doctors, government officials, journalists, and others have extolled the benefits of psychiatric medicines for children. The rest of the story is unveiled to show how this era of unprecedented change in Western culture really occurred, and what price have people paid in our own society.

**GENETICS AND YOUR PRACTICE-CD-3**
CD-ROM  1999 Professional
CD-ROM for Windows and Macintosh. System requirements for PC-Microsoft Windows 95/98/NT; Pentium processor; 32MB RAM; 8X CD-ROM drive; sound card and speakers. System requirements for Macintosh- PowerPC processor; 32MB RAM; 8X CD-ROM drive; QuickTime. Interactive educational program and resource for health care providers.

**GEORGE ALBEE ON PREVENTION - DV1273**
DVD  71 min.  2007 Professional
Dr. Carlos Zalaquette interviews pioneer of preventive psychology Dr. George Albee. Dr. Albee explains how counseling and therapy focus on victims and survivors of a system that constantly injures the human psyche without addressing causes of that distress. Ethical psychology and counseling, on the other hand, emphasizes prevention. Albee
shows the why and how of prevention and what it can do to make a difference to the study of psychology. He discusses his interest in community psychology and the importance of looking at the interaction of societal factors and mental health.

**GERIATRIC DEPRESSION SCALE SHORT FORM - DV1201**

DVD 28 min. 2009 Professional

This training DVD demonstrates the importance of improving quality of life by assessing and treating depression in older adults. It provides potential ways to treat the depression, as well as, how to recognize the range of symptoms, and properly interpret the assessment (when dealing with very withdrawn or hesitant persons). The DVD also discusses how multidisciplinary staff can communicate and adapt these findings toward an effective plan of care.

**GET A WINNING ATTITUDE - DV0519**

DVD color 21 min. 2003 JrH

Follow the stories of four middle-school students as they discover what it takes to overcome self-doubt and lack of confidence to meet the challenges in their lives. The characters in these dramatizations learn about visualization, having realistic expectations, working hard and having a positive attitude.

**GET HEALTHY NOW SHOW (English/Spanish) (closed captioned) - DV0533**

DVD color 24 min. 2008 K

This Sesame Street DVD will get children moving along with Elmo, Telly, Rosita, and more as they sing, dance, and play games. Children will learn that eating well and being active are fun.

**GET OFF THE SOFAS - DV1258**

DVD 36 min. 2012 SrH-A

Viewers learn what SOLid Fats and Added Sugars have in common, and why new nutritional guidelines say to avoid these calorie nightmares. But are other fats and sugars really any different? They are! This program explains the why, what, and how of it all.

**GET READY WITH FREDDIE (English/Spanish) - DV0434**

DVD 13 min. 2007 P-EI

The animated character, Freddie the flashlight, focuses on emergency preparedness. Students join Freddie to develop a communications plan and assemble a disaster supply kit. The Texas Department of State Health Services does not endorse any particular brand or product.

**GET WISE TO PORTION SIZE - DV0994**

DVD 18 min. 2014 SrH-A

Viewers learn more about why portion size matters and how to eat the right amount. Short segments and an interview with a registered dietitian explain the issues with portion sizes.

**GET YOUR GROOVE ON MAMA (Eng/Span) (closed captioned) - DV0421**

DVD 83 min. 2009 A

Viewers will join four moms along with fitness instructor and mom Allie Thummel in a fun easy to follow work out that is ideal for beginners even if they are not new moms. The DVD includes 10 minute, 20 minute and 30 minute options. The 20 and 30 minute program includes toning exercises to do with your baby. There is also a separate yoga segment to help viewers relax and take it easy. Delicious recipes and weight loss tips are included.

**GETTING CONTROL OF YOURSELF:**
ANGER MANAGEMENT TOOLS AND TECHNIQUES (closed captioned) - DV0870
DVD  75 min.  2012 Professional
Going beyond the old "count to 10, take a deep breath" models, and completely eliminating shame-based techniques, Christian Conte, PhD, offers radical new ways of understanding why people rage and how they can stop. Viewers learn about the neurochemistry of anger, how to recognize a client’s personal anger-types, and how to help clients master antidotes to each. In addition, they will become skilled at helping clients recognize triggers, detach from thoughts, and use self-awareness more effectively.

GETTING READY FOR DISASTER (English/Spanish) (closed captioned) - DV0222
DVD color 39 min.  2005 SrH-A
This program explains how to make a disaster plan and create a disaster supply kit. The needs of people with disabilities during a an emergency evacuation are covered along with how to help children cope with a disaster.

GHS LABELS REFRESHER FOR EMPLOYEES - DV1363
DVD  5 min.  2018 A
It’s your employees’ responsibility to know the hazards of working with chemicals. The GHS (Globally Harmonized System) makes it easy for employees to identify chemicals and their associated hazards. This DVD reviews the warning labels and pictograms that provide the information needed to safely handle chemicals in their workplace. Topics covered also include GHS compliant labels overview, hazard communication standard pictogram, and more.

GHS SDS REFRESHER FOR EMPLOYEES - DV1364
DVD  7 min.  2018 Adult
This DVD reviews the composition of GHS Safety Data Sheets and the vital information contained in each section. When it comes to working with chemicals, one of the best sources of information for your employees is the Safety Data Sheets (SDS). Make sure employees understand their responsibility and know how to read Safety Data Sheets.

GHS: THE BASICS - DV1362
DVD  4 min.  2018 Adult
GHS or Globally Harmonized System is a method of identifying chemicals and their associated hazards. This video provides viewers with the basics of GHS and describes the resources they can use to properly identify the hazards they may face, protective measures to minimize these hazards, and other pertinent information.

GIRL BULLYING - DV0342
DVD color 26 min.  2005 A
While boy bullies often fight with fists, girls battle each other with words and friendships. Relational Aggression, or girl bullying as it is commonly called, is real and surprisingly common. Viewers will hear the stories of girls who were bullied as children, often by their own friends. A mother of a bullied girl describes how she struggled to help her child. Three experts in the field weigh in with their opinions. A teen mentor helps a group of younger girls understand and solve the problem.

GOOD FOOD BAD FOOD OBESITY IN AMERICAN CHILDREN (closed captioned) - DV0336
DVD color 31 min.  2005 A
Clear, accessible, and often humorous, this program examines the alarming rise of childhood obesity in the United States, while demonstrating effective ways that educators and parents can prevent and reverse the effects of this tragic
epidemic.

GOOD HOUSEKEEPING IS GOOD SAFETY - DV0175
DVD color 7 min. 2004 A
Clutter and disorder in the workplace contribute to many accidents. Effective housekeeping can help eliminate hazards and improve productivity.

GOSSIPING, TAUNTING, AND BULLYING: IT'S ALL HARASSMENT - DV0151
DVD color 24 min. 2001 JrH
This program answers questions about harassment, how it makes kids feel and the best ways to handle it. With the encouragement of a school counselor, young people share their own experiences coping with bullying, taunting and teasing. They view and react to dramatic vignettes that show realistic situations of harassment. Advice is given to students about what they can do to handle these difficult situations.

GRANTS AND PROPOSAL WRITING - DV0392
DVD 120 min. 2008 A, Professional
Designed for beginning grant proposal writers, this class presents a general overview of the grant and funding processes as well as the level of detail required in a successful proposal. Each component of the grant writing process is addressed, including: documenting the need; identifying the target population; writing measurable objectives; developing a work plan, an evaluation plan and dissemination plan. Viewers will learn how to identify online resources to search for funding, describe the basic sections of a proposal, identify types of documents necessary to include with a proposal, and recognize common mistakes of proposal writers. The presenter is Michelle Malizia of National Network of Libraries of Medicine, South Central Region.

GRANTWRITER’S START-UP KIT, THE: A BEGINNER’S GUIDE TO GRANT PROPOSALS - 7103
video 30 min. 2000 A
Designed for the fundraiser looking for practical skills and guidance. Shows how to prepare for the process of writing a successful grant proposal.

GREAT INFLUENZA EPIC STORY OF THE DEADLIEST PLAGUE IN HISTORY - AC0009
Audio CD 1170 min. 2006 A
This audio book consists of 4 parts. Each part contains 4 compact discs. There are a total of 16 compact discs. No disease the world has ever known even remotely resembles the great influenza epidemic of 1918. It killed more people in twenty weeks than AIDS has killed in twenty years. In this first great collision between science and epidemic disease, a handful of heroic researchers stepped forward, risking their lives to confront this disease. Titans like William Welch at the newly formed Johns Hopkins Medical School and colleagues at Rockefeller University and others from around the country revolutionized American science and public health. Their work in this crisis led to crucial discoveries that we are still using and learning from today.

GREAT NURSING ASSISTANT: THE RESIDENT'S PERSPECTIVE - DV1311
DVD 17 min. 2005 Professional
Long term care residents urge nursing assistants to listen and communicate with them, try to understand and meet their needs, and to show patience and kindness at all times. Residents of long term care ask to be treated as individuals with individual needs and want choices about their daily care and routines. Nursing assistants should communicate the needs of the residents to the next
shift person and respond to call bells in a timely manner.

GROWING WITH LOVE (English/Spanish) (closed captioned) - DV0485
video color Eng-29 min., Span-33 min. 2001 A
Shows parenting basics for expectant parents and parents of children from newborn to toddler. Emphasizes the importance of good nutrition during pregnancy. Describes the developmental changes of a baby and how a parent can respond to each stage. Offers ways to comfort a crying baby. Explains how feeding time differs as the baby grows.

GUIDE TO LIVING WITH CO-OCCURRING DISORDERS - DV1161
DVD 83 min. 2008 A-Professional
This video educates clients, families, and clinicians on the history, challenges and most effective treatments for co-occurring disorders. It contains four chapters that can be viewed in their entirety or each twenty-minute chapter can be viewed separately. Chapters include: an introduction to co-occurring disorders; understanding substance use and mental health disorders; the basics of treatment for co-occurring disorders; and the importance of family in treatment.

HACCP MADE PRACTICAL
Video see run times below 1998 A
Intended for food service managers to help design, implement, and monitor a HACCP (Hazard Analysis Critical Control Point) system that adapts to specific food safety concerns. Demonstrates ways to prevent foodborne illness, improve food quality, reduce waste and assess risks.

Part 1: RECEIVING TO COOKING-7416 (21 min.) Follows a HACCP system through the flow of food from receiving to storing, processing and cooking.

Part 2: COOKING TO COOLING-7417 (22 min.) Shows how HACCP contributes to appropriate cooking, hot and cold holding, cooling and storage.

Part 3: A HACCP CASE STUDY-7418 (14 min.) Presents a case study of one food item to identify the hits-and-misses along the route from receiving to service.

HALLUCINOGENS: IN THE KNOW - DV1007
DVD 20 min. 2003 A-Professional Video discusses the dangers of using LSD, psilocybin/psilocyn mushrooms, and mescaline/peyote. Also discusses PCP, an anesthetic/hallucinogen/stimulant drug that can lead to psychosis. Shows how these drugs can endanger their lives and their mental health.

HALLMARKS OF GOOD MENTAL HEALTH (closed captioned) - DV0862
DVD 16 min. 2011 SrH-A
This program helps viewers recognize the six key qualities that define good mental health in adolescence. The qualities that define good mental health are having satisfying relationships, being happy with one’s academic achievements, maintaining clear and achievable goals, being capable of delaying immediate gratification, making good choices, and resisting unhealthy peer pressure. Having a strong sense of self-esteem is especially highlighted: if you do not feel good about yourself, you are more likely to limit yourself and make bad choices. Each of the hallmarks is clearly demonstrated by real teens in a variety of settings, including at school, at home, and at play. The peer-to-peer approach focuses students’ attention on the key qualities that they should acquire as they make their way through adolescence.
HAND HYGIENE - DV0083
DVD color 10 min. 2003 Professional
This DVD is intended for those working in a health care setting. The importance of hand hygiene in controlling SARS, VRE, MRSA and the flu is covered. This program reviews techniques for hand hygiene, indications for hand hygiene and the methods to maintain hand skin health. The content in this video is consistent with the CDC's "Guideline for Hand Hygiene in Health-Care Settings". It includes animations of the skin barrier, interviews, and demonstrations.

HAND HYGIENE FOR HANDS THAT CARE (English/Spanish) (closed captioned) - DV0060
DVD color Eng-17 min., Span-17 min. 2003 Professional
This DVD is intended for health care workers. It covers CDC hand hygiene guidelines, dermatitis and hand hygiene, and hand hygiene standards. It explains the difference between skin decontamination and handwashing. It also gives time saving instructions for proper hand decontamination, and step-by-step instructions for proper handwashing. The DVD contains training points, bonus material for refresher or training talks, and a customizable PowerPoint™ presentation (DVD-ROM drive required).

HAND PROTECTION: LESSONS FOR A LIFETIME - DV1229
DVD 22 min. 2010 A
Viewers watch workers recount their gripping experiences with hand injuries and learn how their mishaps, involving tools, machines, ergonomics and electricity, occurred. Viewers learn about the different glove types, what they are, how they are used, and when they are used.

HAND WASHING: GET THE PICTURE - DV0068
DVD color 11 min. 2002 A, Professional
Journey through the hospital and see how, when and why hand washing is the single most effective way to prevent the spread of infections. This program is ideal for new employee orientation. It incorporates the use of hand gels and foams while reinforcing a facility’s exposure control plan.

HANDLE WITH CARE: PREVENTING FOODBORNE ILLNESS IN NURSING HOMES- DV0507
color 24 min. 1992 A
Part 1 (12 min.): Designed for use by nursing home administrators and medical directors. Focuses on the medical and scientific aspects of foodborne illness, such as causative agents of disease, symptoms and diagnosis. Also contains information on poor food handling practices that can lead to foodborne illness, and outlines methods of reducing the risk of outbreaks. Part 2 (12 min.) is targeted toward nursing home food service managers and workers. Focuses on poor food handling and kitchen practices that may contribute to foodborne illness, and the recommended practices that can be taken by foodservice managers and workers to reduce the risk of outbreaks.
HANDWASHING: PROMOTING A HEALTHY ENVIRONMENT - 5428
video 13 min. 1987 A
Designed for use in a health care facility, stresses the importance of handwashing. Explains that this helps control the spread of infection, provides a safe environment for patients and protects health care personnel as well.

HANDWASHING: YOUR HEALTH IS IN YOUR HANDS (closed captioned) - 6223
video 13 min. 1995 A, Professional
Shows health care workers how to protect themselves and their patients through proper handwashing procedures. Discusses how handwashing prevents the spread of infection, the proper water temperature, and the friction rub.

HANDWASHING FOR SCHOOLS: A CLEAN DEFENSE (English/Spanish) - DV0488
DVD color 12 min. 2006 A
This program shows how to protect yourself and others through proper hand washing procedures. It stresses the importance of hand washing, the proper water temperature, friction rub and preventing the spread of infection. Bonus features include an expanded leader’s guide and a customizable PowerPoint® presentation (DVD-ROM drive required for PowerPoint).

HAND, WRIST, AND FINGER SAFETY - DV1285
DVD 15 min. 2018 A
Your employees’ hands are their most valuable tool. Every day their hands, wrists, and fingers are exposed to many different hazards, including cuts, bruises, burns, and crushing injuries. To work safely, employees need to understand the hazards they could encounter in their workplace, and know the equipment and safe work practices they can use to prevent injuries.

HAPLESS HALL AND THE TEMPLE OF DOOM - DV0176
DVD 8 min. 1998 A
Using drugs and alcohol on the job or before driving is a big risk. Hapless Hal learns how consuming these substances can affect physical and mental skills.

HAPLESS HALL: NAIL AND STAPLE GUNS – DV0576
DVD 8 min. 1994 A
Hapless Hal returns to show viewers how not to use pneumatic nail and staple guns in this humorous Rambo spoof.

HAPPIER WOMEN: 25 WAYS TO REDUCE STRESS VIDEO CLIP COLLECTION (closed captioned) - DV0767
DVD 53 min. 2008 A
This collection of 25 video clips offers guidance, reassurance, and useful facts for busy women. Clips are an average length of 90 seconds. The collection contains clips on headaches, stress and diabetes, depression, burnout, sleep deprivation, commuting, high blood pressure, caregiving, weight control, happiness, smoking cessation, hair loss and clutter control.

HAZARD ALERT: LABORATORY SPILLS - 4798
video 11 min. 1985 A, Professional
Designed to give employees a knowledge of the clean-up and disposal procedures to be followed in the event of a small spill of acid, caustic, or flammable liquid in a laboratory setting. Awareness of potential hazards, location and proper use of safety equipment, clean-up material, and appropriate first aid procedures are emphasized.

HAZARD COMMUNICATION: CHEMICAL SAFETY IN LONG-TERM
CARE (English/Spanish) (closed captioned) - DV0761
DVD  15 min.  2006 A
This DVD introduces the basics of chemical safety and how healthcare workers can protect residents and themselves from hazardous substances found in long-term care facilities. It focuses on the Hazard Communication Program and specific physical and health hazards. It also covers the importance of labels and Material Safety Data Sheets, as well as what to do for safety and protection. Bonus features include a leader’s guide, quiz and a customizable PowerPoint® presentation (DVD-ROM drive required for leader’s guide and PowerPoint)

HAZARD COMMUNICATION FOR PUBLIC EMPLOYEES (English/Spanish) (closed captioned) - DV0710
DVD  18 min  2007 A
Viewers will learn how to work with hazardous substances safely. They will also learn about physical and health hazards, how exposure occurs, personal protective equipment, MSDS and chemical containers warnings and labels. This resource complies with OSHA standard 1910.1200.

HAZARD COMMUNICATION IN INDUSTRIAL FACILITIES - DV0875
DVD  20 min.   2013 A
This DVD introduces employees to the Hazard Communication regulations and provides training on the various groups of chemicals found in the industrial environment. Created specifically to assist industrial facilities of all types in complying with federal, state and municipal hazard communication regulations, the course addresses the major education and training requirements in these chemical hazard laws.

HAZARD COMMUNICATION IT'S YOUR RIGHT TO KNOW – DV0616
DVD color 19 min.  2004 A
This DVD provides information on the different categories of hazardous substances, the label hazardous materials need to display, proper hazardous chemical storage procedures, and how to remain in compliance with OSHA hazard communication standard 29 CFR 1910.1200. Viewers will learn about OSHA safety standards in approved labeling requirements, including: MSDS, NFPA and HMIS labeling formats.

HAZARD COMMUNICATION IN THE WORKPLACE - 6143
video  color  17 min.  1995 A
Defines hazardous materials and what is included in a written HazCom plan. Explains what labels must include, as well as material safety data sheets, what they include and how they are used. Discusses OSHA requirements.

HAZARD COMMUNICATION TRAINING FOR EMPLOYEES REFRESHER - DV0733
DVD  11 min.  2008 A
This DVD teaches workers about hazardous chemicals, routes of entry, chemical manufacturer labels, NFPA and HMIS labels, Material Safety Data Sheets (MSDS) and the written hazard communication program.

HAZCOM FOR HEALTHCARE: A GHS OVERVIEW - DV0931
DVD  16 min.  2013 Professional
Healthcare workers are excited and proud to care for patients and help them live long, healthy lives. Yet, in this same environment, caregivers can expose themselves and their patients to many chemical hazards. The Occupational Safety and Health Administration's (OSHA) Hazard Communication standard
has recently been enhanced with the Globally Harmonized System of Classification and Labeling of Chemicals (GHS). The new HazCom standard not only gives workers the right to know the chemicals and hazards they face, but the right to understand them and how to protect themselves from danger.

**HEAD LICE IN SCHOOLS: NO SMALL MATTER (English/Spanish) (closed captioned) - DV0487**
DVD color 13 min. 2008 A
This DVD explains who is at risk for head lice, how lice live and spread, their signs and symptoms and treatment and prevention. Bonus features include an expanded leader’s guide and a customizable PowerPoint® presentation (DVD-ROM drive required for PowerPoint).

**HEAD LICE TO DEAD LICE, REV. (English/Spanish) (closed captioned) - DV0489**
DVD color Eng 23 min., Span 23 min 2006 EL-I, A
This program combines animation and live action to educate children and parents about successfully preventing and getting rid of head lice. The Five Step Battle Plan includes the use of pediculicide and olive oil. It assures the parent and child that head lice are not life threatening and even persistent head lice infestations can be eliminated. Also provided is a professional nit picking demonstration.

**HEALING THE SPIRIT: TREATMENT OF DEPRESSION AMONG THE ASIAN ELDERLY (ENG/CANTONESE/MANDARIN /VIETNAMESE/TAGALOG/JAPANESE/KOREAN/CAMBODIAN/HINDI) - DV0847**
DVD 20 min 2005 A
Asian elderly women have the highest suicide rate of any group in America. One cause is depression. This DVD was produced to help families and caregivers learn about depression among Asian elderly, the symptoms and effects for Asians, and resources available to combat depression. This program profiles Chinese, Filipino, and Japanese American patients, their family members and social workers. Amy Tan, author of the Joy Luck Club, offers insights about her mother and grandmother who struggled with this disease.

**HEALTH INFORMATION MANAGEMENT TECHNICIAN (closed captioned) - DV0359**
DVD 24 min. 2007 SrH-A
This program looks at the specific duties of the Health Information Management Technician’s job, focusing on organizational and process-related skills. Responsibilities highlighted in the program include maintaining databases of medical records, complying with legal and ethical privacy guidelines, managing diagnostic and procedural codes, and producing reports for physicians to analyze. This DVD explains the steps to becoming a HIM technician. Special attention is given to the position of medical coder. (MEC)

**HEALTH NEEDS A HERO - DV0774**
DVD 79 min 2012 A
This documentary film, narrated by actor Edward James Olmos, takes an in-depth look at the childhood obesity epidemic and examines possible solutions. Nutritionists, educators and key
stakeholders issue a call-to-action for each of us to take personal responsibility in bringing about positive change. The film follows the journey of Ashley Castoreno, a recent graduate of an inner-city San Antonio, Texas high school, as she struggles to lose weight and become more physically fit.

HEALTHY CHILDREN, HEALTHY SCHOOLS - DV0033
DVD color 7 min. 2005 A
This program is intended for school board members and administrators. The commissioners of the Department of State Health Services, the Texas Department of Agriculture, and the Texas Education Agency prepared this presentation about the importance of each school district establishing and working with School Health Advisory Councils (SHACs). SHACs are formed to address the very serious health issues that affect today’s schools such as obesity. (DSHS)

HEALTHY EATING: NUTRITION AND EATING DISORDERS (closed captioned) - DV0763
DVD 24 min 2011 SrH-A
This program provides practical information on identifying signs of bulimia, anorexia, and binge eating. It emphasizes the importance of persuading those with eating disorders to seek professional help. Also available online.

HEALTHY EATING: NUTRITION AND WEIGHT MANAGEMENT (closed captioned) - DV0769
DVD 30 min. 2011 A
This DVD teaches that commitment, discipline, and attention to dietary details are necessary for weight loss. Focusing on bad eating habits as the main factor in America’s obesity epidemic, the program also cites lack of exercise along with cultural and technological issues. Viewers learn about body mass index, or BMI; the risks of being overweight or obese; ways in which healthy eating and exercise help to prevent a range of diseases; and the benefits of fiber, vitamins, minerals, and proper hydration. Students will also gain an understanding of calorie intake and expenditure using a simple formula. The USDA’s MyPlate food graphic and dietary guidelines are discussed as well.

HEALTHY EATING ON A BUDGET - DV0995
DVD 20 min. 2011 SrH-A
This program reviews the basics of healthy nutrition and gives lots of tips on how to feed a family plenty of fruits, vegetables, wholegrains, while minimizing saturated and trans-fat, and save money in the process. Tips for meal planning, shopping, and cooking are included.

HEALTHY EATING ON A BUDGET FOR SINGLES AND COUPLES - DV0992
DVD 19 min. 2010 A
Singles don't like to cook for themselves and couples wonder how they can take advantage of savings that seem geared to larger families. This program will help both shop for, prepare and enjoy healthy meals and still save money.

HEALTHY HABITS FOR LIFE: TEEN HYGIENE -DV0152
DVD 17 min. 2003 JrH
This program empowers students to take good care of their bodies. It models proper personal hygiene and the rewards of healthy habits in a way that is tactful and engaging. It is written to national health standards.
A HEALTHY LIVER, A HAPPIER LIFE - 6183
video color 11 min. 1993 SrH-A
Describes the care and functions of the liver. Stresses prevention of liver damage from viruses, drugs, alcohol and other chemicals. Emphasizes healthier lifestyle.

HEALTHY STEPS FOR TEEN PARENTS: PRENATAL CARE - DV0073
DVD color 25 min. 2001 SrH
Teen parents will learn what to expect physically, the importance of regular check-ups and proper diet and exercise. They will learn how to gather support to help with emotional stress and about the harmful effects of alcohol, drugs and smoking. The importance of staying in school is also discussed.

HEALTHY TEETH: A GUIDE FOR PARENTS OF PRESCHOOLERS – DV0535
DVD 26 min. 1993 A
Part 1 (11 min.) covers dental health for infants through age 2. Part 2 (15 min.) covers ages 3-6. Parents and caregivers of preschool children are given an overview of dental health. Includes the development of caries and the three main steps in prevention: baby bottle tooth decay; tooth development and eruption; teething; injury to teeth; effect of thumbsucking; nutrition in caries prevention; fluoride; sealants; and preparing a child for a first visit to the dentist's office.

HEALTHY YOU, HEALTHY BABY English-CD0009, Spanish-CD0027
2-CD-ROMs color 2003 SrH-A, Professional
Student version: Slide-show format includes information on preconception, pregnancy and newborn care. Includes games that emphasize the importance of this lifelong commitment. Educator version: Includes handouts, presentation ideas, and the student version.

HEPATITIS C: CAUSES SYMPTOMS, PREVENTION TREATMENT - DV1050
DVD 15 min. 2015 JrH-A
Hepatitis C is the most common blood-borne infection in the United States. Many young people are putting themselves at risk for this potentially fatal disease, primarily as a result of intravenous drug use but also because of tattoos performed by unlicensed artists, unprotected sex, and the sharing of razors and tooth brushes. The program details measures to prevent being infected and urges those who have put themselves at risk to get tested, especially because there is now a very effective treatment for the disease.

HEPATITIS C: STAYING WELL - DV1104
DVD 40 min. 2004 A
Offers an overview of hepatitis C and discusses how those with the virus can work to stay healthy and prevent transmission to others. Graphics illustrate the virus' effect on the body. Viewers learn how and why the virus disproportionately affects substance abusers and/or those in recovery.

HEARING CONSERVATION – BASIC TRAINING - DV0883
DVD 20 min. 2011
Hearing loss is easy to ignore; there is no pain, pressure, or bleeding as hearing loss from noise exposure occurs. It happens gradually and often is not noticed until it's too late. This program trains employees on the basic methods of protecting their ears from work-related hearing loss.
HEART AND LUNG SOUNDS FOR EMS - CD0028
CD-Rom 2002 Professional
This CD-Rom contains 34 heart sounds ranging from normal sounds and simple variations to Diastolic and Systolic Murmurs and 15 lung sounds ranging from normal to those obtained on lungs with fluid. The sounds are set against typical field noises.

HEART DISEASE AND DEPRESSION – DV0601
DVD color 30 min. 2008 A
While the physical consequences of heart disease are fairly well known, the mental ramifications are often overlooked. This program delves into the cause and effect of heart disease and mental health, and the potentially detrimental emotional aspects of medical illnesses.

HEART DISEASE RISK FACTORS: SECONDARY PREVENTIONS (closed captioned) - 7593
video 24 min. 2001 A
Helps patients who already have coronary artery disease minimize their chances of having a heart attack or stroke and improve their quality of life. Explains how to reduce risk factors such as smoking, high blood pressure, diabetes, excess weight, stress, and inactivity or lack of exercise.

HEART FAILURE MANAGING DAY TO DAY – (closed captioned)– DV0660
DVD color 18 min. 2011 A
This program helps patients understand that by becoming active participants in their heart failure management, they can feel better and do more. It recommends patients take their medications, reduce sodium intake, quit smoking, and stay active. It emphasizes monitoring for heart failure symptoms daily, recognizing flare-ups, getting emotional support, and planning for the future by filling out an advance directive.

HEARTS AND ARTERIES IN TROUBLE (rev.) - 6990
video 10 min. 1994 I-JrH
Shows the structure and function of various components of the cardiovascular system. Discusses such conditions as high blood pressure, arteriosclerosis, angina, blood clots, heart attacks and strokes. Shows how healthy lifestyles can prevent cardiovascular disease.

HEAT ILLNESSES
DVD-DV0177, VHS-6871
color 7 min. 1999 SrH-A
Overexposure to high temperatures and humidity can quickly lead to heat-related illness. Early recognition and proper treatment are necessary to help prevent a medical emergency. Through dramatic vignettes, the symptoms of heat illnesses are described, and the first aid measures that should be taken are demonstrated.

HEAT STRESS - 6018
video color 13 min. 1992 A
Heat stress and heat-related illnesses are more than just a problem of workers outdoors. Heat stress, heat exhaustion and heat stroke are described. Explains prevention of and first aid for heat related illnesses.

HEAT STRESS: DON’T LOSE YOUR COOL (English/Spanish) (closed captioned) - DV0059
DVD Eng-15 min., Span-15 min. 2000 A
This DVD provides information on sunburn, acclimatization, heat rash, exhaustion, stroke, fluid intake, eating habits, and clothing. The DVD contains training points, bonus material for refresher or training talks, a customizable PowerPoint™ presentation (DVD-ROM drive required for PowerPoint), additional training organized by learning objectives.
and a leader's guide. Web links to organizations such as OSHA, FEMA, NSC and the CDC have been added.

HEAT STRESS: STAYING HEALTHY, WORKING SAFELY - DV0461
DVD color 15 min. 2008 A
Viewers learn about the hazards of working in the heat and how to minimize those hazards. Simple steps to avoid heat exhaustion are explained. The symptoms and treatment of heat cramps, heat exhaustion and heat stroke are detailed.

HEAT STRESS: WORKING IN HOT ENVIRONMENTS - 7157
video 17 min. 1993 A
Shows many people at work outside in summer heat. Explains the body reactions to high heat levels. Discusses the symptoms and treatments of several heat-related disorders including heat exhaustion, heat cramps, and heat rash.

HELLO FAMILY! BECAUSE YOU'RE PREGNANT - DV0117
DVD color min. 2001 A
This DVD explains fetal development month by month. It includes descriptions of prenatal visits and common medical tests and procedures. It discusses the importance of good nutrition and a healthy lifestyle. It also describes the emotions, expectations and fears that come with pregnancy. The common discomforts and their remedies as well as signs of pre-term labor are listed.

HELLO FAMILY! STARTING OUT SAFE AND SOUND - DV0119
DVD color 38 min. 2000 A
This DVD provides a guide to infant health and safety for the first months of life. "Keeping Your Baby Healthy" describes the health screens and procedures in the birth setting, feeding cues, diapering, dressing, sponge bathing, and circumcision care. Gives a schedule of check-ups and immunizations and signs of illness. "Keeping Your Baby Safe" shows car safety practices, correct head support, recommended sleep position and SIDS prevention. "Making the Most of Your Last Trimester" explains how to select a pediatric provider and introduces breastfeeding.

HELLO IN THERE: UNDERSTANDING THE SUCCESS OF PERSON-CENTERED CARE - 6952
video 19 min. 1997 A, Professional
Intended for caregivers providing long-term care to seniors, in settings that are adopting or are already committed to a person-centered approach. Person-centered care is a nursing practice that emphasizes the challenges and rewards of relating to patients as whole people. Health care providers share their thoughts and experience in relating to their patients in this way.

HELPING AT HOME: LIFTING, MOVING, AND POSITIONING - 6414
video 12 min. 1995 A, Professional
Teaches the practical skills to provide safe, comfortable home care. Demonstrates to the caregiver how to assist with repositioning and sitting up in bed; transferring from bed to chair or wheelchair; using transfer aids; and how to maintain good body mechanics.

HELPING AT HOME: MEDICATIONS - 6417
video 12 min. 1995 A, Professional
Teaches the practical skills needed to provide safe, comfortable home care. Demonstrates how to read medicine labels; give injections and suppositories; administer oral and topical medicines;
keep medicines organized; and watch for side effects.

HELPING AT HOME: PREVENTING FALLS - 6415
video 12 min. 1995 A, Professional
Teaches the practical skills caregivers need to provide safe, comfortable home care. Demonstrates useful techniques including: inspecting the home for hazards; installing safety and mobility aids; using and maintaining wheelchairs and walkers; creating a safer home; and handling falls safely.

HEPATITIS B (closed captioned) - DV0211
DVD color 15 min. 2003 JrH-A
More than 80,000 North Americans will contract Hepatitis B in any given year and 5,000 will die from this STD due to chronic liver disease. Viewers learn how the virus is spread and how immunization can protect them over their lifetime. This DVD details the risk factors for acquiring Hepatitis B which are the same as other STDs. The unique risk factors associated only with the hepatitis B virus are also explained.

HEPATITIS C STAYING WELL – DVD – 1104; VHS- VC7862
DVD/video color 40 min. 2000 SrH-A
In this film, Dr. John Keppler offers a clear overview of the often misunderstood virus Hepatitis C, and discusses how those with the virus can work to stay healthy and prevent transmission to others. Dr. Keppler reminds the audience that Hep C "is not a death sentence" and it can actually be a positive - a motivating factor to stay in recovery from drug abuse. A bonus question and answer segment at the end rounds out the presentation with spontaneous answers to important and personal questions.

HEROIN RISING: CHEAP, ADDICTIVE, AND DEADLY (closed captioned) - DV0864
DVD 19 min. 2014 SrH-A
Teen heroin use is on the rise again. Heroin use can result in significant health problems including overdose and death; and, if sharing needles or other injection equipment, exposure to HIV, hepatitis C, and other diseases. This program interviews recovering teen heroin addicts to tell their cautionary stories. When, how and why did they start taking heroin? What damage did it do to their bodies and lives? How hard is it to stay clean? How many friends have overdosed on heroin? Drug abuse counselors add their advice and guidance on how to avoid this deadly drug.

HIGH BLOOD CHOLESTEROL (closed captioned) - DV0911
DVD 13 min. 2015 A
High blood cholesterol may contribute to heart attack, stroke, or peripheral artery disease. This DVD explains what cholesterol is, how it contributes to atherosclerosis throughout the entire circulatory system, the difference between LDL and HDL, and the treatment plan to reduce cholesterol levels. This plan may involve taking medications and making lifestyle change, including: eating healthier, increasing physical activity, and quitting smoking. The program shows people how to read the food label, and recommends they avoid saturated and trans fat, and eat more fiber. It explains that quitting smoking is the healthiest thing anyone can do for their health. It gives an overview of types of cholesterol lowering medication, the importance of taking it as directed, and common side effects.
HIGH BLOOD PRESSURE AN INTRODUCTION TO TREATMENT, 3rd ed. - DV0052; VHS-7592
DVD color 16 min. 2004 A
This newly revised video features the most recent blood pressure categories outlined by the National Heart, Lung, and Blood Institute, including the “prehypertension” level. It helps patients make a lifelong commitment to controlling their blood pressure through changing their lifestyle. The video gives patients the information they need to help them quit smoking, lose weight, reduce sodium, reduce alcohol consumption, and get more physically active. The video explains that in some cases patients may need to take medication. Possible side effects and tips for incorporating medication into a daily schedule are covered.

HIGH CHOLESTEROL: AN INTRODUCTION TO TREATMENT, 2nd ed. - DV0051
DVD color 14 min. 2005 A
After explaining what cholesterol levels mean, this program gives patients the basics of the treatment plan for high cholesterol. It covers both lifestyle changes and medications. This second edition includes the new food guide pyramid, fats, triglycerides, transfats, low fat substitutes, fiber, how to make healthier food choices and how to prepare foods. It also discusses quitting smoking, losing weight and increasing physical activity.

HIGH ON PAINKILLERS - DV1046
DVD 21 min. 2013 JrH-A
According to the Centers for Disease Control, prescription painkillers have surpassed car crashes as the leading cause of accidental deaths in the United States. Students learn the dynamics of painkiller addiction and abuse through the personal stories of teens who have been hooked on legal pain killers. Viewers learn how difficult it is for users to cope with withdrawal symptoms such as depression, anxiety, shakiness, and lack of energy.

HIGH ON SPICE - DV1054
DVD 14 min. 2011 A-Professional
In this program, viewers learn the dangers of a new banned drug called Spice or K2. Until December 2010, Spice was sold legally around the country as incense in convenience stores and on the Internet. This program lays out the truth about this unpredictable drug and its potential to cause great harm.

HIPAA COMPLIANCE AND HOME HEALTH AND HOSPICE CARE - DV0932
DVD 15 min. 2013 Professional
"The Health Insurance Portability and Accountability Act (HIPAA) has undergone several modifications since its enactment in 1996, from the Genetic Information Nondiscrimination Act (2010) to the HITECH Act. Recently, the Department of Health and Human Services issued the HIPAA Omnibus Rule to revise, enhance, and strengthen the HIPAA yet again. How does this new rule impact your compliance strategies? Update your training and give employees an overview of the HIPAA Omnibus Rule with HIPAA Compliance for Home Health & Hospice Care. This program reviews basic, unchanged requirements, qualified standards, and discusses critical changes on: The Minimum Necessary Rule, PHI Disclosure For Marketing And Fundraising, Breach Notification And Enforcement Rules, Scope Of Enforcement."
HIPAA FOR HEALTHCARE WORKERS - DV0857
DVD 18 min. 2014 Professional
This program describes the overall purpose and goals of the Health Insurance Portability and Accountability Act. It explains the role of the HIPAA advisory team as well as the role of the individual healthcare worker and five rules of administrative simplification.

HIPAA PRIVACY AND SECURITY IN DEPTH - DV0069
DVD color 28 min. 2005 A, Professional
This DVD covers the privacy rules that govern how medical information is protected, what medical information a patient can access, and how it must be obtained. The security rules also govern how the information is stored and secured and how protected health information (PHI) is transmitted and stored.

HIPAA PRIVACY COMPLIANCE SCENARIOS (English/Spanish)(closed captioned) - DV0061
DVD color Eng-18 min., Span-18 min. 2004 A
This DVD covers the basics of the HIPAA Privacy Rule and shows examples of what is necessary to comply. It uses specific scenarios to illustrate privacy do's and don'ts. It explains incidental use and disclosure, permitted use and disclosure, when authorization is required, and notice of privacy practices. The DVD contains training points, bonus material for refresher or training talks, and a customizable PowerPoint™ presentation (DVD-ROM drive required).

HIPAA RULES & COMPLIANCE - #4-20 - revised 5/2019

HIPAA: PRIVACY IN HOME HEALTH CARE (English/Spanish) (closed captioned) - DV0405
DVD color 17 min. 2003 A, Professional
This DVD will help home health agencies in complying with HIPAA's privacy rule. Viewers will learn the definition of protected health information (PHI). They will also learn when they are permitted to use or disclose it. Patient’s rights over their PHI are detailed along with the penalties for those who violate the HIPAA standards. Bonus features include an expanded leaders guide, a quiz, and a customizable PowerPoint® presentation (DVD-ROM drive required for PowerPoint).

HIPAA: PRIVACY IN LONG TERM CARE (English/Spanish)(closed captioned) - DV0320
DVD color 20 min. 2003 A, Professional
This program covers Protected Health Information (PHI) disclosure; administrative and physical safeguards; physical access controls; device and media controls; transmission safeguards; incidental disclosures and security breach prevention.

