The Area Health Education Center’s Health Learning Resource Center (HLRC) is a lending center for educational materials located at 1981 James E. Sauls, Sr. Drive in Batavia, Ohio. The HLRC’s normal operating hours are from 9:00 A.M. to 4:00 P.M. -- Monday thru Friday.

The educational materials are available for use by a wide variety of healthcare professionals, institutions, agencies, and students including: physicians, nurses, hospitals, nursing homes, schools, child care centers, mental health clinics, senior citizen centers, consumers, life squads, human service workers etc. We ask the patron to preview the materials prior to usage to determine appropriateness for the intended audience. Materials are scheduled for use on a first-come, first-service basis. There is currently no charge to borrow HLRC materials or equipment.

The AHEC reserves the right to restrict or refuse circulation of materials.

The materials are loaned for a maximum of two weeks unless specified arrangements have otherwise been made. Materials may be picked up and returned to the AHEC in one of the following ways: 1) in person or 2) by United Parcel Service (UPS).

The patron is responsible for:

1. Scheduling requests in advance. This will assist the HLRC Coordinator in scheduling and ordering your request. Requests may be made by mail, e-mail, fax, in person, and/or phone.

2. Exercising care when using the materials and reporting any problems (e.g. torn, broken, or poor quality) to the HLRC Coordinator.

3. Completing the HLRC Circulation/Evaluation Form. This information is utilized to maintain/improve the quality of the HLRC Program and to complete required statistical reports.

4. Acknowledging that materials are in good working order and agreeing to assume liability for any and all damages due to mishandling, misuse, or loss of materials registered in patron's name.

5. Returning the materials. If you need to renew the interlibrary loan, please call prior to the due date.

6. Returning the materials to the AHEC in person or by United Parcel Service (UPS) and insuring each item for $300. The Library Rate through the U.S. Postal Service is not permissible due to the length of time involved in delivery and difficulty in tracking packages.

Failure to abide by the patron's responsibilities may result in the suspension of borrowing privileges.

If you wish to visit the Health Learning Resource Center, reserve equipment or other educational materials, and/or have any questions, please contact the HLRC Coordinator at (513) 732-5270.

December 2017
USE OF THIS CATALOG

The HLRC number assigned to each audiovisual consists of an six digit number of the following form: HUC-yy-nnnn

- HUC-01-0001 thru 5xxx are videos
- HUC-01-9xxx are computer software
- HUC-TM-xxxx are teaching models/displays

MATERIALS POLICIES

1. All materials must be returned on time. They are often reserved in advance for use in training and in-service programs. If for some reason you need to use the audio visual longer than scheduled, please check with the HLRC Coordinator.

2. We require you, the patron, to exercise care when using all library materials and report any torn, broken, or other software problems to the HLRC Coordinator.

3. The AHEC also has available a variety of Teaching Models and Displays. (Please see the Teaching Models /Displays Section for more information.) The above policies and procedures are applied to the models and displays as well as the audiovisuals.

4. A Circulation/Evaluation Form must be completed for every material item borrowed through the HLRC. This form serves as a program evaluation, HLRC circulation record, ensures patron liability for software, and provides information used to compile HLRC usage reports and new purchases. No program transaction should occur without a completed circulation form and proper signature.

5a. We also ask that you try to schedule materials on a monthly, quarterly, or yearly basis. This will assist the HLRC Coordinator in scheduling and fulfilling your request. The HLRC Coordinator will try to obtain the requested materials, however we cannot guarantee the availability.
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<td>The Endocrine System Anatomical Chart</td>
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<td>The Female Reproductive System Anatomical Chart</td>
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<td>The Hand &amp; Wrist Anatomical Chart</td>
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<td>The Hip and Knee Anatomical Chart</td>
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<td>The Foot and Ankle Anatomical Chart</td>
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<td>Budget Bucky Skeleton Model</td>
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<td>Breast Care Flip Chart</td>
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<td>What You Should Know About Breast Care Folding Display</td>
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<td>What You Should Know About Depression Folding Display</td>
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<td>Respiratory Organs and Heart</td>
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<td>Effects and Hazards of Secondhand Smoke</td>
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<td>Facts about Testicular and Prostate Cancer Folding Display</td>
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<td>Amounts of Hidden Salt</td>
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<td>Amounts of Hidden Fat</td>
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ADOLESCENCE (continued)

HUC-TM-0153 Amounts of Hidden Sugar
HUC-TM-0155 Consequences of Smokeless Tobacco Use
HUC-TM-0171 Teen Relationship Card Game
HUC-TM-0172 Teenagers and Depression Folding Display
HUC-TM-0173 Teenagers and Eating Disorders
HUC-TM-0193 Effects & Hazards of Smokeless Tobacco Folding Display
HUC-TM-0195 Parachute size 6ft. (Oh Chute! Parachute Activities book also available)
HUC-TM-0196 Parachute size 20ft. (Oh Chute! Parachute Activities book also available)
HUC-TM-0197 Health Hints game
HUC-TM-0199 Shaken Baby Syndrome Doll
HUC-TM-0203 Marijuana Flip Chart
HUC-TM-0204 Effects and Hazards of Marijuana Folding Display
HUC-TM-0211 Call Me Crash poster
HUC-TM-0214 Secondhand Smoke Flip Chart
HUC-TM-0215 Drinking & Driving Poster
HUC-TM-0216 Shaken Baby Folding Display
HUC-TM-0217 Death in the West poster
HUC-TM-0218 Development of Human Dentition Flip Chart
HUC-TM-0219 Oral Hygiene Flip Chart
HUC-TM-0222 Diseases and Conditions of the Mouth Folding Display
HUC-TM-0223 Taking Care of Your Teeth Folding Display
HUC-TM-0224 Baby Bottle Tooth Decay Model
HUC-TM-0225 Mr. Dip Lip
HUC-TM-0226 Our Teeth Puzzle for kids
HUC-TM-0227 Teeth Model with Toothbrush
HUC-TM-0228 Seven part Dental Structure Model
HUC-TM-0229 Your Child’s Smile Flip Chart
HUC-TM-0230 A Healthy Smile Flip Chart
HUC-TM-0232 Slow Burn: The Sun’s Effects on the Skin
HUC-TM-0234 Senses Poster - Hearing and Hearing Loss
HUC-TM-0235 Senses Poster - Seeing Color and Light
HUC-TM-0236 Senses Poster - Nearsightedness and Farsightedness
HUC-TM-0237 Senses Poster - An Overview
HUC-TM-0238 Senses Poster - Eye Disorders
HUC-TM-0239 The 5 Senses - Sight
HUC-TM 0240 The 5 Senses - Hearing
HUC-TM 0241 The 5 Senses - Taste
HUC-TM 0242 The 5 Senses - Touch
HUC-TM 0243 The 5 Senses - Smell
HUC-TM-0244 Teenagers and Alcohol Folding Display
HUC-TM-0310 Injury Prevention Model
HUC-TM-0316 Testicular Health Folding Display
HUC-TM-0339 Junk for Sale Stand-up Display
HUC-TM-0356 Consequences of Anorexia and Bulimia 3D Display
HUC-TM-0366 25 Ways to Cut at Least 100 Calories
HUC-TM-0367 Food Plate poster
HUC-TM-0368 What’s In Your Drink? poster
HUC-TM-0369 What’s In Your Snack? poster
HUC-TM-0372 Tanning Myths poster
HUC-TM-0391 Sun Safety: Ban the Burn Folding Display
HUC-TM-0398 Group BSE Model
HUC-TM-0427 Heavy Drinking: How Alcohol’s Calories Add Up Display
HUC-TM-0445 Spin the Bottle
HLRC SUBJECT LIST

ADOLESCENT SEXUALITY

HUC-TM-0001 Breast Self-Examination Multi-Type Model
HUC-TM-0008 Testicular Self-Examination Model
HUC-TM-0012 Sexually Transmitted Diseases Folding Display
HUC-TM-0015 AIDS — What You Should Know Folding Display
HUC-TM-0021 Baby, Think It Over Infant Simulators
HUC-TM-0022 Fetal Intrauterine Development Model
HUC-TM-0023 Guide to Contraceptives Kit
HUC-TM-0032 Sexually Transmitted Diseases Flip Chart
HUC-TM-0033 Standard Breast Model
HUC-TM-0034 Transilluminating Breast Lightbox
HUC-TM-0035 Multi-Breast Type Model
HUC-TM-0036 Deluxe Condom Teaching Model
HUC-TM-0037 Cervix Display
HUC-TM-0068 HIV-AIDS Chart
HUC-TM-0075 Female Reproductive System
HUC-TM-0076 Male Reproductive System
HUC-TM-0077 Just for the Health of It! Activities Library
HUC-TM-0086 See For Yourself: Why Breast Biopsies Can Save Your Life Display
HUC-TM-0092 Loss of Fertility Display
HUC-TM-0093 The Process of Giving Birth Flip Chart
HUC-TM-0094 Childbearing, The Classic Series Flip Chart
HUC-TM-0095 Mini-Model Set: Pocket, Uterus, Baby and Pelvis
HUC-TM-0100 Mammography: The Whole Picture Flip Chart
HUC-TM-0101 Possible Signs of Breast Cancer Poster
HUC-TM-0104 Axillary Lymph Node Model
HUC-TM-0105 Changeable Nodule Breast Model
HUC-TM-0126 The Male Reproductive System Anatomical Chart
HUC-TM-0127 The Female Reproductive System Anatomical Chart
HUC-TM-0144 Facts about Testicular and Prostate Cancer Folding Display
HUC-TM-0145 Testicular Cancer Flip Chart
HUC-TM-0150 Conditions of the Testicle
HUC-TM-0165 Your New Body: Girls Folding Display
HUC-TM-0166 Family Planning & STD Protection Flip Chart
HUC-TM-0167 Guide to Contraceptives Transparencies
HUC-TM-0168 Methods of Birth Control Folding Display
HUC-TM-0212 Breast Self Examination Simulator
HUC-TM-0338 Pap Tests, Cervical Cancer & HPV Folding Display
HUC-TM-0373 The Facts of HPV display
HUC-TM-0393 The Potential Dangers of Oral Sex display
HUC-TM-0429 Nonsexual TSE Model
HUC-TM-0430 Why Take A Chance? Pregnancy Dice
HUC-TM-0431 Nonsexual BSE Model

AGING
(Also see Geriatrics)

HUC-01-0020 The Natural Process of Aging
HUC-01-0027 My Challenge with Alzheimer's
HUC-01-0112 Preventing Falls
HUC-01-0113 Preventing Malnutrition
HUC-01-0114 Preventing Adverse Medical Reactions
HUC-01-0115 Preventing Elder Abuse
AGING (continued)
(Also see Geriatrics)

HUC-01-0629 Comitative Residents
HUC-01-0723 Recognizing Elder Abuse: Working Together to Keep Residents Safe
HUC-01-0804 ADLS and You: Breaking the Code
HUC-01-5124 Sex and Sexuality in Long Term Care - Module I: Need for Sexuality and Intimacy
HUC-01-5125 Sex and Sexuality in Long Term Care - Module II: Sexuality and Dementia
HUC-01-5126 Sex and Sexuality in Long Term Care - Module III: Sexuality and Aging
HUC-01-5127 Sex and Sexuality in Long Term Care - Module IV: Family and Personal Issues
HUC-01-5210 Osteo- and Rheumatoid Arthritis
HUC-01-5217 Parachute Games with Brad Warren
HUC-01-5278 Injury Prevention: Preventing Problem Use of Alcohol
HUC-01-5337 The Death Knell of Old Age: The Physical Aspects of Death
HUC-01-5371 Fear of Falling: A Matter of Balance
HUC-01-5382 Balancing Act: Your Fall Prevention Program
HUC-01-5386 Preventing Resident Falls In Long - Term Care
HUC-01-5391 Assessment of the Fallen Patient
HUC-01-5462 The ABC’s of Patient - Physician Partnership
HUC-01-5506 Resident’s Perspective: Living with Fear (DVD)
HUC-01-5507 Resident’s Perspective: Speaking Out on Abuse (DVD)
HUC-01-5508 Neglect: The Most Frequent Abuse in LTC - Behavioral Neglect:Triggering Aggression
HUC-01-5509 Neglect: The Most Frequent Abuse in LTC - Family Neglect Precipitating Outrage
HUC-01-5510 Neglect: The Most Frequent Abuse in LTC - Hidden Neglect Abuse
HUC-01-5511 Neglect: The Most Frequent Abuse in LTC - Personal Care ADL Neglect
HUC-01-5559 No More “Sweetie” and “Honey”: How to Talk with Older Adults
HUC-TM-0003 Death of an Artery Model
HUC-TM-0004 Death of a Bone Model
HUC-TM-0005 Death of a Lung Model
HUC-TM-0009 Leading Causes of Death Display Folding Display
HUC-TM-0010 Cardiovascular Disease Folding Display
HUC-TM-0011 Disease of the Heart Folding Display
HUC-TM-0014 Medical Benefits with Exercise Folding Display
HUC-TM-0016 Dangers of High Blood Pressure Folding Display
HUC-TM-0017 Nutrition — Eating with Common Sense
HUC-TM-0018 Death of a Liver Display
HUC-TM-0019 Death of a Heart Display
HUC-TM-0024 Cholesterol Flip Chart
HUC-TM-0025 High Blood Pressure Flip Chart
HUC-TM-0026 Nutrition Flip Chart
HUC-TM-0027 Diabetes Flip Chart
HUC-TM-0029 Stress Flip Chart
HUC-TM-0044 Cholesterol Control Teaching Model
HUC-TM-0045 Globs of Fat
HUC-TM-0050 The Human Skeleton Chart
HUC-TM-0053 The Muscles Chart
HUC-TM-0056 Heart Chart
HUC-TM-0058 Heart Failure Chart
HUC-TM-0064 Lumbar Disc Disease Chart
HUC-TM-0065 Osteoarthritis Chart
HUC-TM-0066 Rheumatoid Arthritis Chart
HUC-TM-0067 Varicose Veins Chart
HUC-TM-0070 Osteoporosis Model
HUC-TM-0080 Healthy Choices for Eating Out Flip Chart
HUC-TM-0081 Full Body Adult Rescue/ CPR Manikin
AGING (continued)
(Also see Geriatrics)

HUC-TM-0082 Five-Part Eyeball Model
HUC-TM-0083 Detailed Ear Model
HUC-TM-0086 See For Yourself: Why Breast Biopsies Can Save Your Life Display
HUC-TM-0087 What You Should Know About Skin Cancer Folding Display
HUC-TM-0088 Health Facts about Obesity Folding Display
HUC-TM-0089 Determining Body Mass Index Poster
HUC-TM-0090 Why Cholesterol Checks Can Save Your Life Display
HUC-TM-0096 Clogged Artery Model
HUC-TM-0133 Model of Osteoporosis
HUC-TM-0138 What You Should Know About Depression Folding Display
HUC-TM-0139 Respiratory Organs and Heart
HUC-TM-0149 Understanding Alzheimer’s Chart
HUC-TM-0158 Functional Model of the Knee Joint
HUC-TM-0159 Functional Model of the Shoulder Joint
HUC-TM-0174 Consequences of High Blood Pressure 3D Display
HUC-TM-0185 Vision Simulator Kit
HUC-TM-0186 Cataract Eye Model
HUC-TM-0209 Arthritis Easel Display
HUC-TM-0260 Warning Signs of A Stroke laminated poster
HUC-TM-0306 Heart Disease Flip Chart
HUC-TM-0311 Balloon Angioplasty
HUC-TM-0358 Heart Disease 3-D display
HUC-TM-0360 Understanding Stroke chart

AIDS/HIV

HUC-TM-0015 AIDS — What You Should Know Folding Display
HUC-TM-0068 HIV-AIDS Chart
HUC-TM-0074 Death of Immune System
HUC-TM-0077 Just for the Health of It! Activities Library

ALCOHOL

HUC-01-0611 Alcoholism
HUC-01-0765 Smashed: Toxic Tales of Teens and Alcohol
HUC-01-5272 Your Choice
HUC-01-5278 Injury Prevention: Preventing Problem Use of Alcohol
HUC-01-5280 Dying High: Teens in the ER
HUC-01-5351 Underage Drinking: Know the Facts, Know the Risks
HUC-01-5353 What is Alcoholism?
HUC-01-5529 Understanding Fetal Alcohol Syndrome
HUC-01-5545 Straight Talk: The Truth About Alcohol and Sex
HUC-TM-0018 Death of a Liver Display
HUC-TM-0069 DW Eyes Game Kit
HUC-TM-0119 Drinking and Driving Flip Chart
HUC-TM-0140 Drinking Clock
HUC-TM-0164 Alcohol and Pregnancy Flip Chart
HUC-TM-0244 Teenagers and Alcohol Folding Display
HUC-TM-0331 Hazards During Pregnancy Folding Display
HUC-TM-0332 Prenatal Care Folding Display
HUC-TM-0376 Alcohol Abuse chart
ALCOHOL (continued)

HUC-TM-0387  Fetal Alcohol Syndrome (FAS) Brain model
HUC-TM-0415  What You Should Know About Binge Drinking Folding Display
HUC-TM-0427  Heavy Drinking: How Alcohol’s Calories Add Up Display
HUC-TM-0445  Spin the Bottle

ALZHEIMER’S

HUC-01-0027  My Challenge with Alzheimer’s
HUC-01-0094  Care giver Series: Meeting Daily Challenges
HUC-01-0095  Care giver Series: Communicating
HUC-01-0096  Care giver Series: Safety First
HUC-01-0097  Care giver Series: Managing Difficult Behavior
HUC-01-0098  Care giver Series: Caring for the Care giver
HUC-01-0247  Helping People with Dementia in Activities of Daily Living
HUC-01-0613  Alzheimer's Disease
HUC-01-0805  Understanding Alzheimer’s /Alzheimer’s and Safety
HUC-01-5027  Solving Bathing Problems in Persons with Alzheimer’s Disease and Related Disorders
HUC-01-5504  Grace
HUC-01-5505  Grace Notes

AMERICAN HEART ASSOCIATION TRAINING

HUC-01-5144A  BLS for Healthcare Providers: Basic Life Support
HUC-01-5261  Heartsaver First Aid, CPR, and AED
HUC-01-5455  Heartsaver Pediatric First Aid: Core Topics
HUC-01-5456  Heartsaver Pediatric First Aid: Inhaled Medications and Optional Topics
HUC-01-5457  Heartsaver Pediatric First Aid: CPR & AED

ANATOMY

HUC-01-5061A  Brain and Nervous System: Your Information Superhighway
HUC-01-5061B  Circulatory System: The Plasma Pipeline
HUC-01-5061C  Digestive System: Your Personal Power Plant
HUC-01-5061D  Muscular System: The Inner Athlete
HUC-01-5061E  Respiratory System: Intake and Exhaust
HUC-01-5061F  Skeletal System: The Infrastructure
HUC-01-5503A  Anatomy & Physiology: The Circulatory System
HUC-01-5503B  Anatomy & Physiology: The Digestive System
HUC-01-5503C  Anatomy & Physiology: The Endocrine System
HUC-01-5503D  Anatomy & Physiology: The Integumentary System
HUC-01-5503E  Anatomy & Physiology: The Muscular System
HUC-01-5503F  Anatomy & Physiology: The Nervous System
HUC-01-5503G  Anatomy & Physiology: The Reproductive System
HUC-01-5503H  Anatomy & Physiology: The Respiratory System
HUC-01-5503I  Anatomy & Physiology: The Skeleton System
HUC-01-5503J  Anatomy & Physiology: The Urinary System
HUC-TM-0007  Tall Paul Torso
HUC-TM-0020  Heart with Larynx
HUC-TM-0038  Female Model with Bladder
HUC-TM-0039  Male Model with Bladder
HUC-TM-0043  Susie Simon Patient Care Simulator
ANATOMY (continued)