THE HIPAA RULE: HEALTHCARE, PRIVACY, SECURITY, AND ENFORCEMENT - DV1246
DVD 17 min. 2013 Professional
This video reviews the main points of the HIPAA privacy & security rule, including modifications made by the HITECH Breach Notification Rule. Viewers learn who must comply with HIPAA. They also become familiar with strategies for applying the rule and the definition of Protected Health Information (PHI). The Genetic Information Nondiscrimination Act (GINA) is reviewed. Health care staff must de-identify health information.
This DVD gives employees an overview of the HIPAA Omnibus Rule with HIPAA rules and compliance. This program reviews basic, unchanged requirements, qualified standards, and discusses critical changes of the minimum necessary rule, PHI disclosure for marketing and fundraising, breach notification and enforcement rules, and scope of enforcement.

**HIV/AIDS: IT'S STILL A BIG DEAL - DV0942**
DVD  20 min.  2013 JrH-A
Medical experts working on the front line of HIV-AIDS treatment and research are candid about ways the disease is transmitted. Young women and men living with the HIV virus candidly discuss how they contracted the disease and the social, emotional, and financial impact it has had on their lives. Viewers will come to understand the HIV-AIDS virus, how it’s contracted, and how to avoid getting it. The disc menu offers an option for viewing a version of the program created for those older than 34 years old.

**HIV AIDS WHAT CAREGIVERS NEED TO KNOW (English/Spanish) (closed captioned) - DV0064**
DVD  Eng-16 min.  Span-16 min.  2003 Professional
This DVD gives a definition of HIV, explains when HIV becomes AIDS, details the symptoms, types of exposure and standard precautions.

**HIV AND AIDS: STAYING SAFE (closed captioned) - 7548**
video  15 min.  2001 I
Designed to give a basic understanding of HIV and AIDS for grades 4-6. Uses animation to illustrate the impact of the HIV virus on the immune system. Identifies means of transmission and risky behaviors that could lead to infection with HIV.

**HOME HEALTH CARE ABUSE AND NEGLECT - DV1284**
DVD  12 min.  2018 A
Learning to recognize elder or child abuse and neglect is a very important and unfortunate part of being a Home Health Care Worker. It can be hard to spot the more subtle forms of neglect and abuse and many cases go unnoticed or unreported. Help train your Home Health Care Workers so they will know what to do in these situations. This video comes with both English and Spanish on one DVD.

**HOOKED ON PAINKILLERS - DV1244**
DVD  30 min.  2015 SrH-A
This program from England investigates the increasing number of opioid painkillers being prescribed by family doctors, with one leading pain specialist now seeing patients at pain clinics on doses well above the amount believed to be effective. The rise in the use of these painkillers, which come from the same chemical family as heroin, could be putting these patients at higher risk of side effects, including addiction, with potentially little effect on their chronic pain. The film makers travel to Kentucky to look at the effect opioids have had on areas there, finding that many people are abusing prescription medications. They also meet a person who became addicted after being prescribed opioids following surgery.

**HOSPICE AND ALZHEIMER'S DISEASE - DV0961**
DVD  17 min.  2012 A-Professional
More and more families are considering hospice as an excellent option to provide end of life care for Alzheimer’s patients. This program, through a series of interviews with Gilchrist hospice staff, explores how hospice philosophy and
services relate to the special needs of the Alzheimer's patient and family. Threaded through the program is one family's experience, presented in a discussion guided by Dr. Rabins with a family caregiver. Content includes: how the hospice decision is made; the benefits received by the patient once the decision is made; special considerations for the Alzheimer's patient; advance directives and treatment limitations; comfort care; and the support hospice provides to family members.

**HOSPICE: CARING INSTEAD OF CURING - 6186**

video 20 min. 1994 A, Professional Explains how a hospice works and the roles of the hospice nurse, social worker, family counselor, home health aide, hospice volunteer, and hospice chaplain. Covers pain management, special hospice housing and care centers for AIDS patients and grief support. Describes one family’s experience with hospice care and how the hospice team deals with the continuing cycle of death and loss.

**HOSPICE SERVICES IN LONG-TERM CARE - DV0879**

DVD 16 min. 2006 Professional More and more long term care facilities are offering the option of special end of life care to residents by establishing relationships which bring hospice staff and philosophy into the nursing home. Find out how residents and their families benefit, how the process works, and the positive impact this collaboration provides for everyone. This DVD includes interviews with members of the Gilchrist Hospice team who regularly provide care in nursing homes. They discuss the one-on-one care they are able to give residents, how hospice is able to support families, and their role in educating staff on pain management and accommodating end of life wishes.

**HOSPITAL TO HOME - DV0237**

DVD 33 min. 2004 SrH-A New parents will learn when to call their health care provider, the importance of support, facts about lochia, pain management, the risk of infection, perineum and hemorrhoid healing, post-partum depression, baby care, umbilical cord and circumcision care, SIDS safety, car seats, and more.

**HOW ADDICTION HIJACKS THE BRAIN - DV1194**

DVD 24 min. 2016 SrH-A This program drives home the message that drug addiction is a disease of the brain and that teens are at highest risk for acquiring this disease. Leading scientists detail how drugs like heroin, nicotine, cocaine and marijuana change the brain, subvert the way it registers pleasure and corrupt learning and motivation. Young recovering addicts describe how addiction involves intense craving for a drug and loss of control over its use. Viewers also learn that the brain’s plasticity, or ability to change, offers hope for addicts that they can turn their lives around.

**HOW COULD THIS HAPPEN? TRUE STORY BINGE DRINKING & DEATH - DV1040**

DVD 18 min. 2013 JrH-A This program gives students a close up look at the story of Molly Amman, a vivacious nineteen-year-old, straight-A student who died of acute alcohol poisoning in 2011. Through emotional interviews with family and friends, viewers see how one episode of binge drinking can kill.

**HOW I STOPPED DRINKING - DV1143**

DVD 27 min. 2012 A A follow-up to "What Made Me Stop Drinking", this program investigates how those same people, recovering alcoholics,
actually managed to stop drinking. They took different routes and found their own sources of support. The central message of this program is that it is possible to stop and to rediscover life without alcohol.

**HOW MUCH SHOULD I EAT (closed captioned) - DV0227**
DVD color 21 min. 2007 SrH-A
We live in a super-sized world. Our perception of what is an appropriate serving of food is distorted. How much we eat threatens our health. This program helps viewers develop portion awareness so that they take control of their own nutrition. Viewers will learn to replace super-sized meals with appropriate ones.

**HOW TO COMMUNICATE WITH A PERSON WHO HAS ALZHEIMER’S OR RELATED DEMENTIA VOL. 3 - DV0149**
DVD 30 min. 2001 A, Professional
This DVD program defines Alzheimer’s Disease and its effects and teaches communication techniques that can bring a higher quality of life both to the person who has Alzheimer’s and to the caregiver. Topics covered include repetitive questions, doing chores, aggressive behavior, answering difficult questions, and the use of language and other forms of communication.

**HOW TO END UNHEALTHY RELATIONSHIPS - DV1278**
DVD 16 min. 2016 SrH
This program offers teens insight on how to honestly assess the health of relationships particularly romantic relationships and intense friendships, and then presents concrete steps to help viewers end unhealthy relationships.

**HOW TO MEASURE VITAL SIGNS (closed captioned) - DV0897**
DVD 37 min. 2010 Professional
This program explains how to take a temperature reading, measure blood pressure, assess pain, and weigh patients.

**HOW TO STAY SAFE DVD-DV0432, VHS-7945**
color 24 min. 2006 P-El
The “Safe and Sound,” game show is the setting for this program that teaches youngsters how to stay safe. On-stage contestants answer questions in four key safety categories: Safety at Home, Safety Outdoors, Personal Safety, and Safety and Strangers. Viewers are encouraged to play along to test their knowledge. They will recognize the importance of: thinking before they act; evaluating if a situation is safe or unsafe; using common sense; and understanding what makes someone a “stranger”. From using matches to eating berries off a bush, from taking someone else’s medicine to walking over to a car to give a stranger directions, this program will teach children to avoid unsafe situations.

**THE HUMAN EAR - M0006**
Model color 1995 El-A
A model of the human ear enlarged approximately five times normal size.

**THE HUMAN EYE - M0005**
Model color 1995 El-A
A model of the human eye enlarged approximately three times normal size.
THE HUMAN HEART MODEL - M0004
Model color 1995 El-A
A model of the human heart about 3/4 normal size.

HUMAN REPRODUCTIVE SYSTEM - DV0103
DVD color 22 min. 2004 SrH
When humans are born, all of the parts of the reproductive systems are in place, but we are not able to reproduce until puberty causes our bodies to undergo drastic changes. Viewers will learn about GnRH, the hormone that initiates these changes, and understand why puberty happens to some people at nine and to others at fifteen. The names of the various parts of the male and female reproductive systems are explained. This DVD shows what the individual organs look like and where they are located. The functions of each organ in the reproductive system are explained.

HUMAN SKELETAL SYSTEM - DV0110
DVD color 23 min. 2004 SrH
Viewers will learn how skeletons support the human body, protect organs, aid in movement, produce blood cells, and store important minerals.

HURRICANES, TORNADOES, AND FLOODS - 6206
video color 16 min. 1996 A
Describes disaster procedures before, during, and after the disaster. Distinguishes between disaster watches and warnings. Explains what emergency supplies are needed. Stresses the importance of drills and staying informed.

HYPOTHERMIA - 7265
video 6 min. 1998 A
Intended for employees who must work in prolonged cold temperatures. Statistics show that most cases of hypothermia occur between 30 and 50 degrees Fahrenheit. Describes the early warning signs and explains the precautions for an employee to take including proper cold-weather personal protective equipment.

I CHOSE TO LOOK THE OTHER WAY (closed captioned) - 7569
video 12 min. 2002 A
Designed to show employees the consequences of “looking the other way” when seeing someone commit and unsafe act at work.

I'LL BE THERE FOR YOU - DV0955
DVD 29 min. 2013 Professional
This new, chaptered DVD shows how to make a hands-on shift to person-centered dementia care that engages the whole person and creates a support system based on each resident’s needs and preferences. From natural wake-ups to music therapy, the DVD looks at the benefits of involving residents in their care as much as possible, finding ways to help them to continue living life the way they prefer as much as possible, and engaging them in personalized activities that boost self-esteem and interaction. It also empowers nursing assistants to act upon (and communicate to other team members) their first-hand knowledge of each resident to ensure a better understanding of their care needs.

I REMEMBER BETTER WHEN I PAINT: TREATING ALZHEIMER'S THROUGH THE CREATIVE ARTS - DV1308
DVD 55 min. 2009 A
This internationally-filmed DVD documents the use of creative workshops, artistic expression classes, and trips to the museum as an effective therapy for persons with dementia. As it explains what happens in the brain of a person with Alzheimer’s and highlights research, it shares real examples of persons with Alzheimer’s who “come back to life”, and experience elevated self-
esteem and positive mood changes when engaged in art and other creative outlets.

I SHOULD HAVE WAITED (closed captioned) - DV0162
DVD color 27 min. 2005 JrH-A
Under constant pressure from peers and the media, one of the biggest decisions a teen has to make is whether or not to have sex. Without preaching, this program presents arguments against having sex too early. This fictional drama follows the character of Lisa as she responds to the advances of Jason. Lisa has sex with Jason. The next day he is on to someone else, leaving Lisa to face the risks of possible pregnancy, STD’s and HIV. She realizes that one night with Jason may have affected the rest of her life. Lisa acknowledges lessons learned and arrives at a hard new resolution.

I SPOT SOMETHING HOT! (English/Spanish)- DV0677
DVD  25 min. 2010  K-A
These programs help teach preschoolers and their families about fire and burn safety. Parents and their children can watch the segments with Rover the Home Safety Hound and Freddie Flashlight together. The DVD contains the following segments: I Spot Something Hot (8:30) Animated characters Rover and Freddie teach children to stay away from things in the home that can be hot and hurt; I Spot Something Hot Song Track (1:20); Family Fire Drill (3:00) a family learns to make home escape maps and perform family fire drills; Cause for Alarm Will Smoke Detectors Wake Your Kids (5:40) NBC's TODAY Show segment about kids sleeping through smoke alarms, and how parents should plan for it; Can You Stop Children from Playing with fire (5:56) NBC's TODAY Show segment showing why parents should lock up matches and lighters. The TODAY show segments should not be shown to children.

IF IT HAPPENS TO YOU: DEALING WITH ABUSE - DV0406; VC7942
DVD color 20 min. 2006 I
This program talks to upper elementary-aged children about abuse. Sensitive, age-appropriate scenarios explore three types of abuse: physical, verbal and sexual as seen though the eyes of children. Viewers learn that victims of abuse are not responsible for causing it. They must tell an adult they trust what is happening and continue on telling until someone takes action to stop it. Whether it’s a father who gets angry and physically hurts a child, a grown-up who uses words to continually make a youngster feel worthless or a person who touches the private parts of a child’s body, this program will encourage and empower youngsters who are the victims of abuse to speak up and get help.

I’M NOT A BABY ANYMORE: TIPS FOR FEEDING TODDLERS - English/Spanish/Vietnamese (closed captioned Spanish/Vietnamese) - DV0101
DVD Eng 11 min. Span 11 min. Viet 11 min. 2004 A
This program is in English with captions in Spanish and Vietnamese. It is designed to educate parents about the importance of feeding toddlers a healthy, delicious, and varied diet. Viewers will learn which foods, and how much, make up a well-balanced toddler diet. They will also learn about mealtime dos and don'ts, the best way to introduce new foods, and which beverage choices are the healthiest for toddlers. Interviews with three moms from diverse cultural backgrounds are woven throughout the video.

IMPACT OF STRESS, EXERCISE, AND LIFESTYLE ON THE IMMUNE SYSTEM - DV1265
DVD  24 min.  2008 A
Professor Connie Rogers lectures on the components of the immune system. Professor Rogers defines the basic cell types of the immune system and explains their function. She talks about the specific effect of stress, exercise, and lifestyle on the immune system and provides guidelines for incorporating exercise and healthy lifestyle practices into daily life.

IN THE HEAT OF THE MOMENT: MAKING DIFFICULT DECISIONS ABOUT SEX - DV1279
DVD 16 min.  2018 A
College students and older teens are confronted with difficult and complex choices when it comes to making important sexual decisions. This program features real people in their late teens and early twenties describing their personal experiences with issues such as communication and consent. The program is divided into 3 sections: Are you ready? Is your partner ready? and Consenting or not consenting. This program should be previewed before showing.

INFANT AND TODDLER EMERGENCY FIRST AID VOL. 1 (English/Spanish) - DV0298
DVD color 43 min. 2006 A
This program deals with the most common childhood accidents: cuts, fractures, burns, eye injuries, bites and stings, heat exhaustion and more. It also covers how to childproof a home.

INFANT CAR SEAT SAFETY - DV0917
DVD 15 min.  2013 SrH-A
Car seats save lives and prevent injuries, but only when they are used correctly on each and every trip. This how-to guide for infant car seat safety exposes four common mistakes in car seat usage and how they can be avoided.

INFANT CUES: A FEEDING GUIDE - DV0236
DVD color 10 min. 1997 SrH-A
Non-narrated, open captioned in English and Spanish with music background. Topics included and demonstrated with several infants and mothers are: proper positioning of the infant for breastfeeding; waiting for the wide mouth; correct attachment; nursing; coming off; and signs of satiety.

INFANT TODDLER EMERGENCY ILLNESSES VOL. 2 (English/Spanish) - DV0299
DVD color 48 min. 2006 A
This DVD explains what to do when your child is confronted with fever, poisoning, seizures, dehydration, croup, choking and more. A review of the American Heart Association CPR guidelines for both infants and toddlers is included.

INFECTION CONTROL - DV0307
DVD color 31 min. 2006 Professional
This DVD covers the chain of infection; techniques for medical asepsis; hand washing; personal protective equipment; standard precautions and isolation.

INFECTION CONTROL: BAG TECHNIQUE - DV0933
DVD 14 min. 2009 Professional
"Infection Control: Bag Technique surveys a range of infection control measures such as bag preparation and transportation, work area strategies, hand hygiene, PPE, and procedures for clean-up and disposal. This important training program will teach your staff: The Importance Of Bag Preparation, Prevention Of Contamination, Segregation Of "Clean" And "Dirty" Areas, Proper Cleanup And Disposal Measures."

INFECTION CONTROL ESSENTIALS EVERY ACTION COUNTS - DV1339
This DVD gives viewers the information they need to avoid MRSA, VRE, BBPs, and other HAIs. It explains how infection spreads, sources of infection, factors and susceptibility. It teaches about standard precautions, hand hygiene, and personal protective equipment.

**INFECTION CONTROL FOR BUSINESS**  
**CD0025**  
CD-Rom  2008 A  
Users will learn how people get diseases and ways to prevent their spread in the workplace. This CD-Rom provides information about bloodborne pathogens, handwashing, the flu and personal protection from diseases. It contains power point presentations, handouts and posters.

**INFECTION CONTROL IN LONG TERM CARE**  
**DV1294**  
DVD  15 min.  2014 Professional  
This program provides healthcare professionals working in long term care with background information on the development of infection control techniques, and reviews the fundamentals of pathogen transmission, which serves as the basis for strategies to interrupt that transmission.

**INFECTION CONTROL IN LONG TERM CARE: PROTECT YOUR RESIDENTS, PROTECT YOURSELF**  
**DV1223**  
DVD  23 min.  2010 Professional  
This program can help your staff keep residents in long-term care facilities infection-free. It covers the identification of common infections, factors that increase susceptibility, and various practices that can help control and prevent disease.

**INFECTION CONTROL IN LONG-TERM CARE: SAFEGUARDING YOUR ENVIRONMENT**  
**DV1345**  
DVD  33 min.  2017 Professional  
This program defines the risk imposed by infectious diseases, explains infection control procedures and describes procedures staff and caregivers must take to ensure safety for themselves and their residents.

**INFECTION CONTROL IN THE HOME SETTING**  
**DV1286**  
DVD  25 min.  2013 Professional  
This program explains how to manage laundry, dispose of waste, and use disinfectant to prevent the spreading of infection in a client’s home.

**INFECTION CONTROL SKILLS FOR THE CARE PROVIDER**  
**DV0563**  
DVD   color   17 min.  2009 A  
This program covers standard precautions, transmission-based precautions, hand hygiene practices, use of protective gloves, use of a protective gown, handling infectious waste, handling linen and cleaning a blood spill.

**INFECTION PREVENTION AND CONTROL FOR HEALTH CARE CLINICS**  
**7193**  
video  15 min.  1997 Professional  
Explains how pathogens can cause infections and reviews common pathogens. Lists the body fluids that most often carry pathogens and the five ways of transmission. Covers the prevention of the spread of infection with special emphasis on handwashing, surgical glove removal, cleaning spilled
blood and fluids, and linen and sharp disposal.

**INFECTION PREVENTION FOR GENERAL ORIENTATION: THE ONGOING CHALLENGE - DV0977**

**DVD 17 min. 2008 Professional**

This DVD teaches healthcare staff about healthcare-associated infections (HAI), multiple-drug resistant organisms (MDRO). It also explains the chain of infection (how infections are acquired and pathogens spread). It clarifies standard precautions, as outlined by the CDC including: hand hygiene, personal protective equipment (PPE), environmental cleaning and disinfection, cleaning and disinfection of patient care devices and equipment, cough etiquette and respiratory hygiene. It covers bloodborne pathogens and safe injection practices as required by OSHA. Viewers will learn about transmission-based precautions, as outlined by the CDC including: airborne precautions and tuberculosis, droplet precautions, contact precautions, and the protective environment. Viewers are encouraged to get the influenza and hepatitis B vaccination.

**INFLUENCES ON THE HEALTH OF INDIVIDUALS (closed captioned) - DV0871**

**DVD 18 min. 2010 SrH**

This program was filmed in Australia. It explores the determinants of health or influences on health through practical examples over different life stages in today's society. It explains how health can be determined by a range of individual, social, cultural, environmental, and lifestyle factors that are dynamic and interrelated. We conclude by highlighting education and awareness as the greatest influences on our health and the decisions we make.

**INHALANTS: NO HUFFING - DV1080**

**DVD 24 min. 2006 SrH - A**

After one friend dies, three teens must choose to save another friend whose life is in danger from huffing. They fear being labeled a "snitch" if they try to get help for their friend.

**INJURIES DON'T TAKE HOLIDAYS - DV0281**

**DVD 23 min. 2004 A**

EMT/firefighter/author Martin Lesperance discusses the safety precautions people must take during the holidays to prevent injury or death. Lesperance explains what happens during a residential fire. He reviews the fire hazards posed by holiday cooking, candles, Christmas trees and careless smoking. Viewers are reminded of the importance of smoke detectors and seatbelts. He talks to the audience about the dangers of alcohol during the holiday season.

**INSIDE OUTSIDE: BUILDING A LIFE AFTER THE HOSPITAL - DV1015**

**DVD 70 min. 2004 A**

The film depicts the lives of 8 people with significant histories of institutionalization as they transition from facilities into the community. The film's clear message is that recovery and life are available for even the most impaired.

**INSIDE THE TEENAGE BRAIN - DV0244**

**DVD color 60 min. 2004 A**

Experts are exploring the recesses of the brain and finding explanations for why adolescents behave the way they do. These discoveries can change the way we teach, or perhaps even understand, teenagers.
INSTRUCCIONES MÉDICAS ANTICIPADAS (SPANISH) - DV0310
DVD color 14 min. 2006 A
This program, the Spanish language version of Advanced Medical Directives Something to Think About DV0309, poses questions that will help everyone be specific about the personal care they desire at the end of life. It clearly explains the difference between a Living Will and Durable Power of Attorney for Healthcare, and mentions many of the decisions that must be made including resuscitation, tube feeding, and pain relief options.

INTIMACY SEXUALITY AND AGING - DV0314
DVD 27 min. 2002 A, Professional
Love, intimacy, communication, and sexual expression are affirmations of our being human. Physical and emotional bonding with another human being is both natural and essential. It is a true confirmation of life and living and a vital part of our existence as we age. This DVD provides information relating to intimacy, sexuality and aging.

INTO THE OTHER LANE: DRIVING AND DEMENTIA - DV0669
DVD 56 min. 2010 A
This two-part program presents a compassionate, yet realistic, portrait of the many issues faced by persons with dementia and their caregivers when a decision has to be made about giving up driving. In the first part of the program, viewers see the real-life stories of five people with dementia who can no longer drive. In the second part, experts offer advice on how to talk to family members about not driving.

INTRAVENTOUS THERAPY: BASICS AND VENIPUNCTURE - DV1295
DVD 26 min. 2016 Professional
This program describes the basics of intravenous (I.V.) therapy and demonstrates the correct technique for performing a venipuncture to initiate intravenous therapy.

INTRODUCTION TO DIABETES: THE GAME PLAN – DV0705
DVD 13 min. 2009 A
In this program, a likeable coach invites patients to play an active role in the diabetes management team. He explains that diabetes is manageable and that by working with the healthcare team people with diabetes can develop a personal plan to successfully manage their diabetes for a lifetime. This DVD covers the basics of the game plan: eat right, exercise, take medications, monitor blood glucose, and keep healthcare appointments. The coach goes on to explain that without good diabetes management, high blood glucose can cause damage throughout the entire body.

INTRODUCTION TO FOOD SAFETY: EMPLOYEE HEALTH AND HYGIENE - 4930
video color 24 min. 1991 A
Explains how people become ill from foodborne illness, and the major factors contributing to this illness. Emphasizes that good personal hygiene is important for sanitary conditions. Demonstrates proper handwashing techniques, and explains proper use of plastic gloves. Explains the proper condition for clothing worn in a foodservice operation and why hair restraints are important. Differentiates between sanitary and unsanitary personal habits of foodservice workers, and covers how smoking, eating, gum chewing, and wearing jewelry can contaminate food.
INTRODUCTION TO GHS - DV0873
DVD 19 min. 2012 A
Created specifically to assist facilities in complying with the employee training requirements of OSHA's newly adopted GHS regulations, these products discuss the Globally Harmonized System for the Classification and Labeling of Chemicals. This program will review what the Globally Harmonized System is all about, why OSHA adopted the GHS, and the phase-in dates for implementing the GHS.

INTRODUCTION TO HEART DISEASE RISK FACTORS - DV0053
DVD 14 min. 2001 A
Updated to follow the new National Cholesterol Education Program guidelines, this video helps patients see the importance of knowing their individual risk factors. It explains that the more risks they have the greater their chances of heart attack or stroke. It helps motivate patients to make minimizing risks a goal. The video then details what they can do to reduce each risk and shows that by controlling certain risk factors they can reduce their risk of others. A variety of people with heart disease share their own experiences throughout the video.

IS IT THE RIGHT TIME: THE NURSING HOME DECISION - DV1198
DVD 13 min. 2010 A
The family of a woman with Alzheimer’s disease struggles with the decision to place their loved one in a long term care facility. The family members participate in a social worker-facilitated discussion of how the decision was made and how the communication regarding the decision might have been better handled.

IS MRS. JONES OKAY?    DV1208
DVD 19 min. 2010 SrH-A
When staff members look in on a resident, how do they determine whether the resident is truly okay? This DVD identifies what to do and look for when performing routine resident checks. It encourages taking time to look, listen, ask questions, take vital signs, and document any mental or physical changes that may signal a change in health status. The ‘checklist’ of areas to consider include: skin color, facial expressions, body positioning, body temperature, respiratory rate, and blood pressure. The video also discusses the importance of knowing each resident and looking for communication cues from residents who are non-verbal or have dementia, so the caregiver is equipped to recognize the onset of any potential health problems.”

IS YOUR CHILD’S LIFE WORTH TEN MINUTES SAFETY A POOL OWNER’S VISUAL GUIDE - DV0329
DVD 12 min. 2005 A
This presentation, created for pool owners, guides the viewer through the critical steps that they must know to prevent or respond to a water emergency. Adults are cautioned to always supervise children. They are encouraged to take preventative measures such as installing a pool fence, maintaining drain covers and using home alarm and door locks for the doors leading to the pool.

IT’S ABOUT RESPECT: RECOGNIZING HARASSMENT IN A DIVERSE WORKPLACE - DV0849
DVD 19 min. 2013 A
This program is set in an office environment and uses humor to expose typical hostile environment scenarios. Dramatized re-enactments with characters who have been harassed, often innocently, effectively portray the
target's perspective. It defines harassment and explains harassment based on sex, age, appearance, national origin and religion. Viewers get advice on what to do if they are being harassed.

**IT'S DENTAL FLOSSOPHY, CHARLIE BROWN - 4015**
video color 5 min. 1979 P-A
Charlie Brown and the gang learn how to use dental floss properly. Animated.

**IT'S YOUR BACK DON'T BREAK IT: BACK SAFETY FOR HOME CARE WORKERS (English/Spanish)(closed captioned) - DV0656**
DVD color 20 min. 2008 A, Professional
Designed specifically for home care workers, this program explains how to lift and move patients safely. It also describes how employees can protect their backs with good posture, diet and exercise. Bonus features include a leader’s guide, quiz and a customizable PowerPoint presentation (DVD-ROM drive required for leader’s guide and PowerPoint).

**JODY SAYS, LOVE YOUR TEETH English-K0001**
Kit w/video color 14 min. 1991 K-P
Introduces dental health to very young children. May be used for hearing impaired preschoolers. Includes a 14-minute video, storybooks, puzzles, teacher workbook, Jody Coyote hand puppet with extra teeth and adhesive dots, large toothbrush and mouth model, dental office items.

**JOURNEY THROUGH THE SHADOWS - DV0929**
DVD 50 min. 2011 A
Death by suicide deeply affects the lives of those who are left behind by the one who has died. With so much pain and sorrow it is difficult to know how to navigate these changes. This DVD offers encouragement and support to survivors who are both grieving a loved one's death by suicide, and wondering why it happened at all. Advice from experts and family members who have walked this path combines with resources that teach friends how they can help.

**JOHNNY LINGO - 4167**
video color 27 min. 1969 JrH-A
Building self-worth in others is a challenge assumed in this presentation, which is the story of a shrewd Hawaiian trader who paid eight cows (a great price) for Manana, the bride, who is considered worthless by her father.

**JOINT REPLACEMENT – DV0603**
DVD color 30 min. 2008 A
A panel of orthopedic experts and health care providers explore the causes and symptoms of deterioration of major joints, as well as a wide range of treatments including joint replacement.

**JOSHUA AND THE BLOB – DV0584**
DVD color 14 min. 2006 El-A
This wordless animated program deals with the effect of external influences on a person's thoughts and behavior by telling about a person who reacts in various ways to a creature he does not understand. It shows that as his knowledge increases, his behavior is more effective and his reactions more positive.

**JOSHUA AND THE SHADOW – DV0583**
DVD color 14 min. 2006 El – A
This wordless animated program deals with the way people react to themselves by telling a story about a man who reacts to his shadow in many ways, from avoidance to aggression, until he discovers light, a tool with which he can control his shadow.
JOSHUA IN A BOX – DV0585
DVD color 14 min. 2006 El-A
This wordless animated film uses the situation of a boy being trapped in a box as a basis for a study of people’s needs, emotions, and values.

JOURNEY THROUGH THE SHADOWS - DV0929
DVD 50 min. 2011 A
Death by suicide deeply affects the lives of those who are left behind by the one who has died. With so much pain and sorrow it is difficult to know how to navigate these changes. This DVD offers encouragement and support to survivors who are both grieving a loved one's death by suicide, and wondering why it happened at all. Advice from experts and family members who have walked this path combines with resources that teach friends how they can help.

JUULING AND VAPING: WHAT THE RESEARCH REVEALS - DV1349
DVD 22 min. 2018 JrH-A
The CDC reports that the number of teenagers who are currently vaping and Juuling is climbing exponentially. An entire generation of teens is at risk of becoming addicted to nicotine and exposing themselves to known carcinogens. They are more likely to substitute cigarettes when they are unable to vape. We don’t yet understand the true effects of vaping on short and long-term health. Vaping or Juuling (smoking the most popular brand of flavored vape) has become cool, accessible, and a very big problem.

JUNGLE JIVE: THE ADVENTURES OF ZOBEY (English/Spanish)(closed captioned) - DV0568
DVD 26 min. 2011 K-P
Young children take a trip to the jungle with Zobey, the lovable furry purple alien, in his latest adventure with his friends Elephant, Monkey and Lion. This program is designed to encourage children to be physically active. Parents and caretakers are encouraged to be physically active along with their children. The DVD includes nutrition tips and recipes.

JUNK FOOD WARS (closed captioned) - DV0108
DVD color 30 min. 2005 SrH
This program shows how to defend against the dangers of junk food. Discussions and dramatizations provide information on the new 2005 food pyramid, the different kinds of fats and sugars, how to read ingredients labels, and how to control what foods are available. Commentary from nutrition and food policy experts reinforces the message. This program also sheds light on junk food packaging and advertising tactics.

JUST AROUND THE CORNER FOR BOYS - DV0296
DVD color 10 min. 2000 I
This DVD helps younger elementary-level boys know what to expect during puberty with an upbeat look at the changes they're about to experience. Featuring two fourth-grade boys, animated figures, and an easygoing teenage brother, the program covers when to anticipate the onset of puberty, the physical and emotional changes that occur, and maturation of the male reproductive system. Other topics include voice change, feelings of physical awkwardness, nocturnal emissions, and
the importance of good hygiene and healthy habits.

JUST AROUND THE CORNER FOR GIRLS - DV0297
DVD color 10 min. 2000 I
This program clarifies for younger elementary-level girls what to expect during puberty. A teenage female leads a sensitive discussion of topics such as when to expect the onset of puberty, physical and emotional changes that occur, the maturation of the female reproductive system, menstruation, and the importance of good hygiene and healthy habits.

JUST IN CASE EMERGENCY READINESS FOR OLDER ADULTS
English-DV0311, Spanish-DV0312
DVD color 16 min. 2006 A
Older adults and their caregivers can prepare for an emergency by familiarizing themselves with basic information such as how to turn off the gas and electricity. They should make a personal plan that takes into account their special needs relating to medications, medical equipment, mobility and support services. As a part of the plan they should create a disaster supply kit.

JUST ONE MORE: THE JOYS OF FOSTER PARENTING - DV0165
DVD color 28 min. 2002 A
Foster parents can change the lives of kids. Viewers will find out how foster parents can provide love, protection, and care for children who would otherwise not receive these things. It presents the story of a couple who dedicates their lives to raising foster children, thirteen at a time.

JUST THE FACTS: FOOD SAFETY(closed captioned) - DV0706
DVD 15 min. 2007 A
This program reviews the key processes to keep food safe: clean, separate, cook, and chill. Chef Jonathan Locke shares his knowledge of safe food preparation, handwashing, proper clean-up, and sanitary storage in this DVD. Foodborne illness is discussed as well.

KEEN EYE ON THE SMALL FRY (English/Spanish) - DV0098
DVD color Eng-13 min. Span-15 min. 2006 A
A humorous and entertaining look at what a mother-to-be can do to take care of herself. In this light hearted dramatization, a nutritionist, an exercise expert and a registered nurse pay a surprise visit to an expectant mom. They give her tips about eating right, keeping her doctor's appointments and exercising. She is also cautioned about what she should avoid such as alcoholic beverages and changing her cat's litter box.

KEEP YOUR COOL STRESS MANAGEMENT FOR NURSES: KEY STRESSORS AND HOW TO DEAL WITH THEM - DV1257
DVD 36 min. 2017 Professional
This video explores common stressors within the nursing profession. Learn the symptoms of stress in patients, conflict resolution strategies, and coping with your own anxiety or grief.

KEEP YOUR COOL STRESS MANAGEMENT FOR NURSES: STRESS AND THE NURSING PROFESSION - DV1256
DVD 36 min. 2017 Professional
Three out of four nurses cite stress as an adverse side effect to the profession. Learn what causes stress, its symptoms, and how to reduce it.
KEISHA’S CHOICE: A LOOK AT TEEN PREGNANCY AND DRUGS - 5389
video color 17 min. 1991 SrH-A
Follows Keisha, a pregnant teen, as she makes difficult choices between partying with her friends and refusing drugs so that she will have a healthy baby. She learns that there are resources available to her through local, confidential clinic workers who will listen to her and help her to understand the risks of prenatal drug use.

KEY ACTIVITIES TO LOSE WEIGHT AND KEEP IT OFF - DV0975
DVD 17 min. 2015 A
Too much weight increases the risks for type 2 diabetes, heart attack, stroke, and other conditions. This video encourages people to work with a healthcare professional to develop a successful weight loss plan. It recommends that people get more physically active and eat healthier, making long-lasting lifestyle changes rather than going on fad diets. The DVD mentions the possibility of weight loss surgery for some people. People who have lost weight share the reasons why they wanted to lose weight and the benefits once they have achieved it.

KID, WIFE, MIDLIFE WITH MARK LUDHOLM - DV1144
DVD 60 min. 2012 A
Stand-up comedian Mark Ludholm uses personal experiences to describe life as an addict and the road to recovery.

KIDS RECOVERY: HEALING KIDS OF ADDICTED PARENTS - DV1145
DVD 45 min. 2011 A
This is a program for parents to help them understand how their addiction negatively impacts their children. It includes interviews with spouses and significant others interspersed with Saul and the puppet Slick who provides humorous, bad advice. There are five parts including how addicted parents DISTANCE themselves from their children (9 minutes); parents and children will both have to ADJUST to sobriety (9 minutes); how addicted parents DENY the damage they do (5 minutes); how straight parents can HEAL THE DAMAGE (11 minutes); and counting the BENEFITS OF RECOVERY for parents and children (10 minutes).

KILLER BEES, WASPS AND SPIDERS DVD-DV0402, VHS-6203
video 37 min. 1996 SrH-A
Explains the difference between the killer bee and the honeybee and what to do if attacked. Shows poisonous spiders. Describes proper treatment for bee stings and spider bites and how to recognize sting or bite allergic reactions.

KILLER STRESS: THE CAUSES - DV1325
DVD 49 min. 2016 A
Heavy stress ruins our health and can even take our lives. It’s what’s known as killer stress. Studies in neuroscience and molecular physiology have revealed a complex mechanism. Stress can trigger a chain reaction of hormonal abnormalities in the body, causing destruction of brain cells and blood vessels, leading to death. From heart diseases, strokes, to cancer, this episode explores the different diseases caused by stress and takes a look at their preventive measures.

KILLER STRESS: THE REMEDIES - DV1326
DVD 50 min. 2016 A
Stress can kill. Studies have revealed that extreme stress can be life-threatening and is known to contribute to serious mental illnesses such as depression and possibly dementia. Why does stress trigger the abnormal condition of
destroying the brain? Why does stress cause depression in some people but not in others? In addition to revealing the mechanism of stress, this episode features innovative and easy stress prevention measures.

**KITCHEN SAFETY (Kinetic) (closed captioned) - DV0294**  
**DVD color 17 min. 2006 SrH-A**  
The kitchen is a warm and welcoming place, but there are dangers. Using examples and what-if situations, this DVD explains how to safely use and store knives; how to operate small appliances and the stove without accidents; how to prevent bruises, shocks, and burns; and how to put out a fire (and when to simply evacuate and call 911!). The first step to avoiding kitchen catastrophes is awareness.

**KITCHEN SAFETY**  
**English-DV0087, Spanish-DV0282**  
**DVD color 10 min. 2003 A**  
New and experienced kitchen staff will benefit from watching this program as they learn the potential hazards present in the kitchen environment and what action to take to reduce the risk of accidents or injuries. Topics covered include prevention of slips, trips and falls, knife use and safety, kitchen machinery, fire and burn prevention, chemical and hazardous materials.

**KITCHEN SAFETY ESSENTIALS - 7150**  
**video color 25 min. 1995 SrH-A**  
Stresses the necessity of safety in the kitchen at home and in a commercial kitchen. Provides proper safety procedures to follow. Covers the importance of cleaning and sanitizing, proper use and storage of knives, food safety and storage, storage and use of electrical appliances, and dealing with kitchen fires.

**KITCHEN SAFETY: IT'S UP TO YOU - 5014**  
**video color 14 min. 1991 A**  
Discusses safety in the kitchen for restaurant workers. Covers lifting and moving, operating machinery, handling chemicals, avoiding cuts and burns, and fire safety.

**KITCHEN SAFETY: PREVENTING FIRES - 5371**  
**video color 11 min. 1989 A**  
Designed to train kitchen personnel in fire safety. Helps them to accept personal responsibility for fire safety, be watchful for potential fire hazards, obey safety rules, accept responsibility for maintaining a clean environment for work, and helps them know what to do in a fire emergency.

**LAB SAFETY - DV0283**  
**DVD color 15 min. 2001 A**  
Cancer-causing agents, biological hazards and radioactive materials are common in today's laboratory. Unfortunately, fire is also common. This program teaches employees how to work safely in the lab. Topics required by OSHA Reg. 1910-1450 include: best safety practices, potential exposure to hazardous chemicals, engineering controls, ventilation, and correct use of PPE.

**LABOR PREPARATION EXERCISES (closed captioned)-7910**  
**video color 28 min. 2002 SrH-A**  
This video provides a guide to techniques for easing pain and tension during childbirth. Step-by-step instruction for 14 exercises prepares expectant mothers to meet the challenges of labor. Viewers are shown how to attune to and communicate with a labor partner, conserve energy for when it is most needed, release of pain and tension through touch and breathing, and movement into different labor positions.
LABORATORY CHEMICAL SAFETY - 4522
video  color  21 min.  1990  A, Professional
Explains the OSHA Standard Occupational Exposure to Hazardous Chemicals in Laboratories. Discusses hazard identification (labels and MSDSs). Gives details of the chemical hygiene plan: employee information and training, detection measures for over-exposure, protection against hazards, safe work practices, routes of entry, proper disposal and emergency procedures.

LABORATORY ERGONOMICS - DV0732
DVD  11 min.  2010  A
This training program discusses the need to set up work areas correctly, as well as how to minimize the strain of using laboratory equipment, tools and instruments. Viewers will learn about parts of the body most susceptible to ergonomic problems; arranging work areas to minimize stress and strain; working from neutral positions; most and least stressful types of body movements; proper lifting techniques; and effective stretching exercises.

LAST WILL AND EMBEZZLEMENT - DV0878
DVD  23 min 2012  A
This film examines the problem of financial elder abuse and its growing impact on a rapidly-aging population. It identifies why many older adults become vulnerable, tactics perpetrators use to gain trust, and what families and professionals can do to help protect loved ones and older adults in their care. Actor Mickey Rooney tells how he lost millions of dollars through a trusted family member.

LATE-LIFE DEPRESSION – DV0631
DVD  color  28 min.  2003  A
Three senior citizens describe how they coped with depression. Medical commentary is provided by psychiatrists. They all agree that late-life depression is a treatable disease, not an inevitable part of aging.

LAUGHING MATTERS - DV0391
DVD  color  24 min.  1996  SrH-A
Designed to show the humor in life while teaching important points about stress management and handling priorities. Presents excerpts from three speakers who use laughter when they speak to groups about stress.

LEAN SIX SIGMA COMPLIMENTARY METHODS TO IMPROVE LABORATORY OPERATIONS - CD0023
CD-ROM  2005  Professional
This CD-Rom examines the lean six sigma methods. The origins of both methods are explained. Details are provided about how labs at the Mayo clinic are using the methods. Specific success stories and outcomes are featured. Suggestions for starting lean and six sigma at a workplace are covered along with critical success factors. This CD-Rom includes a power point and audio presentation.

LEARNING ABOUT RHEUMATOID ARTHRITIS (closed captioned) - DV0372
DVD  color  28 min.  2003  A
This program provides a look at how rheumatoid arthritis appears, progresses, and responds to treatment. It also features case studies that demonstrate the potential dangers of the disease while outlining therapies that have noticeably reduced its effects. Animation sequences shed light on how rheumatoid arthritis attacks a joint’s synovial membrane. Doctors explain the diagnostic process, including anti-CCP blood testing, and the importance of biologics that battle tumor
necrosis factor. The Texas Department of State Health Services does not endorse any particular brand or product.

**LEARNING TO LIKE YOURSELF - DV0049**  
**DVD** color 30 min. 2006 SrH  
Most teenagers have something they would like to change about themselves. This program encourages them to accept themselves.

**LEARNING TO SPEAK ALZHEIMER’S:**  
**AN INTRODUCTION TO THE HABILITATION APPROACH TO CARE**  
**DV0547**  
**DVD** color 32 min. 2008 A  
The habilitation approach involves simplifying the environment for the patient, capitalizing on his or her remaining skills, and making an effort to understand what life must be like for the memory impaired.

**LEGAL AND ETHICAL ISSUES FOR MENTAL HEALTH PROFESSIONALS: UNDERSTANDING CONFIDENTIALITY, PRIVILEGE, REPORTING, AND DUTY TO WARN - DV1176**  
**DVD** 140 min. 2008 A, Professional  
These four vignettes include commentary by Stephen Feldman, a renowned expert in the fields of both law and psychology. Viewers will learn the difference between privilege and confidentiality. They will also learn when they are allowed to break confidentiality and when they are required to break confidentiality. They will understand when progress notes or confidential psychotherapy notes can be subpoenaed as evidence in a trial. How does a therapist know when to break confidentiality to warn someone of potential danger? What exactly does "reasonable cause to suspect" mean when deciding whether to report child abuse? Is failing to report child abuse an ethical violation, or is it actually a crime? This comprehensive video course will answer all these questions and more. You'll learn how the laws impact your practice, as you watch these lively dramatizations of a judge and her law clerk discuss actual key cases in the creation of mental health laws including Tarasoff and Jaffe V. Redmond. As the judge debates both sides of the argument and makes her decisions, you'll see how court rulings became laws and how they impact clinical, ethical, legal and moral concerns.

**LEGAL AND ETHICAL ISSUES FOR MENTAL HEALTH PROFESSIONALS VOL. 2: DUAL RELATIONSHIPS, BOUNDARIES, STANDARDS OF CARE AND TERMINATION - DV1177**  
**DVD** 191 min. 2010 A, Professional  
Volume II of this series addresses ethics, and the particular concern of being investigated by one’s licensing board for an alleged violation. Specifically, these four lively discussions between a psychologist, lawyer and journalist cover such murky matters as: bartering, boundaries, touch, self-disclosure, gifts, multiple-member clients such as couples and families, the initiation of treatment, breaches in confidentiality, ending treatment, electronic records, HIPAA, client debt, client suicide and a clinician’s death. This video lays out simple changes all clinicians can make to protect themselves and their practice.
LET'S GET COOKING / A COCINAR (English/Spanish) - DV0037
DVD  color  Eng-27 min., Span-29 min.  2006  A
This program is a cooking demonstration with two hosts. Viewers are shown how to prepare Broccoli with Garlic, Summer Squash Medley, Fruit Crisp and Banana Nut Bread. Viewers also learn how to properly season a cast iron skillet and measure ingredients correctly.

LET'S TAKE A TOUR OF THE WIC APPROVED FOODS VOUCHER VERSION - DV7780
DVD  color  Eng.-5 min., Span.- 6 min.  2006  A
This DVD provides an explanation of WIC approved foods.

LIFE GOES ON: THE JOYS AND SORROWS OF ORGAN DONATION - DV0662
DVD  color  28 min. 2005  A
The limited supply of human organs makes donation a priceless gift. Jan and Richard Rodgers never thought seriously about the issue of organ donation, not until their fourteen-year-old son died in a tragic accident. Witness how the hardest decision these parents ever made became the gift of life that restored another family.

LIFE IS NOT A STRESS REHEARSAL (closed captioned) - DV0422
DVD  47 min.  2006  A
Loretta LaRoche uses humor to teach how to laugh while you learn, and learn to laugh at yourself. She urges viewers to use common sense to work to reduce the stress in their lives. Included are fun, practical exercises for discovering what’s really important to you.

A LIFE SAVED: THE STORY OF A SUICIDE INTERVENTION - DV0947
DVD  11 min.  2005 JrH-A
This true story documents a suicide intervention that occurred after the completion of a suicide prevention curriculum. Just days after viewing a suicide prevention video, a group of middle school students with concerns about a friend’s safety speak to their guidance counselor and save a life. This program is appropriate for both youth and adult audiences.

LIFELONG PHYSICAL ACTIVITY (closed captioned) - DV0872
DVD  15 min.  2012 JrH-SrH
This program was filmed in Australia. The benefits of regular physical activity from a young age are highlighted. Viewers will hear from Olympic rower Kim Crow and a number of amateur orienteers, as they discuss the physical, mental, and social outcomes of physical activity. The positive and negative aspects of group and individual activities are explored, including barriers to participation and how people from different backgrounds can overcome these challenges. This program provides valuable practical knowledge and the perfect motivation for getting started with any type of physical activity.

LIFTING PEOPLE - 6614
video  27 min.  1997  A
Designed for staff who work with people who are physically dependent on others either temporarily or permanently. Demonstrates three transfer techniques: stand-pivot transfer; two-person lift; and mechanical lift. Provides guidelines in choosing the appropriate technique to use in a variety of situations and identifies pertinent factors of additional concern. Includes instructor's manual and overhead transparency masters.
BLOODBORNE PATHOGENS IN LONG TERM CARE: A VIDEO GUIDE FOR STAFF IN LONG TERM CARE FACILITIES - DV0969
DVD 26 min. 2015 Professional
Due to the nature of long-term care, residents and caregivers might be at risk for exposure to airborne and bloodborne pathogens that can threaten their health. This DVD explains the risks of exposure to bloodborne pathogens, how long term care staff can help ensure their own safety and that of the residents under their care, and precautions for administering care when exposures occur and infections are present.

LISTEN SMART: SAFELY HANDLING THE POWER OF SOUND (closed captioned) - DV0163
DVD color 15 min. 2003 JrH-SrH
This program features interviews with musicians as they talk about the kinds of long-term hearing damage that can occur when music and other sounds are played too loudly. Students are given a detailed look at the mechanics of sound as well as a description of how the human ear works. Viewers are offered the tools necessary to understand why high-decibel sounds can create such unintended havoc on the body. This DVD will help students discover how they can make better choices in their auditory “consumption.” It includes tips on hearing protection, information on the short-term and long-term effects of noise exposure and advice from music professionals.

LITTLE PEOPLE BIG DREAMS - DV0031
DVD color 50 min. 2004 A
Matt and Amy Roloff may only be four feet tall, but they are determined to make the world their own. Raising four children – a mixture of little and average-size siblings – the Roloffs strain under emotional and financial burdens. The Roloff’s son learns painful lessons about discrimination on the playing field an in personal relationships.

LIVING WITH BIPOLAR DISORDER: AMERICAN FAMILY - DV1022
DVD 46 min. 2005 A
This DVD explores how people live with Bipolar Disorder, also known as manic depression because of the mood swings from incredible highs to suicidal lows.

LIVING WITH RHEUMATOID ARTHRITIS (closed captioned) - DV0373
DVD color 28 min. 2003 A
This program profiles patients who have resumed active lives after struggling with pain and fatigue from Rheumatoid Arthritis (RA). Experts explain the use of TNF alpha inhibitors and MRI and ultrasound applications that are helping to fight the battle against the disease. The Texas Department of State Health Services does not endorse any particular brand or product. (FFH)

LIVING WITH HOSPICE - DV1264
DVD 28 min. 2005 A
This documentary uses a story-telling approach to capture family experiences with hospice. It touches people that are famous and ordinary, old and young, black and white, patients and caregiver, living their final days in a meaningful way with loved ones close at hand.
LOCKOUT/TAGOUT: AFFECTED AND AUTHORIZED PERSONS - 7573
video 16 min. 2000 A
Intended to comply with OSHA 29 CFR 1910.147 to train employees with safe work practices. Describes the reasons for the lockout/tagout policy and the specifics of the locks and tags used. Explains worker responsibilities and compliance to prevent injury.

LOCK OUT/TAG OUT: BASIC TRAINING - DV0758
DVD 10 min 2011
During maintenance or repair, a piece of equipment must have its energy source isolated and disabled through proper lockout/tagout procedures. This overview of the lockout/tagout process will insure that everyone in your facility is aware of what to do when working on machinery.

LOVING SOMEONE WITH AN ADDICTION - DV0928
DVD 56 min. 2013 A
Through interviews with experts and with families who have experienced the addiction of a loved one, this program offers hope-filled support in the form of practical information, advice from others who have been there, and the power of shared experiences. Topics discussed include: understanding addiction and how it affects the whole family; grieving the loss of the person you once knew; pitfalls for families when dealing with addiction; feelings of guilt/shame/stigma; dealing with denial, fear, hopelessness and despair; detaching with love; and the importance of educating oneself about addiction. Experts offer suggestions for recovery and where to turn for help.

LUNG DISEASES AND ASTHMA - DV1315
DVD 28 min. 2016 A
This lecture with respiratory therapist Christi Leichty examines the causes and common symptoms of lung disease including smoking, radon, and asbestos. Leichty also discusses various lung diseases and the affected area of the respiratory system and shares information on several lung diseases that affect the airways, air sacs, interstitium, pleura, and chest wall.

LUPUS A MEDICAL MYSTERY - DV0190
DVD color 25 min. 2003 A
Without a single known cause, no simple test for diagnosis, and symptoms so vague and so varied, Lupus can often elude the doctors trying to detect it. This program profiles a young woman who lived with Lupus since she was 14 but wasn’t diagnosed until age 22. A 13 year old with a recent diagnoses is profiled along with one mother who refused to give up until her daughter's condition was diagnosed. A Lupus expert discusses symptoms, treatments, care and medical advances in research.

MAINTENANCE PRINCIPLES - DV1338
DVD 19 min. 2012 A
The program shows workers how solid maintenance principles can be used to reduce the influence of defects that come from workmanship, operation, materials, design, and failure events.

MAKING A DIFFERENCE: MEETING THE SPECIAL NEEDS OF INDIVIDUALS WITH BRAIN INJURY (closed captioned) – DV0620 (English) DV0621 (Spanish)
DVD color 97 min. 2008 A
This DVD is comprised of ten modules that illustrate the neuro-anatomy of a
brain injury and the everyday difficulties experienced by survivors of brain injury. It offers useful tips for effective communication and for directing individuals, families and loved ones to needed supports and services. It includes interviews with survivors and a special section on the needs of veterans with brain injury. (DSHS)

MAKING GOOD CHOICES ABOUT FIRE SAFETY - DV0742
DVD 12 min. 2006 JrH
This program about juvenile fire setting features children in junior high interviewing other children whose lives have been touched by fire play. Viewers meet youngsters who have started fires. They also meet young burn survivors. This program emphasizes the importance of creating an escape plan for the home.

MAKING SENSE OF ADDICTION - DV1107
DVD 34 min. 2004 SrH - A
Describes the physical changes made in the brain through drug use, why it is hard to overcome addiction, and how long it takes for the brain to recover after usage is stopped.

MALE REPRODUCTIVE HEALTH: INTERVIEW, EXAM AND TREATMENT OF COMMON GENITAL DISORDERS - DV0242
DVD color 90 min. 2006 Professional
After viewing this DVD and consulting the accompanying handbook, viewers should be able to correctly identify detailed external and internal male reproductive anatomy when provided diagrams. They should also be able to outline the components of a comprehensive health history for the male patient and describe the components and sequence of the physical examination of the male genitalia. They should be able to describe 5 common male genital defects or disorders, their evaluation and treatment.

This presentation is made by Demetrius J. Porche, DNS, RN, CS, APRN, professor for Nursing Research and Evaluation, Louisiana State University.

MAMA SANA BEBE SANO (Spanish) - CD0027
2 CDs 2003 A
This CD-Rom is designed for women participating in pregnancy education programs. This CD-Rom can be used either by women themselves sitting at a computer or laptop or by educators leading group education sessions or one-on-one sessions with women. (Spanish version of Healthy You, Healthy Baby, CD0009) System requirements: Microsoft Windows 95 or more recent, Intel Pentium 166+Mhz;32 +MB RAM, Macintosh MAC OS 8.6 or more recent, MAC PowerPC, Resolution: 800 x 600, 4x + CD-ROM drive.

MANAGING AGGRESSIVE BEHAVIOR FOR VOLUNTEERS - DV0544
DVD color 17 min. 2006 A
This program shows volunteers how to recognize aggression, signs of violence and dangerous situations. Role playing is used to help train and provide insights. The lessons of this program can also be applied to paid staff. Viewers learn of the importance of respecting boundaries of personal space, using an appropriate tone of voice and emphasizing what you can do to be helpful rather than what you cannot do.

MANAGING CHOLESTEROL - DV0337
DVD color 28 min. 2005 A
This program illustrates how LDL and HDL cholesterol affect the heart and circulatory system and how untreated LDL levels can kill without warning. It also features revealing case studies of three patients: a middle-aged man working to reduce his LDL levels; a woman who suffered a heart attack.
during pregnancy; and an elderly man with excellent cholesterol levels.

MANAGING CONFLICT RESOLUTION - DV0918
DVD 32 min. 2011 JrH-SrH
A dynamic struggle between contrasting forces is necessary—it creates ideas and drives change. But as everyone knows, life is also filled with hurtful and even tragic forms of conflict. Students learn about both types of opposition in this video, which illustrates ways to use conflict constructively while avoiding violence, alienation, and resentment. Beginning with the notion that we deal with conflict largely through patterns learned as children, the program explores four behaviors that push conflict into the destructive zone: miscommunication, demonizing, refusal to negotiate, and “kitchen sinking” or pulling past events and unrelated frustrations into a present disagreement. The pitfalls of a “conflict loop” are also discussed. Viewers gain an understanding of the potential rewards of recognizing an opponent’s needs as well as one’s own. Mediation, including peer mediation and the “third side” method of negotiation, are examined.

MANAGING PARKINSONS’ STRAIGHT TALK AND HONEST HOPE - DV0411
DVD color 120 min. 2008 A
Experts define Parkinson’s disease and discuss treatments. Viewers will learn how to manage this illness, anticipate and deal with its symptoms and the side-effects of the medications used to treat it. Strategies for maintaining a positive outlook are provided.

MANAGING PERSONAL HYGIENE, BATHING AND DRESSING - 5593
video 13 min. 1990 A, Professional
Provides information on how to handle behavioral problems in dementia patients related to bathing and dressing. Stresses the need to go slowly, give choices when possible, and avoid confrontation. Dramatic vignettes enable the viewer to analyze behavioral problems in bathing and dressing while the narrator provides strategies for management.

MANAGING PSYCHOTIC BEHAVIORS, HALLUCINATIONS, DELUSIONS AND PARANOIA AND SUSPICIONS - 5592
video 14 min. 1990 A, Professional
Using the ABCs of behavior management in dementia patients, emphasizes the importance of tracking information about the behavior. Provides dramatic vignettes of a patient experiencing hallucinations and delusions and shows how the caregiver responds. It is important that the caregiver not argue or deny the patient's perceptions, but be soothing, reserving more of the caregiver's attention to the patient when they are acting appropriately. Dramatic vignettes demonstrating paranoid or suspicious behavior are provided as well as strategies for managing this behavior and preventing it.

MANAGING STRESS: FIVE STRATEGIES FOR HOW TO HANDLE STRESS - DV0663
DVD color 15 min. 2009 A
Viewers will learn how to tackle stress in five easy steps. They will be able to identify the source of stress, eliminate or avoid stress whenever possible, rethink unavoidable stress and learn how to cope with it. They will also be urged to seek support.
MANAGING TYPE 2 DIABETES - DV0015
DVD 20 min. 2005 JrH-SrH
Defines what type 2 diabetes is and the five parts of a treatment plan. Takes young viewers through the steps that will keep them feeling better and on the road to self-managing their diabetes. Teens with diabetes, ages 11-18, share their healthy food selections and snacking tips. Encourages young people with diabetes to find exercises they enjoy and incorporate them into their busy teen life. Viewers are also encouraged to educate themselves about type 2 diabetes, monitor their blood glucose regularly and take medications as prescribed.

MANAGING YOUR HIGH BLOOD PRESSURE (closed captioned) - DV0914
DVD 15 min. 2015 A
This DVD helps people understand high blood pressure, or hypertension, and gives an overview of the treatment plan. It explains that while there may be no symptoms, high blood pressure can still be doing damage to the body that may lead to a heart attack, heart failure, stroke, kidney failure, or eye disease. It encourages patients to keep a record of blood pressure readings and meet with a healthcare provider regularly to maintain the goals of a treatment plan. The plan may include taking medication, checking blood pressure regularly, limiting salt, increasing physical activity, healthy eating, reaching and maintaining a healthy weight, relieving stress, limiting alcohol, and most importantly, quitting smoking. The program gives an overview of types of medication, the importance of taking them as directed, and common side effects.

MANAGING YOUR STRESS (closed captioned) - DV0965
DVD 17 min. 2016 A
Stressors are different for everyone. This program helps viewers find ways to limit stress, so they can stay healthy. It suggests people write down their stressors, both those they can change and those they can’t. It emphasizes setting realistic goals to reduce stressors, and taking small steps to reach those goals. The video covers a range of coping skills, from hobbies and activities to deep breathing, progressive muscle relaxation, and meditation. This program helps viewers listen to self-talk and positively change it. It also helps them to examine their unhealthy ways of relieving stress, like reaching for comfort items like sugary snacks, caffeine, nicotine or alcohol, and recommends healthy habits for stress relief.

MANTOUX TUBERCULIN SKIN TEST (closed captioned) – 7611 (VHS) DV0694 (DVD)
video/DVD 30 min. 2003 Professional
Demonstrates the steps involved in administering and reading the Mantoux tuberculin skin test. May be copied for use in educational settings.

MARIJUANA JUST THE FACTS PLEASE - DV1347
DVD 18 min. 2018 JrH-A
There is still a great deal of confusion surrounding marijuana and its effects on the mind and body. This straightforward program supplies students with science-based information. Does marijuana use cause cancer? Is marijuana addictive? Does marijuana lower IQ? Is marijuana a gateway drug? Is marijuana valuable as a medicine? These and other questions are explored by scientists and physicians and contrasted with generally held opinions.
by the public, teenagers, and college students.

MARIJUANA PAPERS: RESEARCH UPDATE - DV0368
DVD  color  20 min.  2004 SrH
This program reveals scientific research about how marijuana changes the adolescent brain, impairs the brain’s ability to perform complex tasks, lowers the body’s immune system and can become powerfully addictive.

MARIJUANA THE MEDICAL CONSEQUENCES - DV1109
DVD  42 min.  2004 SrH - A
Explores marijuana's effect on the brain, both in terms of what produces its pleasurable effect, and the side effects apparent in various parts of the brain. Other core issues include effects on general physical health, emotional wellness, addictive qualities, and women's issues.

MARVEL AND FRIENDS STAYING CLEAN AND HEALTHY - DV0651
DVD  14 min.  2005 K-El
This program teaches young children that they need to wash their hands even when they don’t look dirty, how to keep their bodies clean and how cleanliness relates to personal health. Friendly, animated characters introduce various hygiene skills. Peer actors model skills for washing hands, taking a shower, washing hair, brushing teeth and more in step-by-step presentations.

MAX’S MAGICAL DELIVERY (closed captioned) - DV0409
DVD  color  27 min.  2005 El-A
Josh, Nick, Elena and Ashlyn are playing video games at Josh’s, when Max the Deliveryman shows up with a giant, mysterious crate. Soon they’re on a wild ride on the Foodmobile and taking pictures with a crazy camera that shows how their breakfast makes them feel. Parents are provided with information about portion sizes and physical activity.

MEASURING VITAL SIGNS – DV0628
DVD  28 min.  2009 Professional
This program instructs in the measurement of vital signs including temperature, pulse, respiration, blood pressure and pain. It identifies the three stages of measuring vital signs: preparation, the procedure itself, and completing care.

MEASURING VITAL SIGNS PART 1: TEMPERATURE, PULSE, RESPIRATION - DV1296
DVD  20 min.  2017 Professional
Temperature measurement is demonstrated using electronic, aural (tympanic), and temporal thermometers. Techniques and sites used for measuring the pulse are shown, and assessment of the rate, depth, rhythm and quality of respiration is demonstrated.

MEASURING VITAL SIGNS PART 2: BLOOD PRESSURE AND PAIN - DV1297
DVD  17 min.  2017 Professional
This program demonstrates and describes how to accurately measure blood pressure and assess pain in a patient.

MEDICAL ASSISTANT (closed captioned) - DV0360
DVD  20 min.  2007 SrH-A
This program examines a certified medical assistant (CMA)’s typical responsibilities and skills including customer service skills. Incorporating interviews with experienced medical assistants and the specialists who train them, the program describes what it takes to become a CMA. (MEC)

MEDICAL EMERGENCIES (English/Spanish) (closed captioned)
- **DV0115**  
  DVD  color  18 min. 2000  A  
  This DVD teaches employees what to do if they face a co-worker with a life-threatening medical emergency. It covers heart attacks, choking, stroke, asthma, diabetes, seizure and epilepsy. Bonus features include an expanded leaders guide and a customizable PowerPoint® presentation (DVD-ROM drive required for PowerPoint).

**MEDICAL ASPECTS OF SUBSTANCE USE DISORDERS: THE NEUROBIOLOGY OF ADDICTION - DV1255**  
DVD  25 min.  2016 SrH-A  
Medical experts provide information on the neurobiology of addiction, explaining how alcohol and other drugs affect brains and bodies, and why, because of changes in brain chemistry, it is so difficult to overcome a severe substance disorder. This DVD provides the facts about synthetic drugs, alcohol, amphetamines, club drugs, cocaine, hallucinogens, heroin, inhalants, marijuana, methamphetamine, nicotine, prescription, synthetic, addiction.

**MEDICAL MANAGEMENT OF BIOLOGICAL WARFARE CASUALTIES - CD-06**  
CD-ROM  2000  A, Professional  
CD-ROM for Windows. System requirements-Microsoft Windows 95/98/2000/NT; Pentium processor 133 MHz PC (Pentium 266 MHz recommended); 32 MB minimum, 64 MB recommended RAM; 16-bit color display; 2 MB video RAM, 4x CD-ROM drive. Four modules: History Track provides a multimedia presentation on how biological agents have been used throughout history to achieve military goals; Medical Track is text-based and is intended to train physicians, physician assistants, and nurses with a referenced, in-depth discussion of each biological agent; Medical Support Track is a multimedia presentation intended for additional medical providers such as medics, LPN equivalents, and preventive medicine technicians; and Non-Medical Track is a multimedia presentation provided for non-medical personnel such as commanders, logistic coordinators, and ordnance technicians. Includes the Medical Kit which provides quick references to the prophylaxis, diagnosis and treatment of biological warfare agents, the USAMIID Handbook, and barrier precautions.

**MEDICAL MANAGEMENT OF CHEMICAL CASUALTIES (MMCC) - CD-07**  
CD-ROM  2002  A, Professional  
CD-ROM for Windows. System requirements-Microsoft Windows 98/2000/NT; MS Internet Explorer 4.0 or higher; Pentium processor 300 MH; 64 MB RAM; screen resolution 800 x 600 DPI; Multimedia (CD-ROM, sound card and speakers). Contents include: interactive casualty assessment scenarios; MMCC fundamentals mini-course; medical management of nerve agent casualties; medical supplies database; and various handbooks, textbooks, and field manuals.

**MEDICARE RX: THE CHOICE IS YOURS - DV0223 (English/Spanish) (closed captioned)**  
DVD  color  Eng-7 min., Span-8 min.  2005  A  
This video explains the new Medicare prescription drug program and how to enroll in it for people who get prescriptions through the Kidney Health Program.

**MEDICATED CHILD - DV1065**  
DVD  60 min.  2008  A  
Today children as young as four years old are being prescribed more powerful anti-
psychotic medications because of the growing number of bipolar diagnosis. Frontline confronts psychiatrists, researchers, and government regulators about the risks and benefits of prescription drugs for troubled children.

**MEDICATION MANAGEMENT: YOU CAN PREVENT ERRORS - DV0275**
DVD color 18 min 2003 Professional Explains the problem of medication errors. Provides steps to prevent errors and presents standards to use medications safely. Shows risky behaviors that should be avoided and the special handling of medicines at high risk.

**MEDIOS Y REMEDIOS (Spanish) – CD - 0011**
CD-ROM 2002 SrH-A Examines media messages about tobacco, alcohol and other drugs, nutrition, physical activity, relationships and sexuality, and violence. It features 66 Spanish-language media examples from magazines, television shows and movies. Questions and answers accompany each media example, the persuasion techniques used, and how the media might influence a young person’s health decisions.

**MEETING PEOPLE WITH DISABILITIES - 4887**
video color 18 min. 1991 A Gives explicit instructions for communicating with persons with disabilities so that the encounter is comfortable for both persons. Persons with mobility impairment, blindness, deafness, and mental retardation explain how best to approach and communicate with others who might have these conditions.

**MEN GET DEPRESSION - DV1031**
DVD 60 min. 2008 A This documentary explores the corrosive effect of depression on the self, relationships and careers through the intimateProfessionaliles of real men and their families. Medical authorities on depression offer commentary on its causes, symptoms and treatment.

**MENTAL HEALTH: THE BASICS - DV1123**
DVD 19 min. 2012 SrH - A How we feel and the factors that influence mood and emotion are explored in this upbeat, animation-driven program. Viewers learn some symptoms and causes of depression, anxiety, and other mental health issues, and the many ways in which people cope with these challenges. The concept of stigma is also examined, including a look at how negative attitudes toward those with mental illness may be changed.

**MENTAL FITNESS: ACTIVITIES FOR OLDER ADULTS (closed captioned) - DV0825**
DVD 40 min. 2006 A This activity DVD provides an overview of the Mental Fitness Program that is designed to boost creative thinking, critical thinking, visual, and memory skills. It also gives the brain a stimulating workout as it follows the miscellaneous misadventures of Mike and Colleen as they exercise their brains and encourage viewers to do the same.

**MENTAL HEALTH C.P.R. - 7141**
video 20 min. 1999 SrH-A A curriculum which includes a manual for the instructor and participants, and a video. It is a tool that can be used with suicide intervention. Addresses the first
two phases of suicide: ideations and threats. The curriculum is meant to train non-suicidal students how to recognize risk factors, reduce the immediate danger, and help individuals find competent help.

**METH EPIDEMIC - DV1064**
DVD  60 min. 2011 A
Frontline investigates the ongoing meth problem in America: the devastating impact on individuals, families and communities and the state-by-state battles to make pseudoephedrine a prescription drug.

**METH INSIDE OUT: BRAIN AND BEHAVIOR - DV1078**
DVD  34 min. 2009 SrH - A
Brain & Behavior equips viewers with an understanding of how meth changes the brain and, consequently, behavior...Users learn how to better cope with the stages of meth addiction and recovery by gaining an understanding of the biological underpinnings.

**METH INSIDE OUT: HUMAN IMPACT - DV1076**
DVD  34 min. 2009 SrH - A
Human Impact provides an eye-opening introduction to meth's impact on individuals, families, and communities across the globe.

**METH INSIDE OUT: WINDOW TO RECOVERY - DV1077**
DVD  42 min. 2009 SrH - A
Windows to Recovery explores effective treatment practices across program types and settings. It empowers the viewer by providing actionable information and concrete tools for recovery including creating structure, participating in sober activities, avoiding high-risk situations, and coping with craving.

**METHAMPHETAMINE 101: ETIOLOGY AND PHYSIOLOGY OF AN EPIDEMIC - DV1067**
DVD  100 min. 2004 A, Professional Experts in the field of substance abuse treatment provide an overview of the social implications and history of the current epidemic of methamphetamine abuse, along with the physiological effects of methamphetamine use.

**METHAMPHETAMINE 102: INTRODUCTION TO EVIDENCE-BASED TREATMENTS - DV1068**
DVD  120 min. 2004 A, Professional Experts in the field of substance abuse treatment outline an evidence-based approach to the treatment of people addicted to methamphetamine.

**METHAMPHETAMINE AND THE BRAIN - DV1147**
DVD  25 min. 2010 A
This program describes the effects and side effects users of methamphetamine experience and how they differ depending on the dose and method of use. It also explains why the depression following a prolonged binge is so severe and the treatment so difficult.

**METHAMPHETAMINE: NOWHERE FAST - DV1081**
DVD  12 min. 2006 SrH
A fast paced, no holds barred look at the destructive power of methamphetamine. The seductive power of this drug is put under a microscope of insight helping to show young people what can happen when methamphetamine pervades their life.

**METH STORM - DV1328**
DVD  95 min. 2017 A
This program contains explicit language and mature themes. It should be previewed before showing. This documentary looks at meth addiction in rural America from the perspective of dealers, users, and law enforcement.
MICKEY'S SAFETY CLUB: HALLOWEEN SURPRISES - 4831
video color 13 min. 1990 P-El
Features Mickey Mouse and other Disney characters. Teaches children to be safe at Halloween. Covers street safety, safe costuming, how to determine where and with whom it is safe to go trick-or-treating, and the difference between safe and unsafe treats.

MICKEY'S SAFETY CLUB: PLAYGROUND FUN - 4843
video color 20 min. 1989 P-El
Featuring Mickey Mouse, Huey, Dewey, and Louie, shows students the proper usage of playground equipment (slides, jungle gym, monkey bars, swings, and merry-go-rounds). Stimulates a sense of responsibility for one’s play space. Emphasizes the importance of safe playground behavior. Encourages safety awareness. Demonstrates the cooperative playground play approach.

MILK TASTE TEST/PRUEBA DEL SABOR DE LA LECHE (English/Spanish) (closed captioned) - DV0483
DVD color Eng 5 min., Span 5 min. 2009 A
WIC participants compare the taste of whole milk, two percent milk and one percent milk.

A MILLION TEENAGERS (5th ed.) - 5871,
video color 25 min. 1991 JrH-SrH
Deals not only with sexually transmitted diseases, but also contains a major sequence on AIDS. Designed to promote understanding and prevention with a minimum of embarrassment and a great deal of common sense.

MINDING THE BABY (closed captioned) - DV0670
DVD color 15 min. 2005 A
This animated program was produced in England. It shows the fears, joys, and misunderstandings of five couples as they plan, expect, and start to live with their babies. The program illustrates practical ways to improve communication and negotiating skills between couples. It also shows the benefits of looking after the adult relationship as well as taking care of the baby.

THE MIRACLE OF BIRTH 2: FIVE BIRTH STORIES (closed captioned) - DV0410
DVD color 58 min. 2002 SrH-A
Five birth stories illustrate the stages of labor, coping techniques, pain management, medical interventions, breastfeeding, and early bonding. Scenarios include a birth experience with a planned epidural, one where analgesics are used for pain relief, a mother who uses natural comfort measures, an unplanned cesarean and the delivery of twins.

MIRACLE OF BIRTH 3: FIVE BIRTH STORIES (closed captioned) – DV0780
DVD 51 min. 2010 SrH-A
Five birth stories weave candid interviews with real labor footage. Alex, a single teen mom, has an unmedicated vaginal birth with her mother’s support. Anissa, with support from her husband and doula, has an unmedicated VBAC (vaginal birth after cesarean). Chelsea and her husband have an epidural birth with augmentation procedures. Daniela, after hours of labor, has an unplanned cesarean with support from her husband. Ty and her husband use natural comfort techniques before choosing an analgesic.

MIRACLE OF BIRTH 4: FIVE BIRTH STORIES - DV0854
From first contractions through birth, follow five women as they become new mothers. This diverse collection of birth stories shares personal experiences and emotions, emphasizes the importance of support people, and shows a variety of birth situations. Each intimate story offers a realistic view of common hospital births, while highlighting the benefits of skin-to-skin contact and breastfeeding. Natasha and Orion’s baby is born via a vaginal birth. Natasha uses natural comfort techniques before augmentation and choosing an analgesic. Jackie and Kevin have a long latent phase of labor before getting an epidural. Heather and Bill deliver twins vaginally with an epidural. Elana and Tim use a variety of comfort techniques and positions to have an unmedicated birth. Lea, a single mom, experiences an induced epidural birth. She tries several comfort techniques before getting an epidural.

**MODELING PERSON-CENTERED CARE IN PRACTICE - DV1200**

DVD 27 min. 2014 Professional

The DVD documents real people with dementia as they spend their day at an adult day care center. It shows how the professional caregivers and an art therapist interact with them to create a life-affirming environment that boosts their self-esteem and honors their individual needs. Viewers will learn a variety of person-centered techniques for preventing boredom and defusing challenging behaviors through engagement and personalized activities.

**MOLD AWARENESS (English/Spanish) (closed captioned) - DV0267**

DVD c 15 min. 2004 A

Some forms of mold are believed responsible for respiratory illness. This informational video examines the different types of mold, explains how to reduce it in indoor environments and demonstrates what to do if your facility has a mold outbreak.

**MOLLY: INNOCENT NAME, DEADLY DRUG - DV1047**

16 min. 2014 JrH - A

Molly, a pure form of Ecstasy or MDMA, is the drug of choice for many young people who falsely believe the drug is safe. Often handed out at raves and electronic music festivals, Molly is exposed as the grave danger it really is. Interviews with former Molly users, drug experts, and a parent of a teen who died after taking Molly demonstrate that taking it is like playing Russian Roulette.

**THE MONSTER – DV0553**

DVD color 11 min. 2000 SrH

When three young men chat up the new girl on the block, only one gets lucky. But he, however, is forced to deal with his HIV status. This film deals with HIV status, communication and discrimination. It was written by a group of youth incarcerated on Rikers Island in New York City.

**MORE THAN WORDS: SUCCESSFUL WAYS TO CARE AND COMMUNICATE WITH PERSONS WHO HAVE DEMENTIA - DV0805**

DVD 25 min. 2011 Professional

This program demonstrates how person-centered care and knowledge of the resident can reduce dementia-related episodes, such as, sundowning and aggressive-protective reactions when bathing, and wanting to leave. As it
pinpoints the crucial role of the CNA as caregiver and friend, it also shows the importance of communicating directly, and creating a true relationship with persons with dementia while preserving their personal autonomy and dignity. The program covers: building and maintaining a relationship; dealing with difficult situations; communicating to show respect; accepting resident’s reality; respecting the person's preferences; encouraging use of remaining abilities.

**A MOTHER’S GIFT – DV7807**

DVD color Eng.-13 min., Span.-12 min. 2004 A

Several mothers from diverse backgrounds, including a physician, explain the benefits of breastfeeding for both mom and baby. Breast milk enhances babies' immunity to numerous diseases and boosts their protection against infection. Mothers who breastfeed have elevated levels of oxytocin, a hormone that induces strong feelings of nurturing and relaxation. They also feel pride and satisfaction at their ability to provide all the nutrients their babies need for the first six months of life.

**MOTIVATIONAL INTERVIEWING STEP BY STEP: BUILDING CONFIDENCE - DV1168**

DVD 116 min. 2012 A, Professional

Janet believes it is important to get more exercise but, as a single mother, doesn’t know how to fit this into her busy life. Julie is a vivacious teenager torn between her love of good food and her desire to lose weight. Vance is concerned that he is not making as much progress as he would like toward financial security.

**MOTIVATIONAL INTERVIEWING STEP BY STEP: CORE CONCEPTS - DV1165**

DVD 135 min. 2012 A, Professional

Expert MI trainer Cathy Cole discusses the principles and spirit of MI, along with core concepts and techniques such as sustain talk versus change talk, the righting reflex, reflections and affirmations, and other ingredients for change. She describes current thinking on the process of behavior change and provides detailed guidelines for putting MI into practice in a variety of settings.

**MOTIVATIONAL INTERVIEWING STEP BY STEP: INCREASING IMPORTANCE - DV1166**

DVD 123 min. 2012 A, Professional

MI expert and trainer Cathy Cole demonstrates how to address the issue of importance with clients. Through three full-length sessions, extensive commentary, and pre- and post-session interviews, Cole provides viewers with an exclusive opportunity to see MI in action in diverse settings with people who are initially reluctant to change. Sarah, a college student who has violated her school’s alcohol policy, is required to see Cole as part of her remediation. Sarah, a college student who has violated her school’s alcohol policy, is required to see Cole as part of her remediation. Holly has been told by the doctor that her young daughter is overweight. Finally, Fred is a rising high school senior who is considering dropping out of school.

**MOTIVATIONAL INTERVIEWING STEP BY STEP: RESOLVING AMBIVALENCE - DV1167**

DVD 101 min. 2012 A, Professional

Expert MI practitioner and trainer Cathy Cole conducts three full-length demonstration sessions where the focus is on fully exploring both sides of ambivalence. Jim has been offered a job promotion that would ease his family’s financial struggles but require extensive
travel. Holly has mixed feelings about when to stop breastfeeding her son. Kathy is reluctant to stop smoking but concerned about her health.

**MOVE IT SAFELY: AVOIDING INJURY WHILE MOVING MATERIALS - DVD1254**
DVD 10 min. 2013 A
Workers struggle to lift and carry materials which are too heavy and should not be carried alone. In order to move objects safely, employees must be well trained in safe material handling techniques while also maintaining the proper attitude and state of mind to use their training each time they lift or move an object. This program discusses the techniques, precautions and safe work practices you can follow so that when an object must be moved, you are able to move it safely.

**MOVING AND TURNING – DV0562**
DVD 10 min. 2008 Professional
This program demonstrates using the lift sheet, moving up in bed, moving to the side of the bed, turning using the log-roll, assisting to move up in bed, moving to one side without a lift sheet, turning away from you, turning toward you. (MEDCOM)

**MOVING FORWARD - DV0014**
DVD 12 min. 2005 JrH-SrH
This motivational video lets young patients, ages 11 to 18, know that they are not alone with their condition. Teens share that type 2 diabetes means neither a death sentence nor a boring life of forbidden foods, limited activities, and over-protective parents. Sends a positive message that they are in control of their bodies, their health and their future. Helps young people with type 2 diabetes start a new life of healthy eating and increased activity where they are in charge of their choices.