HUC-TM-0050  The Human Skeleton Chart
HUC-TM-0053  The Muscles Chart
HUC-TM-0056  Heart Chart
HUC-TM-0059  Shoulder and Elbow Chart
HUC-TM-0082  Five-Part Eyeball Model
HUC-TM-0083  Detailed Ear Model
HUC-TM-0114  Human Skin Series and Burn Pathologies Model
HUC-TM-0121  The Skeleton System Anatomical Chart
HUC-TM-0122  The Nervous System Anatomical Chart
HUC-TM-0123  The Autonomic System Anatomical Chart
HUC-TM-0124  The Respiratory System Anatomical Chart
HUC-TM-0125  The Endocrine System Anatomical Chart
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HUC-TM-0159  Functional Model of the Shoulder Joint
HUC-TM-0184  Liver/Gallbladder Model
HUC-TM-0187  Digestive System Model
HUC-TM-0188  Carpal Tunnel Syndrome
HUC-TM-0206  Brain Section Model
HUC-TM-0247  Blood Components Model
HUC-TM-0285  Stomach Model
HUC-TM-0286  Hypertension Mini Model Set
HUC-TM-0299  Functional Heart & Circulatory System
HUC-TM-0300  Geri Nursing Skills Manikin
HUC-TM-0304  Giant Left Kidney
HUC-TM-0313  Brain
HUC-TM-0314  Right Lung
HUC-TM-0324  Basic Skull model
HUC-TM-0325  Disease of the Esophagus
HUC-TM-0407  Lung Model with Pathologies
HUC-TM-0418  Advanced KERI Manikin
HUC-TM-0419  Deluxe Hospital Training Manikin
HUC-TM-0428  4-State Osteoarthritis Knee Model Set

ANGER CONTROL
HUC-01-5154  The Anger Control Kit

ANTHRAX
HUC-01-5181  CDC Responds: Coping with Bioterrorism – The Role of the Laboratorian
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ARTHRITIS

HUC-01-5210  Osteo- and Rheumatoid Arthritis
HUC-01-5217  Parachute Games with Brad Warren
HUC-TM-0004  Death of a Bone Model
HUC-TM-0050  The Human Skeleton Chart
HUC-TM-0053  The Muscles Chart
HUC-TM-0059  Shoulder and Elbow Chart
HUC-TM-0065  Osteoarthritis Chart
HUC-TM-0066  Rheumatoid Arthritis Chart
HUC-TM-0209  Arthritis Easel Display
HUC-TM-0428  4-State Osteoarthritis Knee Model Set

ASSESSMENT

HUC-01-0470  Nursing Assistant Techniques; Abnormal Signs

ASTHMA

HUC-01-0618  Asthma in Children
HUC-01-0768  National Asthma Training Curriculum
HUC-TM-0060  Bronchial Asthma Chart
HUC-TM-0146  Asthma Easel Display
HUC-TM-0446  MyPlate Banner
HUC-TM-0449  Four Piece Bronchus Model

ATHEROSCLEROSIS

HUC-TM-0003  Death of an Artery Model
HUC-TM-0017  Nutrition — Eating with Common Sense
HUC-TM-0024  Cholesterol Flip Chart
HUC-TM-0026  Nutrition Flip Chart
HUC-TM-0031  Healthy Choices at the Grocery Store Flip Chart
HUC-TM-0044  Cholesterol Control Teaching Model
HUC-TM-0045  Globs of Fat
HUC-TM-0090  Why Cholesterol Checks Can Save Your Life Display
HUC-TM-0096  Clogged Artery Model
HUC-TM-0102  See For Yourself: Why Blood Pressure Checks Can Save Your Life
HUC-TM-0103  Artery Model
HUC-TM-0142  Double Decker or Double By-Pass
HUC-TM-0143  Vat of Fat
HUC-TM-0183  Blood Pressure Simulator
HUC-TM-0262  Cholesterol Flip Chart
HUC-TM-0311  Balloon Angioplasty
HUC-TM-0329  Dual Occluded Artery Model
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BACK DISORDERS
HUC-01-0706 It’s Your Back: Don’t Break It - Back Safety for Home Care Workers

BATHING
HUC-01-5027 Solving Bathing Problems in Persons with Alzheimer’s Disease and Related Disorders
HUC-01-5225J Delmar’s Nursing Assisting Video Series: Bathing Skills

BED MAKING
HUC-01-5225G Delmar’s Nursing Assisting Video Series: Bedmaking Skills

BIOTERRORISM
HUC-01-0741 Bioterrorism Preparedness/Response Planning for Diverse Public Health Communities
HUC-01-5224 Risk Communication and Bioterrorism
HUC-01-5470 In the Balance: BioAttack
HUC-01-5471 In the Balance: City Under Siege

BLOOD BORNE PATHOGENS
(Also see Infection Control, Infectious Diseases, & Infections)
HUC-01-5164 Bloodborne Pathogens: A Sharper Image
HUC-01-5166 Bloodborne Pathogens: Protection in the Home Care Setting
HUC-01-5500A Bloodborne Pathogens Safety-Part 1: Bloodborne Infections and Transmission of Bloodborne Infections
HUC-01-5500B Bloodborne Pathogens Safety-Part 2: Exposure Control and Personal Protective Equipment

BODY MECHANICS
(Also see Transferring)
HUC-01-0455 Lifting and Moving Techniques
HUC-01-0457 Transfer Techniques
HUC-01-0459 Positioning Techniques
HUC-01-5137A Stroke Education Series for Families and Caregivers: Bed Positioning and Mobility
HUC-01-5137C Stroke Education Series for Families and Caregivers: Preventing Shoulder Pain
HUC-01-5137E Stroke Education Series for Families and Caregivers: Standing Safely
HUC-01-5137F Stroke Education Series for Families and Caregivers: Wheelchair Transfers
HUC-TM-0043 Susie Simon Patient Care Simulator
HUC-TM-0064 Lumbar Disc Disease Chart
HUC-TM-0154 Lifting Manikin
HUC-TM-0300 Geri Nursing Skills Manikin
HUC-TM-0418 Advanced KERI Manikin
HUC-TM-0419 Deluxe Hospital Training Manikin
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<td>Skin Cancer</td>
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<td>HUC-01-0793</td>
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<td>The Dangers of Melanoma</td>
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<td>HUC-TM-0087</td>
<td>What You Should Know About Skin Cancer Folding Display</td>
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<td>HUC-TM-0147</td>
<td>Uterus-Ovary Cancer Model</td>
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<td>HUC-TM-0155</td>
<td>Consequences of Smokeless Tobacco Use</td>
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<td>HUC-TM-0214</td>
<td>Secondhand Smoke Flip Chart</td>
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<td>Death in the West poster</td>
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<td>HUC-TM-0271</td>
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<td>HUC-TM-0280</td>
<td>See For Yourself: Why Prostate Exams Can Save Your Life</td>
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<td>HUC-TM-0290</td>
<td>Be Sun Smart poster</td>
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<td>Men’s Breast Cancer Awareness model</td>
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<td>Understanding Cervical Cancer chart</td>
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<td>Common Gynecological Disorders chart</td>
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<td>Tanning Myths poster</td>
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<td>HUC-TM-0391</td>
<td>Sun Safety: Ban the Burn Folding Display</td>
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**CANCER-BREAST**

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<td>HUC-01-0621</td>
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<td>HUC-01-0815</td>
<td>Breast Health Education for Young Women</td>
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<td>HUC-TM-0001</td>
<td>Breast Self-Examination Multi-Type Model</td>
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<td>HUC-TM-0033</td>
<td>Standard Breast Model</td>
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<td>HUC-TM-0034</td>
<td>Transilluminating Breast Lightbox</td>
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<td>HUC-TM-0035</td>
<td>Multi-Breast Type Model</td>
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<td>HUC-TM-0086</td>
<td>See For Yourself: Why Breast Biopsies Can Save Your Life Display</td>
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<td>HUC-TM-0100</td>
<td>Mammography: The Whole Picture Flip Chart</td>
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<td>HUC-TM-0101</td>
<td>Possible Signs of Breast Cancer Poster</td>
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<td>HUC-TM-0104</td>
<td>Axillary Lymph Node Model</td>
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<td>HUC-TM-0105</td>
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<td>Learn the Importance of Mammography and Regular Breast Exams Display</td>
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<td>Non-sexual BSE/TSE Model</td>
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<td>Breast Self Examination Simulator</td>
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<td>What Difference Does Early Detection Make</td>
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<td>HUC-TM-0350</td>
<td>Men’s Breast Cancer Awareness model</td>
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<td>HUC-TM-0398</td>
<td>Group BSE Model</td>
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<td>Nonsexual BSE Model</td>
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<td>Breastology Bag Training Model</td>
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<td>HUC-TM-0439</td>
<td>Breast Model with Translucent Base</td>
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**CANCER - HEAD AND NECK**

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<td>HUC-01-0795</td>
<td>Spit Tobacco: No Dip, No Duh</td>
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<td>HUC-01-0797</td>
<td>Spit Tobacco Kills</td>
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<td>HUC-TM-0073</td>
<td>Smokeless Tobacco Flip Chart</td>
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**CANCER-LUNG**

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<td>HUC-TM-0005</td>
<td>Death of a Lung Display</td>
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HLRC SUBJECT LIST

CANCER-TESTICULAR

HUC-TM-0008  Testicular Self-Examination Model
HUC-TM-0144  Facts about Testicular and Prostate Cancer Folding Display
HUC-TM-0145  Testicular Cancer Flip Chart
HUC-TM-0150  Conditions of the Testicle
HUC-TM-0156  Non-sexual BSE/TSE Model
HUC-TM-0205  Male Pelvis with Testicular Cancer Model
HUC-TM-0316  Testicular Health Folding Display
HUC-TM-0429  Nonsexual TSE Model

CARDIOLOGY
(Also see Arrhythmia)

HUC-01-0547  Women & Heart Disease
HUC-01-5542  ECG and Pharmacology
HUC-TM-0010  Cardiovascular Disease Folding Display
HUC-TM-0019  Death of a Heart Display
HUC-TM-0020  Heart with Larynx Model
HUC-TM-0056  Heart Chart
HUC-TM-0058  Heart Failure Chart
HUC-TM-0139  Respiratory Organs and Heart
HUC-TM-0210  Women and Heart Disease Folding Display
HUC-TM-0301  Teaching Stethoscope
HUC-TM-0303  Giant Hands-on Heart

CARDIOPULMONARY RESUSCITATION

HUC-01-5144A  BLS for Healthcare Providers: Basic Life Support
HUC-01-5457  Heartsaver Pediatric First Aid: CPR & AED
HUC-01-5261  Heartsaver First Aid, CPR, and AED
HUC-TM-0002  CPR Prompt
HUC-TM-0030  CPR Flip Chart
HUC-TM-0081  Full Body Adult Rescue/ CPR Manikin
HUC-TM-0084  Baby Anne CPR Manikin
HUC-TM-0190  CPR Manikin
HUC-TM-0194  Actar D-fib CPR Manikin
HUC-TM-0198  CPR Kyle

CARDIOVASCULAR

HUC-01-5254  A Women’s Heart
HUC-01-5570  Cardiovascular Disease and Women
HUC-TM-0010  Cardiovascular Disease Folding Display
HUC-TM-0019  Death of a Heart Display
HUC-TM-0020  Heart with Larynx Model
HUC-TM-0056  Heart Chart
HUC-TM-0058  Heart Failure Chart
HUC-TM-0139  Respiratory Organs and Heart
HUC-TM-0210  Women and Heart Disease Folding Display
HUC-TM-0301  Teaching Stethoscope
HUC-TM-0303  Giant Hands-on Heart
HUC-TM-0306  Heart Disease Flip Chart
HUC-TM-0333  Heart Disease Risk Factors Folding Display
HUC-TM-0334  Basics of Cholesterol Folding Display
## HLRC SUBJECT LIST

### CARDIOVASCULAR (continued)

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<td>HUC-TM-0362</td>
<td>Cardiovascular Disease chart</td>
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<tr>
<td>HUC-TM-0392</td>
<td>1 pound Fat Chunk Model</td>
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<td>HUC-TM-0396</td>
<td>Heavy Heart model</td>
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<tr>
<td>HUC-TM-0397</td>
<td>Preventing Cardiovascular Disease folding display</td>
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### CARE GIVERS

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<tr>
<td>HUC-01-0805</td>
<td>Understanding Alzheimer’s / Alzheimer’s and Safety</td>
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### CHILD/CHILDREN

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<td>HUC-01-5182</td>
<td>Immunization Techniques: Safe, Effective, Caring</td>
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<td>HUC-01-5502</td>
<td>Fat Like Me: How to Win The Weight War</td>
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<td>HUC-01-5540</td>
<td>Guiding Your Overweight Child: Getting Healthy Together</td>
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<td>HUC-01-5575</td>
<td>Super Size Me</td>
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<td>The Big Hurt</td>
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<td>HUC-TM-0113</td>
<td>Facts About Childhood Immunizations Folding Display</td>
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### CHILD ABUSE

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<td>HUC-01-0798</td>
<td>Recognizing and Reporting Child Abuse and Child Sexual Abuse</td>
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<td>HUC-01-0810</td>
<td>Inside Domestic Violence: The Power and Control Wheel</td>
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<td>HUC-01-0811</td>
<td>Speak Out and Stand Up: Raising Awareness About Sexual Assault</td>
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<td>HUC-01-5488</td>
<td>Child Abuse: Prevention, Detection and Management</td>
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<td>HUC-01-5489</td>
<td>Detection and Treatment of Sexually Abused Children</td>
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### CHILD DEVELOPMENT

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<td>Tough Roads: Teen Parents Tell Their Stories</td>
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### CHILDBIRTH

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<td>HUC-01-0284</td>
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<td>The Stages of Labor 2nd Edition</td>
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<td>HUC-TM-0022</td>
<td>Fetal Intrauterine Development Model</td>
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<td>HUC-TM-0093</td>
<td>The Process of Giving Birth Flip Chart</td>
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<td>HUC-TM-0094</td>
<td>Childbearing, The Classic Series Flip Chart</td>
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<tr>
<td>HUC-TM-0095</td>
<td>Mini-Model Set: Pocket, Uterus, Baby and Pelvis</td>
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### CHOKING

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<td>HUC-TM-0042</td>
<td>Adult Choking Manikin</td>
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<td>Adolescent Choking Manikin</td>
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<td>HUC-TM-0135</td>
<td>Child Choking Manikin</td>
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CHOLESTEROL

- HUC-TM-0003 Death of an Artery Model
- HUC-TM-0011 Disease of the Heart Folding Display
- HUC-TM-0017 Nutrition — Eating with Common Sense
- HUC-TM-0024 Cholesterol Flip Chart
- HUC-TM-0026 Nutrition Flip Chart
- HUC-TM-0031 Healthy Choices at the Grocery Store Flip Chart
- HUC-TM-0044 Cholesterol Control Teaching Model
- HUC-TM-0045 Globs of Fat
- HUC-TM-0079 Weight Management: Never Say Diet Flip Chart
- HUC-TM-0080 Healthy Choices for Eating Out Flip Chart
- HUC-TM-0088 Health Facts about Obesity Folding Display
- HUC-TM-0089 Determining Body Mass Index Poster
- HUC-TM-0090 Why Cholesterol Checks Can Save Your Life Display
- HUC-TM-0096 Clogged Artery Model
- HUC-TM-0110 Rolls of Fat
- HUC-TM-0115 Fast Food Blubber Busters
- HUC-TM-0142 Double Decker or Double By-Pass
- HUC-TM-0143 Vat of Fat
- HUC-TM-0151 Amounts of Hidden Salt
- HUC-TM-0152 Amounts of Hidden Fat
- HUC-TM-0210 Women and Heart Disease Folding Display
- HUC-TM-0262 Cholesterol Flip Chart
- HUC-TM-0329 Dual Occluded Artery Model
- HUC-TM-0333 Heart Disease Risk Factors Folding Display
- HUC-TM-0334 Basics of Cholesterol Folding Display

CHOLELITHIASIS

- HUC-01-0615 Gallstones
- HUC-TM-0184 Liver/Gallbladder Model

CHRONIC OBSTRUCTIVE PULMONARY DISEASE

- HUC-TM-0221 Chronic Obstructive Pulmonary Disease Folding Display
- HUC-TM-0321 Empathy Lung

COLON

- HUC-01-0617 Colon & Rectal Cancer
- HUC-TM-0202 Colon Model
- HUC-TM-0385 Colorectal Conditions flip chart

COMMUNICATION

- HUC-01-0118 Medical Assisting Video Series: Professionalism and Communication Skills
- HUC-01-0119 Administrative Skills
- HUC-01-0468 Residents Rights: The Art of Caring
- HUC-01-0724 Documenting Care: The Charting Process
- HUC-01-5075 Communications with Clients from Different Cultures
- HUC-01-5077 Cultural Diversity: Appreciating the Differences
- HUC-01-5078 Communicating with Clients with Mental Disorders or Emotional
- HUC-01-5225B Delmar’s Nursing Assisting Video Series: Communication & Documentation Skills
# HLRC Subject List

## Community Health Services

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<td>HUC-01-5517</td>
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## Confidentiality

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<td>HUC-01-0009</td>
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## Contraception

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<td>HUC-TM-0036</td>
<td>Deluxe Condom Teaching Model</td>
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<td>HUC-TM-0075</td>
<td>Female Reproductive System</td>
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<td>HUC-TM-0166</td>
<td>Family Planning &amp; STD Protection Flip Chart</td>
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<td>HUC-TM-0167</td>
<td>Guide to Contraceptives Transparencies</td>
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<td>HUC-TM-0168</td>
<td>Methods of Birth Control Folding Display</td>
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<td>HUC-TM-0263</td>
<td>STD Myths Folding Display</td>
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## Coping Skills

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<td>HUC-01-5530</td>
<td>Teen Depression: Signs, Symptoms and Getting Help</td>
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<td>HUC-TM-0138</td>
<td>What You Should Know About Depression Folding Display</td>
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## Counseling

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<td>HUC-01-0687</td>
<td>Nurses Aides: Making A Difference</td>
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<td>HUC-01-5026</td>
<td>Death.</td>
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## Critical Care

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<td>Airway Management: Tracheotomy Care, Tube Care, Artificial Airway Management</td>
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<td>HUC-01-6070</td>
<td>Airways Management, Weaning and Extubation</td>
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## Cultural Awareness

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<td>Cultural Diversity: Appreciating the Differences</td>
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<td>Charles Drew: Determined to Succeed</td>
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<td>In Medical Science</td>
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## Cyberspace

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<td>The Harassment Workshop</td>
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<td>HUC-01-5523</td>
<td>7 Ways to Block a Cyberbully</td>
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<td>I was Cyberbullied</td>
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<td>HUC-01-5566</td>
<td>The Realities of Sexting - You Can’t Unsend</td>
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<td>HUC-TM-0400</td>
<td>Cyber Safe game</td>
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DAY CARE
HUC-01-0212 The ABC's of Safe and Healthy Child Care: "Hand washing" and "Diapering"

DEATH AND DYING
HUC-01-0100 Post Mortem Care
HUC-01-0033 Dealing with Death and Dying
HUC-01-0219 Death and Dying
HUC-01-5026 Death.
HUC-01-5225H Delmar’s Nursing Assisting Video Series: Death & Dying
HUC-01-5248A Saying Goodbye: Teacher Edition
HUC-01-5248B Saying Goodbye: Student Edition
HUC-01-5249 Ready or Not
HUC-01-5250 Grown-Up Tears
HUC-01-5251 A Child’s Grief
HUC-01-5337 The Death Knell of Old Age: The Physical Aspects of Death
HUC-01-5342 Grief in America
HUC-TM-0003 Death of an Artery Model
HUC-TM-0004 Death of a Bone Model
HUC-TM-0005 Death of a Lung Model
HUC-TM-0009 Leading Causes of Death Folding Display
HUC-TM-0018 Death of a Liver Display
HUC-TM-0019 Death of a Heart Display
HUC-TM-0074 Death of Immune System
HUC-TM-0092 Loss of Fertility Display