**MR. CLEAN MOUTH – M0007**
Model El-SrH
This model is to be used to teach the proper brushing and flossing techniques. It is the same size and shape as Mr. Gross Mouth, but it's an example of a clean and healthy mouth. The Soft BIOLIKE 2TM tongue provides added realism. It also comes with a giant toothbrush. Its size is 6" x 4" x 8".

**MR. DIP LIP - M0002**
Model El-SrH
The unsightly, vivid consequences of dipping shown in this model will convince anyone that dipping is disgusting and definitely not worth it. The mouth opens and closes from the rear and the flesh-like lips retract to show the disease effects dipping can have on the inner lip, gums and teeth. For use by health educators.

**MR. GROSS MOUTH - M0001**
Model El-SrH
Shows the effects of smokeless tobacco on the teeth, tongue and oral cavity. This model is three times the normal size and is mounted on a wooden case for easy use by health educators.

**MRSA: THE EIGHT MINUTE SOLUTION - DV0380**
DVD color 8 min. 2006 Professional
This DVD is intended for health care professionals. It describes how MRSA is transmitted; and outlines strategies to prevent transmission including importance of hand hygiene, contact precautions and cleaning and disinfecting. (ENV)

**MY CHILDREN ARE ADDICTED TO DRUGS AND ALCOHOL - DV1083**
DVD 32 min. 2012 A
Four parents talk about their struggle to help their child with their drug or alcohol
addiction. The first thing the parents learn is enabling the child just prolongs the recovery. Parents learn that they did not cause the addiction, they cannot control it, and they cannot cure it. The meetings provide the parents the tools to deal with the issues and hope for happiness in their own lives.

**MY PLATE, MY HEALTH (closed captioned) - DV0682**  
DVD  23 min  2011 SrH  
The U.S. government has issued a new set of Dietary Guidelines as well as a brand-new visual icon, MyPlate, which replaces the old MyPyramid. This DVD helps viewers recognize how to develop a healthy lifestyle that combines sensible eating with regular exercise.

**MY PYRAMID SIMPLE STEPS TO HEALTHY LIVING (English/Spanish) - DV0039**  
DVD  Eng.-15 min., Span.-15 min. 2006 JrH-A  
Viewers will learn how the USDA My Pyramid food guidelines can help every individual achieve the right balance of proper nutrition and exercise. They will explore the six basic food groups and see how families make sure they eat enough whole grains, fruits, and vegetables.

**MY CHILDREN ARE ADDICTED TO DRUGS AND ALCOHOL - DV1083**  
DVD  32 min.  2012 A  
Four parents talk about their struggle to help their child with their drug or alcohol addiction. The first thing the parents learn is enabling the child just prolongs the recovery. Parents learn that they did not cause the addiction, they cannot control it, and they cannot cure it. The meetings provide the parents the tools to deal with the issues and hope for happiness in their own lives.

**MY SPOUSE IS DRINKING AND USING DRUGS - DV1086**  
DVD  29 min.  2012 A  
Five real people tell their stories of the struggle to try and change the alcoholic in their lives. They describe the recovery process from losing their identity to avoid conflict, to learning they are worth more. Standing their ground in a diplomatic way is a first step. Taking responsibility for themselves and not focusing on their spouse leads them both down the road to recovery.

**NATIONAL PATIENT SAFETY GOALS 2012 - DV0738**  
DVD  28 min.  2011 Professional  
The goal of this program is to define and discuss the Joint Commission's National Patient Safety Goals for 2012. The program provides a detailed review of the various patient safety goals that have been identified for implementation, plus the elements of performance that will be required to meet these goals. The goals are to: improve the accuracy of patient identification; improve the effectiveness of communication among caregivers; improve the safety of using medications; reduce the risk of healthcare-associated infections; accurately and completely reconcile medications across the continuum of care; and reduce the risk of patient harm resulting from falls.

**NEW BEGINNINGS: A DISCUSSION GUIDE FOR LIVING WELL WITH DIABETES - DV0214**  
DVD  color  33  min.  2004 A  
This program tells the fictionalized story of Calvin Dixon, an African American man who has neglected his diabetes. The story relays his fear as he wakes from a bad dream about having a heart attack. His fears prompt him to tell his family about his diabetes and to get help in dealing with the disease. The DVD focuses on the emotions Dixon experiences, how he shares his feelings with his family, and
how he interacts with his doctor.

**NEW DIETARY GUIDELINES: THE TOP 9 THINGS YOU NEED TO KNOW - DV1240**

DVD 19 min. 2017 SrH-A

This program focuses on the USDA’s dietary guidelines. Students examine how diet relates to health and disease and learn that a nutrient-dense diet includes fruits, vegetables, and whole grains. The program stresses the importance of limiting added sugars, sodium, and saturated fats and eliminating trans fats altogether. The program shows how small dietary shifts can lead to significant benefits; and it highlights physical activity as a critical component of a healthy lifestyle. Finally, students learn how the guidelines offer students individualized suggestions based on their own specific needs.

**NEW FEARS FOR FOOD: OLD FOES, NEW THREAT (closed captioned) - DV0111**

DVD color 20 min. 2004 SrH

This program compares and contrasts campylobacter, salmonella, E. coli, Listeria monocytogenes, calicivirus, and Hepatitis A, which have become a renewed health threat. The program also examines some of the many opportunities for food contamination that can occur on the trip from the farmyard to the kitchen table; identifies people most vulnerable to severe cases of food-borne diseases; describes symptoms and treatments; and explains how to avoid catching these illnesses.

**NEW GESTATIONAL DIABETES - DV1353**

DVD 17 min. SrH

The program explains the causes and risk factors for gestational diabetes, the associated health problems for both pregnant women and their infants, and how this condition can be managed through diet, medication, and exercise. It includes details of the Choose My Plate dietary guidelines.

**NEWBORN CARE GUIDE TO THE FIRST SIX WEEKS**

*English-DV0316, Spanish-DV0317*

DVD color 34 min. 2006 SrH-A

This program covers newborn senses and brain development; crying and comfort techniques; information on colic and Shaken Baby Syndrome; eating, hunger cues, breastfeeding, and formula feeding. Viewers will learn about newborn sleeping including new SIDS recommendations; diapering and cleaning, cord and circumcision care. They will also learn about infant health and safety, signs of sickness, dehydration, jaundice, and car seat and home safety. Postpartum information for new mothers is also included.

**NEWS ABOUT NEWBORNS - DV0120**

DVD color 22 min. 2001 SrH

Illustrates key aspects of newborn behavior and development. Describes the feeding cues and the value of early breastfeeding. Explains the infant states of consciousness and how knowing about them helps parents care for the newborn. Discusses newborn sleep patterns and infant temperament and provides soothing strategies.
THE NINE MONTHS THAT MADE YOU PREGNANCY AND HUMAN DEVELOPMENT (closed captioned) - DV0790
DVD  52 min. 2011 A
Who and what we become depends on many factors, from the food we eat to the way our parents discipline us. Increasingly, however, it seems that our most important developmental influences begin before birth, in the mysterious world of the womb. This program follows research suggesting that a child’s disease risks, behavioral traits, and other characteristics derive from gestational causes. Featuring pioneering researcher Dr. David Barker, who decades ago identified a link between low birth weight and heart disease, the film also draws on the expertise of developmental psychologist Dr. Janet DiPietro, autism researcher Dr. Michael Lombardo, and several other authorities. Specific topics include hormonal factors, early brain development, a mother’s diet during pregnancy, and that most crucial of all prenatal resources, the placenta. Also available online.

NO PLACE LIKE HOME: MANAGEMENT OF THE CLIENT’S HOME - DV0958
DVD  24 min. 2012 Professional Essentials of household management such as home organization, house cleaning, laundry, and chores are demonstrated in this DVD. This program documents examples relevant to the health care professional who regularly visits clients’ homes and helps them with activities of daily living. Home health care workers are shown performing home safety checks, establishing relationships with the family and client, and preparing simple meals.

NOISE INDUCED HEARING LOSS – DV0580
DVD  color  15 min. 2009 A
This DVD covers the causes of hearing loss, provides basic facts about noise induced hearing loss and basic facts about sound and noise. It explains the procedures used during a hearing test and audiogram and explains the proper way to wear hearing protection.

THE NON-PROFIT AUDIO TOOLKIT - AC0001
8 audio CD’s running times listed below 2003 A
NOTHING BUT THE TOOTH ANA Y LA
**DENTISTA (English/Spanish) - DV0058**

DVD  Eng 7 min. Span 8 min. 2006 A

Two friends discuss the importance of prenatal dental care. Viewers learn of the dangers of pregnancy gingivitis which can lead to premature birth and low birth weight. Pregnant women should avoid sugary foods and sticky candies. Tips are also included for infant mouth and dental care.

**NUMB: THE PROBLEM WITH ANTIDEPRESSANTS - DV1118**

DVD  65 min. 2011 SrH - A

Discontinuing the use of antidepressants can be problematic, but many people taking these drugs choose the painful withdrawal process, and subsequent depression, over the emotional numbness the meds can cause. This hard-hitting program documents the drastic effects on the filmmaker’s well-being as he weans himself off Paxil.

**NURSING ASSISTANT: CARING FOR RESIDENTS WITH DIGNITY AND RESPECT - DV0968**

DVD  16 min. 2014 Professional

This program describes how frontline caregivers should treat frail and elderly residents when providing them with their daily personal care such as bathing, incontinence care, oral care or dressing. The topics addressed include: protecting a resident’s right to privacy, encouraging residents to assist in their own care, the importance of good communication, and respecting a resident’s right to choose his or her own schedule of care.

**NURSING ASSISTANT: DEMENTIA CARE PART I - DV1329**

DVD  22 min. 2014 Professional

This program examines how dementia affects behavior and the challenges it poses for caregivers. It discusses how a decline in mental functioning can contribute to difficult behavior, presents examples of changes in mental function and behaviors brought on by dementia, and considers the causes of dementia. It also examines actions to take when a resident becomes agitated and resists care and looks at four triggers that can make a dementia resident agitated.

**NURSING ASSISTANT: DEMENTIA CARE PART 2 - DV1330**

DVD  21 min. 2014 Professional

Examining decline in mobility, unwanted weight loss and dehydration, and decline in bowel and bladder control, this program defines dementia and describes typical patterns of decline. It explains how dementia can affect food and fluid intake and its consequences and looks at how dementia contributes to loss of bowel and bladder control.

**NURSING ASSISTANT: DOCUMENTATION - DV1298**

DVD  15 min. 2014 Professional

Documentation serves as a legal record of the care received by a resident. The primary form of documentation that nurse aides are responsible for is the Activities of Daily Living sheet. The information on an ADL sheet can help a caregiving team find out if a resident’s condition is remaining the same, getting worse or improving. A nurse aide’s documentation can be critical to the development of an ongoing care plan that addresses a resident’s individual needs. Other types of documentation that may be expected of nurse aides include charting vital signs and recording whether or not a resident is experiencing pain.
THE NURSING ASSISTANT: FALL PREVENTION - DV0893
DVD 18 min. 2014 Professional
Falls are among the leading causes of nursing home survey deficiencies, fines, and lawsuits. Along with physical injuries, falls can have an emotional impact, often the resident becomes fearful of falling again. This fear may cause the resident to lose confidence in being able to perform daily activities that she or he was capable of doing before the fall. Viewers learn of the three factors that place a resident at risk for falls and the three actions that can be taken to help prevent a resident from falling. They are also cautioned that restraints may actually increase the risk of falling.

NURSING ASSISTANT: INCONTINENCE CARE - DV1197
DVD 18 min. 2014 Professional
This program reviews two basic types of incontinence care: toileting assistance and perineal care. The program also discusses three types of problems often associated with incontinence: urinary retention, urinary tract infection and constipation.

NURSING ASSISTANT: INFECTION CONTROL - DV1377
DVD 12 min. 2014 Professional
This program reviews two basic but very important infection control practices: hand washing and glove usage. Frontline caregivers will learn how these practices can reduce the spread of disease and infection.

NURSING ASSISTANT: MOVING AND TURNING SKILLS - DV1299
DVD 10 min. 2013 Professional
Nursing assistants learn how to use a lift sheet to move a patient up in bed, to the side of a bed and to perform a log roll. They also learn how to move a patient to the side of the bed without a lift sheet and how to turn a patient towards them and away from them.

THE NURSING ASSISTANT: NUTRITION AND HYDRATION - DV0894
DVD 19 min. 2014 Professional
This program lists the three factors that may cause a resident to have inadequate food and fluid intake and describes the consequences that can occur if a resident becomes malnourished and underweight. It details the three ways to assist a resident with food and fluid intake during mealtime. It urges nursing assistants to take specific actions if they notice a change in a resident’s food and fluid intake.

NURSING ASSISTANT: PAIN MANAGEMENT - DV1393
DVD 18 min. 2014 Professional
Nursing assistants learn the difference between acute pain and chronic pain. They learn to spot the behavior changes that indicate pain. This DVD provides examples of questions that should be asked of residents when they are observed to be in pain.

NURSING ASSISTANT: RECOGNIZING ABNORMAL SIGNS AND SYMPTOMS - DV1374
DVD 17 min. 2014 Professional
After watching this program, viewers should be able to recognize and identify changes in appetite, ability to perform daily activities, ability to respond, and ability to move. Nursing assistants will learn how to monitor changes in the condition of the skin, eyes, ears, nose, and mouth, and respirations. They learn how to monitor the level of pain felt by the resident.
NURSING ASSISTANT: SAFE TRANSFER - DV1378
DVD 16 min. 2014 Professional
This program will demonstrate how to transfer a resident safely while preventing injury to the caregiver. It will discuss how caregivers can protect themselves from back strain or muscle pulls by using good body mechanics, and demonstrate this through examples of different types of transfers using a gait belt.

NURSING ASSISTANT: UNDERSTANDING SKIN BREAKDOWN - DV1376
DVD 16 min. 2014 Professional
Viewers learn about the structure and function of the skin, factors contributing to skin breakdown, and skills needed to help prevent skin breakdown include, skin inspection cleansing, moisturizing and protecting, turning and repositioning.

NURSING ASSISTANT: WANDERING AND ELOPEMENT - DV1375
DVD 23 min. 2014 Professional
Wandering is a behavior commonly found among nursing home residents with dementia. Wandering is often a sign that a resident needs help. Open communication is a first step to finding an answer. Understanding what is causing a resident to wander places staff in a better position to assist the person. This program describes ways that caregivers can assist wandering residents and help prevent them from eloping. It also presents some of the more common factors that may trigger a resident to wander or attempt to leave the facility.

THE NURSING ASSISTANT: UNDERSTANDING ABUSE AND NEGLECT - DV0895
DVD 19 min. 2014 Professional
This program defines abuse and neglect and cautions against the misuse of restraints. It describes the misuse of a resident’s personal property and tells nursing assistants what to do when they suspect residents have been abused or neglected.

NURSING ASSISTANT: UNDERSTANDING AND CARING FOR RESIDENTS WITH DEPRESSION - DV1300
DVD 24 min. 2014 Professional
This program provides caregivers with an understanding of depression and its impact on the lives of elderly individuals. It also describes ways in which caregivers can assist residents who may be experiencing depression.

NURSING DOCUMENTATION: A REFLECTION OF QUALITY CARE - DV0412
DVD color 15 min. 2008 Professional
Proper documentation is vital to the effective care of patients. It also protects the healthcare worker and employer from potential liability issues. This program describes why documentation is necessary and shows standard methods of documenting the work a nurse does. It explains the necessary checks and reviews.

NURSING PROCESS AND CRITICAL THINKING: THE NURSING PROCESS - DV1392
DVD 27 min. 2015 Professional
This program will demonstrate how critical thinking skills are applied to clinical practice through the use of 12 vignettes that follow a nursing student and her colleagues as they care for a chronically ill patient. After viewing the
program, viewers will be able to define critical thinking as an organized way of thinking and explain how critical thinking is essential in the nursing process.

**NUTRICION: RESTAURANTES COMIDAS RAPIDAS - DV0528**
DVD color 18 min. 2007 A
This is the Spanish language version of *Nutrition: Restaurants, Fast Food and Parties* (DV0414). This program shows viewers how to eat healthy in situations when it might not be easy to do so. It discusses portion control, carbohydrate, fat, and calories. It gives viewers practical tips they can use and shows examples of healthy food choices. The program suggests that by making small changes in what they order, viewers can eat out and still eat healthy.

**NUTRITION: RESTAURANTS, FAST FOOD, AND PARTIES - DV0414**
DVD color 18 min. 2007 A
This program shows viewers how to eat healthy in situations when it might not be easy to do so. It discusses portion control, carbohydrate, fat, and calories. It gives viewers practical tips they can use and shows examples of healthy food choices. The program suggests that by making small changes in what they order, viewers can eat out and still eat healthy.

**NUTRITON BASICS - DV0338**
DVD color 15 min. 2005 JrH-SrH
A group of teenage actors plays the nutrient team. The nutrient team had spent weeks getting ready for their presentation. It was a competition, and the winner would be on the school's health education team. Now they find out that most of the nutrient exhibit is missing. Viewers can follow along as the team searches for their missing nutrients. Learn how they solve the mystery and at the same time explain how protein, vitamins, minerals, carbohydrates, fat and water work to keep us healthy.

**NUTRITION: SHOP HEALTHY, COOK HEALTHY - DV0415**
DVD color 16 min. 2007 A
This program shows viewers how they can make small changes in the foods they buy how they prepare meals and how much food they eat. It discusses food nutrition labels, portion control, better eating habits, and food options lower in fat. The program gives tips on taking one
step at a time towards healthier eating.

**NUTRITION STARTS HERE: SMART EATING ON A BUDGET - DV1334**
DVD 20 min. 2015 Adult
Join Chef Marshall O'Brien as he shares nutritious food choices and healthy eating strategies. Chef O'Brien demonstrates how cooking and eating healthy food can save you money while being both fun and delicious. Short video segments include: slow cooker meals, understanding portion sizes, label reading and types of whole grains.

**NUTRITIONAL ASSESSMENT OF THE ELDERLY - 4869**
video color 28 min. 1988 A, Professional
Assists the health care provider with identifying the need for nutritional intervention. Stresses the importance of a thorough history and a consistent evaluator. Discusses normal physiological aging, including socioeconomic status, acute and chronic illness, genetics, accessibility of care, climate, and individual nutritional habits. Describes major changes in aging and demonstrates various evaluation measures.

**NUTRITION SCREENING: IDENTIFYING THE HIDDEN SIGNS OF NUTRITIONAL RISK - DV1382**
DVD 21 min. 1997 Professional
Nutrition screening provides a way to identify individuals at risk for nutritional problems. This program demonstrates nutrition screening and explains its importance as it relates to home healthcare patients. Viewers will learn the types, causes and symptoms of malnutrition. Describes common components of a nutritional assessment and screening.

**UNDERSTANDING LIQUID CALORIES AND NUTRITION (closed captioned) - DV0696**
DVD 21 min. 2008 SrH
This program covers the effect of beverages on weight gain, beverage size, the dangers of both regular and diet sodas, a comparison of sports and energy drinks, a nutritional breakdown of other popular beverages, the benefits of drinking water, and growing concerns over diabetes. Brand name sodas, sports drinks, energy drinks, vitamin water and a variety of bottled teas are featured.

**OBSERVATION, REPORTING AND DOCUMENTATION - DV0718**
DVD 13 min 2011 Professional
This program emphasizes the importance of good observation skills. It explains the types of observations and what must be reported. It gives the definition of documentation. It also explains the guidelines when documenting, flow sheets and check off sheets.

**OBSESSIVE COMPULSIVE DISORDER: 20/20 - DV1030**
DVD 13 min. 2007 A
This 20/20 segment explores the topic of Obsessive Compulsive Disorder (OCD). The cameras follow a patient who has a form of OCD called "harming obsession".

**OF TWO MINDS - DV1352**
DVD 90 min. 2012 A
This documentary explores the lives, struggles, and successes of three individuals living with bipolar disorder.

**OFFICE ERGONOMICS - DV1184**
DVD 17 min. 2015 A
One size does not fit all, and sometimes that's a real pain. The places where we work and the things we work with (our desks, chairs, computers, and other tools that we use) do not fit everyone equally. For many of us efficiency, comfort and
safety in the office can often be hard to come by. However, it can be done using ergonomics! This training program addresses how to recognize ergonomic problems, the potential for adverse effects if our offices are not set up ergonomically, and practical solutions employees themselves can use to do that.

OFFICE ERGONOMICS INJURY REDUCTION - DV0284
DVD color 22 min. 2002 A
Viewers will learn how to reduce ergonomic injuries and promote comfort. They will learn how to recognize ergonomic problems, the potential of adverse effects, and practical solutions to ergonomic problems in the office. Topics include physiology of the body; parts of the body most affected; eye strain; preventative measures; correct use of office equipment; exercise; and stress release.

OFFICE SAFETY (Marcom) - DV0285
DVD color 22 min. 2002 A
Accidents and injuries in the office account for thousands of hours of lost time, and millions of dollars in worker's compensation and medical costs. This program shows employees what hazards exist in office environments, and how important it is to follow good safety practices. This program covers safety awareness, safety housekeeping, slips, trips and falls, and electrical safety.

OLDER ADULTS AND ADDICTION - DV1073
DVD 40 min. 2007 A
As baby boomers reach retirement age, substance abuse among these older adults is on the rise. Besides alcohol abuse, many baby boomers suffer from illicit drug use. The good news is that it is never too late to change. The two presenters in this DVD provide easy-to-follow methods of effectively screening, assessing, and conducting brief interventions.

ONE ALCOHOLIC TO ANOTHER: DEMYSTIFYING AA - DV1149
DVD 40 min. 2011 A
How did Alcoholics Anonymous begin? What influences shaped it into the worldwide, support-focused organization it is today? And what goes on inside a typical AA meeting? This program follows a quest for answers undertaken by two filmmakers. Their search leads them to the Vermont roots of AA’s founders, the structural parallels between AA meetings and civic gatherings, temperance movements predating AA, and more. At the heart of the film, however, are segments that take viewers inside a real AA meeting. With animated faces disguising the live-action participants, these scenes offer a poignant window into the confrontation of addiction.

ONE FOOT AT A TIME – DV0665
(English) DV0666 (Spanish)
DVD color 18 min. 2011 A
This DVD explains the newborn screening process. Viewers learn the benefits of screening, how tests are conducted, and what to do if the results of the screen are positive for any one of a variety of genetic disorders. This program profiles families whose lives have been affected by newborn screening.
OPEN ARMS OPEN EYES: POWER CONTROL AND ABUSE IN TEEN RELATIONSHIPS (closed captioned) – DV0559
DVD color 27 min. 2010 A
This program dramatizes specific issues of power and control among teens, to help them spot the signs and avoid the corrosive effects of abusive relationships.

ORAL HYGIENE THE 8 MINUTE SOLUTION - DV0383
DVD color 8 min. 2005 Professional
This DVD will allow nursing staff to identify medical risk factors and high risk groups; assess a patient’s oral health; develop an oral hygiene plan and perform oral care.

ORALLONGEVTY - DV0465
DVD color 42 min. 2007 A
This DVD helps patients understand the changes that happen in their aging mouths. Viewers will learn about the relationship between disease and the mouth. Professionals discuss ways to help family members become good oral caregivers to dependent elders. The Texas Department of State Health Services does not endorse any particular product or company.

ORIENTATION TO LABORATORY SAFETY - DV0730
DVD 11 min 2010
This program provides an overview of laboratory safety and informs new employees of basic laboratory safety. Viewers also learn how to properly use safety showers and eyewash stations. The final program segment explains the proper handling and storage of flammables and explosives.

OSHA LAB STANDARD REFRESHER PROGRAM – DV0624
DVD color 14 min. 2007 A
Viewers will renew their knowledge of OSHA’s regulations regarding chemical hazards in the laboratory. They will also learn about physical and health hazards, common types of hazardous chemicals, and container labels.

OSHA RECORD KEEPING FOR EMPLOYEES - DV0088
DVD color 14 min. 2002 Professional
This DVD helps supervisors and employees meet the updated record-keeping requirements of 20 CFR Part 1904. It covers the revisions in the regulations and the use of current forms. Managers and employees will learn why record-keeping is important. They will also learn the importance of the incident review. Applicable requirements for each work environment are explained. The program gives definitions and examples of illnesses and injuries.

ONE NATION, OVERDOSED - DV1290
DVD 19 min. 2017 A
Reporters for the Nightline program explore the opioid addiction epidemic that kills at least 91 Americans every day. They follow along on a DEA drug bust and watch as EMS revives people who overdose.

THE OPIOIDS EPIDEMIC: HOW I BECAME A HEROIN ADDICT - DV0987
DVD 22 min. 2017 SrH-A
This video looks at the opioid epidemic through the eyes of 4 recovering, young addicts, Jesse, Peter, Cindy and Sam. By revealing their stories, viewers will learn how quickly and easily it is to transition from pain pills to shooting up heroin. The young users talk about how they stole money from their friends and family members to get enough money to feed
their habit. Two of them, Peter and Sam attempted suicide. They also talk about hope, hope to not use again, hope to get through the pain of detox, and the hope of a better, sober life ahead.

**OSHA STANDARDS BLOODBORNE PATHOGENS - DV1188**

DVD 31 min. 2015 Professional
This video for health care assistants discusses infection transmission, prevention, and current treatment modalities. It explores infection control and current procedures for care that comply with OSHA standards for bloodborne pathogens.

**OSTEOARTHRITIS – DV0602**

DVD color 30 min. 2008 A
Osteoarthritis, rheumatoid arthritis, or just normal aging? Knowing the difference can affect patient care and quality of living. Experts discuss the science behind the common degenerative disease, prevention and treatments.

**OSTOMY URINARY DRAINAGE AND CATHETER CARE - DV0079**

DVD 13 min. 2000 Professional
This DVD covers changing an ostomy bag, emptying a urinary drainage bag, providing daily catheter care, including a review of perineal care.

**AN OUNCE OF PREVENTION: HYPERTENSION; NUTRITION; FOOT CARE; EYES; ORAL HEALTH; KIDNEYS-DIALYSIS - 5785,**

video 82 min. 1991 A, Professional
Explains hypertension, foot and eye care, maintaining good oral health, kidney problems and dialysis in relation to diabetes.

**AN OUNCE OF PREVENTION KEEPS THE GERMS AWAY - 6804**

video 30 min. 1998 SrH-A
Explains seven inexpensive steps which can prevent many infectious diseases: (1) wash hands often; (2) routinely clean and disinfect surfaces; (3) handle and prepare food safely; (4) get immunized; (5) use antibiotics appropriately; (6) keep pets healthy; and (7) avoid contact with wild animals. Encourages personal hygiene and personal responsibility to prevent both common ailments like the cold and serious health conditions such as rabies.

**OUTDOOR SAFETY: CRITTERS AND PLANTS - DV0178,**

color 6 min. 1991 A
Wild animals should always be avoided. Some carry rabies, and nearly all will bite. Shows four poisonous snakes found in the U.S. Points out that protective boots or leggings should be worn in areas where snakes may be found. Also discusses safety precautions to take to avoid insect bites or stings. Discusses poisonous plants such as poison ivy, oak, and sumac.

**OVERCOMING STRESS AT WORK - DV0376**

DVD 19 min. 2001 A
Explains the impact of anxiety and stress on the human mind and body. Defines stress and identifies personal stressors. Relays positive techniques to overcome non-positive stress.

**OVERCOMING STRESS AT WORK - AC0018**

Audio CD 19 min. 2001 A
This program explains the impact of anxiety and stress on the human mind and body. It defines stress and identifies personal stressors. Positive techniques
are suggested to overcome non-positive stress.

OVERCOMING THE OBSTACLES: IMPROVING HAND HYGIENE COMPLIANCE - DV0734
DVD 12 min. 2011 Professional
This program acknowledges the obstacles that keep health care professionals from cleaning their hands, and presents ways to overcome those obstacles. Common obstacles include not having time, not having access to dispensers, having chapped hands and confusion about when to use soap and water and when to use alcohol hand rub. This DVD complements new initiatives by the Joint Commission while at the same time informing health care professionals of the important facts contained in the CDC’s hand hygiene guidelines.

OVERDOSE EPIDEMIC: WHAT CAN BE DONE TO STOP IT - DV1045
DVD 20 min. 2014 JrH - A
This program takes a hard look at drug overdose from three points of view, an ER doctor, a pharmacologist, and several teens who have overdosed and lived to tell about it. Viewers learn the most lethal drug overdose happens when users combine various drugs that can cause almost instant death. Vital information on how to recognize drug overdose in others and how to get help is included.

OVERVIEW: DELIRIUM AND DEPRESSION - 5588
video 15 min. 1990 A, Professional
Discusses delirium symptoms and their possible causes. Describes the circumstances when delirium and dementia occur together. Distinguishes between dementia and depression. Discusses depression symptoms and explains that depression and dementia can co-exist. Outlines the steps in assessing Alzheimer’s disease and other dementias. Explains that the assessment will help in evaluating whether a person has dementia, delirium, depression, or a combination of these.

P.S. I MISS YOU - DV1005
DVD 23 min. 2006 SrH - A
A Family copes with the suicide of a family member. Alcohol becomes a coping mechanism and friends step in to help.

PAIN MANAGEMENT: THE FIFTH VITAL SIGN - DV0658
DVD color 16 min. 2000 Professional
Viewers will learn how to conduct an initial assessment and regular re-assessment of pain, utilize age-appropriate pain scales, provide patient and family education regarding their roles in pain management and recognize barriers to effective pain management. They will also be able to identify methods of pain control to relieve and prevent pain.

THE PAPA PROGRAM: WHAT KIND OF PARENT WILL YOU BE? THINK ABOUT IT! - K-0003
video color 14 min. 1995 JrH-A
PAPA stands for the Attorney General's Paternity/Parenthood Project, designed to teach teenagers about the legal rights and financial responsibilities that come with parenthood. Debunks some commonly held myths concerning paternity and child support. Includes a 14-minute video, transparencies, and sourcebook.

PARENT’S GUIDE TO NEWBORN SCREENING (English/Spanish) - DV0451
DVD Eng 6 min., Span 5 min. 2006 A
This DVD explains what newborn screening is, its purpose, the test procedure, and what parents need to do
if retesting is necessary.

**PATHOGENS AND INFECTIOUS DISEASE - DV1316**  
DVD 23 min.  2015 A  
There are a multitude of pathogens capable of infecting the human body and causing disease. This program explores the six main categories of pathogens: bacteria, viruses, fungi, protozoa, prions and macroparasites. Their structure, mode of transmission, and the changes they cause in the host are described. Real-life images, microscopic views of cells and pathogens, and animations make this an excellent resource for the study of pathogens and infectious disease.

**PARTY 101: CONSEQUENCES - DV1070**  
DVD 67 min. 2006 SrH - A  
The legal, physical, and social consequences of underage drinking are depicted in scenes with teenagers and police.

**PARTY DRUGS: IN THE KNOW - DV1011**  
DVD 24 min. 2003 A, Professional  
Educates viewers about the tremendous damage that Ecstasy/MDMA, methamphetamine, GHB, Rohypnol, and Ketamine do to user's live. Contains an in-depth look at the frightening trend of "date rape" drug use and provides advice on protecting oneself.

**PARTY DRUGS: REAL LIFE TEENS - DV1150**  
DVD 20 min. 2011 A, Professional  
This program talks directly to teens by having real teens telling their own stories and experiences. It is designed to provoke thought and conversation amongst teens on difficult-to-discuss issues and show them that their problems and issues are shared by others. Topics include: What is Ecstasy and other club drugs? Why are prescription pills just as dangerous as illegal drugs? Where are prescription drug users sharing “recipes” for getting high?

**PATHOPHYSIOLOGY: NEUROLOGICAL SYSTEM: ACUTE BRAIN INJURIES - DV1214**  
DVD 28 min 2016 Professional  
This program focuses on acute injuries to the brain. Beginning with a brief discussion of increased intracranial pressure and cerebral edema, both of which are common in brain pathologies, it describes traumatic brain injuries, concussions, skull fractures, and stroke.

**PATIENT AND RESIDENT RIGHTS AND COMMUNICATION - DV0306**  
DVD color 102 min. 2006 Professional  
This program discusses the sender receiver model of communication. Tactics to enhance communication between residents and nursing assistants are recommended. Proper reporting and recording procedures are detailed. The narrator explains The OBRA act and the HIPAA act.

**PATIENT CONFIDENTIALITY: IT’S EVERYBODY’S JOB, NOT EVERYBODY’S BUSINESS (closed captioned) - 6227**  
video color 24 min. 1995 A, Professional  
Explains the responsibility of all health care workers to protect patients’ confidentiality. Provides guidelines for professional conduct and discusses the rights and responsibilities of patients.
PATIENT LIFTING SAFE STRATEGIES - DV0466
DVD  color  16 min.  2008  Professional
This DVD teaches how to transfer and reposition residents safely, along with information on some of the patient handling equipment and repositioning aids that must be used. Viewers learn the basics of good body mechanics. Extras include a leader's guide, a quiz, and a customizable PowerPoint® presentation (DVD-ROM drive required for PowerPoint).

PATIENT RIGHTS: KEEP THEM IN FOCUS (closed captioned) - DVD-DV0480, VHS-7305
video/DVD 24 min.  1997  Professional
Intended for health care workers. Discusses the importance of protecting patients’ rights. Describes the Patient’s Bill of Rights, which include the right to make informed decisions, to participate in all aspects of health care, impartial access to care, to make an advance directive, and to know the rights and responsibilities in receiving care. Advises health care workers in appropriate responses when a patient feels their rights are not respected.

“PEARLS” OF DYSMORPHOLOGY - 7264
video 90 min.  1998  A, Professional
Intended to identify and demonstrate certain individual clinical features called “pearls” which can be highly suggestive of a specific dysmorphic syndrome. These are diagnostic “pearls” because their presence immediately leads to a diagnosis or a much abbreviated list of diagnostic possibilities. Most are anomalies, but there are also deformations and disruptions.

PATIENT RIGHTS: KEEP THEM IN FOCUS (closed captioned) - DVD-DV0480, VHS-7305
video/DVD 24 min.  1997  Professional
Intended for health care workers. Discusses the importance of protecting patients’ rights. Describes the Patient’s Bill of Rights, which include the right to make informed decisions, to participate in all aspects of health care, impartial access to care, to make an advance directive, and to know the rights and responsibilities in receiving care. Advises health care workers in appropriate responses when a patient feels their rights are not respected.

PERFECTION - DV1049
DVD  21 min.  2015  JrH - A
This documentary shows three girls and their struggles with eating disorders. The girls discuss what it is like to cope with the symptoms of anorexia, bulimia and "other specified feeding or eating disorder." Viewers see common themes such as striving for perfection, obsession with control, and the quest for acceptance, belonging and love.

PERIPHERAL ARTERY DISEASE: STAYING ON YOUR FEET - DV0371
DVD  28 min.  2003  A
When it comes to clogged arteries, the legs are no safer than the heart. This program raises awareness of peripheral artery disease (PAD), a very dangerous and often misdiagnosed vascular ailment. Doctors explain the physiology of the disease and identify its most common risk factors, symptoms, diagnostic testing, and methods of treatment. They also stress the crucial need for early detection. The Texas Department of State Health Services does not endorse any particular brand or product.

PERSONAL AND PROTECTIVE EQUIPMENT AWARENESS AND ATTITUDE - DV0321
DVD  color  10 min.  1997  A
This program covers the basics of personal protective equipment (PPE). The
importance of hearing protection with ear plugs or headphones is reviewed. Viewers learn about selecting the specific glove called for by a specific task. Different kinds of dust masks are shown. The importance of proper hats and shoes is emphasized.

PERSONAL CARE – DV0565
DVD color 21 min. 2008 Professional
This program covers cleaning and trimming nails, shaving the beard, assisting with hair and make-up, dressing, and dressing when an I.V. catheter is in place.

PERSONAL HYGIENE IN THE WORKPLACE - DV1261
DVD 6 min. 2011 A
Personal hygiene can make or break a person's success at a job. It can cause discomfort and embarrassment that results in a breakdown of communication and productivity. This program has been developed as a tool for employers to be proactive in addressing the subject, as well as an aid to those managers and supervisors that find themselves in the position of needing to react and take action in the event of a complaint.

PERSONAL PROTECTIVE EQUIPMENT - 5878
video 19 min. 1995 A, Professional
Explains the necessity and variety of personal protective equipment for the head, hearing, eye and face, respiratory, hand and arm, leg, skin, trunk and abdomen, and whole-body protection. Explains the proper use of each and when it is necessary to use this equipment.

PERSONAL PROTECTIVE EQUIPMENT IT’S YOUR CALL - DV0395
DVD color 10 min. 2000 A
This program combines instruction and a real life story to convey how Personal Protective Equipment (PPE) protects workers and what the consequences are if the recommended PPE is not worn. All required training is covered and the full range of PPE (head, eye, ear, hand, foot) is shown in many job settings.

PERSONAL PROTECTIVE EQUIPMENT: A REFRESHER PROGRAM – DV0637
DVD color 17 min. 2006 A
This DVD will refresh employees' knowledge of OSHA's PPE regulation to reinforce mindfulness of hazards in work areas, familiarity with PPE available, and how to select the appropriate equipment for the job.

PERSONAL SAFETY: MUGGINGS AND CARJACKINGS - DV0024
DVD color 20 min. 2003 SrH, A
Two law enforcement officers present practical strategies that help people take control of their own safety – on the street, in a parking lot, in a vehicle. The simple techniques shown will increase awareness and confidence, help to avoid attacks, and to survive the incident if accosted.

PHYSICAL THERAPY ASSISTANT AND AIDE (closed captioned) - DV0361
DVD color 20 min. 2007 SrH-A
This program profiles the jobs of physical therapy assistant and aide, detailing their responsibilities, essential skills, and differences. The DVD explores the duties the assistant and aide must perform and the skill sets they must possess. Educational requirements are also addressed.

PLAYING IT SAFE - DV0099
DVD color 30 min. 2006 SrH
This program covers the prevention of injuries and infection. Sports injuries, driving accidents and the risk of using Internet chat rooms are explored. Viewers are cautioned about the risk of infection posed by everyday activities.
They are urged to protect themselves by using common sense. Common sense measures include the proper use of any contact lenses, hand washing, getting vaccinated against disease and keeping athletic equipment and exercise areas clean. Viewers are shown the dangers of body piercing. A teenager who suffered from meningitis and another teenager who had an infection caused by E. coli bacteria are briefly profiled.

**PLEASE HELP ME FEED MY BABY (English/Spanish) (open captioned) - DV0378**
DVD  color  Eng. -7 min. Span. -7 min  2008  A
Treceia Taylor relates the true story of how she was trapped at home during hurricane Rita with a new baby and no infant formula. She had no clue how to breastfeed. Viewers watch how Treceia overcame a personal aversion to breastfeeding only to fall in love with the act of nursing. She continued to breastfeed her infant for months.

**PNEUMONIA: ALL YOU NEED TO KNOW - 6732**
video  color  20 min.  1997  A
Examines the causes, treatments, and prevention of pneumonia. Discusses the recent discovery of more virulent strains precipitated by bacteria, viruses, mycoplasmas, parasites, and fungi. Describes treatments such as a variety of antibiotics, antibacterial vaccine, and intravenous drugs. Health care professionals and day care and nursing home workers are provided with specific cautions on how to protect those in their care from contracting pneumonia.

**POSITIVE PSYCHOTHERAPY: HELPING PEOPLE THRIVE - DV1151**
DVD  72 min.  2013  Professional
This film demonstrates the practical application of positive psychotherapy strategies in individual counseling and clinical supervision. It is comprised of an introduction to positive psychotherapy and its benefits followed by eight individual counseling vignettes. Vignettes demonstrate positive psychotherapy strategies, including forgiveness, flow, optimism, finding meaning, savoring, gratitude, satisficing (satisfying and sufficing), and strengths-based clinical supervision.

**POISONOUS SNAKES, U.S.A. - 4174**
video  color  17 min.  1986  JrH-A
Depicts poisonous snakes in the continental United States and explains how to recognize their habitats, precautions to take to prevent snakebites, how to identify poisonous snakes, and steps to take in case of snakebite.

**POSITIVE YOUTH : THE FACE OF HIV IS THE HUMAN FACE (closed captioned) - DV0788**
DVD  42 min.  2012  Adult
Filmed in the U.S. and Canada, this documentary puts a human face on the new reality of living with HIV by introducing viewers to four very open, very dynamic individuals who are either HIV-infected or “HIV-affected”: Austin Head, 27, a well-known DJ, entertainer, and musician; Chris Brooks, 24, video blogger; Jesse Brown, 25, who is grappling with the decision of when to begin taking antiretroviral medication; and Rakiya Larkin, 18, who, in helping her HIV+ mom, has had to grow up very fast. Over the course of the program, the four discuss the challenges of living and loving with HIV, while medical and psychological experts provide facts and
historical context to show that although HIV is still incurable, it can, with effort, be managed. This program contains explicit language and mature themes. It should be previewed before showing.

**POSTPARTUM: CARING FOR YOURSELF AFTER DELIVERY - DV0206**

DVD  color 16 min. 2003 SrH-A

Giving birth can be an event of great joy and satisfaction for a mother; yet, new mothers may be concerned and confused by a variety of after pains and physical processes they experience as the body cleanses and heals itself. The postpartum program provides straightforward answers to many questions regarding the natural, biological processes that occur following childbirth. It provides practical guidance for physical and emotional self-care during this period of intense change.

**POSTPARTUM FROM PREGNANT TO PARENT**

English DVD-DV0238,

color  36 min. 2005 SrH-A

This video explores the changes in the lives of new parents. New parents may feel positive emotions like elation but also negative ones like frustration and anxiety. Mothers may be experiencing the baby blues or postpartum depression. The arrival of a new baby often puts a strain on the relationship between the mother and father. Couples are given tips on how to improve their relationship during this difficult time. New parents are given advice about where to go for help if they need it and how to take advantage of offers of help from friends and family. Tips are also provided about taking care of a baby and working outside the home.

**POTHEAD - DV1044**

DVD  18 min 2014 JrH - A

This video tells the fictional story of Trevor, a teen becoming gradually addicted to marijuana as his grades slip, his relationships with his parents and friends become strained, and his motivation to do things other than smoke marijuana diminishes. As Trevor's downward spiral plays out, the program weaves in interviews with real teens who were potheads, but managed to turn their lives around.

**POWER AND HAND TOOL SAFETY - 5498**

video 21 min. 1987 A

Demonstrates proper methods of selection, inspection and use of hand tools and portable power tools, both on the job and at home. The importance of exercising judgment and control before, during, and after the job is emphasized.

**POWER OF CONFLICT RESOLUTION - DV0153**

DVD  16 min. 2005 JrH-SrH

This program shows students that they have the power to resolve conflicts peacefully by learning about and understanding their communication styles.

**THE POWER OF WATER - 5612**

video 17 min. 1992 SrH-A

Provides safety tips for drivers during flooding conditions. Takes place in the desert in Arizona; shows how quickly flash floods can occur. Shows several reasons why drivers will risk their safety to defy warning signs and barricades for areas subject to flooding. Explains that night driving is particularly dangerous and that rescuers are also at risk when performing rescue operations. Shows the power of the water and why it is imprudent to ignore warnings.
PPE: INSPECT AND RESPECT - DV1230
DVD 17 min. 2013 A
Employees must maintain safety by wearing their PPE and caring for it, cleaning it, and maintaining it. This DVD helps heighten employee awareness of the importance of PPE and shares important information on the types of PPE and how to properly inspect and care for it. This DVD teaches viewers about protective equipment for the head, hand, eyes, face, and lungs.

PREGNANCY FOR DUMMIES - DV0207
DVD color 180 min. 2002 A
Drs. Joanne Stone and Keith Eddleman of Mt. Sinai Hospital, coauthors of the best-selling book Pregnancy for Dummies, host this DVD that demystifies the process of pregnancy by answering the many questions an expectant couple may have. The program uses graphics and humor to guide new parents through the exciting and emotional months from pregnancy to delivery to the first few months of life. This video introduces real-life couples experiencing the challenges and rewards of pregnancy. Accompany them on doctor's visits, shopping trips, and first outings with their new babies to see the joy of pregnancy and parenting through their eyes.

PREGNANCY IN PROGRESS - DV0737
DVD 33 min. 2011 A
Viewers learn the early signs of pregnancy and the host of changes women will experience during their 9 month adventure. It explains common prenatal tests and what they can reveal about a baby’s development. Students discover possible causes of infertility in both women and men, as well as common treatment options. Guidelines for healthy prenatal care and birth choices are also offered.

PREPARING TEXAS FOR A SAFER TOMORROW (English/Spanish) (closed captioned) - DV0220
DVD Eng-8 min., Span-10 min. 2006 A
This video, hosted by news reporter Ron Oliveira, examines the potential for disease outbreaks and disasters and discusses how people can prepare. From the basics such as washing hands to more specific tasks such as making an emergency supply box in case of a disaster, this video outlines simple things people can do to stay safe. It provides detailed instructions on how to prepare for an emergency evacuation.

PRESCRIPTION DRUG ABUSE - DV1025
DVD 22 min. 2001 A
Students will learn what constitutes misuse of a prescription drug. They will learn about the damage they can do to themselves by taking prescription medication in any way not specified by a doctor and how to get help for addictions.

PRESCRIPTION DRUGS: IN THE KNOW - DV1006
DVD 15 min. 2003 A, Professional Video shows the viewer the traumatic damage that unauthorized use of pharmaceuticals drugs can do to their social functioning, physical and mental health. Drugs discussed include tranquilizers, stimulants and opioid painkillers.

PRESCRIPTION DRUG UPDATE (English/Spanish closed captioned) - DV0716
DVD 17 min. 2011 SrH
This program introduces a diverse group of young people who share their experiences about their prescription drug abuse addictions and the consequences
they have suffered. The participants abused various prescription drugs: pain relievers (OxyContin and Vicodin), depressants (Xanax and Valium) and stimulants (Concerta and Adderall). Information and statistics on many commonly-abused prescription drugs are provided. Their stories include their efforts to seek help and pursue recovery from addiction.

PRESSURE SORES TIPS FOR THE GNA - DV0419
DVD color 20 min. 2005 Professional
This program defines the phrase pressure sore and explains what puts a resident at risk for developing pressure sores. Geriatric Nursing Assistants will learn about the stages of pressure sores and how to prevent them. Clinical vignettes include bedside examination of pressure sores and management strategies.

PRESSURE ULCERS – DV0548
DVD color 28 min. 2007 A
Professionals analyze pressure ulcer formation, prevention, and treatment among people with paraplegia, diabetes, and people who are unable to leave their beds. SofPulse electromagnetic field therapy is given special attention in non-healing wound repair.

PRESSURE ULCERS: PREVENTION, CARE, AND MANAGEMENT - DV0978
DVD 18 min. 2008 Professional
Filmed in healthcare settings and featuring an interdisciplinary team of healthcare professionals, this program is based on Centers for Medicare & Medicaid Services (CMS) recommendations and leading evidence-based guidelines. This DVD helps ensure compliance with accreditation agencies such as the Joint Commission. It covers the three key elements in a pressure ulcer prevention plan: assessment of risk, protection against risk factors, and education of staff and patients. Viewers learn about identifying, describing, and classifying pressure ulcers according to the NPUAP staging system. It reviews risk factors associated with the acquisition of pressure ulcers, strategies to prevent and manage pressure ulcers, proper wound care, including cleansing, dressing change, pressure redistribution, and pain management.

PREVENTING AND RESPONDING TO SEXUAL HARASSMENT IN LONG-TERM CARE - DV0818
DVD 34 min. 2012 A
This program defines sexual harassment. It examines sexual harassment as it occurs between employees working in long-term care. It also provides advice on how to manage sexually inappropriate comments and behavior on the part of residents who have conditions that interfere with their judgment and memory.

PREVENTING ABUSIVE HEAD TRAUMA: THE CRYING CONNECTION (closed captioned) - DV0779
DVD 16 min. 2013 A
Abusive Head Trauma (AHT), also known as Shaken Baby Syndrome (SBS), is a serious form of child abuse, most commonly triggered by crying. This program explains why babies cry, identifies frustration thresholds, and provides tips on how to cope with infant crying.

PREVENTING BLOODBORNE INFECTIONS IN LONG TERM CARE PROGRAMS 1-3 - DV0800
DVD 45 min. 2013 Professional
This program describes standard precautions, post-exposure responses, and the use of gloves, eyewear, and gowns for the protection against bloodborne infections. It presents the characteristics of HIV and AIDS, hepatitis
B and C, and bloodborne infections while explaining the modes of transmission inside and outside of the workplace. It illustrates decontamination and cleaning procedures and the CDC hand hygiene guidelines.

**PREVENTING CONTAMINATION IN THE LABORATORY - DV0678**
DVD 11 min. 2010 Professional
This program on preventing contamination emphasizes the need to recognize situations that could lead to contamination, and discusses what can be done to prevent contamination from occurring. Topics covered in this program include how contamination occurs, general preventative measures, engineering controls, safe work practices, and personal protective equipment.

**PREVENTING EXPOSURE TO BLOODBORNE PATHOGENS - DV0396**
DVD color 8 min. 2001 A
This program is intended for industrial, office and other non-healthcare workers. It covers the exposure control plan and how bloodborne pathogens are transmitted. Specific safety precautions that should be taken to prevent contact with contaminated items are explained. Viewers will also learn how to respond to possible exposure situations.

**PREVENTING FALLS IN AGED CARE - DV0796**
DVD 24 min. 2009 Professional
This program was produced in Australia. Although falls can happen to anyone of any age group, they are undoubtedly more common in the elderly population. This program examines the risk factors for falls, illustrating cases in which falls can be avoided, while helping viewers to implement preventative strategies tailored to elderly care. Formalized fall-prevention programs are highlighted in different settings. Showing that the causes of falls are multifactorial in nature, the program calls for an approach which encompasses accurate identification of risks and effective vicinity management.

**PREVENTING HEALTH CARE ASSOCIATED INFECTIONS - DV0245**
DVD color 32 min. 2003 Professional
This program defines and discusses nosocomial infections and provides guidance on what can be done to prevent them. The history of health care-acquired infections and proper hand washing techniques are discussed. Precautions against transmission-based infections, including airborne, droplet and contact transmission are detailed. Examples of superbugs discussed in the program are vancomycin-resistant Enterococci, methicillin-resistant Staphylococcus aureus, Salmonella typhimurium, and Streptococcus pyogenes.

**PREVENTING LONG TERM COMPLICATIONS OF DIABETES - DV0256**
DVD color 18 min. 2006 A
This DVD explains that over time having too much glucose in the blood can cause damage to both large and small blood vessels, leading to complications like atherosclerosis, heart disease, kidney disease, eye disease and neuropathy. The program helps people with diabetes learn that by following a self-management plan they can minimize or even prevent these long term complications. It outlines a management plan that includes education, healthy eating, physical activity, medications, self-monitoring and the A1C test. The program covers other factors that lead to complications and the
signs of complications. Viewers will learn how to regularly check for those signs.

PREVENTING MEDICATION ERRORS
PART 1: GENERAL RECOMMENDATIONS FOR SYSTEM-WIDE CHANGE - DV1218
DVD 23 min. 2016 Professional
This program details the scope of medication errors and lists the five rights of medical administration. It also explains additional safety practices often considered to be medication rights. It also describes safe medication administration practices that are part of the Joint Commission's National Patient Safety Goals.

PREVENTING MEDICATION ERRORS
PART 2: SOURCES OF ERRORS AND BASIC SAFETY PRINCIPLES - DV1219
DVD 24 min. 2016 Professional
This second program in a 3-part series will define the different events that may result from drug-related errors and identify the common sources of these mistakes. In addition, the eight rights of medication administration, which are the foundation for safe practice, will be described.

PREVENTING MEDICATION ERRORS
PART 3: WHAT NURSES CAN DO - DV1220
DVD 23 min. 2016 Professional
This final program in a three-part series on preventing medication errors describes best practice recommendations from the Joint Commission that nurses can put in place in their own day-to-day activities. This includes ways to increase patient involvement and education so that they can make a difference and protect themselves from medication errors.

PREVENTING RESIDENT FALLS IN LONG TERM CARE (English/Spanish) (closed captioned) - DV0062
DVD Eng-16 min., Span-16 min. 2003 A Falls are the cause of 40 percent of all nursing home admissions. This program will take a look at some of the assessment tools and protective strategies that can be used to take the guesswork out of fall prevention. It covers the importance of conducting falls assessments, the 3 types of falls, and preventing falls. Extras include a leader's guide, a quiz, and a customizable PowerPoint® presentation (DVD-ROM drive required for PowerPoint).

PREVENTING SKIN CANCER - DV0104
DVD color 24 min. 2004 SrH
Some still believe a tan symbolizes good health. This DVD makes viewers aware of the negative effects of exposing skin to ultraviolet rays. Viewers will learn about the various kinds of skin cancer and see how they can protect themselves from cancer.

PREVENTING UNSAFE WANDERING AND ELOPEMENT - DV0078
DVD color 27 min. 2004 Professional
This course is designed to provide caregivers in the long term care setting with an overview of the skills necessary to prevent residents from participating in behaviors that can lead to unsafe wandering. This includes how to provide accurate assessment of residents in their care, intervene when unsafe wandering is recognized, and what to do if a resident wanders away from his/her room or facility.

PREVENTION TO RECOVERY - DV1097
DVD 53 min. 2007 A
Thomas Henderson has dedicated his life for the past twenty years to providing alcohol/drug education and corrections films. "Best Of" features segments from
each of his nine prevention and recovery films, plus rare footage of some of Henderson's most memorable NFL moments, and appearances by Thomas today as he personally introduces each segment. It can be used in youth programs, adult programs, prevention, treatment, counseling, and corrections.

**PRISONERS OF ADDICTION - DV1087**
DVD 33 min. 2013 A
This film shows four women who have been incarcerated due to their behavior while using alcohol and drugs. After they found sobriety, they have not returned to prison.

**PRIVACY AND SECURITY: THE NEW HIPAA RULE - DV0657**
DVD color 15 min. 2008 Professional
This DVD reviews the main points of existing and new regulations and identifies who must comply with them. It discusses the legalities and their everyday application in healthcare and defines Protected Health Information (PHI). It identifies strategies for compliance. It also highlights the many patient rights under HIPAA.

**PROFESSIONAL BEHAVIOR IN HEALTHCARE PROFESSIONS: EFFECTIVE COMMUNICATION WITH PATIENTS (closed captioned) - DV0692**
DVD 23 min 2007 Professional
This program shows how to establish therapeutic relationships and how to interview and assess patients. It also examines communication issues associated with specific patient groups, discusses Erikson's Stages of Life theory, considers communication with patients in pain or at the end of life, covers cultural and religious issues that affect communication, and introduces the phases of the nurse-patient relationship.

**PROMOTING HYGIENE - 7052**
video 19 min. 1996 A, Professional
Covers the nursing skills involved in promoting hygiene and includes step-by-step procedures for providing hair care, shaving, oral care, and foot and nail care as well as documentation tips and safety issues for these procedures. The information is not complete regarding nail care for the diabetic patient.

**PROMOTING INDEPENDENCE FOR PERSONS WITH DEMENTIA - DV1301**
DVD 19 min. 2018 Professional
After viewing the program, nursing assistants will be able to assist with activities of daily living (ADLs) while promoting resident independence and dignity. They will be able to recognize care strategies for dressing, grooming, toileting, bathing, and eating for people with Alzheimer's disease and dementia.

**PROPER BODY MECHANICS AND BACK SAFETY - DV0717**
DVD 8 min. 2011 Professional
This program teaches home care personnel and family caregivers the principles of body mechanics and the importance of learning to move correctly in order to avoid injury. Topics include the definition of posture, proper posture when standing and lifting, the principles of body mechanics, body mechanics during wheelchair transfers, loading and unloading a wheelchair from a vehicle, the importance of patience and planning to prevent injury.

**PROTECTING THE CAREGIVER - DV0191**
DVD color 26 min. 2005 Professional
This program demonstrates simple defensive skills that can prevent or minimize harm when a disoriented or
startled person becomes aggressive. Viewers will learn skills that will minimize harm to both the caregiver and the confronted person. Effective defensive moves to protect against biting, choking, hair pulling, and kicking are demonstrated.

PROTECTING YOUR BODY AT WORK PART 1: YOUR MUSCLES AND BONES - DV1388
DVD 13 min. 2012 Adult
This DVD explains how muscles and bones of the body work together to move. It describes common back injuries that can occur from moving incorrectly.

PROTECTING YOUR BODY AT WORK PART 2: MECHANICS OF LIFTING AND MOVING - DV1389
DVD 13 min. 2012 Adult
This program demonstrates and describes the mechanics of lifting and moving weight, including using appropriate muscle groups, using the center of gravity, and balance.

PROTECTING YOUR BODY AT WORK, PART 3 - DV0934
DVD 15 min. 2012 Professional
This program demonstrates and describes ways healthcare workers can maintain their own safety and avoid injury when they move, turn, and ambulate patients, and when to obtain the assistance of another person or a lifting device.

PROTECTING YOURSELF AND YOUR COMMUNITY FROM WEST NILE VIRUS
CD-CD0019, DVD-DV0757
video/CD 23 min. 2003 A
West Nile virus, a mosquito-borne virus, is a health threat for people, horses and other animal species. This program introduces the viewer to the disease and explains how it is transmitted. Steps in order to prevent infection are recommended.

PROTECTION FROM HEAT RELATED ILLNESSES - DV1260
DVD 22 min. 2011 A
For workers who are outdoors in the summer or workers who are indoors in a hot workplace there can be a significant risk of heat-induced disorders. This training program goes over several issues relative to working in high temperatures and trains employees on the different types of heat related illnesses, how to recognize them, and what to do if they or a co-worker experiences a heat related illness. Workers learn how to prepare for working in the heat and what to do if they experience or witness a heat related illness.

PROTÉJASE A SI MISMO Y A SU COMUNIDAD CONTRA EL VIRUS DEL NILO OCCIDENTAL (Spanish)
CD-Rom-CD0020
CD-Rom color 23 min. 2003 A
West Nile virus, a mosquito-borne virus, is a health threat for people, horses and other animal species. This program introduces the viewer to the disease and explains how it is transmitted. Steps in order to prevent infection are recommended.

PROVIDING EVIDENCE BASED CARE: AVOIDING THE USE OF RESTRAINTS - DV0390
DVD color 20 min. 2008 Professional
This program explains what is considered a restraint. Viewers will learn about the triggers that lead to problematic behavior and how to assess and evaluate a patient’s behavior. They will also learn about de-escalation techniques and how they are applied. The importance of appropriate monitoring and assessment is explained. Viewers will learn about practical alternative interventions and the
documentation requirements for CMS and The Joint Commission.

**PROVIDING ORAL CARE - DV0077**  
DVD color 13 min. 2000 Professional  
This DVD contains information about assisted oral care, denture care and oral care for the unconscious resident.

**PROVIDING ORAL CARE 2ND ED. - DV0752**  
DVD 12 min 2008 Professional  
This is the second edition of this program. This DVD contains information about assisted oral care, denture care and oral care for the unconscious resident.

**PROVIDING WOUND CARE - 7068**  
video color 20 min. 1997 Professional  
Covers the nursing skills involved in providing wound care and includes step-by-step procedures for changing a sterile dressing, irrigating a wound, and caring for a wound with a Penrose drain, a Jackson-Pratt and a Hemovac drainage system. Includes documentation tips as well as safety and legal issues.

**PSYCHOTROPIC MEDICATIONS: ANTIANXIETY AGENTS - DV1175**  
DVD 23 min. 2013 Professional  
Upon completion of this program, the viewer will be able to: list the signs and symptoms of generalized anxiety, panic disorder, phobic disorders, and obsessive-compulsive disorder; discuss the pharmacologic treatment options available for each of these anxiety disorders; outline the side effects of the classes of medications used to treat anxiety disorders; explain precautions that need to be taken when prescribing specific medications to mitigate the symptoms of anxiety disorders; state the value of psychotherapy or counseling for individuals with anxiety disorders.

**PSYCHOTROPIC MEDICATIONS: ANTIDEPRESSANT AGENTS - DV1174**  
DVD 25 min. 2013 Professional  
Upon completion of this program, the viewer will be able to: list the most common signs and symptoms of depression; describe methods a healthcare professional can use to perform an assessment on an individual suffering from depression; explain some theories on the pathophysiology of depression; identify why each of the four categories of medications (tricyclic antidepressants (TCAs), monoamine oxidase inhibitors (MAOIs), selective serotonin reuptake inhibitors (SSRIs), and multiple mechanism antidepressants) is prescribed; discuss their mechanisms of action; and state possible side effects.

**PSYCHOTROPIC MEDICATIONS: ANTIPSYCHOTIC AGENTS - DV1172**  
DVD 21 min. 2013 Professional  
Upon completion of this program, the viewer will be able to: list some of the theories on the causes of schizophrenia; differentiate between the positive and negative signs of the disorder; explain how cognitive deficits are manifested in an individual with schizophrenia; compare and contrast the characteristics of schizophrenia and schizoaffective disorder; discuss the difficulties in assessing individuals with schizophrenia; describe the difference between the first and second-generation psychotropic medications used in the management of schizophrenia including their indications for use, actions within the brain and neurotransmitters, and their metabolism; explain the impact on bodily systems, and side effects; identify motor side effects that are related to medications prescribed for schizophrenia; and state what patient and family education is needed for individuals taking psychotropic drugs.
PSYCHOTROPIC MEDICATIONS: ASSESSMENT AND INTERVENTION - DV1171
DVD 29 min. 2013 Professional
Upon completion of this program, the viewer will be able to: explain the role of neurotransmitters in the nervous system; describe the range of behaviors and symptoms that should be taken into consideration when assessing for mental illnesses; explain why a presumptive diagnosis requires multiple indicators and persistence of indicative behaviors; describe the therapeutic communication techniques in caring for patients with mental illness; discuss the significant issues that must be addressed during the initiation of intervention; describe the main classifications of psychotropic medications, including uses in treatment and side effects; describe the various non-pharmaceutical therapies utilized for the treatment of mental health disorders; and state what is required for overall good care of patients with mental health disorders.

PSYCHOTROPIC MEDICATIONS: MOOD STABILIZING AGENTS - DV1173
DVD 21 min. 2013 Professional
Upon completion of this program, the viewer will be able to: list the signs and symptoms of bipolar disorder; compare and contrast bipolar disorder 1 and bipolar disorder 2; outline the different categories of medications used in the management of bipolar disorders; describe their mechanisms of action on the brain; identify how other systems of the body or organs can be impacted by these drugs; state which laboratory tests should be done to assess the drug’s impact on the body; recognize the side effects associated with these medications; and explain how some of these side effects may be minimized.

PUBERTY FOR BOYS: TOP TEN THINGS TO EXPECT GUIDE - DV0941
DVD 14 min. 2011 I-JrH
The program explains to boys that sometimes puberty can be confusing and that it’s normal to have many questions. Students will come to understand the changes they can expect to happen during puberty. In the end, viewers will come to appreciate that puberty is a normal part of growing up, there is no right or wrong schedule for development and the timetable is different for everyone.

PUBERTY FOR GIRLS: TOP TEN THINGS TO EXPECT GUIDE - DV0940
DVD 14 min. 2011 I-JrH
The program explains to girls that sometimes puberty can be confusing and that it’s normal to have many questions. Students will come to understand the changes they can expect to happen during puberty. In the end, viewers will come to appreciate that puberty is a normal part of growing up, there is no right or wrong schedule for development and the timetable is different for everyone.

PUBLIC BUILDING SAFETY: IT’S EVERYONE’S CONCERN (closed captioned) - 7618
video 17 min. 2002 A
Prepares employees in public buildings in the event of an emergency situation and provides techniques to avoid dangerous confrontations. Describes three types of workplace violence and how courteous customer service is a safety measure. Explains the importance of security checks and ways to prevent nametag and document theft. Shows how ventilation systems can be danger zones.

THE RABINS RESPONSE TO THE CHALLENGING BEHAVIORS OF ALZHEIMER’S DISEASE - DV1380
Dr. Peter V. Rabins conducts a workshop to help long term care staff who care for Alzheimer’s patients presenting challenging behaviors. Rabins helps care providers identify the triggers that precipitate challenging behaviors. Staff and Dr. Rabins develop strategies to both prevent these behaviors and minimize them if they should occur. Implementing this technique can transform seemingly difficult patients, minimizing upsetting situations both for the patient and staff.

**RADIOLOGICAL TERRORISM FOR HEALTHCARE - DV0002**
DVD 13 min. 2002 Professional
Explains sources of natural radiation; categories of radiological terrorist weapons; the differences in exposure between external and internal contamination; procedures to follow to limit exposure during an incident; steps for minimizing public anxiety. Shows the sequence of events following an accidental radiation exposure in South America.

**RAINBOW VALLEY FIRE DEPARTMENT V. 2: FIRE EQUIPMENT - DV0720**
DVD 10 min 2007 El
Children learn about firefighting equipment as well as various jobs within a fire department. This animated program helps to establish trust between children and firefighters at work.

**RAINBOW VALLEY FIRE DEPARTMENT V.3: FIRE TRUCKS - DV0721**
DVD 10 min. 2007 El
Children will learn to use caution around approaching emergency vehicles. They will also learn to stop and wait, far out of the way, until an emergency vehicle passes safely. This animated program also reinforces that children must wear a helmet while riding a bike.

**RAINBOW VALLEY FIRE DEPARTMENT V. 4: WHAT CAUSES FIRE - DV0722**
DVD 10 min. 2007 El
Children learn what causes fire, how it spreads and how firefighters put them out. Kids will also learn some real life statistics to help drive home the importance of fire safety.

**RAINBOW VALLEY FIRE DEPARTMENT V.5: HOME FIRE PREVENTION SAFETY TOOLS - DV0723**
DVD 10 min. 2007 El
Children learn about three important fire safety tools: fire sprinklers, exit signs and smoke alarms. Fire extinguishers are only to be used by adults. Exit signs point the way to get outside. Smoke alarms need their batteries checked every month. Children can remind adults to do their smoke alarm homework.
RAINBOW VALLEY FIRE DEPARTMENT V.6: HOME FIRE ESCAPE PLAN - DV0724
DVD 10 min. 2007 El
The Rainbow Valley Fire Department crew demonstrate how to create a home escape plan, how to conduct a fire drill in the home. They also explain why a fire drill is an essential tool in helping to prevent injury and preserve lives.

RAINBOW VALLEY FIRE DEPARTMENT V.7: FIRE IN YOUR HOUSE PT.1 - DV0725
DVD 10 min. 2007 El
Children see a fire escape plan in action and learn how to respond to a fire in their home. They learn that fire is fast, dark, hot, and makes dangerous smoke. This program stresses the importance of feeling doors with the back of your hand before opening, and knowing two ways out of every room. Getting down low and crawling under smoke is reinforced throughout the program.

RAINBOW VALLEY FIRE DEPARTMENT V.8: FIRE IN YOUR HOUSE PT.2 - DV0726
DVD 10 min 2007 El
After reinforcing the key components of a home escape plan, Rusty the Fire Chief and Pam the Paramedic discuss what happens once someone escapes a burning structure. They remind children to never go back into a burning building. Children learn what happens when a 911 call is made. This animated program shows what firefighters do when fighting a fire and explains what happens after the fire is out.

RAINBOW VALLEY FIRE DEPARTMENT V.9: IF FIRE GETS ON YOUR CLOTHES - DV0727
DVD 10 min. 2007 El
Pam the Paramedic explains the dangers of playing with matches and lighters. Rusty points out the dangers of wearing loose fitting clothing around open flames and teaches children what to do if their clothes catch fire. Children learn to stop, drop, cover their face, and roll to put out a fire.

RANGE OF MOTION EXERCISES – DV0564
DVD color 24 min. 2009 Professional
New nursing assistants learn about performing range of motion exercises for the head, neck, spine, shoulders, elbows, wrists, fingers, hips, knees, ankles, toes.

RASHES AND CHILDHOOD DISEASES - 3196
73 slides color 1975 A, Professional
Describes scabies, chickenpox, rubeola, rubella, scarlet fever, streptococcal throat, impetigo, mumps, rocky mountain spotted fever, hepatitis, ringworm, poison ivy, poison oak, pediculosis, echo virus, and erythema infectiosum.

READING AND UNDERSTANDING THE NEW FOOD LABEL - DV0212
DVD color 19 min. 2005 A
Use of a new food label that lists the amount of trans fat is now required. This program will help consumers understand just what is meant by partially-hydrogenated or trans fat. It will help them use the label to make the healthiest choices when they shop for food. All terms are defined and portion sizes are shown.

READING AND UNDERSTANDING THE NEW FOOD LABEL 2ND ED. - DV1287
DVD 30 min. 2017 A
This program highlights changes in the new food label, which will be required after 2020. Viewers learn how the label will be simplified for the consumer and modernized based on contemporary
nutrition science.

READY HOUSTON
(English/Spanish/Vietnamese)(closed captioned) - DV0773
DVD 45 min. 2009 A
Viewers of these programs will learn how to prepare for and respond to disasters in the Houston region. These programs could also be applicable to other cities. The DVD consists of Ready Houston- Are You Ready (15 min.); Together Against the Weather: Hurricane Readiness for Persons with Functional and Access Needs (6 min.); Make the Call: Terrorism Prevention (6 min.); Run, Hide, Fight: Surviving an Active Shooter Event (6 min.).

READY OR NOT - DV0192
DVD 35 min. 2001 Professional
A film that explores end-of-life issues in relationship to first and second year medical students. This film will help medical and nursing students as well as health care professionals understand how to relate to those who are dying with compassion, empathy and understanding.

READY RESPONSE: VIOLENCE IN THE WORKPLACE FOR SUPERVISORS - DV0230
DVD color 9 min. 2005 A
This program explains how a hostile work environment can affect employee morale and productivity. It illustrates how to spot potentially dangerous circumstances and resolve conflicts.

REAL LIFE TEENS: DRUG ADDICTION - DV1095
20 min. 2015 A, Professional
Today's teens are more exposed to illegal, prescription and over-the-counter drugs than ever before. Many teens are starting to see drug use as part of the normal teenage experience whether to escape, self-medicate, get instant gratification, or hide feelings of low self-esteem. This program discusses the ways teens can resist pressure to try drugs, ways they can say no to their friends and the dangers and consequences if they decide to try drugs.

REAL LIFE TEENS: SEXUAL RESPONSIBILITY - DV0792
DVD 19 min. 2008 SrH
After watching this program, viewers will have a better understanding of what sexual responsibility means, as well as possible undesirable outcomes of reckless sexual activity. Subjects covered include sexual activity in the teen years, the dangers of unprotected sex, how sexually transmitted diseases spread, potential consequences of having many sex partners, syphilis and HIV/AIDS, and emotional and monetary ramifications of teen pregnancy. Also available online.

REAL LIFE TEENS: STONED AT SCHOOL - DV1094
DVD 20 min. 2012 A, Professional
Many teens have a tendency to feel indestructible and immune to the problems that others experience. Some teens will experiment with alcohol, drugs, prescription medications and may continue to use and develop a dependency. When a teen chooses go to school under the influence of drugs or alcohol it can have serious consequences including an impact on their scholastic rating, impair their academic performance, failure to complete assignments and generally lead to a neglect of their scholastic responsibilities. Staying straight is not only a good decision, but is necessary to succeed at school.

REALITY MATTERS: BECOMING AN ADULT - DV0018
DVD color 24 min. 2004 JrH-SrH
Adulthood is known for its
responsibilities, one of them is having children. Shows that there are many responsibilities involved in having and rearing a child. These responsibilities are magnified when teens have babies. This program explores how adolescence is the entry into adulthood, along with the many pitfalls for those who try to grow too fast.

REALITY MATTERS: BIG DECISIONS - DV0008
DVD color 24 min. 2004 JrH-SrH
Everyday, teenagers are faced with millions of choices regarding, their health, relationships, and life goals. This program focuses on the decisions kids make every day and highlights methods geared toward making the best ones possible.

REALITY MATTERS: CRUEL SCHOOLS - DV0009
DVD color 24 min. 2004 JrH-SrH
Taunting, teasing and the playground brawls used to be considered child's play. The schoolyard bully was just another rite of passage in adolescent life. Now, times have changed. From events such as Littleton, Colorado, students and experts say bullying is the first step in a continuum of school violence that can escalate to murder.

REALITY MATTERS: DEADLY DESIRES - DV0017
DVD color 24 min. 2004 JrH-SrH
One in three teenagers have had sex by age 16; two in three by 18. According to researchers, a quarter of those sexually active teenagers will contract a sexually transmitted disease. Today, in America, most people living with HIV were infected as teenagers. While most kids know about AIDS, STD's and prevention, statistics show that many are ignoring what they've learned. This program will explore the reasons why.

REALITY MATTERS: EXTREME MEASURES - DV0011
DVD color 24 min. 2004 JrH-SrH
In a country obsessed with the perfect body, the pressure starts early. Once just thought to be an issue for adolescent girls, the desire to have a beautiful body is affecting kids as young as seven, and has even moved to boy's locker rooms across the country. This program explores the harmful consequences.

REALITY MATTERS: FAMILY AND FRIENDS - DV0019
DVD color 24 min. 2004 JrH-SrH
Some of the most important relationships that we develop are with friends and family. In our families we learn how to accept and receive love — or not. What we learn at home we take to our intimate relationships outside the family. Our attitudes toward intimacy and sexuality owe a lot to what we see when growing up. The video explores ideas about close friendships, dating, and even sex and marriage.

REALITY MATTERS: OBESITY AND NUTRITION - DV0050
DVD color 30 min. 2005 JrH-SrH
Teenagers have always been drawn to junk food, but more than ever today's teens are suffering at the hands of less active lifestyles and unhealthy eating habits. This DVD explores America's culture of obesity and its contributing factors along with ways to help kids make healthy choices.
REALITY MATTERS: RISKY BUSINESS - DV0010
DVD color 24 min. 2004 JrH-SrH
With adolescence comes new independence, and the temptation to break the rules. Teenagers often believe that they are invincible. When they get a driver's license, it opens the door to a whole new world of risk-taking. Shows some of the devastating results that occur when kids take risks without fully considering the consequences.

REALITY MATTERS: SEXUAL PRESSURES - DV0012
DVD color 24 min. 2004 JrH-SrH
Sexual harassment often begins in middle school and escalates through high school. Research indicates the best strategy to help kids is education. This program focuses on how teens and pre-teens learn to deal with the opposite sex.

REALITY MATTERS: STRESS AND ANXIETY - DV0048
DVD color 30 min. 2005 JrH-SrH
This program looks at the stress teenagers are under and the specific issues that concern them. It examines the range of ways kids respond to peer pressure, academic stress, and terrorism. It also explores the coping mechanisms and the range of available treatments for anxiety, depression and grief.

REALITY MATTERS: TAKING CARE OF ME - DV0013
DVD color 24 min. 2004 JrH-SrH
Health is not just about physical bodies. Shows teens that what’s on the inside is what will ultimately determine our happiness. This program will explore the many influences and experiences that shape an individual's emotional health, as well as specific tools for managing stress and maintaining a positive self-image.

RECOGNIZING CHILD ABUSE (closed captioned) - DV0362
DVD color 26 min. 2007 Professional
This program spells out the Four Rs of child abuse: the harsh Reality of its presence in our society, the Results it leads to, the many ways to Recognize it, and the proper channels for Reporting it. Each of these concepts is explained through dramatizations and supported by interviews with education and child welfare experts.

RECOGNIZING DEPRESSION (closed captioned) - DV0698
DVD 16 min. 2010 A
Through the invaluable experiences of other people with depression, this program helps viewers understand what depression is and how it may be affecting their lives. They learn that having depression isn't something they can control, but it is treatable. It covers the signs and symptoms of depression as well as the possible risks for developing depression. It encourages people to seek appropriate treatment and avoid negative coping behaviors, like alcohol abuse.

RECONGIZING EMOTIONAL NEEDS OF RESIDENTS: LONG TERM CARE - DV0765
DVD 30 min. 2007 A
The job of the nursing assistant becomes difficult when residents are depressed, confused or display aggressive behavior. This program is intended to make the assistant more sensitive to the resident and family when behavior problems occur. (FFH)

RECOVERING: ANOREXIA NERVOSA AND BULIMIA NERVOSA - DV1122
DVD 17 min. 2012 SrH
Eating disorders such as anorexia nervosa and bulimia nervosa are serious medical conditions that can be deadly if left untreated, and they afflict people of all ages and races, especially young
women. This video uncovers facts about eating disorders and the many challenges of coping with them. Viewers meet health and psychology experts as well as patients in recovery who offer honest appraisals of their struggles to overcome debilitating eating disorders.

**RECOVERING FROM BAD EATING - DV0020**

DVD color 46 min. 2005 JrH-SrH

America has become the land of fast food and huge portions. More than 12 million people are obese, and millions more suffer from digestive disorders. Meet people determined to change eating habits and restore health. Includes two feature segments. The first, System Breakdown, examines how bad eating habits contribute to heartburn, acid reflux, and other digestive problems. The second, Drastic Measures, tracks one man's decision to undergo gastric bypass surgery after a lifetime of struggling with his weight.

**RECOVERY BASICS: HOW TO START STRONG AND KEEP GOING - DV1249**

DVD 60 min. 2016 A

This DVD helps smooth the transition from addiction to recovery by equipping those in recovery with the strategies and tools needed when small choices can have big consequences. A mental health expert discusses six basic topics: starting your recovery; preventing relapse; managing your day; managing thoughts and feelings; building healthy relationships; and keeping it going. Specific techniques that address cravings, triggers, negative influences, conflicting emotions, shame, guilt, and relapse are all presented in a way that is easy to understand.

**REFLECTIONS – DV0555**

DVD color 21 min. 2006 SrH

Three female best friends learn to take the risk of HIV/AIDS seriously as they navigate romantic relationships in an urban environment mired in economic strife, drugs, and limited options.

**REFLECTIONS IN THE REAR VIEW MIRROR: MOVING ON FROM A DUI - DV1153**

DVD 74 min. 2013 A

This compilation of five videos on one DVD covers a number of aspects of impaired driving. It is designed to help facilitate group interaction by encouraging members of a group to discuss their own experiences of driving under the influence of alcohol and/or drugs.

**RELAPSE PREVENTION SKILLS - DV1154**

DVD 23 min. 2010 A

This video helps clients address high-risk factors that may cause relapse from their recovery. These methods were adapted from Hazelden’s complete relapse prevention skills program, and are based on Alan Marlatt’s evidence-based protocols.

**THE RELEASED - DV1062**

DVD 60 min. 2009 A

Hundreds of thousands of prisoners with serious mental illnesses will be released into communities across America. Learn what happens to these mentally ill persons after they leave prison and why they return in large numbers.