DEMENTIA
(Also see Alzheimer's)
HUC-01-0805 Understanding Alzheimer’s /Alzheimer’s and Safety
HUC-01-5048 Alzheimer’s Disease: Living in the Here and Now
HUC-01-5225Q Delmar’s Nursing Assisting Video Series: Dementia

DENTISTRY/DENTAL CARE
HUC-TM-0046 Mr. Clean Mouth
HUC-TM-0047 Mr. Gross Mouth Makes ‘Em Gag
HUC-TM-0048 Series of Three Teeth
HUC-TM-0097 Dental Speaker’s Presentation Kit
HUC-TM-0098 Dental FUNdamentals
HUC-TM-0157 Teeth and Jaw Development Set
HUC-TM-0207 Disease Teeth & Gum Model
HUC-TM-0220 Teeth Model Activity Set
HUC-TM-0222 Diseases and Conditions of the Mouth Folding Display
HUC-TM-0223 Taking Care of Your Teeth Folding Display
HUC-TM-0224 Baby Bottle Tooth Decay Model
HUC-TM-0225 Mr. Dip Lip
HUC-TM-0226 Our Teeth Puzzle for kids
HUC-TM-0227 Teeth Model with Toothbrush
HUC-TM-0228 Seven part Dental Structure Model
HUC-TM-0229 Your Child’s Smile Flip Chart
DENTISTRY/DENTAL CARE (continued)

HUC-TM-0230 A Healthy Smile Flip Chart
HUC-TM-0266 Mr. Big Mouth
HUC-TM-0348 Foam Tooth Model

DERMATOLOGY

HUC-01-0620 Skin Cancer
HUC-TM-0114 Human Skin Series and Burn Pathologies Model

DEVELOPMENTAL DISABILITY

HUC-01-5078 Communicating with Clients with Mental Disorders or Emotional
HUC-01-5085A The Nursing Home Mental Health Series: Positive Approaches to Difficult Behaviors
HUC-01-5085B The Nursing Home Mental Health Series: Paranoia, Suspiciousness, and Accusations
HUC-01-5085C The Nursing Home Mental Health Series: Impaired Communication
HUC-01-5085D The Nursing Home Mental Health Series: Depression
HUC-01-5085E The Nursing Home Mental Health Series: Agitation, Aggression and Violence
HUC-01-5085F The Nursing Home Mental Health Series: Confusion
HUC-01-5085G The Nursing Home Mental Health Series: Sleep, Sex and Wandering

DIABETES

HUC-01-5415 Diabetes in Clinical Practice (DVD format)
HUC-01-5539 Diabetes: Being Prepared for Sick Days and Emergencies
HUC-TM-0027 Diabetes Flip Chart
HUC-TM-0063 Diabetes Chart
HUC-TM-0078 Advanced Injection Arm Model
HUC-TM-0111 Consequences of Diabetes Display
HUC-TM-0112 What You Should Know About Diabetes Folding Display
HUC-TM-0153 Amounts of Hidden Sugar
HUC-TM-0175 Diabetic Foot Model
HUC-TM-0192 Diabetic Injection Model Kit
HUC-TM-0249 Severe Diabetic Foot Model
HUC-TM-0269 Diabetic Food Exchange models
HUC-TM-0352 Injection Teaching Model
HUC-TM-0370 Managing Diabetes poster
HUC-TM-0386 Diabetes Mellitus Teaching Kit
HUC-TM-0414 Type II Diabetes Model Set

DIAGNOSIS

(Also see Assessment)

HUC-01-0470 Nursing Assistant Techniques: Abnormal Signs

DIET

(see also Nutrition)

HUC-01-0089 To The Max: Eating and Exercising for Maximum Health
HUC-01-0780 Say Know to Diets
HUC-01-5403 Ten Reasons to Get & Stay in Shape
HUC-01-5404 Food, Health & Exercise
HUC-01-5432 The New Dietary Guidelines: What You Need to Know
HUC-01-5434 Understanding Anorexia and Bulimia
HLRC SUBJECT LIST

DIET (continued)

HUC-01-5435 Eat Right! Have a Healthy Body Image
HUC-01-5537 Nutrition Facts and Myths
HUC-01-5538 Smart Fitness - Smart Foods
HUC-01-5540 Guiding Your Overweight Child: Getting Healthy Together
HUC-01-5575 Super Size Me
HUC-01-5576 The Big Hurt
HUC-TM-0017 Nutrition — Eating with Common Sense
HUC-TM-0026 Nutrition Flip Chart
HUC-TM-0031 Healthy Choices at the Grocery Store Flip Chart
HUC-TM-0077 Just for the Health of It! Activities Library
HUC-TM-0079 Weight Management: Never Say Diet Flip Chart
HUC-TM-0080 Healthy Choices for Eating Out Flip Chart
HUC-TM-0088 Health Facts about Obesity Folding Display
HUC-TM-0089 Determining Body Mass Index Poster
HUC-TM-0090 Why Cholesterol Checks Can Save Your Life Display
HUC-TM-0096 Clogged Artery Model
HUC-TM-0110 Rolls of Fat
HUC-TM-0115 Fast Food Blubber Busters
HUC-TM-0143 Vat of Fat
HUC-TM-0151 Amounts of Hidden Salt
HUC-TM-0152 Amounts of Hidden Fat
HUC-TM-0153 Amounts of Hidden Sugar
HUC-TM-0173 Teenagers and Eating Disorders
HUC-TM-0176 Consequences of Obesity 3D Display
HUC-TM-0177 A Day’s Worth of Fat
HUC-TM-0178 Fat Vest - Adult Size
HUC-TM-0179 Fat Vest - Child Size
HUC-TM-0180 Blubber Busters
HUC-TM-0181 How a High-fat Diet Affects Your Arteries poster
HUC-TM-0182 Understanding Cholesterol poster
HUC-TM-0190 Overweight CPR Manikin
HUC-TM-0246 Fat Facts Fast Foods
HUC-TM-0248 Portion Distortion poster
HUC-TM-0250 Visualize Your Serving Size
HUC-TM-0272 What You Should Know About Nutrition Folding Display
HUC-TM-0273 Calcium Facts
HUC-TM-0275 Fiber Facts
HUC-TM-0276 Fat Chunk Model
HUC-TM-0277 Mypyramid Plexiglass Display
HUC-TM-0282 Nutrition Basics Flip Chart
HUC-TM-0283 Contemplate Your Breakfast Plate
HUC-TM-0287 Anorexia Poster
HUC-TM-0288 Bulimia Poster
HUC-TM-0293 Consequences of an Inactive Lifestyle
HUC-TM-0294 Benefits of Physical Activity
HUC-TM-0297 Fizzics of Soda
HUC-TM-0302 Fat Facts: Snack Foods
HUC-TM-0323 Sodium Facts
HUC-TM-0328 Vitamin/Mineral ID Guide Folding Display
HUC-TM-0344 Condiments Facts test tube
HUC-TM-0345 Food Pyramid Pocket Chart
HUC-TM-0346 What Amount Counts as an Ounce? Poster
HLRC SUBJECT LIST

DIET (continued)

HUC-TM-0347 What Equals an Ounce? Poster
HUC-TM-0349 Food and Nutrition Inquiry Activities
HUC-TM-0361 Understanding Your Weight chart
HUC-TM-0371 Portion Size poster
HUC-TM-0389 Obesity Model
HUC-TM-0392 1 pound Fat Chunk Model
HUC-TM-0396 Heavy Heart model
HUC-TM-0397 Preventing Cardiovascular Disease folding display
HUC-TM-0420 A Quick Cup of Empty Calories Activity Set
HUC-TM-0421 How to Build a Better Breakfast Display
HUC-TM-0422 Carb/Protein/Fat Test Tubes
HUC-TM-0423 Stomach Size-wise Display
HUC-TM-0424 Fat Facts: Vending Machine Foods Test Tubes
HUC-TM-0425 Fat Facts: Dairy Foods Test Tubes
HUC-TM-0426 SpinSmart Nutrition Game
HUC-TM-0432 Rethink Your Drink poster
HUC-TM-0433 Sizing Up Beverages poster
HUC-TM-0434 Fat Facts: Saturated/Unsaturated Dietary Fat
HUC-TM-0435 Fat Chance a Closer Look at Fast Food
HUC-TM-0436 Milk Fat Comparison

DIGESTIVE SYSTEM

HUC-01-5061C Digestive System: Your Personal Power Plant

DISEASE CONTROL
(Also see Infection Control)

HUC-01-5527 Pandemic Flu: What Can you do?

DISTRACTED DRIVING

HUC-01-5562 Danger Behind the Wheel: The Facts About Distracted Driving
HUC-TM-0443 Distract -A - Match

DOCUMENTATION

HUC-01-5225B Delmar’s Nursing Assisting Video Series: Communication & Documentation Skills

DOMESTIC VIOLENCE

HUC-01-0810 Inside Domestic Violence: The Power and Control Wheel
HUC-01-0811 Speak Out and Stand Up: Raising Awareness About Sexual Assault
HUC-01-5548 When Domestic Violence Comes to Work
HUC-01-5549 Life Skills for Teens: Healthy Relationships
HUC-01-5567 Working with Women Survivors of Trauma and Abuse
HUC-01-5568 Challenge of Women in Relationships
HUC-01-5569 Charting New Waters: Responding to Violence Against Women with Disabilities

DRINKING AND DRIVING

HUC-01-0765 Smashed: Toxic Tales of Teens and Alcohol
HUC-01-0785 Forever Changed
## HLRC SUBJECT LIST

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### DRIVING

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### EAR/HEARING

- **HUC-TM-0083** Detailed Ear Model

### EATING DISORDERS

- **HUC-01-0110** Understanding Eating Disorders
- **HUC-01-5240** Beyond the Looking Glass: Self Esteem and Body Image
- **HUC-01-5435** Eat Right! Have a Healthy Body Image
- **HUC-TM-0017** Nutrition — Eating with Common Sense Folding Display
- **HUC-TM-0080** Healthy Choices for Eating Out Flip Chart
- **HUC-TM-0173** Teenagers and Eating Disorders Folding Display
- **HUC-TM-0265** Eating Disorders
- **HUC-TM-0287** Anorexia Poster
- **HUC-TM-0288** Bulimia Poster
- **HUC-TM-0356** Consequences of Anorexia and Bulimia 3D Display

### EDUCATION

- **HUC-01-5180** In Plain Language

### EMERGENCY CARE/EMERGENCIES

- **HUC-01-0069** The First Aid Video: Poisons and Drug Overdose
- **HUC-01-0070** The First Aid Video: First on the Scene
- **HUC-01-0071** The First Aid Video: Bleeding Emergencies
- **HUC-01-0072** The First Aid Video: Respiratory Emergencies
- **HUC-01-0633** First Aid
- **HUC-TM-0189** Guide to Poisons

### EMPLOYMENT SKILLS

- **HUC-01-0733** When Can You Start?
- **HUC-01-0734** Make A Good First Impression
- **HUC-01-0735** Eight Easy Ways to Lose a Job
- **HUC-01-0802** Workplace Etiquette: Why Being Polite Counts on the Job
- **HUC-01-0803** Connect the Dots: How School Skills Become Work Skills
- **HUC-01-5467** Interview to Win Your First Job
- **HUC-01-5528** White Hot Jobs: The Fastest Growing Jobs Today

### ENDOMETRIOSIS

- **HUC-01-0607** Endometriosis - by Time Life Medical

### EPIDEMIOLOGY

- **HUC-01-5219** Influenza--Prevention, Detection, and Control
**HLRC SUBJECT LIST**

**EPILEPSY**

- HUC-01-5211  Epilepsy - The Storm Within

**ETHICS**

- HUC-01-5465  Harassment Is.....

**EVALUATION**

- HUC-01-0036  The Respiratory System

**EXERCISE**

- HUC-01-0089  To The Max: Eating and Exercising for Maximum Health
- HUC-01-5079  Physical Therapy
- HUC-01-5403  Ten Reasons to Get & Stay in Shape
- HUC-01-5404  Food, Health & Exercise
- HUC-01-5461  Fit Kids Classroom Workout
- HUC-01-5468  Exercise Program for Stroke Survivors
- HUC-01-5538  Smart Fitness - Smart Foods
- HUC-TM-0014  Medical Benefits with Exercise Folding Display
- HUC-TM-0195  Parachute size 6ft.  *(Oh Chute! Parachute Activities book also available)*
- HUC-TM-0196  Parachute size 20ft.  *(Oh Chute! Parachute Activities book also available)*
- HUC-TM-0293  Consequences of an Inactive Lifestyle
- HUC-TM-0294  Benefits of Physical Activity
- HUC-TM-0374  Exercise Facts Folding Display
- HUC-TM-0388  10 sided Fitness Dice
- HUC-TM-0399  Fitness Xtreme Skillastics game
- HUC-TM-0401  Time Well Spent

**EYE(S)**

- HUC-01-0619  Cataracts
- HUC-TM-0069  DWEyes Game Kit
- HUC-TM-0082  Five-Part Eyeball Model
- HUC-TM-0120  Fatal Vision
- HUC-TM-0185  Vision Simulator Kit
- HUC-TM-0186  Cataract Eye Model

**FAMILY PLANNING**

- HUC-TM-0021  Baby, Think It Over Infant Simulators
- HUC-TM-0023  Guide to Contraceptives Kit
- HUC-TM-0075  Female Reproductive System
- HUC-TM-0076  Male Reproductive System
- HUC-TM-0077  Just for the Health of It! Activities Library
- HUC-TM-0166  Family Planning & STD Protection Flip Chart
- HUC-TM-0167  Guide to Contraceptives Transparencies
- HUC-TM-0168  Methods of Birth Control Folding Display
- HUC-TM-0233  Conception to Birth Folding Display
- HUC-TM-0417  Female Contraceptive Model
### FAMILY MEDICAL LEAVE ACT

- HUC-01-0808 Understanding the New FMLA

### FETAL MONITORING

- HUC-TM-0022 Fetal Intrauterine Development Model
- HUC-TM-0093 The Process of Giving Birth Flip Chart
- HUC-TM-0094 Childbearing, The Classic Series Flip Chart
- HUC-TM-0095 Mini-Model Set: Pocket, Uterus, Baby and Pelvis
- HUC-TM-0231 Fetus Model Set
- HUC-TM-0245 What Mommy Does, Baby Does

### FIRE

- HUC-01-0024 Fire Safety: Mission Possible
- HUC-01-0154 A Call for Dr. Redd
- HUC-01-0323 When It's Not Just a Drill - Fire Response and Evacuation for Long Term Care
- HUC-01-5383 Team Up for Fire Safety
- HUC-01-5384 Practice for Life: Safe Escape for Senior Citizens and the Disabled
- HUC-01-5389 Fire Safety: Be Alert, Not Alarmed
- HUC-01-5577 Evacuation of Health Care Facilities
- HUC-TM-0289 When It’s Not just A Drill

### FIRST AID

- HUC-01-0069 The First Aid Video: Poisons and Drug Overdoses
- HUC-01-0070 The First Aid Video: First on the Scene
- HUC-01-0071 The First Aid Video: Bleeding Emergencies
- HUC-01-0072 The First Aid Video: Respiratory Emergencies
- HUC-01-0248 How to Save a Choking Victim - The Heimlich Maneuver
- HUC-01-0633 First Aid
- HUC-01-5261 Heartsaver First Aid
- HUC-01-5455 Heartsaver Pediatric First Aid: Core Topics
- HUC-01-5456 Heartsaver Pediatric First Aid: Inhaled Medications and Optional Topics
- HUC-01-5457 Heartsaver Pediatric First Aid: CPR & AED
- HUC-TM-0042 Adult Choking Manikin
- HUC-TM-0134 Adolescent Choking Manikin
- HUC-TM-0135 Child Choking Manikin
- HUC-TM-0189 Guide to Poisons
- HUC-TM-0418 Advanced KERI Manikin
- HUC-TM-0419 Deluxe Hospital Training Manikin

### FORENSIC SCIENCES

- HUC-01-5232 Forensic Sciences

### GERIATRICS/GERONTOLOGY

(Also see Aging)

- HUC-01-0018 Problem Behaviors in Geriatrics - Agitation & Restlessness
- HUC-01-0019 Problem Behaviors in Geriatrics: Wandering
- HUC-01-0247 Helping People with Dementia in Activities of Daily Living
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(Also see Aging)

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### GYNECOLOGY
(Also see Women's Health)

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HUC-01-0119  Administrative Skills
HUC-01-0332  Nursing in America: A History of Social Reform
HUC-01-5232  Forensic Sciences
HUC-01-5282  Looking Great at Work: From Business to Casual to Hygiene
HUC-01-5293  An Introduction to the Rules of Work
HUC-TM-0251  I Think, Therefore I Am health career poster
HUC-TM-0252  Make Your Dreams Become a Reality health career poster
HUC-TM-0253  Health Careers...Education Pays! health career poster
HUC-TM-0254  So, What Are You Doing With the Rest of Your Life? health career poster
HUC-TM-0255  A College Education health career poster
HUC-TM-0256  On My First Day nursing/health career poster
HUC-TM-0257  Health Career Heroes health career poster
HUC-TM-0258  Choose an Allied Health Profession health career poster
HUC-TM-0259  Be A Nurse health career poster

HEALTH LITERACY

HUC-01-5180  In Plain Language
HUC-01-5264  Health Literacy: Help Your Patients Understand

HEALTHCARE

HUC-01-0009  1991 University of Kentucky AHEC General Healthcare Orientation
HUC-01-0039  Infection Control: A Training Program for Healthcare Professionals
HUC-01-5225A  Delmar’s Nursing Assisting Video Series: Orientation to Nursing Assisting
HUC-01-5490  Resident Safety: Your First Concern
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HUC-01-0724  Documenting Care: The Charting Process

HISTORY

HUC-01-5133  Charles Drew: Determined to Succeed
HUC-01-5134  In Medical Science
HUC-01-5551  A Matter of Life & Death
HUC-01-5552  History of Nursing: The Early Years
HUC-01-5553  History of Nursing: The Development of a Profession
HUC-01-5554  Nursing in America: A History of Social Reform
HUC-01-5555  History of Medicine
### HOME HEALTH

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<td>HUC-01-0706</td>
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### HUMOR

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<td>The Realities of Sexting - You Can’t Unsend</td>
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**IMMUNIZATIONS**

- HUC-01-5182 Immunization Techniques: Safe, Effective, Caring
- HUC-TM-0113 Facts About Childhood Immunizations Folding Display

**INFANTS/NEWBORNS**

- HUC-TM-0021 Baby, Think It Over Infant Simulators
- HUC-TM-0164 Alcohol and Pregnancy Flip Chart
- HUC-TM-0199 Shaken Baby Syndrome Doll
- HUC-TM-0216 Shaken Baby Folding Display
- HUC-TM-0310 Injury Prevention Model
- HUC-TM-0326 Lead Poisoning Folding Display
- HUC-TM-0340 Sippy Cup of Sugar model
- HUC-TM-0387 Fetal Alcohol Syndrome (FAS) Brain model

**INFECTION CONTROL**

- HUC-01-0039 Infection Control: A Training Program for Healthcare Professionals
- HUC-01-0739 Creating Healthy Home Care Conditions: Infection Control
- HUC-01-5225E Delmar’s Nursing Assisting Video Series: Infection Control
- HUC-01-5500B Bloodborne Pathogens Safety-Part 2: Exposure Control and Personal Protective Equipment

**INFECTIOUS WASTE**

- HUC-01-0009 1991 University of Kentucky AHEC General Healthcare Orientation

**INTERNET**

- HUC-01-0800 B Careful When U Txt: The Dangers of Texting and Sexting
- HUC-01-0801 The Harassment Workshop
- HUC-01-5523 7 Ways to Block a Cyberbully

**INTERVIEWING**

- HUC-01-5319 How to Interview Like You Really Mean It

**LEGAL/LEGAL ISSUES**

- HUC-01-0036 The Respiratory System - SEAK Legal & Medical Information Systems
- HUC-01-0037 The Musculoskeletal System - SEAK Legal & Medical Information Systems
- HUC-01-0468 Resident Rights: The Art of Caring

**LIFE SUPPORT**

- HUC-01-5144A BLS for Healthcare Providers: Basic Life Support
**HLRC SUBJECT LIST**

### MAMMOGRAMS/MAMMOGRAPHY

- HUC-TM-0033 Standard Breast Model
- HUC-TM-0034 Transilluminating Breast Light box
- HUC-TM-0086 See For Yourself: Why Breast Biopsies Can Save Your Life Display
- HUC-TM-0116 Learn the Importance of Mammography and Regular Breast Exams Display
- HUC-TM-0136 Breast Care Flip Chart
- HUC-TM-0137 What You Should Know About Breast Care
- HUC-TM-0312 See for Yourself- Why Mammography Can Save Your Life

### MASSAGE THERAPY

- HUC-01-5192 Massage Fundamentals: Preliminaries and Draping
- HUC-01-5193 Massage Fundamentals: Classifications
- HUC-01-5194 Massage Fundamentals: Body Mechanics
- HUC-01-5195 Massage Fundamentals: Basic Massage

### MEDICINE

- HUC-01-0114 Preventing Adverse Medical Reactions

### MENOPAUSE

- HUC-01-0612 Menopause and the Time Before Menopause

### MENTAL HEALTH

- HUC-01-0704 Depression and Anxiety: What Every Woman Should Know
- HUC-01-5078 Communicating with Clients with Mental Disorders or Emotional
- HUC-01-5085A The Nursing Home Mental Health Series: Positive Approaches to Difficult Behaviors
- HUC-01-5085B The Nursing Home Mental Health Series: Paranoia, Suspiciousness, and Accusations
- HUC-01-5085C The Nursing Home Mental Health Series: Impaired Communication
- HUC-01-5085D The Nursing Home Mental Health Series: Depression
- HUC-01-5085E The Nursing Home Mental Health Series: Agitation, Aggression and Violence
- HUC-01-5085F The Nursing Home Mental Health Series: Confusion
- HUC-01-5085G The Nursing Home Mental Health Series: Sleep, Sex and Wandering
- HUC-01-5530 Teen Depression: Signs, Symptoms and Getting Help
- HUC-TM-0138 What You Should Know About Depression Folding Display

### NURSES AIDES

- HUC-01-0687 Nurses Aides: Making A Difference

### NURSING

- HUC-01-0018 Problem Behaviors in Geriatrics - Agitation & Restlessness
- HUC-01-0019 Problem Behaviors in Geriatrics: Wandering
- HUC-01-0332 Nursing in America: A History of Social Reform
- HUC-01-0779A Career Success for Health Care Professionals: Focusing on the Patient
- HUC-01-0779B Career Success for Health Care Professionals: Communicating on the Job
- HUC-01-0779C Career Success for Health Care Professionals: Thinking Like a Health Care Worker
- HUC-01-0779D Career Success for Health Care Professionals: Doing the Right Thing
### NURSING (continued)

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<td>Delmar’s Nursing Assistant Skills and Procedures</td>
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### NURSING CARE

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HUC-01-5225S Delmar’s Nursing Assisting Video Series: Basic Restorative Care
HUC-01-5225T Delmar’s Nursing Assisting Video Series: Specific Resident Populations
HUC-01-5225U Delmar’s Nursing Assisting Video Series: Isolation Skills
HUC-01-5225V Delmar’s Nursing Assisting Video Series: Surviving a Survey
HUC-01-5473 Core Concepts in Nursing
HUC-TM-0038 Female Model with Bladder
HUC-TM-0039 Male Model with Bladder
HUC-TM-0040 TB Testing Arm Set
HUC-TM-0041 Bedsore Cleansing and Dressing Model
HUC-TM-0042 Adult Choking Manikin
HUC-TM-0043 Susie Simon Patient Care Simulator
HUC-TM-0078 Advanced Injection Arm Model
HUC-TM-0081 Full Body Adult Rescue/ CPR Manikin
HUC-TM-0084 Baby Anne CPR Manikin
HUC-TM-0107 Nasogastric Tube Feeding Model
HUC-TM-0108 Ostomy Care Simulator
HUC-TM-0109 Tracheostomy Care Simulator
HUC-TM-0134 Adolescent Choking Manikin
HUC-TM-0135 Child Choking Manikin
HUC-TM-0191 TB Testing Arm Set (palpable)
HUC-TM-0200 Peritoneal Dialysis Simulator
HUC-TM-0352 Injection Teaching Model
HUC-TM-0353 Chester Chest
HUC-TM-0354 Intravenous Infusion Simulator
HUC-TM-0355 Pediatric IV Arm

NURSING PROCESS

HUC-01-5231 Basic Principles

NUTRITION

HUC-01-0089 To The Max: Eating and Exercising for Maximum Health
HUC-01-0113 Preventing Malnutrition
HUC-01-0412 All About Calcium
HUC-01-0413 All About Iron
HUC-01-0414 All About Protein
HUC-01-0415 All About Carbohydrates
HUC-01-0418 Everything You've Always Wanted To Know About Fat, But Were Afraid to Ask!
HUC-01-0444 Teen Scene - More Tips on Eating Healthy
HUC-01-0760 Human Nutrition
HUC-01-0784 How Much Should I Eat?
HUC-01-5474 Max’s Magical Delivery : Fit for Kids
HUC-01-5537 Nutrition Facts and Myths
HUC-01-5538 Smart Fitness - Smart Foods
HUC-01-5546 Buzz in a Bottle: The Dangers of Caffeine-Spiked Energy Drinks
HUC-01-5557 Breakfast Because!
HUC-01-5558 Water: Elements of Human Nutrition
HUC-01-5571 Killing Us Softly 4: Advertising’s Image of Women
HUC-01-5572 Weight Loss for Women
HUC-01-5573 Nutrition for the Female Athlete
HUC-01-5574 Thin: Death by Eating Disorder
NUTRITION (continued)

HUC-TM-0003  Death of an Artery Model
HUC-TM-0010  Cardiovascular Disease Folding Display
HUC-TM-0011  Disease of the Heart Folding Display
HUC-TM-0014  Medical Benefits with Exercise Folding Display
HUC-TM-0016  Dangers of High Blood Pressure Folding Display
HUC-TM-0017  Nutrition — Eating with Common Sense
HUC-TM-0024  Cholesterol Flip Chart
HUC-TM-0025  High Blood Pressure Flip Chart
HUC-TM-0026  Nutrition Flip Chart
HUC-TM-0027  Diabetes Flip Chart
HUC-TM-0031  Healthy Choices at the Grocery Store Flip Chart
HUC-TM-0044  Cholesterol Control Teaching Model
HUC-TM-0045  Globs of Fat
HUC-TM-0055  Gastritis & Peptic Ulcer Chart
HUC-TM-0056  Heart Chart
HUC-TM-0077  Just for the Health of It! Activities Library
HUC-TM-0079  Weight Management: Never Say Diet Flip Chart
HUC-TM-0080  Healthy Choices for Eating Out Flip Chart
HUC-TM-0088  Health Facts about Obesity Folding Display
HUC-TM-0089  Determining Body Mass Index Poster
HUC-TM-0090  Why Cholesterol Checks Can Save Your Life Display
HUC-TM-0096  Clogged Artery Model
HUC-TM-0110  Rolls of Fat
HUC-TM-0115  Fast Food Blubber Busters
HUC-TM-0117  What You Should Know About Food Safety Folding Display
HUC-TM-0142  Double Decker or Double By-Pass
HUC-TM-0143  Vat of Fat
HUC-TM-0151  Amounts of Hidden Salt
HUC-TM-0152  Amounts of Hidden Fat
HUC-TM-0153  Amounts of Hidden Sugar
HUC-TM-0173  Teenagers and Eating Disorders
HUC-TM-0174  Consequences of High Blood Pressure 3D Display
HUC-TM-0176  Consequences of Obesity 3D Display
HUC-TM-0177  A Day’s Worth of Fat
HUC-TM-0178  Fat Vest - Adult Size
HUC-TM-0179  Fat Vest - Child Size
HUC-TM-0180  Blubber Busters
HUC-TM-0181  How a High-fat Diet Affects Your Arteries poster
HUC-TM-0182  Understanding Cholesterol poster
HUC-TM-0190  Overweight CPR Manikin
HUC-TM-0210  Women and Heart Disease Folding Display
HUC-TM-0231  Fetus Model Set
HUC-TM-0233  Conception to Birth Folding Display
HUC-TM-0245  What Mommy Does, Baby Does
HUC-TM-0246  Fat Facts Fast Foods
HUC-TM-0248  Portion Distortion poster
HUC-TM-0250  Visualize Your Serving Size
HUC-TM-0267  1lb and 5lb Muscle
HUC-TM-0305  Sugar Facts
HUC-TM-0307  How Does Your Fat Stack Up display (2 sets)
HUC-TM-0308  How Does Your Sugar Stack Up display (2 sets)
HUC-TM-0309 How Does Your Salt Stack Up display (2 sets)
HUC-TM-0322 Fat Facts: Fat Content of Similar foods
HUC-TM-0323 Sodium Facts
HUC-TM-0328 Vitamin/Mineral ID Guide Folding Display
HUC-TM-0329 Dual Occluded Artery Model
HUC-TM-0333 Heart Disease Risk Factors Folding Display
HUC-TM-0334 Basics of Cholesterol Folding Display
HUC-TM-0339 Junk for Sale Stand-up Display
HUC-TM-0340 Sippy Cup of Sugar model
HUC-TM-0341 Don’t Wait….Hydrate Poster
HUC-TM-0344 Condiments Facts test tube
HUC-TM-0345 Food Pyramid Pocket Chart
HUC-TM-0346 What Amount Counts as an Ounce? Poster
HUC-TM-0347 What Equals an Ounce? Poster
HUC-TM-0349 Food and Nutrition Inquiry Activities
HUC-TM-0357 Do the Math - Calorie Calculations
HUC-TM-0366 25 Ways to Cut at Least 100 Calories
HUC-TM-0367 Food Plate poster
HUC-TM-0368 What’s in Your Drink? poster
HUC-TM-0369 What’s In Your Snack? poster
HUC-TM-0404 Fat Furred Artery
HUC-TM-0405 Size Up Your Meal
HUC-TM-0406 Weigh Your Options
HUC-TM-0410 Inflatable Pyramid
HUC-TM-0411A-D Portion Puzzle Posters
HUC-TM-0412 Planning Health Meals Flip Chart
HUC-TM-0413 Portion Patrol Activity
HUC-TM-0416 Food Choices: Take Your Pick Interactive Flip Chart
HUC-TM-0420 A Quick Cup of Empty Calories Activity Set
HUC-TM-0421 How to Build a Better Breakfast Display
HUC-TM-0422 Carb/Protein/Fat Test Tubes
HUC-TM-0423 Stomach Size-wise Display
HUC-TM-0424 Fat Facts: Vending Machine Foods Test Tubes
HUC-TM-0425 Fat Facts: Dairy Foods Test Tubes
HUC-TM-0426 SpinSmart Nutrition Game
HUC-TM-0427 Heavy Drinking: How Alcohol’s Calories Add Up Display
HUC-TM-0432 Rethink Your Drink poster
HUC-TM-0433 Sizing Up Beverages poster
HUC-TM-0434 Fat Facts: Saturated/Unsaturated Dietary Fat
HUC-TM-0435 Fat Chance a Closer Look at Fast Food
HUC-TM-0436 Milk Fat Comparison
HUC-TM-0438 Hazardous Waist Display
HUC-TM-0440 MyPlate Kit
HUC-TM-0441 MyPlate plate
HUC-TM-0442 MyPlate poster
HUC-TM-0446 MyPlate Banner
HUC-TM-0447 MyPlate Chart
HUC-TM-0450 Balancing Act of Food and Fitness
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<td>Guiding Your Overweight Child: Getting Healthy Together</td>
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### OBSTETRICS/GYNECOLOGY

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HUC-01-5061F Skeletal System: The Infrastructure.
HUC-01-5138 Osteoporosis - The Myth
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HUC-TM-0070 Osteoporosis Model
HUC-TM-0133 Model of Osteoporosis
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HUC-01-5522 Joining Forces: Responding to the Health Care Needs of Returning Military

PATIENT EDUCATION

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HUC-01-0607 Endometriosis
HUC-01-0608 Prostate Cancer
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HUC-01-0610 Migraine and Other Headaches
HUC-01-0611 Alcoholism
HUC-01-0612 Menopause and the Time Before Menopause
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HUC-01-0614 Pregnancy
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### PREGNANCY

(Also see Obstetrics/Gynecology)

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(Also see Obstetrics/Gynecology)

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HUC-TM-0231 Fetus Model Set
HUC-TM-0233 Conception to Birth Folding Display
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HUC-TM-0331 Hazards During Pregnancy Folding Display
HUC-TM-0332 Prenatal Care Folding Display
HUC-TM-0337 Smoking and Your Baby Folding Display
HUC-TM-0387 Fetal Alcohol Syndrome (FAS) Brain model

PRESSURE ULCERS
(Also see Decubitus Ulcers)

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PSYCHIATRY/PSYCHOLOGY

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HUC-01-5516 Unnatural Causes - is inequality making us sick?
HUC-01-5517 Health for Sale

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HUC-01-5137D Stroke Education Series for Families and Caregivers: Self-Care
HUC-01-5137E Stroke Education Series for Families and Caregivers: Standing Safely

RESPIRATORY

HUC-01-0036 The Respiratory System
HUC-01-5061E Respiratory System: Intake and Exhaust

RERAINTS

HUC-01-5225R Delmar’s Nursing Assisting Video Series: Restraints and Restraint Reduction
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<td>HUC-01-5532</td>
<td>An Introduction to OSHA: DVD and Workbook</td>
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<td>HUC-01-5577</td>
<td>Evacuation of Health Care Facilities</td>
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<td>HUC-TM-0289</td>
<td>When It’s Not just A Drill poster</td>
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### SEATBELTS / SAFETY SEATS

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<tr>
<td>HUC-01-5449</td>
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<td>HUC-01-5211</td>
<td>Epilepsy - The Storm Within</td>
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<td>HUC-01-5064A</td>
<td>Girl Power: Empowering Young Women with Timely Information Set- Staff Version</td>
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<td>HUC-01-5064B</td>
<td>Girl Power: Empowering Young Women with Timely Information Set -Student Version</td>
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<tr>
<td>HUC-01-5240</td>
<td>Beyond the Looking Glass: Self Esteem and Body Image</td>
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<td>HUC-01-5435</td>
<td>Eat Right! Have a Healthy Body Image</td>
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<td>HUC-01-5530</td>
<td>Teen Depression: Signs, Symptoms and Getting Help</td>
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<td>HUC-TM-0077</td>
<td>Just for the Health of It! Activities Library</td>
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<td>HUC-TM-0138</td>
<td>What You Should Know About Depression Folding Display</td>
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<td>HUC-TM-0172</td>
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<td>Teenagers and Eating Disorders</td>
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<td>Dating for Real: Building Safe and Healthy Relationships</td>
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<td>Sex and Sexuality in Long Term Care - Module I: Need for Sexuality and Intimacy</td>
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<td>Sex and Sexuality in Long Term Care - Module II: Sexuality and Dementia</td>
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<td>Sex and Sexuality in Long Term Care - Module III: Sexuality and Aging</td>
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<td>Sex and Sexuality in Long Term Care - Module IV: Family and Personal Issues</td>
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<td>Date Rape Drugs: What you Need to Know</td>
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<td>HUC-01-5544</td>
<td>Causing Pain: Real Stories of Dating Abuse and Violence</td>
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<td>HUC-TM-0012</td>
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<td>HUC-TM-0015</td>
<td>AIDS — What You Should Know Folding Display</td>
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<td>HUC-TM-0023</td>
<td>Guide to Contraceptives Kit</td>
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<td>HUC-TM-0032</td>
<td>Sexually Transmitted Diseases Flip Chart</td>
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<td>HUC-TM-0037</td>
<td>Deluxe Condom Teaching Model</td>
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<td>HUC-TM-0068</td>
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<td>HUC-TM-0074</td>
<td>HIV-AIDS Chart</td>
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<td>HUC-TM-0075</td>
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<td>HUC-TM-0076</td>
<td>Female Reproductive System</td>
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<td>HUC-TM-0077</td>
<td>Death of a Lung Model</td>
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<td>HUC-TM-0165</td>
<td>Just for the Health of It! Activities Library</td>
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<td>HUC-TM-0166</td>
<td>Family Planning &amp; STD Protection Flip Chart</td>
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<tr>
<td>HUC-TM-0167</td>
<td>STD Roulette Game Board</td>
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<td>HUC-TM-0170</td>
<td>What You Should Know About STD Folding Display</td>
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<td>HUC-TM-0263</td>
<td>STD Myths Folding Display</td>
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### SLEEP/SLEEP DISORDERS

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<tr>
<td>HUC-01-5085G</td>
<td>The Nursing Home Mental Health Series: Sleep, Sex and Wandering</td>
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### SMOKING

(Also see Smokeless Tobacco, Smoking Cessation, & Tobacco)

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<tr>
<td>HUC-01-0796</td>
<td>The Teen Files: Smoking-Truth or Dare</td>
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<tr>
<td>HUC-01-5547</td>
<td>You Can Quit! How to Stop Smoking During Pregnancy</td>
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<tr>
<td>HUC-TM-0005</td>
<td>Death of a Lung Model</td>
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<td>HUC-TM-0006</td>
<td>Smokey Sue Smokes for Two</td>
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<td>HUC-TM-0044</td>
<td>Mr. Gross Mouth Makes ‘Em Gag</td>
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<td>HUC-TM-0071</td>
<td>Itty Bitty Smoker</td>
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<td>HUC-TM-0072</td>
<td>Cigarette Baby Bottle Poster</td>
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<td>HUC-TM-0085</td>
<td>Effects &amp; Hazards of Smoking Folding Display</td>
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<td>HUC-TM-0141</td>
<td>Effects and Hazards of Secondhand Smoke</td>
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<td>HUC-TM-0162</td>
<td>Hazards of Smoking Display</td>
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<td>HUC-TM-0163</td>
<td>Women Who Smoke Poster</td>
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<td>HUC-TM-0261</td>
<td>Smoking Harmful Effects laminated poster</td>
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<td>HUC-TM-0264</td>
<td>Dangers of Smoking Folding Display</td>
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<td>HUC-TM-0278</td>
<td>How Smoking Affects Your Lungs</td>
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<td>Benefits of Not Smoking</td>
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<td>HUC-TM-0315</td>
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<td>HUC-TM-0320</td>
<td>Quit Smoking for Life Folding Display</td>
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<td>HUC-TM-0336</td>
<td>Effects and Hazards of Smoking Folding Display 2</td>
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<td>HUC-TM-0337</td>
<td>Smoking and Your Baby Folding Display</td>
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<td>HUC-TM-0351</td>
<td>Face the Facts....Smoking is Ugly model</td>
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<td>Dangers of Smoking chart</td>
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<td>Lou-Wheeze Smoker’s Lungs Comparison Model</td>
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<td>Tainted Blood: Smoker’s Blood Revealed</td>
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<td>Lung Model with Pathologies</td>
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<td>Smoker’s Accessories Display</td>
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### SMOKELESS TOBACCO

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<td>Spit Tobacco: No Dip, No Duh</td>
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<td>Spit Tobacco Kills</td>
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<td>Mr. Gross Mouth Makes ‘Em Gag</td>
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<td>Smokeless Tobacco Flip Chart</td>
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<td>Consequences of Smokeless Tobacco Use</td>
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<td>HUC-TM-0193</td>
<td>Effects &amp; Hazards of Smokeless Tobacco Folding Display</td>
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<td>HUC-TM-0225</td>
<td>Mr. Dip Lip</td>
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<td>HUC-TM-0318</td>
<td>Spit It Out - Smokeless Tobacco Folding Display</td>
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### STRESS