**REPETITIVE STRESS INJURIES - MANUFACTURING - DV0179**

DVD color 6 min. 1998 A

Repetitive stress injuries (RSIs) are a common health hazard in manufacturing. Viewers will learn which work techniques and postures minimize stress and strain on the body so that the risk of RSIs is reduced.
REPRESENTING ALL OF US THE ROLE OF THE SAFETY COMMITTEE IN LONG TERM CARE - DV0208
DVD color 22 min. 2005 Professional
The first part of this program explains the role the safety committee plays in promoting workplace safety and in giving everyone on staff a voice and a stake in getting it right where job safety is concerned. It puts a spotlight on practical ways staff can support and be part of the work of the safety committee. The basics of on-the-job safety are also reviewed. Part two of the program was created for a smaller audience consisting of safety committee members themselves, together with administrators and middle managers. It spells out the benefits of having an active, successful high-profile safety committee.

RESIDENT ABUSE: PREVENTION AND PROTECTION – DV0641
DVD color 25 min. 2010 A
Long term care staff will learn what constitutes abuse, how to identify risk factors that can increase the likelihood of abuse, how to distinguish different types of abuse and how to report abuse.

RESIDENT ABUSE AND EXPLOITATION PREVENTION AND PROTECTION – DV1344
DVD 26 min. 2016 Professional
Viewers learn what constitutes abuse and exploitation, how to identify risk factors that can increase its likelihood, how to distinguish different types of abuse and exploitation, and how to report abuse and exploitation.

RESIDENT CARE: PROTECTING PRIVACY AND CONFIDENTIALITY - DV0890
DVD 25 min. 2014 Professional
This program will help caregivers understand what privacy and confidentiality mean and why both are so important. They will learn to recognize everyday situations that might jeopardize resident privacy and confidentiality and learn practical ways to assure that the privacy and confidentiality of residents is maintained.

RESIDENT RIGHTS: THE ART OF CARING - 5844
video 20 min. 1990 A, Professional
Dramatic scenes illustrate the importance of protecting resident rights in a long term care setting, including the right to information, self-determination, association and communication, freedom from abuse, quality care, and dignity

RESIDENTS’ RIGHTS: AN INTRODUCTION FOR STAFF - DV0523
DVD color 15 min. 2002 A
This program highlights residents’ rights and illustrates those rights in action in typical daily interactions, always emphasizing exactly how staff can protect and preserve each resident’s rights.

RESIDENT’S RIGHTS: THE RESIDENT’S PERSPECTIVE - DV0881
DVD 20 min. 2009 Professional
Residents themselves define the meaning of resident’s rights. In a series of interviews, residents emphasize that a resident’s room is a resident’s home. Anyone who enters a room is a guest and should respect that resident’s privacy and choices. A knock on the door, a courteous greeting, knowing personal preferences and offering choices are all included in their comments. They have preferences about activities in which they would like to participate, opinions about going
outside, and where they would like to sit. The desire of residents to control their own destinies should be accommodated whenever possible.

**RESIDENT'S RIGHTS: THE RIGHT TO QUALITY ADL CARE - DV1379**
DVD 18 min. 2011 Professional
Long-term care residents explain their feelings of loss of dignity, of violation of privacy, and unwelcomed dependency. Residents ask nursing assistants to understand that loss of function is not easy. They want nursing assistants to know them individuals. They want to be as independent in their activities of daily living (ADL) as possible. Respecting personal preferences, providing privacy during care, and using a manner that doesn’t diminish dignity are all important. Safety is an issue for all residents. Everyone is fearful of falling as they attempt to go from bed to wheelchair and during other transfers. As the bathroom is seen as a dangerous place, it’s not surprising residents want a call bell answered or a person close by if they call. Finally, residents talk about staff attitudes. Residents feel much better about accepting this very necessary assistance if nursing assistants are pleasant and courteous when providing this most personal care.

**RESIDENT’S RIGHTS: STRATEGIES TO OVERCOME RESISTANCE TO CARE - DV0823**
DVD 15 min. 2011 A
Long term care staff give suggestions on how to overcome resistance to care. They suggest coming back a short time later, using a soft voice and a reassuring manner to explain why care is necessary. Some nursing assistants use humor, or offer a reward while others use conversation as a distraction. When a resident continues to refuse care, prioritize the importance of the care and decide if it can be provided at a later time. Always document and report specifically what care has been refused.

**RESIDENT’S RIGHTS: WHY RESIDENTS REFUSE NECESSARY CARE - DV0880**
DVD 15 min. 2011 Professional
When residents refuse care or make poor health choices, nursing assistants find themselves in a difficult position. At some point, all nursing assistants will be confronted with residents who refuse to be bathed, change soiled clothes, take medications, or other necessary care. The challenge for the nursing assistant is to respect the resident’s right to make these choices, however still make sure necessary care is provided.

**RESIDENT SAFETY TIPS FOR THE GNA - 7891**
video color 20 min. 2005 Professional
With a proactive focus on overall resident safety, this video looks at the most common issues that put residents at risk in the long term care setting. Staff are encouraged to share thorough and accurate information about new residents. Nursing assistants are given specific ways that they can reduce safety risks. The areas covered include bathing safety, nail care for residents, and fall prevention. Staff must be aware of the mental status of the residents. It is important that staff identify needed assistive and safety devices. The resident's room must be arranged to accommodate resident needs. It is crucial that staff know and adhere to all safety procedures and instructions.
RESIDENTS’ RIGHTS TODAY - DV0341
DVD color 20 min. 2002 Professional
This program covers how protection of residents’ rights and respectful care relate to other characteristics of today’s long term care environment. Residents’ rights such as the right to be treated with dignity; the right to be informed; and the right to make personal choices are defined. Their importance to the life and culture of a long term care facility is explained. There are specific rights everyone in a nursing home must understand and uphold, including the right to privacy.

RESILIENCY AFTER VIOLENT DEATH LESSONS FOR CAREGIVERS - DV0304
DVD color 109 min. 2006 Professional
This program provides clinicians, social workers, clergy and caregivers engaged in support of families after a violent death, helpful strategies to diminish the emotional distress of bereavement. A panel of experts considers two case studies from videotaped interviews of family members.

RESISTING THE FLU: HOW TO MINIMIZE YOUR RISK - DV0802
DVD 13 min. 2009 A
In plain terms, Dr. Eric Weiss lays out a blueprint for keeping you healthy and for resisting infection by the H1N1 virus. His practical advice extends to taking care of sick family members in ways that protect the caregiver and stop the spread within a person’s household. He also describes clear danger signs that help viewers know the difference between symptoms that are typical and those that require immediate medical help.

RESPECTING RESIDENT RIGHTS: INDIVIDUALITY AND DIGNITY - DV0751
DVD 19 min. 2008 Professional
In this DVD, residents are interviewed about their right to be treated with respect and dignity. Respect means to them: maintaining independence; responsive care; assistance where and when required; having choices; opportunities to engage in life; and being appreciated as individuals. This DVD covers care mandated by federal guidelines concerning ADL assistance, quality of life, and meaningful activities.

RESPIRATORY PROTECTION A BREATH OF FRESH AIR (English/Spanish) (closed captioned) - DV0327
DVD color 18 min. 2004 A
This program details OSHA standard 1910.134 and will help workers avoid exposure to airborne hazardous substances. It covers hazardous atmospheres, the written program, medical evaluation and proper fit testing. Bonus features include a leaders guide and a customizable PowerPoint® presentation (DVD-ROM drive required for PowerPoint).

RESPIRATORY PROTECTION: THE FACTS - DV1360
DVD 17 min. 2018 Adult
Sometimes it is difficult to respect a hazard you can’t see or one that may take years to affect you. Respirators can provide protection, but only if they are worn and used properly. This program creates an awareness and respect for potential hazards by demonstrating how the respiratory system works and the effects of different airborne hazards. The program covers proper use, care, and maintenance of air-purifying respirators
and the importance of proper selection and fit.

RERAINTS: ALTERNATIVES TO RERAINTS - DV1190
DVD 15 min. 2014 Professor
Over the last two decades, the use of restraints has declined dramatically in acute, long term care and psychiatric healthcare settings. The pressure to reduce the use of restraints has been driven by both patient advocacy groups and professional healthcare organizations. This program will discuss finding alternatives to restraints in any medical facility. Other programs in this series discuss the legal issues involved in using restraints, and the safe use of restraints when they are necessary.

RERAINTS: SAFE APPLICATION OF RERAINTS - DV1195
DVD 15 min. 2014 Professor
The use of restraints in healthcare has declined dramatically in acute, long term care and psychiatric healthcare settings as alternatives have been developed and pressure has mounted to reduce their use. However, the use of restraints cannot be eliminated, and their safe use is often required to ensure the safety of both patients and healthcare professionals. The purpose of this program is to provide nurses and other healthcare professionals with guidance on the safe application, use and monitoring of restraints when alternatives are inappropriate or have proven ineffective.

RERAINTS, SECLUSION AND THE 1 HOUR FACE TO FACE EVALUATION - DV0389
DVD color 18 min. 2008 Professional
This training program covers how to recognize and respond to signs of distress, definition of restraints and seclusion, personnel required to conduct the 1 hour face-to face evaluation, conducting the evaluation, monitoring the restrained or secluded patient and staff and patient debriefing. Documentation and reporting requirements for CMS. Regulations and The Joint Commission Standards are reviewed.

RIDE SAFE, RIDE SMART - DV0676
DVD 9 min. 2010 SrH-A
This safety program profiles two families; one who rides for recreation only, the other who uses their ATVs first for working on the farm, then as camping and trail riding machines. Both sets of parents lead by example, emphasizing riding an ATV that is right for your age, wearing proper protective gear and respecting the environment. They also recommend taking an ATV Rider Course.

ROAD TO HEALTH (English/Spanish) - K0010
2 DVDs +1 CD-Rom color 40 min. 2008 Professional
Designed for African Americans and Hispanics/Latinos at risk for type 2 diabetes, this tool kit provides materials to start a community outreach program reinforcing the message that type 2 diabetes can be delayed or prevented.

ROLLER COASTER OF ADDICTION - DV1336
DVD 52 min. 2016 A
This film features 10 diverse recovering alcoholics & addicts. Four of them have had DUI's, some with multiple DUI's for alcohol, Vicodin, meth and marijuana.

ROOTS OF ADDICTION - UPDATE - DV1088
32 min. 2011 A, Professional
This highly visual video examines the biological and environmental reasons that people become addicted to substances such as legal drugs (i.e. alcohol, tobacco, prescription medications, etc.), illegal drugs (such as cocaine, heroin,
marijuana, etc.), and behaviors such as eating disorders, compulsive sexual activity, and compulsive gambling.

ROSE FOR LIVVY - DV0199
DVD color 29 min. 2003 JrH-SrH
Livvy, a new lonely girl in town, ignores the advice of a teacher and pursues Internet chats with a stranger. The program shows how an innocent conversation can escalate into a dangerous encounter. Students are encouraged to follow Internet safety rules and actively protect themselves.

SAFE HANDLING OF LABORATORY GLASSWARE - DV0731
DVD 11 min. 2010 A
This program covers inspecting glassware before use; the effects of extreme temperatures and pressures; matching glassware to the experiment; working with glass tubing; using personal protective equipment; storage and handling; and washing and cleanup.

SAFE LIFTING TECHNIQUES – DV0577
DVD color 7 min. 2001 A
This program encourages workers to use smooth movements, lift by keeping objects close to the body and let their leg and not their back and stomach muscles do the work.

SAFE MEDICAL DEVICES ACT - DV0084
DVD color 8 min. 1996 Professional
This video is intended for nurses, physicians and lab workers. Viewers learn the obligations of the SMDA's tracking and reporting regulations, what incidents must be reported and how to handle incidents and make reports. They will also learn the importance of device tracking.

SAFE OPERATION OF CHAIN SAWS - 5713
video color 14 min. 1993 A
Provides safety instructions for operating a chain saw. Emphasizes proper preparation each time the chain saw is used, including proper maintenance and inspection. Provides fueling and lubrication instructions as well as demonstrates the correct method of starting and holding the saw. Explains how to do lumbering or trimming of limbs and how to fell a tree.

THE SAFE OPERATION OF UTILITY CARRTS - DV0046
DVD color 11 min. 2004 A
This DVD covers the basic safety inspection and safe operation of various types of utility carts. It addresses key points such as load limits, balancing, speeding, eating and drinking, pedestrian safety, and parking.

SAFERIDERS 2010: SECURING OUR FUTURE (English/Spanish) –DV0597
DVD Eng 13 min Span 12 min 2010 A
This program provides basic information about child passenger safety. Designed primarily for parents, it provides an overview of the need for restraining children, types of child restraints and how to use them, and resources for additional information.

SAFETY DOESN'T HAPPEN BY CHANCE - DV0089
DVD color 12 min. 2001 A
This DVD teaches employees not to gamble with their safety while on the job site. It provides a clear guide to basic construction, safety concerns and practices. Topics include personal protective equipment (PPE), tool safety rules and electrical safety practices with an emphasis on the use of Ground-fault circuit interrupters (GFCIs). The importance of hazard communication is emphasized. Details are provided about MSDS, ladder and scaffold safety.
SAFETY FOR CUSTODIAL WORKERS - DV0287
DVD color 20 min. 2001 A
This DVD presents an overview of safety orientation for the custodial worker. It includes how to avoid injuries when working with ladders, general safety tips such as how to mark wet floors, and universal precautions including proper hand washing. The proper techniques for cleaning up a bloodborne pathogen spill are explained.

SAFETY MATTERS: ACTIVE SHOOTER PREPAREDNESS - DV1225
DVD 8 min. 2016 A
This DVD addresses how to report suspicious activity as well as how to respond in an active shooter incident by determining when it's best to run, hide or fight. The course will conclude by mapping out what to expect and how to respond when law enforcement arrives at the scene.

SAFETY MATTERS: FIRE SAFETY - DV1224
DVD 9 min. 2016 A
This DVD covers important safety matters like how fires start, how to prevent them, and how to fight a fire if you ever find yourself face-to-face with the flames.

SAFETY MATTERS: PERSONAL PROTECTIVE EQUIPMENT - DV1226
DVD 8 min. 2016 A
This DVD shows employees the proper personal protective equipment (PPE) to use for the various hazards they may face in their workplace. It discusses the responsibilities of both the employer and the employee for wearing, maintaining, and replacing appropriate PPE for specific tasks.

SAFETY MATTERS: WELDING SAFETY - DV1227
DVD 20 min. 2015 A
This DVD describes common types of welding, explains typical hazards associated with welding and identifies specific lines of defense for protection against hazards.

SAFETY ORIENTATION UPDATED – DV0638
DVD color 13 min. 2007 A
This comprehensive DVD covers hazard evaluation, safe housekeeping, tool use and maintenance, fire prevention and safety, and use of personal protective equipment (PPE).

SAFETY SHOWERS AND EYE WASHES IN THE LABORATORY - DV0979
DVD 9 min. 2014 A
Employees may never need a safety shower or an eye wash... but if they do, knowing where they are located, and the proper procedures for using them, can prevent serious injury or possibly even save a life. This training program reviews the correct ways to use this equipment, and emphasize the need for quick action after a chemical splash or spill in a laboratory.

SAFETY SIGNS - DV0180
DVD color 7 min. 2001 A
Safety signs play a major role in preventing accidents. Viewers will learn the basic language of signs so that they can recognize and understand hazard warnings in the workplace.

SAFETY STARTS AT HOME - DV0318
DVD color 40 min. 2003 SrH-A
This DVD has the following chapters: fire safety; burn hazards; choking, suffocation and strangulation hazards; the safe baby; preventing falls; drowning prevention; poison patrol; hazards in the air; and preparing for emergencies.

SANITATION AND HYGIENE - DV0025
This program is intended for those working in professional kitchens. It outlines common sense steps food service workers should take to ensure food safety. This video also provides basic information about bacteria and microorganisms and the difference between cleaning and sanitizing.

SAVING THE CHILDREN: THE STORY OF WIC (closed captioned) - DV0426
DVD color 25 min. 2007 A
The history of WIC is presented using documentary footage and interviews with some of the founders of WIC. Political leaders instrumental in passing the legislation that established the program are also interviewed. Excerpts from the historic news program Hunger in America with Charles Kuralt are included.

THE SCIENCE OF SLEEP - DV0540
DVD color 25 min. 2008 A
Lesley Stahl finds out why we sleep and visits sleep labs to find out. She learns that sleep is as essential to our health as nutrition and exercise. In fact, scientists are seeing a link between lack of sleep and serious health conditions such as diabetes, obesity, and heart disease. A good night’s sleep is also essential to memory, which is something college students should consider before their next all-nighter.

SCHIZOPHRENIA: 20/20 - DV1029
DVD 13 min. 2007 A
This 20/20 segment shows how technology enables us to see inside the mind of a schizophrenic patient struggling with the voices within. It allows you to see what they see and hear what they hear using virtual reality.

SCOLIOSIS (closed captioned) - 6904
video color 12 min. 1998
I-JrH

Intended for showing to students prior to the scoliosis screening at school. Topics include: the spine’s normal curvature; spinal curvature problems resulting from scoliosis; the importance of early detection; what to expect from the scoliosis screening procedure and effective treatments for scoliosis.

SCOLIOSIS SCREENING EXAM - DV0939
DVD 5 min. 2014 Professor
Dr. Dan Sucato demonstrates how to identify scoliosis by conducting an exam on a girl who has scoliosis.

SCREENING FOR COLORECTAL CANCER WITH COLONOSCOPY (closed captioned) - DV0704
DVD 13 min. 2005 A
This DVD emphasizes colonoscopy as the recommended screening tool for colorectal cancer. It explains how a colon polyp can change over time and develop into colorectal cancer. The program reassures patients that they are taking the right steps to prevent colorectal cancer by having a colonoscopy and having any polyps removed. It also covers preparation methods, possible complications, side effects and recovery.

SEARCHING FOR A RAINBOW: THE ADVENTURES OF ZOBEY (English/Spanish) (closed captioned) - DV0168
DVD Eng-24 min Span-24 min 2007 K-A
Join Zobey, a happy purple monster, and his friend Mr. Hippo Cloud, a rainbow colored hippopotamus, on their adventures as they dance and exercise. This program is designed to encourage children to be physically active. Adult viewers are encouraged to watch the DVD and participate along with children. Zobey teaches hand eye coordination, movement and dance and healthy eating habits. Nutrition tips for parents and
recipes are included.

**SEAT AT THE TABLE: EMBRACING DIVERSITY - DV1340**

DVD 9 min. 2018 A

This DVD teaches staff how integrate inclusion and diversity across the organization, capitalize on different skills, ideas, and perspectives and appreciate how an inclusive workplace encourages productivity and innovation. Viewers are shown how to avoid practices that disrespect and marginalize employees.

**SEAT BELTS AND AIR BAGS - DV0181**

DVD color 7 min. 2000 A

Outlines the important points of proper seat belt usage combined with air bags that save thousands of lives each year.

**SECURITY AWARENESS FOR WORK TRAVEL AND HOME (closed captioned) - DV0233**

DVD color 19 min. 2001 A

Viewers of this DVD will learn what they can do to remain secure while at work, while traveling or at home. Topics include workplace security, employee identification and access, threats of workplace violence and harmful materials in mail and shipments. Security for hotel guests, while driving, and at the airport are also covered.

**SELF INFLECTED: A VIDEO ABOUT NON SUICIDAL SELF-INJURY - DV1383**

DVD 25 min. 2015 SrH-A

This DVD is an up close and intimate portrait of NSSI (Non Suicidal Self-Injury.) NSSI is the purposeful destruction of one’s own bodily tissues in an effort to alleviate emotional distress. Typically, NSSI shows up in the form of cutting, burning, bruising, etc. Through interviews with the top research scientists in the field of NSSI, along with sociologists, as well as life-time to novice self-harmers, viewers gain insight into this increasingly common coping mechanism. Reassuring advice from the people coping with this illness, as well as from the professionals, lets viewers know that NSSI can be managed, and treated with good outcomes.

**SELF INJURY: IN THE KNOW - DV1010**

DVD 16 min 2006 A, Professional

This video provides insight and facts on the negative mental aspects that can lead to self-injury. Psychologists and health care professionals give both evidence and advice on how to deal with the reality of self-injury.

**SENSORY CHANGES IN THE ELDERLY - 5617**

video color 20 min. 1985 A, Professional

Intended for nursing home caregivers. Discusses the changes in touch, smell, taste, hearing, eating, and sight of the elderly. Makes suggestions to increase staff awareness and to increase skills in caring for the elderly.

**SENSORY LOSS AND AGING - DV1233**

DVD 19 min. 2015 Professional

The decline or total loss of any of the five senses has an enormous impact on an
older person's independence and the quality of life they enjoy. One of the key responsibilities for caregivers in an aged care setting is to identify signs of sensory loss and develop a range of techniques to assist the client's day to day needs in areas including communication and personal safety. This interview led program outlines the difficulties and behaviors a CNA may encounter as a result of a client's sensory impairment as well as providing practical strategies and management plans to assist caregivers in meeting the needs of clients with sensory impairment.

SEPSIS: THE PERIL OF INFECTION - DV0315
DVD color 24 min. 2003 A
A frightening and often deadly affliction, sepsis is a result of the immune system overreacting to bacterial infection. This program thoroughly examines the cause of sepsis, its specific symptoms and effects, and the possibility of treatment and recovery if life support and antibiotics are administered in time. Describing how immunological defenses shift into overdrive to rid the blood stream and organs of invaders, the DVD illustrates the all-too-frequent results of the human body attacking itself: organ damage and, typically, system failure. Case studies of sepsis survival and expert commentary from physicians at major medical centers are also included.

SEVERE DANGERS OF OPIOID PAINKILLER FENTANYL - DV1288
DV 8 min. 2016 A
More powerful than morphine or heroin, Fentanyl killed pop star Prince and the DEA is issuing a warning to its agents about handling the deadly drug.

SERVSAFE STEPS TO FOOD SAFETY video See running times below 2000 A
Each video in the series shows realistic scenarios in multiple industry segments. Information is consistent with the latest FDA Mode Food Code.

STEP 2. ENSURING PROPER PERSONAL HYGIENE (English/Spanish closed captioned) - 7353 (Eng-10 min., Span-10 min.) Introduces employees to the ways they might contaminate food. Shows personal cleanliness practices that help protect food. Demonstrates the procedure for thorough handwashing.

STEP 3. PURCHASING, RECEIVING, AND STORAGE (English/Spanish closed captioned) - 7354 (Eng-12 min., Span-12 min.) Explains how to choose a supplier. Demonstrates the calibration and proper use of a thermometer. Shows how to store food safely.

STEP 4. PREPARING, COOKING, AND SERVING (English/Spanish closed captioned) - 7355 (Eng-11 min., Span-11 min.) Identifies proper practices for thawing, cooking, holding, serving, cooling and reheating food.

SERVSAFE STEPS TO FOOD SAFETY SIX IN ONE (English/Spanish) - DV0041
DVD color 90 min. 2004 A
This set contains one DVD in English and another in Spanish with the same material. This is the revised 3rd edition. Each segment shows realistic scenarios in multiple industry segments. Information is consistent with the latest FDA Mode Food Code. Follows same format and video sections as listed on earlier edition.

SESAME STREET LEAD AWAY (closed
captioned) - K0006
video  15 min.  1996  K-P
Contains a fifteen-minute video in English, ten-minute audiocassette and printed material in English and Spanish. Targets children 3 - 6 years of age. Uses the appeal of Sesame Street to teach young children good health and safety habits that can minimize their exposure to lead. The print material provides parents and caregivers with information on the dangers and sources of lead poisoning, stresses the importance of yearly lead screens, and covers steps that can be taken to lower a child’s exposure to lead.

SEVEN STEPS TO REDUCE THE RISK OF SIDS - DV0268
DVD  14 min.  2006  SrH-A
SIDS, or Sudden Infant Death Syndrome, is the leading cause of death for infants under one year of age. This DVD shows how to dramatically lower an infant’s risk using simple, important safety steps. Although SIDS is a frightening subject, this DVD’s positive and compassionate tone will help ease parents’ anxieties by showing them how to give their baby a healthy and happy first year. This program also contains information about breastfeeding with animated illustrations.

SEVERE WEATHER SAFETY: WATCH FOR THE WARNING - 6543
video  18 min.  1996  El - JrH
Teaches viewers to recognize the signs of impending severe weather. Differentiates between a severe weather “watch” and “warning”. Identifies safe and unsafe severe weather behavior. Stresses that a course of action for home and school should be made to prepare for severe weather.

SEX AND CONSEQUENCES - DV0147
DVD  30 min.  2006  SrH
Focuses on teens who have chosen and made a commitment to abstinence. These teens discuss the reasons why they have made this commitment and how they resist the pressures to have sex. Also included are teens who have had sex and are now choosing to abstain. The consequences of sex are shown through the stories of several teen parents.

SEX CAN WAIT. TALKING CAN’T
DVD-DV0450, VHS-7722
video  22 min.  2002  A
Stresses the importance of talking to your children about sex. Suggests what information to give children at different ages and how to start a conversation. Parents should talk to children at an early age and continue to communicate with them as the issues become more serious.

SEX FACTS: TEENS AND STDs - DV0675
DVD  30 min.  2011  SrH
Viewers watch as high school students deal with having an STD. Real-life scenarios present male and female points of view through the initial discovery, the subsequent fear and embarrassment, the doctor’s check-up, and the sexual partner confrontation. Realistic STD prevention methods are presented, while differences
between birth control and STD inhibitors are identified.

**SEX SMART FOR TEENS - DV0071**  
**DVD** color 88 min. 2003 SrH  
This DVD contains 3 volumes: Abstinence (34 min.), Birth Control (27 min.) and Sexually Transmitted Infections (STIs) (27 min.). In the first volume, abstinence is presented as a healthy choice. In the second volume sexual activity and current birth control methods are explained in an entertaining format. Sexually transmitted infections are explained in the final volume. Teens learn how STIs are transmitted. The symptoms, consequences, prevalence of STIs are discussed.

**SEXTING: SEX PLUS TEXT EQUALS TROUBLE - DV0674**  
**DVD** 30 min. 2011 JrH-SrH  
Sexting is a combination of sex and text messaging. Junior High and High School students demonstrate the threat of texted sexually explicit or suggestive photographs, messages and videos. Real life scenarios are presented along with the resulting consequences affecting a teenager's personal, social and future life. Follow students through a variety of sexting situations stemming from careless fun to cyberbullying along with their painful effects.

**SEXUAL ABUSE: IT'S NOT YOUR FAULT- DV0672**  
**DVD** color 12 min. 2011 I  
Elementary aged students present real-life scenarios of sexual abuse as well as the resulting emotional impact. Watch as children take an uncomfortable situation and address the problem to make it stop. Follow the children from the beginning to end to identify what sexual harassment is, how to handle this serious issue and establish available age-appropriate solutions.

**SEXUAL HARASSMENT FOR EMPLOYEES**  
**English-DV0090, Spanish-DV0091**  
**DVD** color 16 min. 2005 A  
Sexual harassment is illegal and is a serious form of discrimination that can threaten your workplace. This DVD teaches your employees to identify and report sexual harassment when it happens. It gives a definition of sexual harassment and tips on recognizing harassment. Advice is given on what to do if you are a victim.

**SEXUAL HARASSMENT: IT'S YOUR BODY: YOU'RE IN CHARGE - DV0650**  
**DVD** color 20 min. 2006 K-P  
This program helps children differentiate between good and bad touches. They learn to say no to a touch that makes them feel uncomfortable and to speak up if they experience a bad touch. Young viewers will learn to trust their feelings about touches, learn what parts of their bodies are private and differentiate between good and bad secrets.

**SHADOW VOICES - DV1085**  
**DVD** 58 min. A  
45 million Americans suffer from mental illness. Ten people with mental illness tell their stories, plus experts and advocates in the field add perspectives and insights, offering an inside look at what it is like to live with a mental illness and how individuals and their families find their way through medical, governmental, societal and spiritual issues.

**SHATTERED MIND: INVESTIGATIVE REPORTS - DV1016**  
**DVD** 50 min. 1999 A  
This DVD shows how patients, if medicated, can lead normal and productive lives. Once off their
medication, though, they can cause harm to themselves and to others.

**SHINING A LIGHT ON ALZHEIMER’S DISEASE - DV0408**
DVD color 32 min. 2007 A
This program shines a light on the immense personal and societal impact of Alzheimer’s disease in the United States. It explores the efforts of researchers to head off an Alzheimer’s epidemic.

**SHOCK HAZARDS: POWER TOOLS - DV0182,**
DVD color 5 min. 1989 A
Improperly used or maintained power tools can injure or kill. Looks at a few simple ways to prevent electric shock from power tools.

**SHOW ME SCIENCE: BLOOD VITAL TO OUR EXISTENCE - DV0996**
DVD 14 min. 2012 JrH
This program explores the composition of blood and looks at the heart and circulatory system. It features animated graphics that demonstrate the pumping of the heart, how red blood cells carry oxygen to the cells and remove carbon dioxide and how white blood cells protect the body.

**SHOW ME SCIENCE: THE SPINE AND SPINAL CORD - DV0998**
DVD 15 min. 2012 JrH
This program looks at the design of the spinal cord and the medical advances in treating spinal cord injuries.

**SHOW ME SCIENCE: TRIP THROUGH THE CIRCULATORY SYSTEM - DV0999**
DV 12 min. 2012 JrH
This program explores two different physiological systems that work together in order to keep our bodies running efficiently. Students will learn how our respiratory system processes oxygen and how oxygen is used within our bodies. Well also learn about the circulatory system and how it transports oxygen throughout our bodies.

**SILENT ON THE SIDELINES WHY WE IGNORE BULLYING - DV0154**
color 24 min. 2004 JrH
Viewers will learn why bullying should not be tolerated by those who witness it. They will understand the reasons student often stay silent. Strategies are suggested to prevent bullying. The power of the group in combating bullying is explained.

**SKIN AND WOUND CARE: TREATMENT AND PREVENTION - DV1192**
DVD 20 min. 2015 Professional
This video will explain the major causes of skin disorders in long-term care settings, what you can do to prevent them. Viewers will learn how to use the S.K.I.N. check to identify possible wounds or skin disorders and assess skin disorders that may already be present.

**SKIN INTEGRITY AND PRESSURE ULCERS (closed captioned) - DV0795**
DVD 18 min. 2010 Professional
This program was filmed in Australia. Causing systemic problems in both acute
and chronic health care settings, pressure ulcers and skin breakdown also severely impact individual patients, both emotionally and physically. However, with the help of proper medical procedures, neither ailment should be considered inevitable. This program outlines risk factors contributing to pressure ulcers and skin breakdown, highlights preventative measures for maintaining skin integrity, and suggests strategies for early intervention and treatment. Viewers receive information on commonly affected body areas; typical causes, such as immobility, friction, shearing forces, and moisture; and effective positioning, turning, cushioning, nutritional, and hygienic methods. Also available online.

SKINNY ON SOLID FATS (closed captioned) - DV0865
DVD 17 min. 2013 SrH
This program explains the different types of fat and why solid fats are harmful to your health (and waistline!). Take a ride on an LDL and HDL raft to discover how fats affect your cholesterol. Find out where fats hide in your diet and ways to reduce the amount you consume.

SLIPS, TRIPS, AND FALLS, 3RD ED. - DV1372
DVD 17 min. 2018 Adult
This program discusses the mechanics of trips and slips, types of walking surfaces, the importance of housekeeping and maintenance, how footwear can help to prevent falls, how to fall properly and first aid for falls.

SLIPS, TRIPS, AND FALLS UPDATE -- DV0092
DVD color 17 min. 2005 A
This engaging and fast-paced program will motivate employees to recognize and respect the common causes of slips, trips and falls, and teach them procedures and techniques to prevent them from occurring and causing injury.

SMART CHOICES, HEALTHY FAMILIES, 2013 ED. (English/Spanish)(closed captioned) - DV0530
DVD Eng. 20 min ; Spanish 24 min. 2013 A
This program focuses on making smart choices in food purchases and cooking to keep their families healthy. It is divided into two sections. The first section is Shopping for WIC approved foods; the second section is WIC Food Package Information for Pregnant Women.

THE SMARTEST TEAM: MAKING HIGH SCHOOL FOOTBALL SAFER - DV0930
DVD 59 min 2013 A
This video shows how football programs and athletes can reduce concussions by playing smarter. Instead of simply identifying the risks of long-term brain injury in football, it offers specific solutions and steps that can be taken right now to minimize those risks.

SMASHED: TOXIC TALES OF TEENS AND ALCOHOL - DV1036
DVD 75 min. 2004 SrH - A
This graphic presentation of the devastating consequences of underage drinking and impaired driving focuses on the effects of impaired driving collisions when the victims do not die. It shows the devastating injuries that result from these accidents.

SMOKING AND NUTRITION - DV0339
DVD color 19 min. 2007 A
This program offers suggestions for quitting smoking without weight gain. It details the effects of smoking on nutrition
and suggests a healthy eating style based on the food guide pyramid.

**SMOKING: GETTING READY TO QUIT – DV0529**
DVD color 15 min. 2001 SrH-A
Discusses a list of specific quitting strategies. Encourages a self-examination of the smoking habit. Explains how to use various quitting aids such as nicotine gum, patches, or nasal sprays. The Texas Department of State Health Services does not endorse any particular brand or product. See also Spanish language version *Fumar: Estar Preparado Para Dejar de Fumar* (DV0524).

**SMOKING: STAYING QUIT / CIGARRILLO: MANTENERSE SIN FUMAR**
English-DV0526 (closed captioned), Spanish-DV0525
DVD color 14 min. 2007 A
This program helps ex-smokers understand that quitting was only the first step. Staying quit requires coping skills and determination. The DVD examines the benefits of staying quit; how to cope with triggers, cravings and withdrawal symptoms; and dealing with slips and preventing a relapse. Getting support and rewarding one’s self for staying quit is also emphasized.

**SMOKING: THE TOXIC TRUTH 2.0 - DV0801**
DVD 26 min. 2011 SrH
This program explains the ugly side of smoking. Interviews with informed teens debunk myths about smoking. Viewers are shown the horrific medical realities of smoking as well as head and neck cancer surgery scenes. A pathologist presents tobacco diseased organs and warns teens about tobacco addiction.

**SNACK ATTACK - DV0295**
DVD color 24 min. 2006 SrH-A
Filmed at a high school that has implemented a healthy food vending program, this video explains why “junk food” is fittingly named and shows students how to balance their diets with nutritious snack alternatives. Information on obesity and other serious health problems is presented, with thorough coverage of the evils of trans fats and bad cholesterol. Viewers will also learn about the building blocks of healthy nutrition, how to make sense of food labels, and how www.mypyramid.gov can be used to plan a healthy snack counterattack.

**SOCIAL MEDIA BULLYING: CRISTINA’S STORY - DV1332**
DVD 20 min. 2017 SrH-A
At the age of 13, a boy approached Cristina asking her to be his girlfriend. She declined the boy’s offer and he became angry, threatening that she would regret it. One day Cristina came to school and everyone eyed her every move. Whispers in ears and people laughing at her, she felt something was terribly wrong. A friend finally told her this boy had circulated a nude photo on line saying that it was Cristina although the person’s face was not seen. Cristina was ultimately forced to seek a fresh start at a new high school. Cristina reflects on her ordeal and gives advice on how to deal with social media bullying.

**SPEAKING OUT ON ABUSE: THE RESIDENT’S PERSPECTIVE - DV0967**
DVD 23 min. 2006 Professional
With great emotion, residents define abuse from their perspective. Frail and unable to function independently, their well-being is dependent on others. Often unable to get out of bed by themselves, the call bell at a nursing home or assisted living facility may be their only way of communicating with nursing staff. To
them, a call bell ignored is a call for help ignored. To be neglected, to be left in pain, and to be allowed to remain soiled are all unacceptable to them. Residents also emphasize that negative, critical and demeaning comments or attitudes are never appropriate and very hurtful. Their only connection with the world each day may be nursing staff, and for their emotional well-being, they explain their need for courteous, positive, and empathetic interactions.

**SPECIAL NEEDS OF THE ELDERLY - DV0824**
DVD  60 min. 2011 A
This program covers age-related changes to and possible interventions for vision, hearing, the gastrointestinal system, the cardiovascular system, the musculoskeletal system, the respiratory system, the urinary tract and skin. It also explains the effects of stroke and dementia, and how to assist residents with these conditions.

**SPECIAL NUTRITION PROBLEMS OF THE ELDERLY - 6880**
video color 19 min. 1997 A, Professional
Discusses the different nutritional needs of the aging. Discusses tips on overcoming the following undesired conditions that may accompany aging: weight and appetite loss, chewing problems, weight gain, constipation, dehydration, and anemia. Explains the effects of alcohol on older persons. Shows the potential problems of drug and food reactions. Emphasizes the importance of activity and low impact exercising.

**SPIRITUALITY IN ADDICTIONS - DV1155**
DVD  30 min. 2013 A - Professional
Through the comments of an addictions counselor and a married couple who have each struggled with addictions, the place of spirituality and religion in the context of addictions is explored in this video. How addictions impact a person’s whole being is examined, as well as how spiritual and religious beliefs and practices help in recovery from addictions. The effect of addictions on spiritual needs is described, such as the need for meaning and purpose and the need for love and relatedness. The concept of spiritual growth through recovery is discussed. Implications for clinicians are also included.

**STAGES OF LABOR 2: A VISUAL GUIDE - DV0490**
DVD color 30 min. 2006 A
Viewers take a journey through the birth process as 3D animation illustrates what happens inside the body during each stage of labor. It reviews the anatomy of pregnancy, signs of pre-labor, onset of labor, and three stages of labor.

**STAGES OF LABOR 2: A VISUAL GUIDE FOR TEENS 2ND EDITION (closed captioned) - DV0740**
DVD  31 min. 2007 SrH
This DVD focuses specifically on the birth experiences of teens. Viewers see the birth process as 3D animation illustrates what happens inside the body during each stage of labor. This program, narrated by a teenager, reviews the anatomy of pregnancy, signs of pre-labor, onset of labor, and three stages of labor. It also shows teens in labor and features interviews with new young adult parents.
STAGES OF LABOR 3: A VISUAL GUIDE - DV1270
DVD 35 min. 2013 A
This DVD uses 3D animation to show the anatomy of pregnancy, pre-labor signs, onset of labor, and the four stages of labor.

STANDARDS FOR INFECTION CONTROL: AN UPDATE FOR HEALTHCARE WORKERS - DV0200
DVD color 45 min. 2006 Professional
Designed to facilitate the orientation and mandatory updating of hospital staff. This program helps ensure compliance in crucial hospital-assessment areas such as OSHA bloodborne standard, tuberculosis guidelines, and JCAHO mandatory updates. This program demonstrates disease transmission; the use of protective equipment; the use of work practice controls; the creation of a safe patient-care environment; and the prevention of tuberculosis transmission. The recommendations of the CDC are reviewed along with AIDS and Hepatitis B exposure control procedures. It contains the updated hand hygiene guidelines.

STANDING TALL: STORIES OF RESILIENCE - DV1124
DVD 29 min. 2012 SrH - A
Resilience is an important psychological concept and a way of coping with stress and catastrophe that we all need. People who lack resilience, who become overwhelmed and distraught with situations that occur in everyday life, often find themselves in a persistent negative mood and may even show signs of mental illness. Focusing on building resilience and adaptive coping skills, this program Professionaliles two young adults as they learn strategies for overcoming stress and challenges. It touches on physical as well as mental health and suggests ways of emerging from and staying out of depression—demonstrating to viewers that an ability to push ahead after a setback is vital for personal development.

START SAFE: A FIRE AND BURN SAFETY PROGRAM FOR PRESCHOOLERS AND THEIR FAMILIES (English/Spanish) - K0011
1 DVD and 1 CD 105 min. 2010 K-A
This kit consists of resources to introduce and support this fire safety program for the preschool classroom. It consists of 1 DVD, 1CD, a 16 page educator guide, mini-story books, fire and burn safety booklets for parents, posters and safety tips for parents sheets. The DVD includes the I Spot Something Hot animated feature in English and Spanish.