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<td>HUC-01-0556</td>
<td>Stress Management</td>
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<td>Managing Your Stress</td>
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<td>Stress Flip Chart</td>
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<td>HUC-TM-0284</td>
<td>Stress &amp; You Folding Display</td>
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<td>HUC-TM-0330</td>
<td>Teen Stress Folding Display</td>
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### STROKE

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<td>Stroke Education Series for Families and Caregivers: Bed Positioning and Mobility</td>
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<td>Stroke Education Series for Families and Caregivers: Preventing Shoulder Pain</td>
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<td>HUC-01-5137D</td>
<td>Stroke Education Series for Families and Caregivers: Self-Care</td>
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<td>Stroke Education Series for Families and Caregivers: Standing Safely</td>
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<td>HUC-01-5137F</td>
<td>Stroke Education Series for Families and Caregivers: Wheelchair Transfers</td>
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<td>HUC-01-5468</td>
<td>Exercise Program for Stroke Survivors</td>
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<td>HUC-01-5535</td>
<td>Huffing: The latest Facts about Inhalant Abuse</td>
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<td>HUC-01-0789</td>
<td>It’s Never Too Late: Stopping Teen Suicide</td>
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TECHNOLOGY
(See Also Internet)

HUC-01-0800 B Careful When U Txt: The Dangers of Texting and Sexting
HUC-01-5564 I was Cyberbullied
HUC-01-5566 The Realities of Sexting - You Can’t Unsend

TEACHING MODELS / DISPLAYS
See Teaching Model and Displays section of this catalog

TEEN HEALTH

HUC-01-0397  Teen Health - Abusive Relationships
HUC-01-0398  Teen Health - AIDS
HUC-01-0399  Teen Health - Birth Control
HUC-01-0400  Teen Health - Cancer
HUC-01-0401  Teen Health - Child Abuse
HUC-01-0402  Teen Health - Eating Disorders
HUC-01-0403  Teen Health - Nutrition/Diet
HUC-01-0404  Teen Health - Peer Pressure
HUC-01-0405  Teen Health - Puberty
HUC-01-0406  Teen Health - Self-Esteem
HUC-01-0407  Teen Health - Sexual Harassment
HUC-01-0408  Teen Health - Sports Medicine
HUC-01-0409  Teen Health - STD's
HUC-01-0410  Teen Health - Teen Pregnancy
HUC-01-0411  Teen Health - Teen Sexuality
HUC-01-0760  Human Nutrition
HUC-01-0766  The Birds, the Bees and Me for Boys
HUC-01-0793  Lifestyle Diseases And How to Avoid Them
HUC-01-5064A Girl Power: Empowering Young Women with Timely Information Set - Staff Version
HUC-01-5064B Girl Power: Empowering Young Women with Timely Information Set - Student Version
HUC-01-5351  Underage Drinking: Know the Facts, Know the Risks
HUC-01-5353  What is Alcoholism?
HUC-01-5430  Girl Bullying
HUC-01-5432  The New Dietary Guidelines: What You Need to Know
HUC-01-5434  Understanding Anorexia and Bulimia
HUC-01-5435  Eat Right! Have a Healthy Body Image
HUC-01-5518  Date Rape Drugs: What you Need to Know
HUC-01-5524  Wrecked: Life and Death on the Road
HUC-01-5544  Causing Pain: Real Stories of Dating Abuse and Violence
HUC-01-5545  Straight Talk: The Truth About Alcohol and Sex
HUC-01-5546  Buzz in a Bottle: The Dangers of Caffeine-Spiked Energy Drinks
HUC-01-5549  Life Skills for Teens: Healthy Relationships
HUC-01-5550  Life Skills for Teens: Building Your Future
HUC-TM-0001  Breast Self-Examination Multi-Type Model
HUC-TM-0002  CPR Prompt Home Learning System
HUC-TM-0003  Death of an Artery Model
HUC-TM-0004  Death of a Bone Model
HLRC SUBJECT LIST

TEEN HEALTH (continued)

HUC-TM-0005    Death of a Lung Model
HUC-TM-0006    Smokey Sue Smokes for Two
HUC-TM-0007    Tall Paul Torso
HUC-TM-0008    Testicular Self-Examination Model
HUC-TM-0009    Leading Causes of Death Display Folding Display
HUC-TM-0010    Cardiovascular Disease Folding Display
HUC-TM-0011    Disease of the Heart Folding Display
HUC-TM-0012    Sexually Transmitted Diseases Folding Display
HUC-TM-0013    Pediculosis--The Facts of Lice Folding Display
HUC-TM-0014    Medical Benefits with Exercise Folding Display
HUC-TM-0015    AIDS — What You Should Know Folding Display
HUC-TM-0017    Nutrition — Eating with Common Sense
HUC-TM-0018    Death of a Liver Display
HUC-TM-0019    Death of a Heart Display
HUC-TM-0020    Heart with Larynx
HUC-TM-0021    Baby, Think It Over Infant Simulators
HUC-TM-0022    Fetal Intrauterine Development Model
HUC-TM-0023    Guide to Contraceptives Kit
HUC-TM-0024    Cholesterol Flip Chart
HUC-TM-0026    Nutrition Flip Chart
HUC-TM-0027    Diabetes Flip Chart
HUC-TM-0028    Tuberculosis Flip Chart
HUC-TM-0029    Stress Flip Chart
HUC-TM-0030    CPR Flip Chart
HUC-TM-0031    Healthy Choices at the Grocery Store Flip Chart
HUC-TM-0032    Sexually Transmitted Diseases Flip Chart
HUC-TM-0033    Standard Breast Model
HUC-TM-0034    Transilluminating Breast Light box
HUC-TM-0035    Multi-Breast Type Model
HUC-TM-0036    Deluxe Condom Teaching Model
HUC-TM-0037    Cervix Display
HUC-TM-0044    Cholesterol Control Teaching Model
HUC-TM-0045    Globs of Fat
HUC-TM-0046    Mr. Clean Mouth
HUC-TM-0047    Mr. Gross Mouth Makes ‘Em Gag
HUC-TM-0048    Series of Three Teeth
HUC-TM-0049    Deluxe Plexiglas Food Pyramid and Faux Food
HUC-TM-0050    The Human Skeleton Chart
HUC-TM-0053    The Muscles Chart
HUC-TM-0054    Allergy Chart
HUC-TM-0063    Diabetes Chart
HUC-TM-0068    HIV-AIDS Chart
HUC-TM-0069    DWEyes Game Kit
HUC-TM-0071    Itty Bitty Smoker
HUC-TM-0072    Cigarette Baby Bottle Poster
HUC-TM-0073    Smokeless Tobacco Flip Chart
HUC-TM-0074    Death of Immune System
HUC-TM-0075    Female Reproductive System
HUC-TM-0076    Male Reproductive System
HUC-TM-0077    Just for the Health of It! Activities Library
HUC-TM-0079    Weight Management: Never Say Diet Flip Chart
HLRC SUBJECT LIST

TEEN HEALTH (continued)

HUC-TM-0080 Healthy Choices for Eating Out Flip Chart
HUC-TM-0081 Full Body Adult Rescue/ CPR Manikin
HUC-TM-0082 Five-Part Eyeball Model
HUC-TM-0083 Detailed Ear Model
HUC-TM-0084 Baby Anne CPR Manikin
HUC-TM-0085 Effects & Hazards of Smoking Folding Display
HUC-TM-0086 See For Yourself: Why Breast Biopsies Can Save Your Life Display
HUC-TM-0087 What You Should Know About Skin Cancer Folding Display
HUC-TM-0088 Health Facts about Obesity Folding Display
HUC-TM-0089 Determining Body Mass Index Poster
HUC-TM-0090 Why Cholesterol Checks Can Save Your Life Display
HUC-TM-0091 Deadly Effects of Tuberculosis Display
HUC-TM-0096 Clogged Artery Model
HUC-TM-0097 Dental Speaker’s Presentation Kit
HUC-TM-0098 Dental FUNdamentals
HUC-TM-0099 Empathy Belly
HUC-TM-0100 Mammography: The Whole Picture Flip Chart
HUC-TM-0101 Possible Signs of Breast Cancer Poster
HUC-TM-0102 See For Yourself: Why Blood Pressure Checks Can Save Your Life
HUC-TM-0103 Artery Model
HUC-TM-0104 Axillary Lymph Node Model
HUC-TM-0105 Changeable Nodule Breast Model
HUC-TM-0115 Fast Food Blubber Busters
HUC-TM-0134 Adolescent Choking Manikin
HUC-TM-0135 Child Choking Manikin
HUC-TM-0136 Breast Care Flip Chart
HUC-TM-0137 What You Should Know About Breast Care Folding Display
HUC-TM-0138 What You Should Know About Depression Folding Display
HUC-TM-0139 Respiratory Organs and Heart
HUC-TM-0144 Facts about Testicular and Prostate Cancer Folding Display
HUC-TM-0145 Testicular Cancer Flip Chart
HUC-TM-0150 Conditions of the Testicle
HUC-TM-0151 Amounts of Hidden Salt
HUC-TM-0152 Amounts of Hidden Fat
HUC-TM-0153 Amounts of Hidden Sugar
HUC-TM-0155 Consequences of Smokeless Tobacco Use
HUC-TM-0156 Non-sexual BSE/TSE Model
HUC-TM-0157 Teeth and Jaw Development Set
HUC-TM-0158 Functional Model of the Knee Joint
HUC-TM-0159 Functional Model of the Shoulder Joint
HUC-TM-0165 Your New Body: Girls – Folding Display
HUC-TM-0172 Teenagers and Depression Folding Display
HUC-TM-0173 Teenagers and Eating Disorders
HUC-TM-0207 Disease Teeth & Gum Model
HUC-TM-0211 Call Me Crash poster
HUC-TM-0214 Secondhand Smoke Flip Chart
HUC-TM-0215 Drinking & Driving Poster
HUC-TM-0217 Death in the West poster
HLRC SUBJECT LIST

TEEN HEALTH (continued)

HUC-TM-0274  Effects & Hazards of Inhalants Folding Display
HUC-TM-0295  Menstrual Cycle Model Activity Set
HUC-TM-0296  Your New Body: Boys
HUC-TM-0316  Testicular Health Folding Display
HUC-TM-0330  Teen Stress Folding Display
HUC-TM-0350  Men’s Breast Cancer Awareness model
HUC-TM-0361  Understanding Your Weight chart
HUC-TM-0388  10 sided Fitness Dice

TOBACCO
(Also see Smokeless Tobacco, Smoking, & Smoking Cessation)

HUC-01-0782  The Totally Disgusting Tobacco Gross Out Video
HUC-01-0795  Spit Tobacco: No Dip, No Duh
HUC-01-0796  The Teen Files: Smoking-Truth or Dare
HUC-01-0797  Spit Tobacco Kills
HUC-TM-0005  Death of a Lung Model
HUC-TM-0006  Smokey Sue Smokes for Two
HUC-TM-0047  Mr. Gross Mouth Makes ‘Em Gag
HUC-TM-0071  Itty Bitty Smoker
HUC-TM-0072  Cigarette Baby Bottle Poster
HUC-TM-0073  Smokeless Tobacco Flip Chart
HUC-TM-0085  Effects and Hazards of Smoking Folding Display
HUC-TM-0155  Consequences of Smokeless Tobacco Use
HUC-TM-0162  Hazards of Smoking Display
HUC-TM-0163  Women Who Smoke Poster
HUC-TM-0208  Smokey Sue
HUC-TM-0214  Secondhand Smoke Flip Chart
HUC-TM-0217  Death in the West poster
HUC-TM-0261  Smoking Harmful Effects laminated poster
HUC-TM-0264  Dangers of Smoking Folding Display

TRANSFERRING
(Also see Body Mechanics)

HUC-01-5225N  Delmar’s Nursing Assisting Video Series: Positioning Skills
HUC-01-5225O  Delmar’s Nursing Assisting Video Series: Transfer Skills

TUBERCULOSIS

HUC-TM-0028  Tuberculosis Flip Chart
HUC-TM-0040  TB Testing Arm Set
HUC-TM-0091  Deadly Effects of Tuberculosis Display
HUC-TM-0139  Respiratory Organs and Heart
HUC-TM-0191  TB Testing Arm Set (palpable)

ULCER(S)

HUC-01-0622  Ulcers (Gastrointestinal)
HUC-01-5212  Beyond Wound Healing
HUC-TM-0055  Gastritis and Peptic Ulcers
UNIVERSAL PRECAUTIONS
HUC-01-5164  Bloodborne Pathogens: A Sharper Image
HUC-01-5166  Bloodborne Pathogens: Protection in the Home Care Setting

URINARY TRACT INFECTION
HUC-TM-0038  Female Model with Bladder
HUC-TM-0039  Male Model with Bladder

UROGENITAL SYSTEM
HUC-01-5225M Delmar’s Nursing Assisting Video Series: Urinary Care Skills

UROLOGY
HUC-TM-0038  Female Model with Bladder
HUC-TM-0039  Male Model with Bladder

VACCINES
HUC-01-5182  Immunization Techniques: Safe, Effective, Caring

VITAL SIGNS
HUC-01-0452  Measuring Vital Signs
HUC-01-5225F Delmar’s Nursing Assisting Video Series: Vital Sign & Measurements

VIOLENCE
HUC-01-0115  Preventing Elder Abuse
HUC-01-0155  Domestic Violence - Part I & II
HUC-01-0629  Combative Residents
HUC-01-0723  Recognizing Elder Abuse: Working Together to Keep Residents Safe
HUC-01-5506  Resident’s Perspective: Living with Fear (DVD)
HUC-01-5507  Resident’s Perspective: Speaking Out on Abuse (DVD)
HUC-01-5508  Neglect: The Most Frequent Abuse in LTC - Behavioral Neglect:Triggering Aggression
HUC-01-5509  Neglect: The Most Frequent Abuse in LTC - Family Neglect Precipitating Outrage
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HUC-01-5533 The Ten Signs of Relationship Abuse
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### HUC-01-0009  1991 University of Kentucky AHEC General Healthcare Orientation

**AUDIENCE(S):** Healthcare Professionals

1) "Who Cares" -- this tape points out the tendency we all have to think we are not responsible and to let someone else to clean up spills.
2) "All in a Day's Work" -- this video discusses the problem of the disposal of infectious wastes, which serious in and of itself, has been emphasized in recent years by the threat of hepatitis, HIV, and other serious waste-born diseases. This vignette highlights this threat not only to health care workers themselves, but also to "innocent" third parties.
3) "Special Orders" -- Confidentiality issues are highlighted in this vignette which is set in a small community hospital. The scene opens with the relaxed conversation which might be expected in a small community hospital.

### HUC-01-0018  Problem Behaviors in Geriatrics - Agitation & Restlessness

**AUDIENCE(S):** Healthcare Professionals

20:00 Geriatric Video Productions

Defines agitated and restless behavior. Triggers and prevention of this behavior are discussed. Addresses the need to rule out reversible medical causes. Discusses strategies to reduce or eliminate this behavior. Although drug therapy is discussed, this program guides you away from the use of physical and chemical restraints in these patients. A must teaching tool for staff working in any geriatric care setting.

### HUC-01-0019  Problem Behaviors in Geriatrics: Wandering

**AUDIENCE(S):** Healthcare Professionals

20:00 Geriatric Video Productions

Utilizing case discussions, discusses problems associated with wandering, types and causes of wandering, as well as nursing interventions in response to wandering. Focuses on non-restrictive techniques to safely deal with the patient including environmental adaptations and patient interaction techniques. Guides you away from using physical restraints in these patients. Useful for staff working in hospital, rehabilitation, geriatric day care or long term care settings.

### HUC-01-0020  The Natural Process of Aging

**AUDIENCE(S):** Healthcare Professionals

30:00 Medcom

Describes the natural changes of aging, along with some of the disease conditions among the elderly. Suggests interventions and responses to these changes.

### HUC-01-0024  Fire Safety: Mission Possible

**AUDIENCE(S):** Healthcare Professionals  Care givers Nurses/Nursing Assistants

20:00 Coastal

This video shows the different classes of fire and fire extinguishers. It teaches fire prevention, evacuation, and the R.A.C.E for safety method.
<table>
<thead>
<tr>
<th>HUC-01-0027</th>
<th>My Challenge with Alzheimer's</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>General - Adults</td>
</tr>
<tr>
<td><strong>16:00</strong></td>
<td>Terra Nova Films, Inc.</td>
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</tbody>
</table>

In this video, we meet Beverly Wheeler, who was diagnosed with Alzheimer's disease in her mid-fifties. In this interview, Beverly talks about her experiences before, during and after the diagnosis. She discusses changes that have taken place in her life, how other people perceive her and how the diagnosis was handled by her employer and the medical profession.

<table>
<thead>
<tr>
<th>HUC-01-0030</th>
<th>Pressure Ulcers in Adults -- Prediction and Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>Nurses Healthcare Professionals</td>
</tr>
<tr>
<td><strong>21:00</strong></td>
<td>Medcom</td>
</tr>
</tbody>
</table>

Based on the book, Pressure Ulcers in Adults -- Prediction and Prevention, by the Agency for Health Care Policy and Research. This program defines the four stages of pressure ulcer development, explains using assessment tools to identify people at risk, and illustrates preventive methods. It also discusses ways to educate patients in the prevention of pressure ulcers in the home environment.

<table>
<thead>
<tr>
<th>HUC-01-0033</th>
<th>Dealing with Death and Dying</th>
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</thead>
<tbody>
<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>Care givers Healthcare Professionals</td>
</tr>
<tr>
<td><strong>45:00</strong></td>
<td>Insight Media</td>
</tr>
</tbody>
</table>

This practical video discusses caring for terminally ill patients and features Joy Ufema, a leading expert on thanatology. Viewers learn how to give patients a greater sense of control, help them work through fears and deal with repressed anger, encourage them to talk about concerns, and deal with physicians who refuse to divulge bad news.

<table>
<thead>
<tr>
<th>HUC-01-0036</th>
<th>The Respiratory System</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>Physicians Healthcare Professionals</td>
</tr>
<tr>
<td><strong>66:00</strong></td>
<td>SEAK, Inc.</td>
</tr>
</tbody>
</table>

In this video, Dr. Epstein explains the proper procedures to use when evaluating a pulmonary patient and how to accurately rate the patient's impairment. His presentation includes a discussion of sleep disorder breathing and other abnormalities of respiratory control. (To be used with "Guides to the Evaluation of Permanent Impairment".)

<table>
<thead>
<tr>
<th>HUC-01-0039</th>
<th>Infection Control: A Training Program for Healthcare Professionals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>Healthcare Professionals</td>
</tr>
<tr>
<td><strong>45:00</strong></td>
<td>Medcom</td>
</tr>
</tbody>
</table>

This program uses a combination of narration, "real life" vignettes, colorful graphics and detailed explanations to illustrate the scientifically accepted standards of infection control in the following areas: 1) professional responsibilities for infection control; 2) modes and mechanisms of disease transmission and strategies for infection control; 3) use of engineering and work practice controls; 4) selection and use of barriers and personal protective equipment (PPE); 5) creation and maintenance of a safe patient care environment; and 6) prevention and control of communicable diseases in healthcare workers.
HUC-01-0069  The First Aid Video: Poisons and Drug Overdose

AUDIENCE(S): General - Children/ Adolescents/ Adults

25:00  Human Relations Media

Shows the treatment for the conscious and unconscious victim of drug overdose or intake of poison. Emphasizes the importance of contacting a poison control center immediately and outlines household measures that can prevent poisoning.

HUC-01-0070  The First Aid Video: First on the Scene

AUDIENCE(S): General - Children/ Adolescent/Adults

48:00  Human Relations Media

Tells what to do, or not to do, if you are the first to arrive at the scene of an accident. Describes how and when a victim should be moved and outlines treatment for breathing difficulties, bleeding, and poisoning, and tells how to check for shock symptoms.

HUC-01-0071  The First Aid Video: Bleeding Emergencies

AUDIENCE(S): General - Children/Adolescent/Adults

22:35  Human Relations Media

Demonstrates methods of stopping severe bleeding, points out the dangers of the tourniquet, and covers first aid measures for internal bleeding.

HUC-01-0072  The First Aid Video: Respiratory Emergencies

AUDIENCE(S): General - Children/Adolescents/Adults

45:00  Human Relations Media

A comprehensive and detailed look at assessing and treating breathing emergencies.

HUC-01-0089  To The Max: Eating and Exercising for Maximum Health

AUDIENCE(S): Elementary Students

13:52  Human Relations Media

One-fourth of all school-age children are overweight and one-eighth are obese. Clearly, excess weight is one of the most common problems facing today’s youth. This fast-paced and entertaining video shows young students how they can improve their health by eating smarter, eating smaller portions, exercising more and understanding basic information about nutrition and food labeling. In one sequence, viewers follow Justin, a typical fifth grader, as we fast forward through his day of supersized fast food, too much TV and video games and little exercise. We also hear from real kids as well as an on-camera expert who talks to youngsters about the challenge of eating right and the importance of exercise. Special attention is directed to understanding the food pyramid, food labeling information and fat burning exercise.
HUC-01-0094  Care giver Series: Meeting Daily Challenges

AUDIENCE(S):  Care giver  Healthcare Professionals

15:00  Alzheimer's Association  1990

Describes some of the daily challenges: 1) hygiene; 2) dressing, 3) meals, 4) toileting, and 5) activities. The techniques one might use when providing care focus on maximizing the patient's abilities.

HUC-01-0095  Care giver Series: Communicating

AUDIENCE(S):  Care giver  Healthcare Professionals

19:00  Alzheimer's Association  1990

This video illustrates ways in which the Care giver can deal with communication problems and describes how factors other than disease symptoms (health, environment) may hinder communication.

HUC-01-0096  Care giver Series: Safety First

AUDIENCE(S):  Care giver  Healthcare Professionals

14:00  Alzheimer's Association  1990

This video presents ways in which care givers can prepare for an emergency and also suggests ideas for making the home accident-proof. As the person with dementia's ability to remember, reason, and communicate weakens, perception of what is safe & unsafe becomes clouded.

HUC-01-0097  Care giver Series: Managing Difficult Behavior

AUDIENCE(S):  Care giver  Healthcare Professionals

21:00  Alzheimer's Association  1990

This video presents some of the common feelings Alzheimer patients experience, and the behavioral problems that often result from such feelings. There are suggestions for care givers relating to the patient's feelings and to adapting the environment in order to manage these symptoms.

HUC-01-0098  Care giver Series: Caring for the Care giver

AUDIENCE(S):  Care giver

20:00  Alzheimer's Association  1990

It is important for the Care giver to learn how to take care of him/herself, understand how relationships will change, and cope with the stress and sadness of the disease's progression. This video presents an overview of how care givers can best take care of themselves while providing individuals with dementia the best possible care.
**HUC-01-0100**  
**Post Mortem Care**

**AUDIENCE(S):** Healthcare Personnel

15:00 Medcom

A well-paced, concise video that demonstrates the clinical duties of health care workers in caring for the deceased. Their supportive role towards the deceased's loved ones is also highlighted. The step-by-step format reflects both research-based practice and infection control/waste management standards.

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**HUC-01-0110**  
**Understanding Eating Disorders**

**AUDIENCE(S):** Junior High School Students  
High School Students

24:00 Human Relations Media

Combining expert commentary with the memorable stories of real teens, this video introduces students to three major eating disorders: anorexia nervosa, bulimia and binge eating. The warning signs, symptoms and dangerous health deficits of each disorder are explained as well as the underlying emotional and psychological underpinnings. The compelling stories of three real teens who have faced eating disorders are provided to help viewers understand that eating disorders can happen to anyone. We hear from Mindi, a recovering anorexic who was diagnosed at an early age. Josh is a recovering bulimic who tells viewers that eating disorders affect both males and females. We also hear the tragic story of Kristen from her parents, who explain how Kristen’s anorexia and bulimia eventually lead to her death. In addition to these powerful segments, viewers also hear expert advice on how to get help as well as various treatment options that are likely to prove successful. As the video progresses, viewers learn how eating disorders are related to personality, self esteem and body image concerns.

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**HUC-01-0111**  
**Stroke Warning Signs**

**AUDIENCE(S):** Healthcare Professionals

7:25 Syntex Laboratories

Discusses stroke warning signs and the importance of early detection. Includes how and why stroke occur, how to recognize common warning signs, the importance of seeing a doctor immediately if you think you have had a warning sign, and risk factors for stroke and what lifestyles changes you can make to reduce your stroke risk. This video was donated to the HLRC by Syntex Laboratories.

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**HUC-01-0112**  
**Preventing Falls**

**AUDIENCE(S):** Care givers  
General - Adults

16:50 Aspen

This video will teach how to recognize and correct hazardous situations that can lead to falls - such as slippery shoes, wet or uneven surfaces, getting out of bed incorrectly, reaching for something - and teach safe behaviors to the elderly people in their care. Included are ready-to-copy checklists of hazards and screening instruments.
<table>
<thead>
<tr>
<th>HUC-01-0113</th>
<th>Preventing Malnutrition</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUDIENCE(S): Care givers</td>
<td></td>
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<tr>
<td>10:35 Aspen</td>
<td></td>
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</tbody>
</table>

This video will teach how to recognize the risk factors and symptoms of malnutrition in the elderly, and they learn techniques for improving appetite and eating habits. Included are tools for teaching nutritional awareness to the elderly people in their care.

<table>
<thead>
<tr>
<th>HUC-01-0114</th>
<th>Preventing Adverse Medication Reactions</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUDIENCE(S): Care givers</td>
<td></td>
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<tr>
<td>12:15 Aspen</td>
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</tbody>
</table>

In this program care givers get an overview of the factors that put the elderly at risk and show them how to recognize symptoms of adverse reactions, such as changes in eating patterns, depression, dizziness, and insomnia. Included are ready-to-copy tools for helping patients note and remember their medications...and an introduction to using the Physicians' Desk Reference as a tool in preventing drug reactions.

<table>
<thead>
<tr>
<th>HUC-01-0115</th>
<th>Preventing Elder Abuse</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUDIENCE(S): Care givers</td>
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<tr>
<td>12:55 Aspen</td>
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</tbody>
</table>

This program teaches the Care giver to understand and recognize the signs of elder abuse. It gives care givers clear guidance for reducing these problems among the elderly people they care for - and for understanding how behavior can be hurtful emotionally, if not physically. Special topics include the stresses of dealing with an older person with dementia, which can lead to Care giver anger, depression, and abuse...plus reproducible tools to use with patients.

<table>
<thead>
<tr>
<th>HUC-01-0118</th>
<th>Medical Assisting Video Series: Professionalism and Communication Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUDIENCE(S): Medical Assistants</td>
<td></td>
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<tr>
<td>46:06 Delmar</td>
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</tbody>
</table>

This introduction to medical assisting discusses education and certification and presents an overview of common responsibilities. It covers such procedures as keeping medical records, and disposing of controlled substances, and explains the importance of working as a team member, developing good communication skills, and performing within ethical boundaries.

<table>
<thead>
<tr>
<th>HUC-01-0119</th>
<th>Administrative Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUDIENCE(S): Medical Assistants</td>
<td></td>
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<tr>
<td>20:00 Insight Media</td>
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</tbody>
</table>

This program trains medical assistants to perform such administrative duties as scheduling appointments and preparing and maintaining medical records and follow-up tickler files. It discusses how to submit claims and use ICD-9-CM codes and the current procedural terminology (CPT) codes. The Superbill and AMA forms are introduced and the Pegboard accounting system is demonstrated.
<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Audience</th>
<th>Duration</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>HUC-01-0154</td>
<td>A Call for Dr. Redd</td>
<td>Healthcare Professionals</td>
<td>24:00</td>
<td>Darnell Corporation</td>
</tr>
<tr>
<td></td>
<td>Shows hospital employees how to spot potential fire situations and prevent hazardous incidents from becoming major fires.</td>
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<tr>
<td>HUC-01-0212</td>
<td>The ABC's of Safe and Healthy Child Care: &quot;Hand washing&quot; and &quot;Diapering&quot;</td>
<td>Care givers</td>
<td>30:00</td>
<td>Center for Disease Control and Prevention 1994</td>
</tr>
<tr>
<td></td>
<td>Demonstrates procedures for hand washing and diapering to prevent the spread of infection. Helpful hints and tips included on when and how to use rubber gloves when changing diapers.</td>
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<tr>
<td>HUC-01-0219</td>
<td>Death and Dying</td>
<td>General - Adults</td>
<td>30:00</td>
<td>Insight Media</td>
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<tr>
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<td>Exploring death as part of the natural process of life, this video examines beliefs about death in other cultures. It investigates the stages of acceptance of death and considers how people cope with grief.</td>
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<tr>
<td>HUC-01-0232</td>
<td>Falls and Recovery from the Floor</td>
<td>General - Adults</td>
<td>25:30</td>
<td>1993</td>
</tr>
<tr>
<td></td>
<td>The material on this video addresses one of the most serious adult health care issues of the 20th century, falls and recovery from the floor. The average age of BODY RECALL students on this video is 80.</td>
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<tr>
<td>HUC-01-0247</td>
<td>Helping People with Dementia in Activities of Daily Living</td>
<td>Counselors</td>
<td>23:00</td>
<td>Terra Nova Films, Inc. 1988</td>
</tr>
<tr>
<td></td>
<td>Illustrates special techniques used by staff to enable residents with Alzheimer Disease or related dementia in nursing homes or other residential settings to continue to function to the greatest extent possible.</td>
<td>Nursing Personnel</td>
<td></td>
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<td></td>
<td>Social Services</td>
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</tbody>
</table>
HUC-01-0284    Nova: The Miracle of Life

AUDIENCE(S):    General - Adults

60:00              Swedish Television

A dramatic breakthrough in science and cinematography, The Miracle of Life takes you on an incredible voyage through the human body as a new life begins. The Miracle of Life won an Emery Award as a program in the highly acclaimed Nova series on PBS.

HUC-01-0323    When It's Not Just a Drill - Fire Response and Evacuation for Long Term Care

AUDIENCE(S):    Healthcare Professionals

16:00              Coastal Video

This program was developed in conjunction with OSHA standards. It contains the information necessary to instruct the new employee and update the experience employee. This video covers: 1) When It's Not Just a Drill - emphasizes the importance of on-going fire awareness and following proper fire safety procedures; 2) The Critical Moments - RACE (Rescue-Alarm-Confine-Extinguish/Evacuate), PASS (Pull-Aim-Squeeze-Sweep) and demonstrates how to identify the different types of fire extinguishers; 3) Evacuation Safety - describes the proper procedures and explains the methods for evacuating patients; and 4) Transferring Patients.

HUC-01-0332    Nursing in America: A History of Social Reform

AUDIENCE(S):    General - Anyone interested in Health Careers

30:24              National League for Nursing

Analyzes the social, cultural, and resonance trends in American History that shaped today's nurse.

HUC-01-0397    Teen Health - Abusive Relationships

AUDIENCE(S):    High School Students

30:00              Health Edco

This tape presents interviews with abused individuals, abuse counselors, and an abuser. Each discusses his or her own experiences, the brutal cycle or emotional and physical abuse, the warning signs of an abusive relationship, and how to get help and legal assistance if you are in one.

HUC-01-0398    Teen Health - AIDS

AUDIENCE(S):    High School Students

30:00              Health Edco

This video explains what AIDS and HIV (Human Immunodeficiency Virus) are and how the body's ability to fight off infection eventually becomes weakened once infected by the virus. Since people who have the virus may not know they are carrying it, both teens and experts stress the importance of getting tested and educating others about the risks of contracting AIDS.
HUC-01-0399  Teen Health - Birth Control

AUDIENCE(S): High School Students

30:00       Health Edco

In this informative video, young people frankly discuss their sexuality, and counselors encourage them to think about sexual issues before situations present themselves. They also discuss ways to show affection without engaging in intercourse and outline a variety of birth control methods, the correct way to use them, and the effectiveness of each method.

HUC-01-0400  Teen Health - Cancer

AUDIENCE(S): High School Students

30:00       Health Edco

Cancer can occur in people of any age. This program focuses on the cancer experiences of several teens--when they were diagnosed, the treatments they received and how they were affected both physically and mentally. They talk about the importance of support from family, friends and hospital staff in their recovery process and the desire to be treated "like everybody else".

HUC-01-0401  Teen Health - Child Abuse

AUDIENCE(S): High School Students

30:00       Health Edco

This program presents interviews with abuse victims/survivors, psychiatrists, psychotherapists and legal counselors. Each helps to define the different types of abuse (physical, emotional/mental, sexual, and neglect) and how silences may be broken, healing may begin, and the cycle of abuse can be stopped.

HUC-01-0402  Teen Health - Eating Disorders

AUDIENCE(S): High School Students

30:00       Health Edco

In this video, compelling interviews with several young people who have suffered from anorexia nervosa, bulimia, and compulsive overeating provide a living portrait of these devastating diseases. Experts in the field discuss the treatments available, the causes and symptoms of the diseases, and techniques for prevention and detection.

HUC-01-0403  Teen Health - Nutrition/Diet

AUDIENCE(S): High School Students

30:00       Health Edco

In this video, a registered dietician and a nutritionist work with teens to explain the principles of good nutrition and to demonstrate good eating habits, from reading product labels to selecting menu items and preparing food at home.
HUC-01-0404  Teen Health - Peer Pressure

AUDIENCE(S): High School Students
30:00  Health Edco

In candid conversations, teens discuss situations in which they found themselves giving in to peer pressures, often when they had already been drinking alcohol and their ability to think clearly was weakened. Peer educators present ways for teen to recognize peer pressure in their lives, understand how destructive it can be, and learn how to think for themselves and resist the negative influences of others.

HUC-01-0405  Teen Health - Puberty

AUDIENCE(S): High School Students
30:00  Health Edco

In this program, several health educators describe the development of male and female reproductive organs and the process of puberty in clear detail. They also address the basic questions adolescents have about puberty. Boys and girls discuss with their friends the many changes occurring in their lives and how they deal with their new emotions and sexual feelings.

HUC-01-0406  Teen Health - Self-Esteem

AUDIENCE(S): High School Students
30:00  Health Edco

In this video, teens share their thoughts on their own self-images and vulnerabilities, and a self-esteem expert defines self-esteem and presents teens with tools they can use in their everyday lives to improve their self-esteem.

HUC-01-0407  Teen Health - Sexual Harassment

AUDIENCE(S): High School Students
30:00  Health Edco

Using interviews with teens from different backgrounds as well as social and women's studies experts, this program paints a comprehensive portrait of the complex subject of sexual harassment--from "quid pro quo" to "hostile environment" from peer-to-peer to adult-to-teen--in plain, honest language that teens can relate to. It also discusses how to handle harassment when it happens, and what to do about getting help if it has gone too far.

HUC-01-0408  Teen Health - Sports Medicine

AUDIENCE(S): High School Students
30:00  Health Edco

This program interviews experts in the field of sports medicine as well as physical therapists, trainers, coaches, and athletes who offer helpful advice on the prevention of athletic injury and the development of a healthy lifestyle.
HUC-01-0409  Teen Health - STD's

AUDIENCE(S): High School Students

30:00  Health Edco

Physicians and young adult peer educators openly explore information on preventing STDs during intercourse and oral sex, and also stress abstinence as the only way to be 100% safe against STDs. Teens learn what questions and procedures to expect when visiting a doctor, ways to identify an STD, the kinds of treatments available and how to use a condom correctly.

HUC-01-0410  Teen Health - Teen Pregnancy

AUDIENCE(S): High School Students

30:00  Health Edco

While no program can tell a woman what to do, this video covers the complete story by talking to doctors, counselors, a nurse midwife practitioner, a teen peer counselor, teens, and teen mothers. Issues of choices (adoption, abortion, carrying to term) are covered, as well as information on teen sexuality, birth control, conception and pre-natal care.

HUC-01-0411  Teen Health - Teen Sexuality

AUDIENCE(S): High School Students

30:00  Health Edco

This program helps to sort out some of the questions teens may have about sex and their own sexuality, peer pressure, birth control, teen pregnancy and sexually transmitted diseases. It also includes discussions on how one can be a sexual person without having sexual intercourse. Teens are encouraged to think through their decisions about whether to have sex, deciding what they are ready for, communicating that to their partner, and acting responsibly by protecting themselves.

HUC-01-0412  All About Calcium

AUDIENCE(S): General: Adults - Students

12:00  Health Edco

Explain how calcium plays a role in a balanced diet. Addresses why it is important, shows how it affects different parts of the body, and gives examples of foods that are rich in calcium. Includes a teaching resource package with each program with reproducible learning objectives, activity suggestions, before/after quiz and an answer sheet.

HUC-01-0413  All About Iron

AUDIENCE(S): General: Adults - Students

11:00  Health Edco

Explain how iron plays a role in a balanced diet. Addresses why it is important, shows how it affects different parts of the body, and gives examples of foods that are rich in iron. Includes a teaching resource package with each program with reproducible learning objectives, activity suggestions, before/after quiz and an answer sheet.
HUC-01-0414  All About Protein  
AUDIENCE(S): General: Adults - Students  
14:00  Health Edco  

Explain how protein plays a role in a balanced diet. Addresses why it is important, shows how it affects different parts of the body, and gives examples of foods that are rich in protein. Includes a teaching resource package with each program with reproducible learning objectives, activity suggestions, before/after quiz and an answer sheet.

HUC-01-0415  All About Carbohydrates  
AUDIENCE(S): General: Adults - Students  
16:00  Health Edco  

Explain how carbohydrates plays a role in a balanced diet. Addresses why it is important, shows how it affects different parts of the body, and gives examples of foods that are rich in carbohydrates. Includes a teaching resource package with each program with reproducible learning objectives, activity suggestions, before/after quiz and an answer sheet.

HUC-01-0418  Everything You've Always Wanted to Know About Fat, But Were Afraid to Ask!  
AUDIENCE(S): General: Adults - Students  
16:00  Health Edco  

Explain how fat plays a role in a balanced diet. Addresses why it is important, shows how it affects different parts of the body, and gives examples of foods that are rich in fat. Includes a teaching resource package with each program with reproducible learning objectives, activity suggestions, before/after quiz and an answer sheet.

HUC-01-0420  Home Health Care Aide- Communication and Documentation  
AUDIENCE(S): Home Health Care Aides  
27:04  Delmar  

Realistic client care situations in a home setting are shown in this revised video series. The series is designed for basic home care aide training and continuous in-service courses for home care aides.

HUC-01-0422  Home Health Care Aide- Practical Skills in Home Management  
AUDIENCE(S): Home Health Care Aides  
30:23  Delmar  

Realistic client care situations in a home setting are shown in this revised video series. The series is designed for basic home care aide training and continuous in-service courses for home care aides.
HUC-01-0426  Home Health Care Aide- Body Mechanics and Positioning

AUDIENCE(S):  Home Health Care Aides

35:30  Delmar

Realistic client care situations in a home setting are shown in this revised video series. The series is designed for basic home care aide training and continuous in-service courses for home care aides.

HUC-01-0427  Home Health Care Aide- Transfers and Ambulation

AUDIENCE(S):  Home Health Care Aides

31:10  Delmar

Realistic client care situations in a home setting are shown in this revised video series. The series is designed for basic home care aide training and continuous in-service courses for home care aides.