STDS LIFETIME CONSEQUENCES - DV0420
DVD color 20 min. 2006 JrH-SrH
This program offers straight talk about Sexually Transmitted Diseases (STDs) and the heavy price young people pay to have unprotected sex. A wide range of young people candidly express their attitudes about sex. Those who have contracted STDs share their physical and emotional pain. Candid conversations reveal common misconceptions about what “safe” sex is, and why risks are so often ignored. Communication with parents and peers in encouraged. A teacher’s guide is printed inside the front cover.

STD’S REAL LIFE TEENS - DV0803
DVD 18 min. 2011 SrH
This program explains what sexually transmitted diseases (STDs) are, how they are spread and how to prevent and treat them. It also gives more detailed information about HIV and Hepatitis B.
STEP BY STEP: AVOIDING SLIPS, TRIPS, AND FALLS (closed captioned) – 6246 (non-captioned-5857)
video 17 min. 1989 A, Professional
A large percentage of on-the-job injuries involve falling. To avoid these types of injuries, this training video defines slipping, tripping, and falling, and offers suggestions to prevent or reduce these types of accidents.

STEROIDS: IN THE KNOW - DV1058
DVD 17 min. 2006 SrH - A
This DVD shows teens both the physical and mental effects of steroid use. It also provides teens with reasons why steroid use is no substitute for hard work and natural competition.

STOP BULLYING WITH MIKE HALL - DV1248
DVD 22 min. 2014 JrH-SrH
Kids who are the victims of bullying are given a proven method for disarming perpetrators; a method simply called the four C’s. Victims of bullies must be calm, connected, confident, and last but not least compliment the bully. Kids are urged not to fight back with violence but to use the four C method instead.

STOP AND THINK - DV0201
DVD color 5 min. 2003 A
Dramatic injury re-enactments are presented in a variety of work settings. Whether it's distractions, being in a hurry, or just not paying attention, viewers will be able relate to the causes of these mishaps. Sometimes all it takes to prevent an injury is for each of us to take a moment to stop and think.

STOPPING A STROKE: LIMITING THE DAMAGE (closed captioned)- DV0841
DVD 24 min. 2011 A
This program takes a look at risk factors, symptoms, and the various ways to intervene and limit the damage from a stroke. If administered promptly, clot-busting medications, and mechanical and surgical interventions are among the treatments that help patients make a full recover.

STRAIGHT TALK ABOUT DEMENTIA CAREGIVER’S PERSPECTIVE - DV0313
DVD color 57 min. 2006 A, Professional
Caregivers are interviewed about ethical caregiving, enhancing communication, encouraging compliance, daily living activities like eating and bathing, and caregiver health.

STRAIGHT TALK: HEROIN AND OPIATES - DV1091
DVD 49 min. 2011 A
David Ohlms, M.D. and Delbert Boone, both icons in the field of addiction and recovery, offer a comprehensive look at the growing problem of heroin and opiate addiction. Together, they explore the myths and misconceptions of opiate use, addiction, and recovery. Viewers gain valuable knowledge about the biological effects of opiate dependency from Dr. Ohlms, and gain personal insight into heroin addiction and recovery from Boone. Also included are personal interviews with recovering opiate addicts, who candidly share the beginnings of their addiction, their downward spiral into the world of heroin and opiate use, the trials of their recovery and relapse, and their hope for the future.

STRAIGHT TALK: THE TRUTH ABOUT ALCOHOL AND SEX (closed captioned) – DV0560
DVD color 18 min. 2010 SrH
Using a drama format combined with a documentary style, this program explores the all too common consequences of underage drinking and sexual
misconduct. The program gives viewers an all-too-real glimpse at how alcohol clouds thinking, hinders decision-making skills and creates a dangerous atmosphere for making wise choices. (HRM)

**STRAIGHT TALK: THE TRUTH ABOUT STDs (closed captioned) - DV0538**
DVD color 18 min. 2009 SrH
Information on the six most common STDs today: HPV (genital warts), Chlamydia, HIV, Gonorrhea, Herpes and Hepatitis B. Students will learn the symptoms and complications of each disease as well as the latest treatment options, including a new vaccine for HPV. They will also understand how to prevent these infections by being informed and practicing safe sex. Program presents a strong message that abstinence is the only 100% guaranteed safeguard.

**STRAIGHT TALK: THE TRUTH ABOUT TEEN PREGNANCY (closed captioned) - DV0783**
DVD 16 min. 2009 SrH
This DVD follows the stories of two teens who want to have a baby together; a young couple who don’t want to have children until they are married and financially able; two older teens who have already had a baby and are struggling with the commitment of being responsible parents; and a middle-aged teen pregnancy support group leader who learned first-hand the difficulties of being a teen mom. As their stories play out, important facts become clear: only one-third of teen mothers obtain a high school diploma, only one-in-five teen mothers marry their child’s father, 25 percent of teen mothers have another baby within two years, and teen parents typically do not have realistic long term goals.

**DV0141**
DVD color 42 min. 2004 El
This DVD teaches kids in a fun way how to avoid dangerous situations with people they don’t know and those they “kinda” know.

**STRANGER DANGER AWARENESS: THE FIVE TRAPS - DV1182**
DVD 10 min. 2015 El
Through acted out dramatic vignettes this program demonstrates 5 traps that are commonly used by child abusers to lure children away from their surroundings and into harm’s way. Your viewers will see how strangers they encounter on the street, in stores, or on the way to school, or out in cyberspace can be dangerous regardless of their appearance. The traps are the pet trap, the playmate trap, the car trap, the tech trap, and the authority trap.

**STRATEGIES FOR NURTURING THE EMOTIONAL WELL-BEING OF THE ALZHEIMER’S PATIENT - DV0501**
DVD color 20 min. 2008 Professional
In a discussion with nursing assistants, a gerontologist explores the reality of the importance of the emotional wellbeing of the Alzheimer’s patients. Nursing assistants explain why a patient’s emotions are crucial to quality care.

**STRATEGIES FOR SOBRIETY - DV125**
DVD 40 min. 2009 A
Dr. Bill Loving of Austin Texas explains why alcoholism and drug addiction are referred to as diseases. He lectures about how the brain is affected and how the reward center of the brain is hijacked. He also gives practical, effective, and hopeful guidance for dealing with the problem. An appendix includes information on the evolution of AA, AA tips, dual diagnosis, family involvement, prescription medicines, and drugs that stimulate the reward center.
STRENGTHENING YOUR NON-PROFIT ORGANIZATION: A LITERACY CASE STUDY-DV0005
video/DVD color 175 min. 2003 A
Showcases the San Benito Literacy Center as an example of a successful non-profit organization. Focuses on strategic thinking, boards of directors, volunteer participation, and public relations.

STRAIGHT TALK: HEROIN AND OPIATES - DV1091
DVD 49 min. 2011 A
David Ohlms, M.D. and Delbert Boone, both icons in the field of addiction and recovery, offer a comprehensive look at the growing problem of heroin and opiate addiction. Together, they explore the myths and misconceptions of opiate use, addiction, and recovery. Viewers gain valuable knowledge about the biological effects of opiate dependency from Dr. Ohlms, and gain personal insight into heroin addiction and recovery from Boone. Also included are personal interviews with recovering opiate addicts, who candidly share the beginnings of their addiction, their downward spiral into the world of heroin and opiate use, the trials of their recovery and relapse, and their hope for the future.

STRESS MANAGEMENT (closed captioned) - DV0203
DVD color 27 min. 2003 A
Poor stress management can lead directly to burnout, one of the top reasons for quitting a job. This program identifies workplace stressors such as impending deadlines, work overload, and procrastination and offers guidelines for reducing their impact to a safe level. Proven principles of stress management, including proper nutrition, adequate rest, and non-work-related pastimes, are emphasized as keys to good health and better overall job performance.

STRESS MANAGEMENT FOR HEALTH CARE PERSONNEL - 5424
video color 27 min. 1988 A, Professional
Defines stress, and explains the possible physical reactions to it. Describes stress coping strategies. Health care staff discuss the stressful situations they deal with each day.

STRESS: PORTRAIT OF A KILLER - DV1072
DVD 52 min. 2008 A
A series of laboratory and field experiments demonstrated that stress, long thought to be an exclusively psychological phenomenon, is measurable and dangerous on a physical level. Stanford neurobiologist Dr. Robert Sapolsky studied baboons (Papio) on the Masai Mara Reserve in Kenya, measuring their levels of stress hormones caused by social hierarchies.

STRESS: THE GOOD, THE BAD, AND THE HEALTHY (closed captioned) - DV0784
DVD 23 min. 2012 Jrh-SrH
One-third of all teens feel some negative stress on a daily basis. But not all stress is bad. Peter Montminy, a child psychologist and wellness coach, explains how too little stress makes us bored and listless, whereas too much stress can lead to burnout and exhaustion. Dr. Montminy and a group of teens talk about how to successfully manage stress with every day activities.
STRESS, WEIGHT CONTROL & EMOTIONAL EATING - DV0664
DVD color 16 min. 2009 A
Over eating can cause stress while stress can cause over eating. It's a vicious cycle that if left unchecked, can lead to all kinds of health problems including insulin resistance, diabetes, high blood pressure and heart disease. This program follows four people as they learn seven strategies for overcoming emotional eating.

STRESSED OUT (closed captioned) - DV0164
DVD color 20 min. 2003 JrH-A
This program describes different forms of stress (acute, episodic and chronic) and explains how important it is for young people to learn effective techniques for coping with stressful situations. Special attention is given to two common complaints among teens: panic attacks and social anxiety. Also highlighted are other types of stress such as test anxiety, parental demands and peer pressure.

STROKE – DV0604
DVD color 30 min. 2008 A
This program explores the diagnosis, prevention, and treatment of stroke.

STROKE RECOVERY: TAKING BACK OUR LIVES - DV0681
DVD 60 min. 2010 A
This DVD features the experiences and advice of stroke survivors, caregivers, family, friends, doctors, and other health professionals. Practical and inspiring, the message throughout the film is one of hope, with many of the film's subjects reiterating that improvement and recovery are ongoing processes.

SUDDEN IMPACT: AFTER THE CRASH - DV0346
DVD color 43 min. 2004 SrH-A
Drunk driving crashes: they happen every day, and when they do, the reporting on the nightly news goes something like this..."One dead, five injured in a car crash. Drunk driving suspected." This program, narrated by Tom Brokaw, goes behind the scenes of one such accident and describes what happens over the course of a year after the crash. Brokaw examines the emotional toll and the financial costs of drunk driving. This program reveals that the accident itself is just the beginning of an ever expanding series of events that affects far more than the original car crash.

SUICIDE: IN THE KNOW - DV1055
DVD 14 min. 2006 SrH - A
Provides insight and facts on the negative mental aspects that can lead to teen suicide. Candid interview with parents of suicide victims, troubled teens, psychologists and health care Professionals give evidence and advice on how to deal with the reality of suicide.

SUN SHOW AGES 9-11 - DV0265
DVD color 26 min. 2005 I - JrH
This DVD explains how skin is damaged by ultraviolet radiation. It covers personal sun protection strategies, skin cancer, the link between sunburns and cancer and the ugly effects of overexposure to the sun.

SUPER STAPH INVINCIBLE BACTERIA - DV0302
DVD color 28 min. 2003 A
This program is an episode of the Healthy Mind Healthy Body series. Antibiotics have saved countless lives from potentially deadly infections -- but bacteria keep rebounding in stronger mutations. This program focuses on one of the most lethal pathogens: methicillin-resistant Staphylococcus aureus, or MRSA. Outlining the microbe's alarming ability to withstand methicillin,
amoxicillin, and related antibiotics, the program examines the emergence of two separate staph strains, healthcare-associated and community-associated, and features case studies of each. Doctors explain the challenges of fighting these resilient killers. They also explore the possibility of an MRSA vaccine. The Texas Department of State Health Services does not endorse any particular brand or product.

SURVIVING DISASTER: HOW TEXANS PREPARE (English/Spanish) (closed captioned) – DV0617
DVD Eng 53 min., Span 53 min. 2011 A
This program describes how to prepare for a disaster and shows stories of disaster survivors. Business owners, families, government officials, and communities share their stories of preparation and rebuilding in the face of wildfires, flooding, tornadoes, and hurricanes.

THE TALE OF “O” (closed captioned) - 5927
video 27 min. 1993 A, Professional
An entertaining, computer animated parable about what happens to any new or different kind of person when introduced into a group and demonstrates how this type of situation can be managed constructively. Can be used as a training video to defuse conflict in the workplace, to teach managers essential skills for managing group diversity, and to create a positive climate for productive, quality work.

TAKE CARE OF YOUR TEETH (closed captioned) - DV0482
DVD color 19 min. 2003 K-P
The character of Annie Funnelli explains the transition from baby to permanent teeth and then explains how children can keep those permanent teeth through a lifetime program of good habits and safe behaviors: careful brushing and flossing, avoidance of sugary snacks, and common sense precautions to protect teeth from accidental injury. Children are prepared for a visit to the dentist with an introduction to the equipment, tools, and procedures that are included in a routine checkup and cleaning.

TAKE TIME FOR TEETH (English/Spanish) – DV0440 (DVD)
video color Eng-7 min., Span-8 min. 1997 SrH-A
Covers basic knowledge about oral health and prevention. Topics include: the importance of dental checkups for pregnant women, the recognition of “white spots” on the teeth, how to prevent baby bottle tooth decay, the advantages of taking a child to the dentist at 1 year of age and then for routine checkups every 6 months after that, and the importance of dental sealants in reducing tooth decay. Video was developed in conjunction with the “Take Time for Teeth” oral health training module.

TAKING THE SCARE OUT OF SCOLIOSIS / TAKING THE MYSTERY OUT OF SPINAL DEFORMITIES SCOLIOSIS SCREENING - DV0417
DVD color 5 min.; 15 min. 1998; 1990 Professional
This DVD contains two programs. Program 1 Taking the Scare Out of Scoliosis prepares students to receive their annual spinal screening by demonstrating the screening performed by a nurse. Program 2 Taking the Mystery Out of Spinal Deformities Scoliosis Screening – Program 2 is intended for school nurses or others who will administer spinal screening. It shows conditions in boys and girls which indicate referral to a health professional.

TB AND HIV: THE CONNECTION -
6632 video color 14 min. 1997 SrH-A
People diagnosed as HIV-positive are encouraged to be tested for tuberculosis. Emphasizes the importance of taking all of the medications if the test shows the presence of tuberculosis bacteria whether or not the person is suffering from the tuberculosis disease. (CDC)

TECHNIQUES IN BATHING - DV0076
DVD color 26 min. 2004 Professional
This program demonstrates giving a bath in the bed or in the tub, assisting with a shower and shampoo and perineal care. (MEDCOM)

TECHNIQUES IN BATHING (Revised) – DV0626
DVD color 31 min. 2010 Professional
This program demonstrates how to provide a tub bath and how to assist with a shower and shampoo and perineal care. It identifies each of the three stages of the procedure: preparation, the procedure itself, and completing care. (MEDCOM)

TECHNIQUES IN TOILETING AND INCONTINENT CARE - DV0080
DVD color 18 min. 2003 Professional
This program demonstrates techniques in toileting and incontinent care that help maintain patient hygiene and patient dignity. It covers assisting with using the toilet, offering the bedpan or urinal, using a portable bedside commode, changing briefs, and bowel and bladder training.

TEEN ANXIETY DISORDER - DV1004
DVD 13 min. 2008 SrH - A
Two experts show how to recognize and help treat social anxiety disorder in teens.

TEEN BREASTFEEDING, THE NATURAL CHOICE: Volume 2. STARTING OUT RIGHT - 7613 video 35 min. 1998 JrH-SrH
 Teens learn proper breastfeeding techniques such as latch-on and taking the baby off the breast. Explains the let-down reflex and warning signs. Describes the baby’s hunger signals. Discusses solutions for sore nipples, engorgement, and leaking.

TEEN FILES FLIPPED: DATE RAPE ABUSIVE RELATIONSHIPS - DV0243
DVD color 21 min. 2002 SrH-A
In this program 17 year old Mario, who takes pride in seducing as many girls as possible, and 15 year old Debbie, who is drawn to possessive, potentially abusive boyfriends are given an unsettling look at the nature of unhealthy dating relationships.

TEEN FILES FLIPPED: EATING DISORDERS - DV0022
DVD 21 min. 2002 JrH-SrH, A
A sobering exploration of the tragic physiological, emotional and psychological effects of one teen’s eating disorder and another teen’s anabolic steroid use. The teens find themselves in situations that force them to come face-to-face with their own insecurities and the realities and consequences of a life centered around body image.

TEEN FILES FLIPPED: SEXUAL RESPONSIBILITY - DV0023
DVD color 21 min. 2001 JrH-SrH, A
Two high school teens face the issues of AIDS and teen fatherhood as consequences of risky sexual behavior. Lauren and Paul confess that they had each engaged in unprotected sex with multiple partners -- without serious
thought for the consequences. Now Lauren faces life and death with AIDS, and Paul confronts the responsibilities that come with fathering a child. The program is a dose of reality that provides an excellent basis for thought and discussion concerning the hazards inherent in risky sexual behavior.

**TEEN TRUTH: AN INSIDE LOOK AT DRUG AND ALCOHOL ABUSE (closed captioned) - DV0369**

DVD color 21 min. 2007 SrH

This DVD weaves together footage of drug addicts in recovery, with teens who have casually experimented with drugs and alcohol. The program contrasts the addicts’ life threatening addiction with the dangerous path that casual young drug users are pursuing.

**TEENS AND TANNING SUN SAFETY UPDATE - DV0347**

DVD color 16 min. 2005 JrH-SrH

With skin cancer taking the lead as the fastest growing type of cancer in the United States, it is increasingly important for students to be aware of the dangers of sun damage. A dermatologist explains different types of skin cancer, UVA and UVB rays, the dangers of tanning beds, and tips for being safe in the sun and getting that summer glow in a healthy way.

**TEENS IN TREATMENT: LIFE BEYOND GETTING HIGH REHAB - DV1238**

DVD 30 min. 2017 Srh-A

This program teaches teens that a life of addiction can be changed. Personal accomplishments can be achieved and a healthy successful life without dependence on drugs or alcohol is possible. Viewers learn the steps involved in rehab and recovery. They learn of the potential success of the multi-systemic approach and the joys of life after treatment.

**TEENS IN TREATMENT: THE WARNING SIGNS OF ADDICTION - DV1237**

DVD 30 min. 2017 Sr-H-A

This program explores the traits associated with an addictive personality and warning signs of addiction. The desire to belong, to be accepted, and to be popular often makes drugs attractive. Boredom, depression, low self-esteem, and peer pressure can also make teens susceptible to using drugs. This program addresses the physical, mental, and behavioral effects of drug abuse and explores effective treatment options.

**TEENS WITH SICKLE CELL DISEASE - DV0193**

DVD color 14 min. 2002 A

Thousands of children have sickle cell disease. Their pain can be excruciating, but the most painful thing they face is a lack of understanding by the people around them. Meet some of those teens and their doctors and social workers, and learn how awareness and support can help them lead more normal lives.

**TELLING AMY’S STORY (closed captioned)(Spanish Language captions) – DV0622**

DVD color 75 min. 2010 A

Actress and advocate Mariska Hargitay and Detective Deirdri Fishel present an emotional story about America's pervasive and largely unreported epidemic, domestic violence. Telling Amy’s story is based on a timeline of events leading up to a domestic violence homicide that occurred in central Pennsylvania in 2001.

**TEN BAD THINGS YOU DIDN’T KNOW ABOUT SMOKING AND TOBACCO - DV1035**

DVD 17 min. 2015 JrH-A
This program offers teens ten reasons to help them realize that tobacco is harmful to their health. They include: today's cigarettes are more lethal than ever before. Nicotine is as addictive as cocaine and heroin. Smoking causes type-2 diabetes. Smoking causes eye disease and blindness. Six other facts are presented.

**TEN THINGS EVERY CHILD NEEDS – DD0153**

video color 60 min. 1997 A
Explain how our earliest interactions with children influence their brain development. Offers a simple, ten-point checklist that parents, teachers, family childcare providers and babysitters can follow to give children the best start in life. Explains that ten simple things have been shown to help children’s brains develop: interaction, loving touch, stable relationships, safe healthy environments, self-esteem, quality child care, play, communication, music and reading.

**TEXAS WIC BREAST PUMP PROGRAMS 1 & 2 – DV0427**

DVD color 121 min. 2007 A
Program 1 reviews the policies and procedures for loaning breast pumps. Program 2 explains Hollister breast pump basics.

**TEXAS WIC BREAST PROGRAMS 3 AND 4 – DV0428**

DVD color 72 min. 2007 A
Program 3 contains the lesson Medela Breast Pumps and program 4 is When Moms Can’t Make it Work.

**TEXERCISE (English/Spanish) (closed captioned) – DV0479**

DVD color 30 min. 2008 A
The instructor featured in this program is a certified physical therapist. It covers strength, balance, endurance and flexibility exercises. It is appropriate for all adults including seniors.

**THERE’S ALWAYS HELP: SUICIDE PREVENTION – DV0771**

DVD 15 min. 2012 SrH
This DVD details the warning signs of suicide, explains the ways to prevent it and suggests ways of coping with the tragedy of suicide. Viewers are urged to take the warning signs seriously and to seek help if they are under severe emotional distress.

**THESE DAYS: A SHORT FILM ON YOUTH SUICIDE – DV1121**

DVD 17 min. 2013 SrH - A
High school student Chloe is shocked to discover her best friend has taken his own life. She finds herself and those around her, struggling to cope with the complex, confusing emotions of grief and loss. The tragedy leads Chloe to seek counseling to deal with her feelings.

**THINK ABOUT IT: DRIVING AND CHOOSING TO DRINK (closed captioned) – DV0768**

DVD 20 min. 2011 SrH
People whose lives were affected dramatically by drunk driving tell their stories. Relying on a mechanized communication device, a former athlete recounts the joyride that caused his traumatic brain injury, while another describes the lasting psychological problems that followed his physical injuries. An inmate serving time for DUI manslaughter after drinking recalls facing the mother of the person he killed, and a first responder gives details of a fatal collision involving an intoxicated driver
and her children. Supplemented by information from MADD, the program stresses that drunk driving is a choice that students can decide not to make.

**THIN - DV1069**  
**DVD** 102 min. 2006 SrH-A  
This film takes us inside the walls of Renfrew Center, a residential facility for the treatment of women with eating disorders, closely following four young women who have spent their lives starving themselves-- often to the verge of death.

**THINK ABOUT IT: PEER PRESSURE AND CHOOSING TO DRINK - DV1119**  
**DVD** 19 min. 2011 SrH-A  
David and Julie are excited but nervous about their invitation to a party hosted by "the cool kids." Sharing his thought process with viewers, David describes an elevated heart rate and feelings of being a social outcast, laughed at because he and Julie don't drink. David allows a subtle form of peer pressure to take control, with tragic results. In this dramatization the potential consequences of choosing to drive while intoxicated are played out.

**THINK BEFORE YOU DRINK: SUGAR SHOCKERS AND BEVERAGE TIPS (closed captioned)- DV0866**  
**DVD** 25 min. 2014 SrH  
Soft drinks, sweetened teas, specialty coffee drinks, sports drinks, fruit-flavored juices, and energy drinks are sugary, empty-calorie culprits that contribute to rising rates of obesity and other chronic diseases. Viewers will discover the best beverage bets and learn more about how to make healthy choices through short video segments.

**THIS EMOTIONAL LIFE (3 DVDS) - DV1063**  
**DVD** 360 min. 2009 A  
This program explores ways we can improve our social relationships, learn to cope with problems like depression and anxiety and become more positive and resilient individuals. Contains three program discs titled Family, Friends and Lovers, Facing Our Fears, and Rethinking Happiness.

**THREE KEYS TO SAFE DRIVING: PREPARE, ANTICIPATE, DEFEND - DV1358**  
**DVD** 10 min. 2018 Adult  
This DVD explains how drivers can be safe by preparing themselves and their vehicle, anticipating driving hazards, and avoiding distracted and fatigued driving. It illustrates the dangers of speeding and following too closely and aggressive driving. It lists safe driving habits that viewers should follow.

**THROUGH THE LOOKING GLASS II - DV0827**  
**DVD** 95 min. 2011 A  
This reality DVD shows several real caregivers experiencing the life of a resident over an eight-day period. The DVD follows them day and night as they learn how it feels to be dependent on others for intimate care and daily needs. They experience incontinence, being bathed and fed by someone else, waiting to receive care after a fall, not sleeping well due to noise or interruptions, lack of privacy and irritability due to feelings of helplessness, and boredom. From learning the importance of communicating more with residents to encouraging meaningful activities, the resulting insights of these caregivers are sure to sensitize other staff members to practical and effective ways they can immediately improve daily care to
residents.

TIME BOMB: OXYCONTIN ADDICTION - DV1117
DVD  43 min. 2012 SrH - A
It was touted as a miracle pill: a narcotic pain reliever that could change the lives of people suffering from chronic pain, but with little risk of addiction. This film examines why medical schools, GPs and specialists in pain clinics readily embraced the drug at first, and why some have now changed their minds. The manufacturer has now stopped making it altogether, replacing it with a new formulation known as OxyNeo.

A TIME TO CARE ACTIVITIES OF DAILY LIVING - DV0209
DVD color  45 min. 2004 A
This program explores the unique challenges of living with Alzheimer’s Disease as a home caregiver. It addresses topics such as eating, bathing, dressing, grooming, dental care, and incontinence.

TOBACCO AND DEATH: PERFECT TOGETHER(SPANISH) / TABACO Y LA MUERTE: UNA COMBINACION MORTAL (closed captioned) - DV0972
DVD  28 min.  2006 SrH-A
Documentary interviews of real people whose lives have been ravaged by tobacco use are intertwined with actual images of diseased lungs, damaged hearts, and various cancers to give viewers a true picture of the effects of tobacco. The program opens bleakly in a morgue and crosscuts with interviews of smokers dying from head and neck cancers, lung cancers and heart disease. Leading anti-tobacco experts weigh in with the latest statistics on morbidity and mortality rates, including the rising numbers of deaths of young adults due to tobacco use. This DVD takes a hard look at the devastating health issues caused by tobacco. A file of the Teacher’s Resource Guide is available on the DVD. You must have a computer with a DVD-ROM and Adobe Acrobat Reader to access the guide. Right click on the DVD icon and the double click on the file titled “Teacher’s Resource Book”.

TO BABY WITH LOVE: OVERCOMING BREASTFEEDING BARRIERS (English/Spanish) (closed captioned) - DV7781
color    Eng-15 min., Span-17 min.  2004 SrH-A
WIC clients explain why breastfeeding is the best choice for a healthy baby. Discusses some of the barriers to breastfeeding and provides suggestions for overcoming them.

TO BABY WITH LOVE / PARA MI BEBE CON AMOR AND COMFORTABLE LATCH / EL AGARRE MÁS CÓMODO (English/Spanish) (closed captioned) - DV0057
DVD color Eng 11 min., Span 12 min.; Eng 15 min., Span 17 min.  2006 A
This DVD contains four programs. It contains To Baby With Love in English and Spanish and Comfortable Latch in English and Spanish. To Baby with Love: WIC clients explain why breastfeeding is the best choice for a healthy baby. They discuss some of the barriers to breastfeeding and provide suggestions for overcoming them. Comfortable Latch: A lactation consultant works with new mothers to demonstrate how to properly use the latch position for breastfeeding. This program contains depictions of real mothers and an animated demonstration of the baby at the breast.
TO CARE ALWAYS QUALITY CARE AT THE END OF LIFE - DV0384
DVD color 18 min. 2005 Professional Caregivers at the acute level must understand the many aspects of caring for the dying patient in order to ensure quality care and a peaceful death. Viewers will learn about the assessment and care of physical, psychosocial, cultural and spiritual needs of patients and families during the end of life. They will become aware of the communication skills, interpersonal skills and attitudes appropriate to this time in a patient’s life. This program also identifies appropriate legal and regulatory issues surrounding palliative care as well as ethical and professional principles.

TO THE POINT ABOUT BACK SAFETY (English/Spanish) - DV1262
DV 12 min. 2016 A
This program trains employees on the mechanics of how the back operates along with proper lifting techniques and other steps they need to take to prevent back injuries. This program quickly gets to the point about the important topic of back safety and explains OSHA’s required training points to your employees. This DVD contains both English and Spanish versions.

TO YOUR HEALTH! FOOD SAFETY FOR SENIORS (closed captioned) - 7361
video 14 min. 2000 A
Explains why seniors may be more susceptible to foodborne illnesses. Shows four simple steps to handling food safely at home. Provides tips on how to “eat out” safely.

TOBACCO, ALCOHOL AND MARIJUANA: IN THE KNOW - DV1008
DVD 23 min. 2003 A, Professional
This video shows the tremendous damage that tobacco, alcohol, and marijuana do to users' lives. Shows that these "gateway" drugs dramatically increase the odds that a user will go on to abuse cocaine or heroin.

TOBACCO AND DEATH PERFECT TOGETHER (closed captioned) - DV0325 Spanish – DV0972
DVD color 28 min. 2006 SrH-A
Documentary interviews of real people whose lives have been ravaged by tobacco use are intertwined with actual images of diseased lungs, damaged hearts, and various cancers to give viewers a true picture of the effects of tobacco. The program opens bleakly in a morgue and crosscuts with interviews of smokers dying from head and neck cancers, lung cancers and heart disease. Leading anti-tobacco experts weigh in with the latest statistics on morbidity and mortality rates, including the rising numbers of deaths of young adults due to tobacco use. This DVD takes a hard look at the devastating health issues caused by tobacco. A file of the Teacher’s Resource Guide is available on the DVD. You must have a computer with a DVD-ROM and Adobe Acrobat Reader to access the guide. Right click on the DVD icon and the double click on the file titled “Teacher’s Resource Book”.

TOBACCO-JUST SAY KNOW - DV1003
DVD 14 min. 2004 A, Professional
Teen narrators guide students through a lively question and answer format that delivers hard facts about tobacco. Stresses deadly diseases caused by smoking.

TOOTH WISDOM: YOUR TEETH AND HOW TO TAKE CARE OF THEM - DV0481
DVD color 16 min. 1999 P-El
Young viewers will discover the various functions of different kinds of teeth, find out why we lose our baby teeth, learn
how dentists and hygienists help care for our teeth, as well as the proper techniques for brushing and flossing.

**TOP FIVE TIPS FOR SAFE DRIVING (closed captioned) - DV0887**
DVD  17 min.  2013 A
Experts estimate that drivers make at least 20 decisions every minute while maneuvering through traffic, and the more distractions they have to deal with, let alone considerations such as bad weather or another driver’s road rage, the more likely it is that an accident will occur. Using interviews with a neurologist, a police officer, a mechanic, and driving instructors, this program provides information about the five best ways to stay safe behind the wheel. It provides concrete strategies for avoiding distractions, driving safely at night and during bad weather, and defensive driving. It also covers legal limitations and basic vehicle safety. It lists essential items to keep in the car, lets drivers know what do to if the car goes into a skid or breaks down, and more.

**TOP TEN MYTHS ABOUT ALCOHOL AND DRUGS (closed captioned) - DV0326**
DVD color  20 min.  2007 SrH-A
This program exposes the following myths about drugs: Everybody’s doing it; I can stop when I feel like it; Beer isn’t as bad as hard liquor; I can get high and still be in control; I can drive a car high on marijuana; Marijuana isn’t harmful or addictive; Prescription drugs can’t hurt me because they’re legal; Drugs help relieve stress; Drugs and alcohol do not damage the brain; and Steroids do not damage the body. Each of these myths is rebutted with cold, hard facts, challenging teens to recognize harmful behaviors in themselves and others and to take full responsibility for their personal health and safety. A file of the accompanying Teacher’s Resource Guide is available on the DVD. To open the file you need to load the DVD onto a computer that has a DVD-ROM and Adobe Acrobat Reader. Right click on the DVD icon and then double click on the file titled “Teacher’s Resource Book.”

**TOP TEN MYTHS ABOUT ALCOHOL AND DRUGS (SPANISH)/10 MITOS PRINCIPALES SOBRE EL ALCOHOL Y LAS DROGAS (closed captioned) - DV0971**
DVD  20 min.  2007 SrH-A
This program exposes the following myths about drugs: Everybody’s doing it; I can stop when I feel like it; Beer isn’t as bad as hard liquor; I can get high and still be in control; I can drive a car high on marijuana; Marijuana isn’t harmful or addictive; Prescription drugs can’t hurt me because they’re legal; Drugs help relieve stress; Drugs and alcohol do not damage the brain; and Steroids do not damage the body. Each of these myths is rebutted with cold, hard facts, challenging teens to recognize harmful behaviors in themselves and others and to take full responsibility for their personal health and safety. A file of the accompanying Teacher’s Resource Guide is available on the DVD. To open the file you need to load the DVD onto a computer that has a DVD-ROM and Adobe Acrobat Reader. Right click on the DVD icon and then double click on the file titled “Teacher’s Resource Book.”

**TOOTHBRUSHING WITH CHARLIE BROWN - 4016**
video  color   5 min.  1978 P-A
Charlie Brown and the Peanuts gang teach youngsters brushing and flossing techniques in this animated film.

**THE TOP 5 FOOD MISTAKES MOST TEENS MAKE AND HOW TO FIX THEM (closed captioned) - DV0785**
DVD  25 min.  2013 JrH-SrH
This program focuses on teen nutrition and helps students understand the five biggest food mistakes made by most teenagers. Teenage on-camera hosts use MyPlate.gov to help students understand portion sizes and food group servings. A nutrition expert demonstrates easy solutions to the mistakes of not eating enough fruits, vegetables, whole grain, or lean protein and eating too much salt, sugar and bad fat. Students learn how to read nutrition labels, how to shop for fresh produce, and how to prepare quick and healthy meals.

**TOP TEN REASONS NOT TO DRINK ALCOHOL** (closed captioned) - DV0963
DVD 16 min.  2016 SrH
Young viewers learn how drinking alcohol can lead to impaired decision making, vision impairment, memory loss, long term brain damage, addiction, driving while under the influence and in some cases death. They also learn of the legal and safety issues involved.

**TOOTHPASTE: A FILM ABOUT SEXUAL RESPONSIBILITY** – DV0551
DVD color 16 min.  2004 SrH
This film was written by high school seniors from Mission, Texas. Two female best friends consider taking their relationships with their boyfriends to the next level. The decisions they make are as different as the outcomes. The two girls show that they are responsible enough to get protection, but their respective sexual encounters lead to decidedly different results.

**TORNADO! (closed captioned)** - 6359
video 60 min.  1985 JrH-A
A NOVA program. Explains the characteristics of tornadoes and describes what weather patterns may cause them to develop. Traces the life history of a tornado. Includes several methods of studying tornadoes in the field and in the laboratory.

**TOTAL HEALTH: BECOMING PHYSICALLY FIT** - DV0026
DVD color 78 min.  1999 SrH
This DVD will get students excited about the long- and short-term benefits of physical fitness. Total Health is divided into three sections and illustrates the five main components of fitness. Part 1 Body Composition and Flexibility (27 min.) Part 2 Muscle Strength and Endurance (26 min.), and Part 3 Cardiovascular Endurance (25 min.). Viewers will get all the facts about how physical activity improves performance, reduces risk of debilitating diseases, and improves emotional well-being. Each section in the program shows students how to measure their current state of fitness and provides a general program for achieving and maintaining a fit lifestyle.

**TOTALLY DISGUSTING ALCOHOL GROSS OUT VIDEO** - DV1041
DVD 15 min.  2015 JrH-A
This video will get students to think twice before engaging in underage drinking. The vomiting, the stomach pumping, the DUI's, the toilet clutching, the hangovers, the ER visits, the bad decision making are all there. Viewers will gain a thorough understanding of how alcohol affects the body and the risks associated with alcohol use.

**TOTALLY DISGUSTING TOBACCO GROSS OUT VIDEO** (closed captioned) - DV0370
DVD 18 min.  2007 JrH
This program presents viewers with a graphic look at the reasons not to use tobacco products. Not for the fainthearted, this program’s imagery will linger long in students’ minds and remind them to never consider using tobacco products.
TOXIC MOLD THE FACTS - DV0288
DVD color 12 min. 2003 A
This DVD takes the mystery out of the sensitive subject of toxic mold and informs viewers of exactly what it is, the hazards involved and some possible solutions.

TRACKING ZIKA - DV1289
DVD 54 min. 2017 A
Zika: the name of a forest in Uganda where the virus of the same name was first identified in 1947. Virtually forgotten at the far end of the world, Zika was thrust into the spotlight in 2013. This video highlights the difficulties of stopping this deadly virus, tracking its movements, and the effects of Zika.

TRANSFER AND AMBULATION – DV0566
DVD color 23 min. 2008 Professional
This DVD covers pivot transfer from bed to wheelchair, pivot transfer from wheelchair to toilet, two-person lift from bed to wheelchair, three-person lift from bed to gurney, transfer using mechanical lift, assisting with ambulation, and preventing injury during a fall.

THE TRANSFORMING POWER OF CAREGIVING: RETURNING TO LIFE AFTER CAREGIVING ENDS - DV0915
DVD 48 min. 2014 A
There is a natural sense of loss when the need for caregiving is over. Caregivers face the double sorrow of the death of a loved one as well as the ending of a primary purpose and role in life. Part of the experience of after-caregiving is to find a “new normal.” Many factors go into the development of a new identity after the death of a loved one. It is okay to feel inadequate, overwhelmed, and to ask for help in facing the unfamiliar. It is important that caregivers give themselves permission to experience these things and try to look towards the future.

TREATING DEPRESSION (closed captioned) - DV0699
DVD 15 min. 2009 A
This program lets viewers know that depression is a chronic disease that requires appropriate treatment. It emphasizes importance of finding the correct treatment: medication, psychotherapy, or a combination of both. Actual patients share their own experiences throughout the program. It covers positive lifestyle changes to help relieve depression and the importance of getting support from friends and family.

TREATMENT BASICS - DV1354
DVD 126 min. 2018 A
Created to work with both adults and young adults, this video gives clients and their loved ones a better understanding of what to expect throughout substance use disorder treatment. It includes the following chapters: 1. Do I Need Help?; 2. What Kind of Help Is Available?; 3. What Will Withdrawal Be Like?; 4. How Can I Be Successful in Treatment?; 5. How Do I Take Care of Myself While My Loved One Is in Treatment?; 6. How Can I Support My Loved One in Treatment?

TRENCHING AND SHORING - 7365
video 6 min. 1990 A
Gives options for digging trenches to prevent cave-ins. Provides shoring alternatives when a trench is deep or in poor soil conditions. Recommends other tips for supervisors at the job site to ensure worker safety.

TRIED AND TRUE - DV0239
color 32 min. 2000 SrH-A
This video shows a variety of labor techniques using actual birth footage. It will enhance a pregnant woman's
confidence by showing her many techniques while providing an opportunity for the support partner to learn support skills.

**TRIGGERS: HOW TO USE THEM TO STRENGTHEN YOUR RECOVERY - DV1169**
DVD  12 min.  2012 A
Bob Francis, LICDC-CS, urges those in recovery to change their attitude towards reminders and habits that trigger their desire to abuse drugs, alcohol, or other substances. He provides suggestions on how to turn those triggers into positive action by having a plan in place that will help them resist the urge to relapse.

**A TRIP TO BUGLAND (English/Spanish) (closed captioned) - DV0235**
DVD  color  Eng 25 min., Span 25 min.  2007 K-A
Join Zobey, a happy furry monster, on his adventures in the magical garden of Bugland. This program is designed to encourage children to be physically active. Parents are urged to watch the DVD and participate along with their children. Zobey teaches hand eye coordination, movement and dance, healthy eating habits and counting. Recipes for healthy foods children will enjoy are included.