HUC-01-0429  Home Health Care Aide- Bladder and Rectal Care

AUDIENCE(S):  Home Health Care Aides

41:43  Delmar

Realistic client care situations in a home setting are shown in this revised video series. The series is designed for basic home care aide training and continuous in-service courses for home care aides.

HUC-01-0430  Home Health Care Aide- Special Procedures and Emergency Care

AUDIENCE(S):  Home Health Care Aides

1998

Realistic client care situations in a home setting are shown in this revised video series. The series is designed for basic home care aide training and continuous in-service courses for home care aides.

HUC-01-0444  Teen Scene - More Tips on Eating Healthy

AUDIENCE(S):  General - Children/Adolescence  General - Adults

25:00  Turner Multimedia

Can teens prevent disease later in life? Is the family dinner an endangered meal? Are we trying to save school funds at the cost of feeding children too much fat? CNN’s registered dietitian and award-winning journalist, Carolyn O’Neil, explores the information on teenage nutrition.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Description</th>
<th>Audience(s)</th>
<th>Duration</th>
<th>Provider</th>
</tr>
</thead>
<tbody>
<tr>
<td>HUC-01-0449</td>
<td>Patient Transfer and Positioning, Part 1: Basic Techniques for Transferring Patients Safely</td>
<td>Healthcare Personnel</td>
<td>28:00</td>
<td>Medcom</td>
</tr>
<tr>
<td></td>
<td>Defines key principles for safe transfer, including knowing the patient, using teamwork, controlling the environment, and applying proper body mechanics. Uses actual patients to illustrate the pivot transfer, two-person, three-person, and mechanical lifts.</td>
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<tr>
<td>HUC-01-0450</td>
<td>Patient Transfer and Positioning, Part 2: Principles for Positioning Immobilized Patients</td>
<td>Healthcare Personnel</td>
<td>28:00</td>
<td>Medcom</td>
</tr>
<tr>
<td></td>
<td>Demonstrates four basic positions: supine, prone, side-lying, and Fowler's along with correct methods for repositioning patients. Stresses prevention of pressure sores, loss of muscle tone, and decreased circulation. Provides guidelines for documentation.</td>
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<tr>
<td>HUC-01-0452</td>
<td>Measuring Vital Signs: Temperature, Pulse, Respiration and Blood Pressure</td>
<td>Nursing Assistants</td>
<td>27:39</td>
<td>Medcom</td>
</tr>
<tr>
<td></td>
<td>Discusses reading a thermometer, measuring oral temperature, using an electronic thermometer, measuring rectal temperature, and measuring axillary temperature, other methods of measuring temperature, measuring radial pulse, respirations, and blood pressure.</td>
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<tr>
<td>HUC-01-0454</td>
<td>Oral Care Techniques</td>
<td>Nursing Assistants</td>
<td>12:40</td>
<td>Medcom</td>
</tr>
<tr>
<td></td>
<td>This program covers cleaning dentures, special mouth care, and assisting with oral hygiene.</td>
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<tr>
<td>HUC-01-0455</td>
<td>Moving &amp; Turning Techniques</td>
<td>Nursing Assistants</td>
<td>11:32</td>
<td>Medcom</td>
</tr>
<tr>
<td></td>
<td>This program discusses using the lift sheet to move the resident, assisting the resident to move up in bed, turning the resident using the logrolling technique, moving the resident to one side without a lift sheet, turning the resident away from you, and turning the resident toward you.</td>
<td></td>
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</tbody>
</table>
HUC-01-0459  Positioning Techniques

AUDIENCE(S):  Nursing Assistants

13:35  Medcom

Discusses the basic steps -- the supine position -- the semi-supine position -- the semi-prone position and -- the prone position.

HUC-01-0460  Techniques in Personal Care

AUDIENCE(S):  Nursing Assistants

20:24  Medcom

This program discusses cleaning and trimming nails, shaving the beard, assisting with hair and makeup, assisting with eyeglasses and hearing aids, assisting with dressing, and dressing when an IV catheter is in place.

HUC-01-0468  Resident Rights: The Art of Caring

AUDIENCE:  Healthcare Professionals  Nursing Assistants

19:56  Medcom

This program discusses the importance of resident rights -- the right to be informed, to make decisions, to associate and communicate as well as the rights to privacy and personal property.

HUC-01-0470  Nursing Assistant Techniques - Abnormal Signs

AUDIENCE:  Nursing Assistants

29:15  Medcom

This program focuses on abnormal patient signs and symptoms to look for when caring for patients. Emphasizes reporting promptly and describing symptoms accurately.

HUC-01-0547  Women & Heart Disease

AUDIENCE(S):  General - Adults

20:00  Merrill Lynch Video

This documentary names heart disease as the number one killer of women. It explains how it develops, risk factors, and how individuals can reduce their risk for developing the disease. Several women also tell their own stories of how they are managing to control their disease.
**HUC-01-0556  Stress Management**

AUDIENCE(S): General - Adults

10:30 Mosby Consumer Health

Suggests ways to improve an individual's management of stress and to make stress a more positive force in one's life. Teaches that too much stress can be harmful and linked to illnesses and diseases such as ulcers and high blood pressure; but that not all stress is bad and that some degree of stress is a necessary part of life. By understanding that stress can be positive and not all necessarily negative can provide a person with the ability to cope with stress and to utilize it as motivational fuel to reach goals.

**HUC-01-0606  Osteoporosis**

AUDIENCE(S): General - Adults

30:00 Time Life Medical

This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.

**HUC-01-0607  Endometriosis**

AUDIENCE(S): General - Adults

30:00 Time Life Medical

This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.

**HUC-01-0608  Prostate Cancer**

AUDIENCE(S): General - Adults

30:00 Time Life Medical

This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.

**HUC-01-0610  Migraine and Other Headaches**

AUDIENCE(S): General - Adults

30:00 Time Life Medical

This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.
HUC-01-0611 Alcoholism

AUDIENCE(S): General - Adults

30:00 Time Life Medical

This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.

HUC-01-0612 Menopause and the Time Before Menopause

AUDIENCE(S): General - Adults

30:00 Time Life Medical

This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.

HUC-01-0613 Alzheimer's Disease

AUDIENCE(S): General - Adults

30:00 Time Life Medical

This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.

HUC-01-0614 Pregnancy

AUDIENCE(S): General - Adults

30:00 Time Life Medical

This video will assist patients in understanding pregnancy and frequently asked questions are answered.

HUC-01-0615 Gallstones

AUDIENCE(S): General - Adults

30:00 Time Life Medical

This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.

HUC-01-0617 Colon & Rectal Cancer

AUDIENCE(S): General - Adults

30:00 Time Life Medical

This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.
HUC-01-0618  Asthma in Children
AUDIENCE(S): General - Adults
30:00 Time Life Medical
This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.

HUC-01-0619  Cataracts
AUDIENCE(S): General - Adults
30:00 Time Life Medical
This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.

HUC-01-0620  Skin Cancer
AUDIENCE(S): General - Adults
30:00 Time Life Medical
This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.

HUC-01-0621  Breast Cancer
AUDIENCE(S): General - Adults
30:00 Time Life Medical
This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.

HUC-01-0622  Ulcers (Gastrointestinal)
AUDIENCE(S): General - Adults
30:00 Time Life Medical
This video will assist patients in understanding the diagnosis of the disease, learn what the next step is for treatment, explore options for treatment/management of disease and finally frequently asked questions are answered.

HUC-01-0629  Combative Residents
AUDIENCE(S): Healthcare Personnel
20:00 Coastal
This program discusses the problems, causes and various forms of combative behavior which occur in long-term care facilities and helps you learn how to prevent your employees from being victims of combative behavior.
HUC-01-0633    First Aid

AUDIENCE(S):   General

60:00          National Safety Council

This video, developed by the National Safety Council, teaches the viewer how to react and provide effective first aid in case of a real-life emergency. It combines dramatic first aid emergencies with an instructional classroom format to effectively teach the audience how to handle emergency situations.

HUC-01-0687    Nurses Aides: Making a Difference

AUDIENCE(S):   Nurses  Nurse Assistants

30:00          Geriatric Video Productions

Provides nurses aides with the necessary skills for handling difficult behaviors in patients with Alzheimer’s Disease. In terms that are easy to understand, this program shows how practical techniques such as redirection, praising, and withholding attention can be used with behavior excess and deficits.

HUC-01-0704    Depression and Anxiety: What Every Woman Should Know

AUDIENCE(S):   General

18:00          The American College of Obstetricians and Gynecologists

Depression and anxiety are very common medical conditions, affecting millions of women from all walks of life. Fortunately, by seeking professional medical help and getting a diagnosis and treatment, these women can almost always find relief. This is designed to help women and their families recognize when professional help is needed. It features women who share their experiences with depression and anxiety and clinicians who offer insights and professional guidance.

HUC-01-0706    It’s Your Back, Don’t Break It: Back Safety for Home Care Workers

AUDIENCE(S):   Home Care Workers

20:00          Coastal

Designed specifically for home care workers, this video explains how to lift and move patients safely. It also describes how employees can protect their backs with good posture, diet and exercise. This program can easily be incorporated into your agency’s current back safety program and can be used to update supervisors on current back safety procedures.
HUC-01-0711    Safety & First Aid

AUDIENCE(S):   Junior High/High School Students    General/Adults

19:00        Rainbow Educational Media

This video opens with a real-life prologue. A young actress, on location for this program, has lost consciousness and paramedics have been summoned to revive her. As viewers watch what happen, the narrator explains that medical emergencies often strike without warning. With foreknowledge, however, they need not become tragedies. This program gives the viewers the information they need to prevent many common medical emergencies. It also tells viewers what to do if those emergencies do occur.
The video contains six major parts: How to Help a Choking Victim; Illegal Substances and Safety Implications; Outdoor Safety; Minor First Aid; Online Safety; Household Safety.

HUC-01-0723    Recognizing Elder Abuse: Working Together to Keep Residents Safe

AUDIENCE(S):   Healthcare Professionals

20:00        Medcom

This program describes the importance of recognizing elder abuse, both to assist in the patients’ continuing care and to avoid legal implications.

HUC-01-0724    Documenting Care: The Charting Process

AUDIENCE(S):   Healthcare Professionals

20:00        Medcom

Charting, the recording and documentation of a patient’s condition, treatment, and response to treatment, is one of the most basic nursing skills. This program reviews the fundamental techniques used in accurate charting and discusses confidentiality issues related to charting, including the HIPAA rules, and describes some of the legal aspects of charting.

HUC-01-0733    When Can You Start?

AUDIENCE(S):   Jr. High Students    High School Students    General

20:00        Jist Works, Inc

When looking for a summer or part-time job, most young people hope to hear this question from an employer: “When can you start?” This video helps young people get job offers faster. It does it by having others share their real job search experiences and tips – any by asking real employers what they look for in the youth they hire.
HUC-01-0734 Make A Good First Impression

AUDIENCE(S): Jr. High Students High School Students General

28:00 Jist Works, Inc

“You only get one chance...to make a first impression.” So the saying goes, and its especially true in a job interview. Just ask the characters in this video. They’ve all fumbled badly enough to have to attend meetings of “First Impression-ables” and to come to terms with faults that are keeping their best traits at bay. Some are like Anne - outspoken, late to every interview, and paying little attention to details in her appearance. Others may relate more to Mark, whose unprofessional approach comes through in more ways than one. Then there’s Julie...timid and insecure in her abilities, with the body language and speaking skills to match. Through a humorous storyline, the group leader, Samantha, provides important feedback. Fellow “First Impression-ables”, the characters and the viewers learn the importance of looking, listening, and speaking professionally; the many ways people inadvertently downplay their own abilities; and how seemingly minor details end up making a major difference.

HUC-01-0735 Eight Easy Ways to Lose a Job

AUDIENCE(S): Jr. High Students High School Students General

20:00 Jist Works, Inc

So your resume was flawless and your interviews were solid, sparkling with all the polish of the perfect candidate. The job is yours. The ending is a happy one, or is it? People lose their jobs all the time. And whether they are employed in a factory or in retail...in an office or in a nontraditional setting. The reasons that people lose their jobs are similar. Using an interesting format, this video demonstrates some of the more common reasons people lose jobs, including - poor relationship with supervisors; unsatisfactory job performance; dishonesty; Lack of reliability; uncooperative attitudes.

HUC-01-0739 Creating Healthy Home Care Conditions: Infection Control

AUDIENCE(S): General

27:00 Healing Arts Communications

Germs are harmful microorganisms that can cause infections and disease. The goal of infection control is to limit the spread of germs to care providers and care recipients. Creating and maintaining healthy conditions is vital when caring for any person in the home. This video teaches home care providers basic principles and procedures of infection control necessary to reduce germs and create a safe, healthy environment.
HUC-01-0741  Bioterrorism Preparedness/Response Planning for Diverse Public Health Communities

AUDIENCE:   Physicians    Healthcare Professionals

60:00

This one-hour program, originally broadcast on April 7, 2005, from the University at Albany's Center for Health Preparedness, provides public health professionals with the ability to prepare for and respond to incidents. This program illustrates how the public needs accurate and timely information they can trust. The shared information must be an up-to-date unified message throughout the region to avoid unnecessary confusion and fear. The program notes there are challenges to be met such as multi-agency communication and collaboration, resource and information management, communication and information security, status reporting of healthcare facilities, public information dissemination, and visual tools for situational awareness.

Program objectives include: Identify methods used to ensure effective management during a crisis situation, Describe techniques used for effective risk communication with the public, Recognize essential components of addressing diverse populations in a crisis situation.

The Speaker is Dr. Ivan C. Walks of the Ivan Walks & Associates. Dr. Walks is a consultant specializing in policy and practice of Health Education and Human Services as well as Adjunct Associate Professor of Health Services Management and Leadership at the George Washington University School of Public Health. The Moderator is Robert G. Westphal, MD, MPH, Clinical Assistant Professor of Epidemiology and Director for the Center for Public Health Preparedness, University at Albany School of Public Health.

HUC-01-0760  Human Nutrition

AUDIENCE(S):   Jr High/High School Students    General

34:00   Sunburst Visual Media

Explains proper nutrition

HUC-01-0764  Natural High 2

AUDIENCE(S):   Jr. High/High School students

20:00   Sundt Memorial Organization

The heroes and heroines in Natural High 2 have a mission: They want kids to join them to ride the drugfree wave. Why? Because they want kids to do well in school, unleash their potential, and pursue their dreams. They want kids to win. Hosted by 12 time world Skateboard champion, Tony Hawk, Natural High 2 is riveting with stunning sports clip, inspiring interviews and upbeat soundtrack.

HUC-01-0765  Smashed: Toxic Tales of Teens and Alcohol

AUDIENCE(S):   Jr. High/High School students

75:00   RADD and HBO Family

To combat the high incidence of teen crashes nationwide, the Recording Artists, Actors and Athletes Against Drunk Driving (RADD) Coalition and the National Highway Traffic Safety Administration (NHTSA), both members of the National Organizations for Youth Safety (NOYS), have joined forces with private and public partners. The coalition is promoting a campaign aimed at fostering dialogue between parents and teens and their peers on the importance of not driving impaired, buckling up, maintaining safe speeds and preventing underage drinking. The coalition’s first outreach campaign is in collaboration with HBO Family and its hard hitting documentary, Smashed: Toxic Tales of Teens and Alcohol
### HUC-01-0766 The Birds, the Bees and Me for Boys

**AUDIENCE(S):** Jr. High Students  
**DVD:** 20:00  
**National Training Organization for Child Care**

The Birds, The Bees, and Me for Boys addresses all of the basics regarding puberty, sex, and childbirth. It is presented by a young male adult which really helps boys relate better to the subject matter. The program also includes information on "male specific" issues that don't necessarily need to be learned by girls quite yet. There is also an emphasis on respecting girls and their bodies. Only available in DVD format.

### HUC-01-0768 National Asthma Training Curriculum

**AUDIENCE(S):** Physicians, Healthcare Professionals  
**Public Health Foundation**

Asthma is a chronic disease with a large impact on our nation. Despite evidence that asthma death rates are leveling off and asthma hospitalization rates are declining, asthma's impact on health, quality of life, and the economy remain substantial. Rates of severe asthma continue to disproportionately affect poor, minority, inner-city populations. Due to increasing awareness of the significance of asthma, and increased funding opportunities from federal agencies, health departments have begun committing extra staff resources to work on asthma. These new staff members require training on asthma issues. Public health personnel are not limited only to those working in health departments. They also include school nurses, employees of federal health and environmental agencies, health care providers, and others with a vested interest in controlling asthma. The purpose of this CD-ROM is to provide an off-the-shelf resource guide about asthma for the public health workforce.

### HUC-01-0779A Career Success for Health Care Professionals: Focusing on the Patient

**AUDIENCE(S):** Health Care Professionals  
**DVD:** Thompson Delmar Learning

This series helps viewers better understand and master the “soft skills” such as empathy, communication and professionalism that can spell the difference between success and failure in the health care world. Based on real-life experiences, testimonials, and questions related to each scenario.

### HUC-01-0779B Career Success for Health Care Professionals: Communicating on the Job

**AUDIENCE(S):** Health Care Professionals  
**DVD:** Thompson Delmar Learning

This series helps viewers better understand and master the “soft skills” such as empathy, communication and professionalism that can spell the difference between success and failure in the health care world. Based on real-life experiences, testimonials, and questions related to each scenario.

### HUC-01-0779C Career Success for Health Care Professionals: Thinking Like a Health Care Worker

**AUDIENCE(S):** Health Care Professionals  
**DVD:** Thompson Delmar Learning

This series helps viewers better understand and master the “soft skills” such as empathy, communication and professionalism that can spell the difference between success and failure in the health care world. Based on real-life experiences, testimonials, and questions related to each scenario.
HUC-01-0779D  Career Success for Health Care Professionals: Doing the Right Thing
AUDIENCE(S): Health Care Professionals
DVD  Thompson Delmar Learning

This series helps viewers better understand and master the “soft skills” such as empathy, communication and professionalism that can spell the difference between success and failure in the health care world. Based on real-life experiences, testimonials, and questions related to each scenario.

HUC-01-0779E  Career Success for Health Care Professionals: Professionalism for the Health Care Worker
AUDIENCE(S): Health Care Professionals
DVD  Thompson Delmar Learning

This series helps viewers better understand and master the “soft skills” such as empathy, communication and professionalism that can spell the difference between success and failure in the health care world. Based on real-life experiences, testimonials, and questions related to each scenario.

HUC-01-0779F  Career Success for Health Care Professionals: Getting a Job in Health Care
AUDIENCE(S): Health Care Professionals
DVD  Thompson Delmar Learning

This series helps viewers better understand and master the “soft skills” such as empathy, communication and professionalism that can spell the difference between success and failure in the health care world. Based on real-life experiences, testimonials, and questions related to each scenario.

HUC-01-0780  Say Know to Diets
AUDIENCE(S): General  High School/ Jr. High students

20:00  Health Edco

Exposing the myths promoted by commercial diet plans, this program takes aim at the unhealthy diets many people try to lose weight. Shows why unhealthy diet advertising claims are false, how images in the media can affect self-image, and how healthy weight-loss strategies are a balance of nutritious food in moderation and daily physical activity. Includes interviews with an anorexic teen and a registered dietitian. Comes with teacher's resource book and student handouts.

HUC-01-0781  Rushing, Crashing, Dying: The Meth Epidemic
AUDIENCE(S): General  High School students

25:00  Health Edco  2006

Going beyond just health consequences, this program paints a vivid picture of the wide-ranging effects of methamphetamine use. Viewers learn how meth destroys a user's brain and body, poisons children living in and near meth labs, and damages relationships. They also hear from addicts who are struggling to find work or finish school.
HUC-01-0782  The Totally Disgusting Tobacco Gross Out Video

AUDIENCE(S): General High School/ Jr. High Students

18:00    Health Edco

This program covers the most disgusting consequences of smoking. Includes images of hairy tongues, cancerous tumors, oozing tar, and more. Comes with pre- and post-tests and a 44-page teacher's resource book with student handouts.