**TROUBLED TEENS: TALK ALCOHOL ADDICTION - DV1093**
DVD  22 min.  2014 A, Professional
What are the damaging effects drinking can have on teenagers? This program talks to teens out for a good time, alcohol addicts, as well as those working hard to combat the problem.

**TROUBLED TEENS TALK: DRUG ADDICTION - DV1096**
DVD  22 min.  2014 A, Professional
In this program experts discuss their experiences working with drug addiction among teenagers. Current and ex-addicts tell of their daily battle with this deadly addictive behavior. Teens share their drug history and rehabilitation treatments on their journey to recovery.

**TUBERCULOSIS – DV0605**
DVD  color  30 min.  2008 A
Many Americans assume tuberculosis is a disease of the past, but the reality is one-third of the world's population is infected with TB - an estimated 10 to 15 million people in the United States alone. Viewers will learn about this historic disease and what they need to know to protect themselves.

**TUBERCULOSIS - DV1187**
DVD  38 min.  2015 Professional
This program contains the latest CDC guidelines and the requirements of OSHA and is intended for all health care workers. Learn what TB is, how it is transmitted and how to prevent transmission.

**TUBERCULOSIS AWARENESS (closed captioned) (English/Spanish) - DV0707**
DVD  17 min  2005 A
This program shows viewers how TB is contracted. It also describes the symptoms of TB infection and what happens if you are infected with TB. It also details who is at risk for contracting tuberculosis.
TUBERCULOSIS AWARENESS AND TREATMENT (Eng/Spanish)(Eng/Vietnamese) (closed captioned) - DV0687
DVD 19 min. 2008 A
People from countries where tuberculosis (TB) is common should get tested for it. This disease is curable and preventable. It is important that people with TB take all of their medicine and follow the advice of a medical professional. Anyone can have TB so there is no need to be ashamed of the disease. The non-English versions are subtitled in English.

TUBERCULOSIS: BACK FROM THE PAST - 5703
video color 18 min. 1993 A
Targets health care workers, providing an accurate description of the cause of tuberculosis, means of spreading infection, symptoms, and infection control measures in health care settings. Lists risk groups and talks about drug-resistant strains. Covers the use of respirators, HEPA filters and UV lights as well as good ventilation and procedures to use in the isolation room.

TWENTY-EIGHT GRAMS OF PREVENTION: SAFETY FOR TODAY'S LABORATORIES - 5574
video color 23 min. 1975 A
Shows the tragic results of an explosion in a laboratory. Explains that accident prevention involves the proper use of hoods, fire extinguishers, protective clothing, and equipment. Emphasizes the importance of proper storage of materials and safe handling of gas cylinders.

TYPE 2 DIABETES: NEW HOPE, NEW TREATMENTS (closed captioned) - DV0794
DVD 24 min. 2010 A
Although type 2 diabetes is common, it is a very dangerous illness that puts people at risk for potentially life-threatening conditions like heart attacks and strokes. However, it is also a disease that can be relatively easy to manage. Research shows that, if patients bring their blood sugar, blood pressure, and cholesterol under tight control, they can lower their risks. This program explores what makes people vulnerable to developing type 2 diabetes and shows what can be done to effectively treat it. Also available as streaming on Films on Demand.

TYPE 2 DIABETES, OBESITY, AND CARDIOVASCULAR RISK (closed captioned) - DV0840
DVD 26 min. 2010 A
Medical experts examine the links between obesity, Type 2 Diabetes, and cardiovascular disease through case studies involving four middle-aged patients, three male and one female. They discuss the importance of active patient participation in the management of diabetes through dietary planning, exercise, self-monitoring, and taking prescribed medication.

UNDERAGE DRINKING: IS IT WORTH IT? - DV1043
DVD 27 min. 2014 JrH - A
This docudrama lays out the many risks of underage drinking. Counselors, law enforcement personnel, DUI victims, former teen abusers, medical experts and family members contribute dramatic insights. Scientific studies show how even small amounts of alcohol can create chronic health issues for teen brains.

UNDER ATTACK LIVING WITH EPILEPSY - DV0194
DVD color 16 min. 2004 A
Epilepsy is a hidden and often misinterpreted disease. Throughout her life, Anneli has had a difficult form of epilepsy and has always been dependent upon special medical treatment. It has taken her a long time to accept her
disease. Despite her struggle with epilepsy, she has remained an energetic woman that impresses with her easy temper. Ten years ago, a Vagus Nerve Stimulator, a small medical device, was implanted in Anneli’s chest to limit the seizures.

UNDERSTANDING MENTAL ILLNESS & SCHIZOPHRENIA: HEALTHY BODY - DV1000
DVD 26 min. 2006 A
Although mental illnesses severely affect thoughts, moods, and coping abilities, a fulfilling life is still possible for people who face those challenges. Outlining the symptoms and possible causes of schizophrenia, clinical depression, and bipolar disorder, this program explores various treatment options and identifies ways that patients can achieve personal independence.

UNDERSTANDING ANOREXIA AND BULIMIA - DV1027
DVD 28 min. 2005 A, Professional
Examining the causes and cures of eating disorders can help victims to face their problems and to seek the treatment that they need in order to survive.

UNDERSTANDING BI-POLAR DISORDER : HEALTHY BODY, HEALTHY MIND - DV1001
DVD 26 min. 2006 A
This program demystifies Bipolar disorder by introducing research advancements and new treatments. The program proves conclusively that, with patience and support, people with Bipolar Disorder can live productive, fulfilling lives.
interactions that encourage use of the person's remaining skills to build self-esteem and increase personal autonomy.

UNDERSTANDING BIRTH: A COMPREHENSIVE GUIDE, 3RD ED. - DV1268
DVD 146 min. 2015 A

UNDERSTANDING CESAREAN BIRTH - DV1267
DVD 19 min. 2015 A
Through two cesarean birth stories, one planned and one unplanned, this DVD helps teach essential information about cesarean birth. The DVD explains why cesareans are performed, the risks to mom and baby, the benefits of skin to skin, breastfeeding, and recovery tips. Expectant moms learn how to reduce the chances of having a cesarean. The medical procedure is shown through 3D animation.

UNDERSTANDING HEPATITIS A (closed captioned) - DV0357
DVD color 23 min. 2007 A
This program focuses on the causes and typical treatments for Hepatitis A and guides viewers through the different levels of danger that the virus poses to victims. Medical experts explain the basic science behind HAV infections, describe common symptoms, and spell out preventive and palliative strategies. Also, a traveling businessman describes his frustrating experiences with Hepatitis A.

UNDERSTANDING HEPATITIS B (closed captioned) - DV0358
DVD color 23 min. 2007 A
Hepatitis B is usually transmitted sexually or through other close bodily contact. This program explains what distinguishes HBV from other hepatitis strains, how it can infect the human body and still go undetected for decades, and how it can be prevented with vaccines. Physicians specializing in hepatitis research and care outline both successful and tragic case
studies and guide viewers through the public health benefits of HBV education and immunization programs.

UNDERSTANDING HEPATITIS C (closed captioned) - DV0266
DVD color 23 min. 2007 A
Most people associate cirrhosis with alcoholism—but another cause of liver scarring and failure is HCV, one of the most severe strains of hepatitis. This program provides a basic medical understanding of the virus, presents various ways that it is transmitted, and explores what many call a groundbreaking method of Hepatitis C treatment. Veteran researchers and doctors describe typical HCV danger zones and causes and the pronounced risk of liver damage that the virus represents. Advanced antiviral therapies combining interferon and ribavirin are also discussed.

UNDERSTANDING HIV AND AIDS (closed captioned) - DV0469
DVD color 18 min. 2006 JrH
This program presents an age-appropriate review of the basic terms, definitions and biology of the HIV virus plus means of infection, treatment, and protection. It also sends a clear message that abstinence is the only 100% effective option for avoiding sexual transmission of the HIV virus. (HUMRE)

UNDERSTANDING KIDNEY DISEASE - DV0423
DVD color 26 min. 2006 A
When kidney disease occurs it can have detrimental effects on the body. It can lead to complete kidney failure requiring the need for dialysis treatments or a kidney transplant to stay alive. Knowing the symptoms of kidney disease can help doctors detect it early enough to get treatment; those with diabetes and high blood pressure should be tested yearly.

UNDERSTANDING PREGNANCY: A COMPREHENSIVE GUIDE - DV0852
DVD 78 min. 2012 A
This DVD teaches expectant parents how to keep themselves and their babies. This DVD models healthy habits and partner involvement, all while stressing the importance of good prenatal health. Animation brings fetal development to life and will motivate moms to take good care of themselves throughout pregnancy. Viewers learn about nutrition, exercise, discomforts, hazards, and the emotional ups and downs of pregnancy.

UNDERSTANDING YOUR NEWBORN: THE FIRST SIX WEEKS AND BEYOND - DV1269
DVD 40 min. 2016 A
This DVD provides comprehensive, evidence-based education about baby care in the first six weeks and beyond. It covers the importance of baby cues, early brain growth, and bonding. Viewers learn about newborn traits and behaviors, crying and comforting, feeding, diapering, bathing, and how to keep newborns healthy and safe.

UNDERSTANDING VIRUSES - DV0145
DVD color 55 min. 2006 JrH-SrH
Explains what a virus is and how it can affect different parts of the body. Using detailed animation demonstrates how a virus uses other cells to accomplish its goals. Discusses the history of viruses and the ongoing research to devise cures.

Find out the other risks and warning signs in this program. The Texas Department State of Health Services does not endorse any particular brand or product.
for the many different types including the common cold, flu, and HIV.

**UNDERSTANDING WHY ELDER ABUSE HAPPENS: HOW INSTITUTIONAL CIRCUMSTANCES GET OUT OF CONTROL - DV1310**

DVD 20 min. 2006 Professional Long term care staff take a realistic look at many of the institutional challenges that can cause abuse. They offer practical suggestions to help staff handle stressful situations like working double shifts and dealing with frustrated residents and family members.

**UNIVERSAL PRECAUTIONS: A PERSONAL PRIORITY - 5880**

video 13 min. 1994 A, Professional Explains how health care workers exposed to blood and body fluids are at risk for contracting hepatitis B and HIV. Discusses the importance of handwashing before and after contact with patients, and at other times when risk of exposure is possible. Covers the use of disposable supplies, and protective clothing, including gloves, gowns, aprons, goggles, and masks. Explains the proper way to handle soiled linen, to handle used syringes, and to clean up blood spills. Stresses the importance of reporting when an accidental exposure to blood or body fluids has occurred.

**UNIVERSAL PRECAUTIONS FOR INFECTION CONTROL IN THE HOME CARE SETTING - 4562**

video color 20 min. 1990 A Demonstrates universal precautions for infection control in the home care setting. The home health nurse interacts with the patient and the primary care giver, addressing protection concerns and modeling behavior. Explains the principles of infection control and introduces the proper techniques and rationale for procedures, including handwashing, handling of infectious waste, sharps and hazardous waste disposal, handling and transporting of lab specimens.

**UNNATURAL CAUSES: IS INEQUALITY MAKING US SICK? (closed captioned) - DV0429**

DVD color 240 min. 2008 A This DVD sounds the alarm about the extent of our socio-economic and racial inequities in health, and searches for their root causes. Unnatural Causes crisscrosses the country investigating the findings that are shaking up conventional understanding of what really makes us healthy or sick.

**USING FIRE EXTINGUISHERS - DV1369**

DVD 15 min. 2017 Adult This DVD explains the different classes of fires, discusses how they should be put out, and explains how employees can use fire extinguishers effectively and safely if a fire emergency occurs. It demonstrates the difference between dry chemical, carbon dioxide extinguishers, and water and foam extinguishers.

**USING PRINCIPLES OF BODY MECHANICS - 7061**

video color 21 min. 1997 Professional Discusses the principles of body mechanics. Demonstrates techniques used to move the patient up in bed, assist with a range of motion and ambulation, and transfer the patient from the bed to a chair. Shows the use of protective positions and positioning aids. Offers tips for safety, legal issues and documentation.
VACCINES (English/Spanish) - DV0522
DVD color 58 min. 2008 A
The first section of the DVD Vaccines and Your Baby describes the 11 diseases prevented by vaccines, the science of vaccines, the concept of immunity, how vaccines work, and how they are made. Highlights include physicians discussing details of each disease and parents sharing their stories. The second section is called Vaccines: Separating Fact from Fear. It addresses parents’ questions about vaccines. The program also includes the stories of parents whose children suffered vaccine-preventable diseases.

VALUES AND ETHICS: SITUATIONS FOR DISCUSSION - DV1205
DVD 12 min. 2001 A
Is it wrong to...? Should I or shouldn't I....? Your employees may not have a clear understanding of ethical and unethical issues at work. Be their moral compass and lay down a solid foundation for workplace ethics. In this program, learn from short dramatic vignettes that illustrate ethically questionable behaviors and use them as a springboard for sound ethical policies.

VAPING: MORE DANGEROUS THAN YOU THINK - DV1038
DVD 21 min. 2015 JrH - A
This video addresses the craze of vaping drugs (nicotine, alcohol, liquid marijuana and others). This program demonstrates the serious health risks of vaping, including drug overdose, instant high or drunk, alcohol poisoning, and impaired thinking and decision making. Swallowing liquid nicotine has put hundreds of teen in emergency rooms.

VIOLANCE IN THE LONG TERM CARE WORKPLACE: PROTECTING OURSELVES AND OUR RESIDENTS - DV1302
DVD 33 min. 2018 Professional
Long term care staff will learn how to recognize different forms of workplace violence and the risk factors that can increase the likelihood of an occurrence. They will understand what to do to help prevent violence and how to respond if violence does occur.

VITAL SIGNS: TEMPERATURE, PULSE, RESPIRATIONS, AND BLOOD PRESSURE - 6193
video 25 min. 1994 A, Professional
Demonstrates how to take a temperature with different types of thermometers. Shows the common arteries that are used to take the pulse rate. Shows techniques of taking the blood pressure using a sphygmomanometer. Explains how to properly record the vital signs.

WAREHOUSE SAFETY SAFE MATERIAL HANDLING - DV1337
DVD 17 min. 2014 A
This DVD raises employee awareness around hazards like material handling, chemical handling and storage, and slips, trips, and falls. It also covers the different types of personal protective equipment (PPE) that can be used and offers tips on how to work safely. around warehouse traffic.

WARNING: THIS DRUG MAY KILL YOU - DV1327
DVD 60 min. 2017 A
This program profiles four families who have seen their lives tragically changed by abuses involving their loved ones, whose addictions arose due to doctors’ prescriptions of dangerous painkillers. Through the personal and emotional stories of those who have dealt with
addiction, either as a user or concerned family member, the film sheds light on the struggles of ordinary people whose lives changed after minor and major ailments led to the over-prescription of highly addictive opioids, which are often the gateway to heroin. Featuring home videos and pictures that humanize this health crisis, along with important statistics and information about opioid use and treatment, this documentary provides an eye-opening account of the epidemic America faces today, and the toll taken on addicts and their families.

WE CAN ALL GET ALONG - DV0155
DVD color 19 min. 2005 El
This program shows kids how to improve relationships with their friends, classmates, and adults at school by learning basic conflict resolution skills.

WEIGHT CONTROL: LOSING WEIGHT AND KEEPING IT OFF(closed captioned) - DV0697
DVD 13 min. 2009 A
This program explains why quick fix diets don't work, and shows the basics for gradual weight loss. It emphasizes that weight control is a lifestyle change, it is not dieting. The video presents the foundations of weight loss to be what we eat, how much we eat, and how much we move. It will help viewers see that even small weight losses will benefit their health.

WEIGHT OF OBESITY (closed captioned) - DV0340
DVD color 57 min. 2005 A
Obesity is second only to smoking as the leading cause of preventable deaths in the United States. Minority and low-income communities have been the hardest hit. In the midst of this epidemic, American families are chronically undernourished. This documentary takes an accessible, non-clinical approach that communicates the serious consequences of obesity, while also offering strategies for change.

WEIGHT OF THE NATION (English/Spanish)(closed captioned) - DV0760
3 DVDs 276 min. 2012 A
PART 1: Consequences: The first film in The Weight of the Nation series examines the scope of the obesity epidemic and explores the serious health consequences of being overweight or obese. PART 2: Choices: There is no highly effective medication to prevent or reverse obesity. PART 3: Children in Crisis: Some experts fear this may be the first generation of American children who will have a shorter life expectancy than their parents. PART 4: Challenges: The final film of the series examines the origins and severity of the obesity epidemic, examines its major driving forces and looks at opportunities for communities to fight back. Twelve additional bonus short films are also on the DVD including Healthy Mom, Healthy Baby which highlights the role of early intervention in preventing obesity.

WELCOME TO TREATMENT - DV1158
DVD 12 min. 2010 A
This video helps patients prepare for treatment and offers a concise explanation of what to expect from their treatment experience. It outlines the basic modules of treatment: education, one-on-one counseling, group and family sessions, 12 Step program and aftercare. What is expected from the patient in return is stressed. It is a guide to ease any anxiety and misunderstanding for those entering the treatment process. It also helps explain to families what their family member is committing to do.

WELLNESS BREAKS - DV0231
DVD 81 min. 2007 A
This DVD contains individual segments on
stress management, movement, stretching and strengthening. Pilates exercises, yoga poses and tai chi movements are demonstrated.

WE'RE GROWING UP - DV0644
DVD 12 min. 2010 El-I
This program is intended for a combined audience of 4th to 7th grade boys and girls. The narrator talks about human growth patterns from a baby’s rapid growth in the womb to adolescence. The program reviews male and female anatomy and sexual development.

WE'RE JUST AROUND THE CORNER - DV0643
DVD color 15 min. 2011 I-JrH
This program is intended for a combined audience of 5th through 8th grade boys and girls. It presents information on the physical and emotional changes of puberty, the maturation of the male and female reproductive systems, conception, pregnancy, and fetal development. It also covers the importance of reliable information as vital to good decision making and the importance of good hygiene and healthy habits.

WHAT CAN I DO? SIX CASE STUDIES OF STAFF-RESIDENT INTERACTION IN THE LONG-TERM FACILITY - 7133
video 39 min. 1994 Professional
Intended for staff of a long term care facility. Presents six common problems which staff face. Intended to encourage staff discussion to develop communication with and cooperation from the residents and improve the quality of care in the care facility.

WHAT EVERY CAREGIVER NEEDS TO KNOW ABOUT ALZHEIMER’S DISEASE (closed captioned) – DV0549
DVD 70 min. 2006 A, Professional
This DVD contains information about Mild Cognitive Impairment, cognitive disability, physical changes in the brain, family profiles, common dementia behaviors and interviews with caregivers.

WHAT EVERY NON-PROFIT BOARD MEMBER NEEDS TO KNOW - CD0024
CD-Rom color 2002 11 min. A
This presentation discusses important details or aspects of non-profit board management and board member responsibility. It demonstrates ways successful boards operate.

WHAT IS DIABETES TYPE 2 3rd ed. - DV0257
DVD color 16 min. 2007 A
For people in high risk groups as well as those with diabetes, this video explains what diabetes is, the symptoms, the long term effects, and treatment. It informs viewers that being overweight contributes to the development of diabetes, explains insulin resistance, and outlines a diabetes self-management plan. Information covered includes the target range of blood glucose, making healthy food choices, the 2005 food guide pyramid, carbohydrates, fats, portion sizes, and possible use of medications if healthy foods and physical activity are not enough to keep blood glucose in a healthy range.

WHAT IS HEART FAILURE (closed captioned) - DV0659
DVD color 19 min. 2011 A
This DVD covers risk factors, symptoms, medications, sodium and fluid guidelines, balancing activity and rest, and daily monitoring of symptoms. Colorful animation shows viewers what happens to the heart and how heart failure affects
the body. Types of medications are explained along with cautions about side effects, and the importance of taking medications exactly as prescribed.

WHAT MADE ME STOP DRINKING - DV1159
DVD 32 min. 2012 A
This video offers a revealing look into the lives of people who are addicted to alcohol. Four very different individuals finally faced a brutal reality. Their lives and health were falling apart because of alcohol addiction. The stories are brought to life by personal interviews with the four subjects as well as a specialist in treating alcohol addiction.

WHAT SHOULD I DO? THE BASICS OF FIRST AID - DV0094
DVD color 28 min. 2002 SrH-A
This DVD will prepare viewers to respond safely in emergency situations. Along with CPR and treating for shock, the program shows how to respond to minor injuries such as cuts, burns, sprains, and strains; how to recognize and care for heat and cold injuries; what to do in case of poisoning, bites, or stings; and how to pack a first aid kit with all the essential contents. Taken into consideration in developing the program were the national educational standards and the standards of the National Association for Sport & Physical Education.

WHAT'S AGE GOT TO DO WITH IT - DV0303
DVD color 14 min. 2003 A
This program looks at the effects of abuse upon older women within intimate relationships as well as abuse by adult children. Older women can be victims of abusive behavior although it is often silent and invisible. Women from a variety of cultural backgrounds are featured. This DVD contains disturbing scenes and strong language. It is not intended for a general audience without the presence of an informed discussion leader or counselor.

WHAT'S THE REAL DEAL - DV1037
DVD 23 min. 2002 SrH
This compilation of three films, Toothpaste, A memoir to my former self and All Falls Down covers the topics of dating, pregnancy, self-esteem, and eating disorders.

WHAT'S UP WITH E-CIGARETTES - DV1039
DVD 19 min. 2014 JrH - A
Kids think that e-cigarettes are a safe alternative to smoking. This program gives students the facts and urges extreme caution. Viewers learn the truth about nicotine addiction and its impact on health. Many additional dangers of e-cigarettes are presented.

WHY ARE WE GETTING SO FAT? - DV1317
DVD 51 min. 2016 A
This program was filmed in the United Kingdom. We are in the midst of an obesity epidemic. Over 60% of adults in the UK are currently classed as overweight or obese, and this figure is set to rise. Is it really as simple as eating less and exercising more? Cambridge geneticist Dr Giles Yeo meets some of Britain’s largest people to find out. From rare genetic mutations to the prevalence of energy-dense foods, our experiences in the womb to our early childhood, Giles uncovers the factors that could play a part in weight gain.
WHAT'S WRONG WITH THIS PICTURE (TTN) - DV0027
DVD min. 2000 Professional
Produced exclusively for hospitals and medical centers, this DVD shows the wrong way and the right way scenarios for using sharps, hand-washing, back safety, housekeeping and more.

WHEN BABIES CRY - DV0054
DVD color 12 min. 2005 A
This DVD profiles several families who have been affected by shaken baby syndrome. A description of the syndrome is provided by a doctor. Tips for coping with a crying baby are also provided.

WHEN DISASTER STRIKES ARE YOU PREPARED? - DV0290
DVD color 22 min. 2002 A
Disasters come in two forms: natural or man-made and can strike without warning. This program is designed to help reduce fear and uncertainty through preparation and planning. Disaster situations such as fire, terrorism, mail and bomb threats, tornadoes, and floods are discussed. It is intended for business and industry, emergency responders and hospital emergency rooms, school administrators, and others.

WHEN SOMEONE YOU LOVE CAN’T LIVE AT HOME - DV1333
DVD 24 min. 2016 A
The experience of finding the right long-term care setting can be emotional, overwhelming, and full of questions. There are so many options, which is right? How will care be paid for? How can I tell if my loved ones are getting good care when they’re not getting any better? Am I doing the right thing? This program provides guidance on finding the right long term care solution, describing what needs to be done, what considerations to look at, and how to find the best fit for each situation. It explains what to look for in a facility, discusses costs and legal issues, reviews residents' rights, and looks at the natural process of aging.

WHEN TEMPERS FLARE: A GUIDE TO UNDERSTANDING AND MANAGING ANGER - DV0686
DVD 30 min. 2004 A
This DVD explores why and how we experience anger and offers practical strategies for expressing anger in constructive, rather than destructive ways.

WHY DON’T WE DO IT IN OUR SLEEVES? (English/Spanish) (closed captioned) - DV0366
DVD 5 min. 2007 A
This short humorous program encourages people to cough and sneeze according to the infection control guidelines put forth by the Centers for Disease Control and Prevention.

WHY WE EAT WHAT WE EAT - DV0113
DVD 14 min. 2005 JrH
This is a cultural diversity program that helps students understand how society and culture influence our choices and decisions of what we eat. Family, culture, friends, religion, emotions, lifestyles and advertising all influence what we eat. Multicultural students and a food expert present and discuss understanding food choices. The Texas Department of State Health Services does not endorse any particular brand or product.

WIC AND SOCIAL MEDIA - DV0618
DVD 10 min. 2010 A
This program without dialog explains the advantages of using social media to reach the tech savvy millennial mom generation. This DVD can be played on a computer or a DVD.

WIC AND SOCIAL MEDIA - DV0619
DVD 10 min. 2010 A
This program without dialog explains the advantages of using social media to reach the tech savvy millennial mom generation. This DVD can only be played on a computer. It will not play with a DVD player.

**WIC OUTREACH: GROWING HEALTHY FAMILIES - DV7809**
DVD color 10 min. 2005 A
A waiting room program with colorful images and slogans but no narration. The images promote the WIC program.

**WIC WELLNESS WORKS: A JOURNEY: TAKE A BREAK - DV0467**
2 DVDs color 98 min. 2008 A
This upbeat series of 10 short segments contains easy to incorporate personal wellness strategies. Users can view the entire DVD or select segments. Segments include flexing into fitness, being present in your life, taking back your time, avoiding stress eating, fast food on the run, simple healthy lunches, and quick meals. A second DVD has the accompanying handouts.

**WILD ABOUT SAFETY: TIMON AND PUMBAA SAFETY SMART AT HOME (English/Spanish) - DV0430**
DVD color 11 min. 2008 K-El
Animated characters Timon and Pumbaa from Disney’s The Lion King inspect a possible new home to make sure it is a safe place to live. Students in kindergarten through third grade learn lessons such as never overload an electrical outlet; don’t cook without adult supervision, and keep space heaters away from flammable items. This DVD also features a safety smart sing along.

**WILL TODAY BE THE DAY - DV0397**
DVD color 17 min. 2007 A
This program, intended for industrial workers, uses real-life accounts of workplace accidents and their aftermath. It covers the physical, psychological, and financial pain caused by workplace accidents. It details how lasting limitations can change the lives of the injured and their families and friends.

**WINTER DRIVING - 7624**
video 7 min. 1990 A
Identifies the special hazards of winter driving. Shows the importance of vehicle inspection and demonstrates skills and techniques required to reduce accidents.

**WINTER SAFETY - 6457**
video color 11 min. 1994 A
Describes potential hazards and dangerous situations in the winter. Includes tips on preventing falls; preparing the car for driving in snowy and icy weather; maintenance of the fireplace; holiday decorations; and responsible drinking and party hosting.

**WIC VOUCHERS AND YOU (closed captioned) - DV0385**
DVD color 15 min. 2008 A
This program is for grocery store cashiers. It explains how to handle vouchers from the WIC program.

**WOMEN AND ADDICTION - DV1075**
DVD 74 min. 2007 A - Professional
Explores the gender-specific approaches that make a real difference for women in treatment.

**WORK LIFE BALANCE (closed captioned) - DV0957**
DVD 31 min. 2015 A
Not so long ago, people used to go to school or work, then had the rest of the day to enjoy their personal lives. But in today’s always-connected world, work life
and home life are blending. This video looks at the phenomenon with an eye for keeping a proper balance that leads to happiness, health and success both at home and at work. It presents strategies for coping with stress, taking responsibility, being organized, managing time and maintaining focus with interviews with experts, professionals, seasoned telecommuters, and students.

**WORKING OUTDOORS MOSQUITOES AND TICKS (English/Spanish) (closed captioned) - DV0114**
DVD color 15 min. 2004 A
This program will educate employees about protecting themselves from mosquito and tick bites that may cause Lyme Disease, Encephalitis, and West Nile Virus. It explains the early warning signs of these potentially debilitating diseases. Bonus features include an expanded leaders guide and a customizable PowerPoint® presentation (DVD-ROM drive required for PowerPoint).

**WORKING SAFELY WITH PNEUMATIC TOOLS - DV0289**
DVD color 8 min. 2001 A
This DVD can be used to train employees on the hazards associated in working with pneumatic tools. It provides comprehensive coverage of safe work practices. It gives examples of appropriate PPE. Viewers will learn about appropriate tool and cord inspection as well as their use and clean-up.

**WORKING WITH STRESS - DV0004**
DVD 17 min. 2002 A, Professional
Describes workplace factors that can create or exacerbate worker stress. Suggests measures for reducing job-related stress through changes in work organization.

**EMOTIONAL TRAPS AT WORK - AC0008**
Audio CD 210 min. 2006 A
This audio book consists of 3 compact discs. The authors urge workers to cope with frustrating co-workers by taking control of their own emotional responses. Psychotherapist Katherine Crowley and business consultant Kathi Elster teach listeners how to eliminate their workplace woes using a step by step method. Through quizzes, case examples, and field-tested strategies, listeners will learn how to handle any bad work relationship.

**WORKPLACE SAFETY: BEATING THE ODDS - DV0183**
video 7 min. 2000 A
Shows common careless work habits and the consequences of disregarding safety procedures.

**WORKPLACE SAFETY 101: A GUIDE FOR NEW EMPLOYEES – DV0623**
DVD color 35 min. 2009 A
This DVD gives new hires the tools to develop solid safety habits and hazard perception skills from the start with training on workplace violence, slips, trips and falls, lifting techniques, housekeeping, lockout/tagout, hazard communication, personal protective equipment, machine guards, first aid and bloodborne pathogens.

**WORKPLACE STRESS - DV1185**
DV 14 min. 2015 A
"This DVD explains the difference between positive and negative stress. Viewers are taught to recognize the symptoms of stress and its effects on the mind and body. They are shown how to relieve stress on the body through exercises they can perform at their desks."

**WORKPLACE VIOLENCE - DV1186**
DV 14 min. 2015 A
This training program explores the
underlying causes of workplace violence and teaches employees how to spot the early warning signs of potential violence. They also learn what to do and what not to do when confronted with an armed assailant.

**WORKPLACE VIOLENCE - DV1371**
DVD 14 min. 2018 A
This DVD defines violence, cautions employees of the warning signs to watch for and gives advice on handling aggressive behavior. It provides tips on avoiding injury if violence does occur.

**WORKPLACE VIOLENCE IN HEALTHCARE FACILITIES - DV1283**
DVD 15 min. 2017 A
This program reminds workers of the hazards associated with aggressive behavior, the importance of an effective workplace violence prevention program, common locations, situations, and types of people often involved in violence, safe practices to prevent violent behavior, and what actions to take if violence occurs.

**WORKS OF WONDER - DV0118**
DVD 80 min. 2001 A
Provides a comprehensive overview of labor and childbirth in a modular format. *Three Birth Stories* (39 min.) presents an overview of childbirth practices and offers a visual catalog of comfort measures for managing labor. *The Miracle Within* (14 min.) uses computer animation and live footage to illustrate the stages of labor, effacement and dilation, and fetal descent and pelvic station. *Medical Procedures and Options in Childbirth* (20 min.) describes common medical practices and options for medication in childbirth. *A Cesarean Birth Story* (7 min.) presents a realistic picture of an unplanned cesarean birth.

**WORLD'S MOST DANGEROUS DRUG - DV1033**
DVD 52 min. 2006 SrH - A
Methamphetamine is considered to be one of the hardest drugs to quit. This program investigates the meth epidemic to uncover the menace meth poses to society and to find out why many consider it the most dangerous drug.

**WORLDS APART: FOUR PART SERIES ON CROSS CULTURAL HEALTHCARE - DV1303**
DVD 48 min. 2003 Professional
This film follows four patients and their families as they are faced with critical medical decisions. Mohammad from Afghanistan is diagnosed with cancer. Justine is a 4-year old from Laos with an atrial septal defect. Robert is an African-American man with renal disease. Alicia is a woman from Puerto Rico with hypertension and asthma.

**WOUND MANAGEMENT (closed captioned) - DV0793**
DVD 20 min. 2010 Professional
This program was filmed in Australia. It illustrates skin anatomy in a wound-care context, explores wound classification, and depicts wound treatment, dressings, and documentation. Viewers learn about the age-depth-color and red-yellow-black systems of classification, debridement procedures, the use of normal saline solution, the application of foam or hydrocolloid dressings, and more. Also available online.

**WRITING WINNING FEDERAL AND FOUNDATION GRANTS - AC0027**
Audio Compact Disc 54 min 2011 A
This audioconference presented on November 17, 2011 gives listeners guidance that will aid them in finding
federal, private and corporate funding opportunities and in preparing high quality application packages. The lead presenter is Ray Sweeney, senior grant writer for Federal and Foundation Assistance Monitor. The co-presenter is Jim Rogers, publisher of Aging News Alert: the Senior Services and Funding Report, and the Directory of Grants for Aging Services.

**YOU OTTER BE SAFE AROUND THE POOL - DV0328**
DVD color 10 min. 2006 K-A
The animated character of Baby Otter introduces ten rules to follow so that everybody is safe around the swimming pool.

**YOUNG ADULTS DISCOVER THE 12 STEPS - DV1160**
DVD 56 min. 2014 SrH - A
Young people in recovery discuss how working a Twelve Step program helps them in their recovery journey. This video includes information about what a Twelve Step group is, how to find a home group, what happens at a meeting, what to expect at the first meeting, and how to find a sponsor. Each of the 12 Steps is discussed by young people in recovery who share their personal stories about how working the Steps have helped them stay clean and sober.

**YOUR BABY NEEDS YOU: PUMPING BREAST MILK FOR YOUR PREMATURE INFANT/SU BEBÉ LA NECESITA: CÓMO EXTRAER LA LECHE MATERNA PARA SU BEBÉ PREMATURO (English/Spanish) (closed captioned) - DV0388**
DVD color Eng. 12 min.; Span. 14 min. 2008 A
This program teaches a mother how to bring in a milk supply with a breast pump so that milk can be provided to her baby. Mother’s milk provides the safest most protective nutrition available. It protects babies from common infections, helping them leave the hospital sooner.

**YOUR BODY AND YOUR HEALTH - DV0102**
DVD color 52 min. 2004 JrH-SrH
Viewers will learn about processes and disorders of the human body. Individual segments address digestion, sickle cell anemia, addiction, and AIDS. By understanding and discussing these topics, students can build awareness of how to safeguard their own health.

**YOUR BODY YOUR HEALTH AND DRUGS - DV0671**
DVD color 14 min. 2011 El
Medicine can be a tricky thing for children to understand. It can be taken to make yourself feel better, but be extremely harmful when taken the incorrect way. Elementary aged kids present a real-life scenario of a child prescribing her medicine to another child. The situation is identified as dangerous and the kids work out a better, safer solution by calling an adult.

**YOUR BODY AND YOUR HEALTH: THE IMPACT OF ALCOHOL AND DRUGS - DV1216**
DVD 36 min. 2011 A
Dr. Carlos Tirado, addiction psychiatrist, explains the potential health consequences of the risky behaviors of addicts. Addicts often contract other diseases such as STD’s, including hepatitis and HIV/AIDS because of their risky behavior. They smoke more and are involved in more accidents. This glimpse at an often overlooked aspect of substance abuse and addiction is presented as an interview.

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YOUR HEALTHY PREGNANCY PRENATAL VOL. 1: NUTRITION AND EXERCISE - DV0348
DVD 14 min. 2007 SrH-A
This program illustrates the fundamentals of a healthy diet, explains the importance of seeking out individual nutrition advice, and encourages the practice of safe and consistent exercise during pregnancy. Expectant mothers will discover healthy alternatives to unhealthy cravings and the purpose of prenatal supplements.

YOUR HEALTHY PREGNANCY VOLUME 2: EMOTIONS - DV0349
DVD color 14 min. 2007 SrH-A
Expectant parents will learn about Mom’s changing body image and relationship issues; the importance of support and healthy communication; the signs of depression. This DVD also covers issues faced by fathers and single mothers.

YOUR HEALTHY PREGNANCY VOLUME 3: DISCOMFORTS - DV0350
DVD color 15 min. 2007 SrH-A
This program illustrates common prenatal discomforts and ways to alleviate them. Expectant moms will learn healthy ways to relieve discomforts, the warning signs of pre-term labor and ways that partners can offer support. They will see methods to reduce discomforts with diet and exercise.

YOUR IMMUNE SYSTEM - DV0030
DVD 28 min. 2002 JrH-SrH
This program clearly and concisely maps out the complicated human immune system, explaining both how it keeps the body healthy and what happens to the body if it malfunctions. Beginning with the body’s nonspecific defenses, composed of the skin, tears, mucus, saliva, and stomach acid, the program proceeds into the details of the specific defenses: the lymphatic system, the thymus gland, the spleen, and bone marrow. Also covers topics from allergies to AIDS, vaccines and antibiotics - as well as the problem of bacterial resistance to current medicines.

YOUR NUTRITION STYLE: PERSONALIZING THE PYRAMID - DV0038
DVD color 25 min. 2006 SrH-A
Four young people in high school or their early twenties are profiled. All four fall into common nutrition traps and get a nutritional makeover. The DVD explains why each style could cause problems and how to adjust eating patterns to match the 2005 USDA dietary guidelines. The dietary guidelines for adolescents as well as adults are covered.

YOUR PRECIOUS EYES GORY STORY - DV0402,
DVD color 13 min. 2000 A
Seventy percent of eye injury victims are hit with flying objects smaller than a pinhead. Includes graphic pictures of specific injuries. Explains glaucoma, macular degeneration, and myopia and makes recommendations for emergencies.
YOUR RIGHT TO KNOW: CHEMICAL HAZARD COMMUNICATION FOR SCHOOLS (closed captioned) - DV0851
DVD 16 min. 2013 Adult, Professional
With chemicals ranging from cleaning products to formaldehyde and hydrochloric acid onsite, schools are required to train employees on the associated hazards. The OSHA Hazard Communication Standard has recently been revised to comply with the Globally Harmonized System (GHS) of warning labels and Safety Data Sheets (SDS). This DVD covers chemical hazards, physical hazards, health hazards, warning labels, safety data sheets, storage and disposal, and pictograms.

YOU'RE LOOKING AT ME LIKE I LIVE HERE AND I DON'T - DV1250
DVD 53 min 2011 A
This documentary was filmed in an Alzheimer’s unit and is told from the perspective of Lee Gorewitz, a woman with Alzheimer’s disease. Gorewitz wanders on a personal odyssey through her Alzheimer’s care unit. From the moment she wakes up, she is on a quest for reminders of her past and of her identity. This film provides a total immersion into the fragmented day-to-day experience of dementia while challenging our preconceptions of illness and aging.

YOUTH AND COLLEGE DRINKING: BREAKING THE PATTERNS - DV1012
DVD 60 min. 2006 A
This program looks at the implications of student drinking and drug use and the effects on their student life and achievements. Emphasis is on the role of school administrators and parental influencing factors related to young adult behaviors.

PREVENTION TO RECOVERY - DV1163
DVD 57 min. 2013 SrH - A
Doctors and clinicians join teens and young adults with firsthand accounts to discuss the symptoms and consequences of substance use. Alcohol and other drugs of abuse are discussed across the continuum from prevention and intervention, to treatment and early recovery. Short- and long-term consequences of alcohol and other drug use are explained, as well as the basic signs of addiction. How alcohol or other drug use affects the developing brain and body is revealed. Positive alternatives to use and refusal skills are outlined. Finally the video covers how to get help and what the treatment experience is like.

ZOWZOO (English/Spanish) - DV7819
DVD Eng.18 min., Span. 19 min. 2005 K-El
This program is designed to encourage children to be physically active. Parents are encouraged to watch and participate along with their children. It stars Zowzoo, a zany creature who has forgotten how to play, and his friends the polar bear, monkey, rabbit and parrot.