HUC-01-0784  How Much Should I Eat?

AUDIENCE(S): General High School/Jr. High students

DVD  21:00    Learning Seed

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.

HUC-01-0785  Forever Changed

AUDIENCE(S): General High School/Jr. High students

DVD    Forever Changed Productions

Have you ever gotten behind the wheel of your car after drinking alcohol? Did you ever tell yourself that you were fine to drive after drinking and that accidents only happen to “other people”? Tom Melin always referred to himself as a professional drunk driver. He began Driving under the influence of alcohol at the age of 16 and never thought twice about the consequences until his life was forever changed.

His story uses real life experience to demonstrate the devastating consequences of drinking and driving.

“When I realized that the same ineffective methods were still being used today to educate others about the consequences of drinking and driving, I knew that I had to share my story and make a difference. Please listen carefully so that you don’t become “other people”.

HUC-01-0786  Developing Good Study Skills

AUDIENCE(S): High School Students Jr. High School Students

DVD  36:00    Human Relations Media

This program includes two parts and a teacher’s guide designed to instruct students on tried and true methods that will help them to study more effectively and achieve higher grades. The six basic highlighted skills include how to prioritize and manage your time, how to use the library to your best advantage, how to study using textbooks, how to take better notes, how to listen effectively and how to take tests. The program begins by explaining several critical in-class skills, and then moves on to discuss successful techniques for studying at home. Effective test preparation is covered in depth, with strategy tips provided for multiple choice exams and other common test formats. The final section of the program explores how to be more efficient in writing research papers and using the library or Internet appropriately.
HUC-01-0787  How to Get into the College of Your Choice

AUDIENCE(S):  High School Students    Jr. High School Students

DVD  24:00  Human Relations Media

Anyone can find the college that’s right for them. But you have to the process seriously, use every resource at your disposal and you have to do the homework. The process of choosing a college begins freshman year of high school with choosing the right courses and developing strong study skills. It ends in senior year with the actual process of applying to colleges and making the final choice. Three college students talk about how they handled the process; a high school guidance counselor and a college admissions officer give advice based on their perspectives. The program is packed with information for students on how to choose courses, how to decide on a major, the importance of extracurricular activities, how to approach standardized tests such as the SAT how to finance their college education and how to decide whether a college is really right for them.

HUC-01-0788  Dating for Real: Building Safe and Healthy Relationships

AUDIENCE(S):  High School Students    Jr. High School Students    College Students

DVD  Human Relations Media

This three-part video series and print curriculum uses pop-culture imagery, documentary interviews and entertaining acted out dramas to inform youth about the elements of health relationships.

Part One: What do you Want?    Part Two: Let’s Talk About Sex    Part Three: Putting it All Together

HUC-01-0789  It’s Never Too Late: Stopping Teen Suicide

AUDIENCE(S):  High School Students    Jr. High School Students

DVD  28:00  Human Relations Media

Armed with the latest statistics and facts on teen suicide, this video and print program teaches viewers how to recognize and respond to the risks of teen suicide. Viewers learn how feelings of rage, isolation and depression affect suicidal behavior and understand the differences between normal “blues” an the symptoms of severe depression. Following media guidelines developed by the American Association of Suicidology, this program does not dramatize suicide. Rather it focuses on the stories of you adults who have overcome their problems by getting counseling and helps teenagers recognize the warning signs for suicide in their peers. The program emphasizes that all suicide threats should be taken seriously. Students learn that help is available and what actions individuals can take to prevent suicides by others.

HUC-01-0790  Speed Kills: Preventing Teen Driving Fatalities

AUDIENCE(S):  High School Students    Jr. High School Students

DVD  16:00  Human Relations Media

Tot the inexperienced driver, speeding and thoughtlessness are potentially as dangerous as drinking and driving. Every year, thousands of teens die in traffic accidents - often as a result of the teenage driver’s excessive speed, lack of experience or inattention. This documentary features interviews with the survivors of a fatal car accident caused by a teenager’s careless driving. It warns of the real dangers of a violent wreck that face all teen drivers, and the psychological impact on the family. Across the country, juvenile courts use this program as part of a mandatory licensing program in order to illustrate the very real dangers and responsibilities of driving.
<table>
<thead>
<tr>
<th>HUC-01-0791 Abusing Over-the-Counter Drugs</th>
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<tbody>
<tr>
<td><strong>AUDIENCE(S):</strong> High School Students Jr. High School Students</td>
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<td><strong>DVD</strong> 22:00</td>
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Teen drug abuse isn’t limited to illicit drugs. Many OTC (over-the-counter) drugs are misused by kids – from cold remedies to pain killers to diet pills. This program explores the most common abuses of OTC drugs and show the chemical, biological and psychological damage that can result from abusing these ordinary drugs. Particular attention is paid to DXIM, the powerful medication linked to recent deaths of young people across the country. DXIM is a legal drug found in many OTSs but it has the same qualities as drugs considered much more dangerous, like heroin. The cold tablet form of this drug is the basis on a new and dangerous form of OTC drug abuse called skittling, which can result in coma or even death. The dangers or this kind of abuse are brought home through the tragic story or Jennifer Darling, a high school student whose experimentation with the drug was a cause in her own death.

<table>
<thead>
<tr>
<th>HUC-01-0792 What Would I Be Good At? Exploring Careers</th>
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<tr>
<td><strong>AUDIENCE(S):</strong> Jr. High School Students</td>
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<td><strong>DVD</strong> 16:00</td>
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Students often ask why they need to learn things that seem irrelevant to their futures in the workplace. This program helps answer that question by exploring the connection between what one learns in school and what employees do at work. Looks at a group of five basic school-to-work skills: Personal self-management, creative thinking; computer literacy; communication and reading, writing, arithmetic (basic literary skills). Explores how school skills contribute to a person’s ability to think critically and solve problems, and how mastering these skills in school help make for a successful career. Even thought their careers may be a long way into the future, connecting the dots right now will give students perspective and help motivate them to tackle tough subjects.

<table>
<thead>
<tr>
<th>HUC-01-0793 Lifestyle Diseases And How to Avoid Them</th>
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<tr>
<td><strong>AUDIENCE(S):</strong> Jr. High School Students</td>
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<td><strong>DVD</strong> 20:00</td>
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The decisions teenagers make about diet, exercise, smoking, and alcohol have an immediate impact on their health. Teens assume they are too young to get cancer, diabetes, chronic lung diseases, or other lifestyle diseases. But, in fact, the choices teens make can damage their health now and in the future. Program profiles overweight teens with high cholesterol, high blood pressure, sleep apnea, and other problems. Shows how teen smokers are at greater risk for cancer and chronic lung disease and often already suffer respiratory problems impacting daily life. Also profiles a teen alcoholic to understand the impact of alcoholism on a teen’s physical and emotional well-being. Identifies healthy behaviors and urges teens to make smart choices to improve health now and in the future. Emphasizes these keys to health: stop smoking, avoid alcohol, eat a balanced diet, avoid stress and get enough sleep.
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<th>Code</th>
<th>Title</th>
<th>AUDIENCE(S):</th>
<th>DVD</th>
<th>Description</th>
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<tbody>
<tr>
<td>HUC-01-0794</td>
<td>Simply the Best Crime Survival</td>
<td>General</td>
<td>Survive Institute</td>
<td>With a unique blend of humor and explicit choices, the Gardner’s 3-word “BST” plan will teach you –“Less is more...when less is right!” Turn the freeze of fear into explosive strength, clever choices to prevent major crime “set-ups”, When you have the right to fight physically, one strike that stops even drugged attackers and one choice to survive an unstoppable armed assailant. Book also available.</td>
</tr>
<tr>
<td>HUC-01-0795</td>
<td>Spit Tobacco: No Dip, No Duh</td>
<td>Jr High Students, High School Students</td>
<td>Health Edco</td>
<td>This tobacco prevention program features National High School Rodeo champions and rodeo queens talking about the ugly side of chewing and dipping tobacco. Viewers hear the personal story of Travis, a cowboy with cancer of the mouth who faces a grim decision. Viewers also hear peers discuss why using spit tobacco is a dating turnoff.</td>
</tr>
<tr>
<td>HUC-01-0796</td>
<td>The Teen Files: Smoking - Truth or Dare</td>
<td>Jr High Students, High School Students</td>
<td>Health Edco</td>
<td>Thousands of teenagers start smoking every day. Hosted by Leeza Gibbons, this program sends a graphic message to teens that tobacco use can be deadly.</td>
</tr>
<tr>
<td>HUC-01-0797</td>
<td>Spit Tobacco Kills</td>
<td>Jr High Students, High School Students</td>
<td>Health Edco</td>
<td>Viewers of this program follow the story of Rick Bender, a 27-year-old former smokeless tobacco users whose face was disfigured by cancer.</td>
</tr>
<tr>
<td>HUC-01-0798</td>
<td>Recognizing and Reporting Child Abuse and Child Sexual Abuse</td>
<td>General</td>
<td>Family Support Line</td>
<td>This three-disk DVD series is designed so that teachers, daycare workers and other professional caregivers understand, and act upon their responsibility as mandated reporters. Special emphasis is given to child sexual abuse, which is the most difficult type of abuse to detect.</td>
</tr>
</tbody>
</table>
HUC-01-0799       Delmar’s Basic Core Skills for Nursing Assistants

AUDIENCE(S):      Healthcare Professionals

DVD

Delmar

Now Available on DVD: Delmar’s Basic Core Skills for Nursing Assistant Videos presents over 40 core skills for nursing assistants in a step-by-step format. Designed to meet the special needs of nursing assistants, each video starts with the beginning procedure actions and ends with procedure completion actions. These actions must be done before and after each and every skill. This series follows OBRA and CDC guidelines.

Features:
* Each procedure opens with a listing of the equipment and supplies needed for the procedure
* Each step by step procedure is followed by a concise review of steps for reinforcement
* Where appropriate, the one glove method is used to minimize contamination of environmental surfaces
* Critical beginning and ending procedure actions are reviewed in each Module

HUC-01-0800       B Careful When U Txt: The Dangers of Texting and Sexting

AUDIENCE(S):      Jr High Students (grades 5-9)

DVD 19:00         Human Relations Media

A nasty rumor spreads through school with lightening speed. A bully’s taunt reaches its target instantly. A young teen is caught “sexting”—sending sexually explicit images or words over a cell phone. Today, kids no longer have to wait to get to a desktop computer to see and hear all the latest gossip. It’s right in their hands, on their cell phones, mobile email devices and handheld computers, giving them the ability to take and send pictures and videos and instantly access social networking sites like Facebook and Twitter. Using dramatic scenarios as well as first person experiences, explores the positive and negative sides of this new technology. Gives viewers a primer on the Do’s and Don’ts of text messaging, including the laws on privacy and child pornography, setting and maintaining personal boundaries, dealing with unforeseen consequences, and underscoring the need to “think before you click”.

HUC-01-0801       The Harassment Workshop

AUDIENCE(S):      Jr High Students      High School Students

DVD 19:00         Human Relations Media

Viewers hear from their peers about diverse forms of harassment that are all-too-common on many school campuses. Real teens discuss their experiences with bullying, intimidation, exclusion from a social group, verbal abuse, name-calling, sexual harassment, hazing and Internet harassment also known as cyberbullying. The program’s peer-to-peer format provides compelling personal stories that viewers will recognize—whether they have been the target of harassment themselves, or if they have been the antagonist in a similar situation. Program offers specific tips on how to confront the problem head-on. Teen speakers discuss when and how to diffuse a situation, avoid it or stand up for themselves. Follow-up activities in the Teacher’s Resource Book allow students to continue exploring this important topic.
HUC-01-0802  Workplace Etiquette: Why Being Polite Counts on the Job

AUDIENCE(S):  High School Students (grades 9-college)

DVD  24:00  Human Relations Media

There’s a right way and a wrong way to behave in the workplace. Doing things the wrong way can result in getting fired. Doing things the right way can result in job security, salary increases and promotions. Using acted-out scenarios in common workplace settings, plus commentary from real bosses, the video shows teens conducting themselves inappropriately and then models what is appropriate. Topics include: how to dress properly; how to treat customers and fellow employees with respect; using appropriate language; respecting personal boundaries; being punctual; proper telephone manners; proper voicemail and email usage; avoiding gossip; responding appropriately to constructive criticism; and being a good listener. Extensive teacher’s guide contains student handouts, pre-tests and post-test for extended learning.

HUC-01-0803  Connect the Dots: How School Skills Become Work Skills

AUDIENCE(S):  Jr High Students (grades 6-8)

DVD  16:00  Human Relations Media

Students often ask why they need to learn things that seem irrelevant to their futures in the workplace. This program helps answer that question by exploring the connection between what one learns in school and what employees do at work. Looks at a group of five basic school-to-work skills: personal self-management; creative thinking, computer literacy, communications, and reading, writing, arithmetic (basic literacy skills). Explores how school skills contribute to a person’s ability to think critically and solve problems, and how mastering these skills in school help make for a successful career. Even though their careers may be a long way into the future, connecting the dots right now will give students perspective and help motivate them to tackle tough subjects.

HUC-01-0804  ADLS and You: Breaking the Code

AUDIENCE(S):  Health Care Professionals

DVD

As you already know, the level of reimbursement a facility receives depends largely on how accurately the coding of activities of daily living (ADLs) such as bed mobility, transferring, eating, and toileting. The coding of these ADLs in section G of the Minimum Data Set (MDS) ultimately determines the amount of reimbursement your facility receives. Unlike a book, the video, ADLS and You: Breaking the Code is a unique teaching tool because it takes the overall task of filling out section G of the MDS and breaks it down into understandable segments, first defining what the ADLs are, then demonstrating how they are performed so that there is no room for confusion. When it comes to coding and understanding ADLs, it can be very confusing and hard to teach. And if the MDS is filled out incorrectly, a facility doesn't receive the reimbursement it is entitled to and the well-being of the residents could be at risk. Not only will this video demonstrate how the ADLs are performed, it will also teach staff the importance of communicating ADL changes to nursing staff. It also encourages nursing staff and CNAs to communicate on a regular basis to ensure accurate information is being coded. Therefore, if a facility uses this training video and follows its recommendations, it will be less likely to lose out on future reimbursement and ensure that a facility is giving the best care possible.
<table>
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<tr>
<th>Code</th>
<th>Title</th>
<th>Audience</th>
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<tbody>
<tr>
<td>HUC-01-0805</td>
<td>Understanding Alzheimer’s /Alzheimer’s and Safety</td>
<td>General - Adults</td>
<td>Alzheimer’s Association</td>
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<td>Two program on one DVD:</td>
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<td></td>
<td><em>Understanding Alzheimer’s</em> provides guidelines on diagnosis and treatment, as well as tips for everyday life with dementia. Topics covered in detail are: Getting a Diagnosis, What to Expect and How to Cope.</td>
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<td><em>Alzheimer’s and Safety</em> outlines safety issues and helps with planning an preparation. This guide details what changes may be presented due to dementia, how to make your home safe, how to travel safely, medications and staying safe, wandering and driving.</td>
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<tr>
<td>HUC-01-0807</td>
<td>Harassment: A New Look</td>
<td>General - Adults</td>
<td>Coastal</td>
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<td>Title VII of the 1964 Civil Rights Act forbids harassment and discrimination based on a person’s race, color, religion, sex and national origin. However, many recent forms of harassment, such as workplace bullying, are not necessarily covered by this landmark law. To address these threats, organizations must update their training and raise awareness. This DVD introduces the novel manifestations of harassment. It features a diverse group of salon employees and their customers who share their personal experiences to highlight the devastating impact of: Workplace bullying, joking, intimidation, cyber bullying and sexting.</td>
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<td>HUC-01-0808</td>
<td>Understanding the New FMLA</td>
<td>General - Adults</td>
<td>Coastal</td>
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<td>The Family and Medical Leave Act has been broadened to include the families of military personnel. The changes can be confusing, a source of devising conflict and costly lawsuits between management and employees. More importantly, supervisors are now personally liable for violations and non-compliance, making training more critical than ever. This DVD helps employees - especially manages who shoulder this heavy legal responsibility - comply with the law and prevent lawsuits. The program walks viewers, step-by-step, through the tricky legal terrain, clarifying key topics in non-legalistic, easy-to-understand language: Who is covered by the new FMLA?; Who is eligible for an FMLA leave?; What is the Active Duty Family Leave?; What is the Service Member family Leave?; What are Serious Health Condition, Incapacitated, Continuing treatment, etc?; What are the responsibilities of both employee and employer?; What is medical certification?; How does the FMLA affect leaves and benefits?</td>
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HUC-01-0810  Inside Domestic Violence: The Power and Control Wheel

AUDIENCE(S): General - Adults

DVD  Intermedia

Inside Domestic Violence uses the Power and Control Wheel to understand domestic violence and abuse as a pattern or coercive behaviors that is used by a person to gain and maintain power and control over current or former family members or intimate partners. These behaviors may include: Physical and sexual violence, emotional and psychological intimidation, verbal abuse and threats, stalking, isolation, harm to children, economic control, destruction of personal property and animal cruelty. This DVD is appropriate for a variety of audiences including educational and community settings as well as domestic violence advocates; law enforcement officers; legal, child welfare, mental health and substance abuse professionals. The video includes powerful interviews with survivors, family members and bystanders who have experienced or witnessed domestic violence and homicide.

HUC-01-0811  Speak Out and Stand Up: Raising Awareness About Sexual Assault

AUDIENCE(S): General - Adults

DVD  Intermedia

Kristen Stewart, star of the “Twilight” series, hosts and narrates this powerful 25 minute program featuring a dramatization of sexual assault on a college campus, testimonies from survivors about their assaults, and discussion by experts in the field. The dramatized scenes and experts highlight the prevalence of sexual assault during freshman year, ways to be more aware and help friends, bystanders effectiveness, alcohol use, consent issues, trust of one’s instincts, feelings of guilt, issues of trauma and recovery, and way to support friends who have been assaulted. Stewart emphasizes the importance of breaking the silence about sexual assault and offers tips to lessen the risk. This cutting-edge program, produced by the leading nonprofit organization for improved campus safety education and awareness across America, is an extremely useful tool to enter into dialogue about sexual assault and ways to effectively reduce its incidence.

HUC-01-0815  Breast Health Education for Young Women

AUDIENCE(S): High School students  General

DVD  Intermedia

This video helps young women, particularly young women of color, to establish lifelong habits for breast health and to share the message of early detection and prevention with their sisters, mothers, aunts and grandmothers. The first section of this two-part video includes: Breast cancer facts, How to recognize changes in the breast, how to perform a breast self-exam, being an advocate for one’s own health care, Mammography overview, treatment options, and breast cancer survivor’s stories. Approximately 11 minutes. The Personal Story of a Young Survivor - In this section a young survivor recounts her experience when first diagnosed with breast cancer at age 23. Approximately 3 minutes.
HUC-01-0816  Delmar’s Nursing Assistant Skills and Procedures

AUDIENCE(S):  Nurses  Healthcare Professionals

DVD  Delmar

This DVD series that offers a key learning component in the Nursing Assisting Curriculum. This DVD includes over sixty-five basic skills that a nursing assistant may encounter whether working in assisted living, long term care, or acute care settings that combined offer one hundred and eighty minutes of programmed material. These skills are step-by-step, real time skills performed by actual nursing assistants, and some skills even involve real patients! Narration is used to describe each step, and snippets of dialogue between the patient and nursing assistant are provided to emphasize the importance of patient communication. Delmar's Nursing Assistant Skills and Procedures is the perfect training tool for your nursing assisting curriculum- whether you are looking to supplement your nursing assistant program curriculum or meet program requirements.

HUC-01-5000  Medicating the Elderly

AUDIENCE(S):  Nurses  Healthcare Professionals

30:00  MedCom

UCLA Medial Center staff and professors interact with a number of elderly patients focusing on: Correct procedures for taking a drug history; effects of physiologic changes of aging on drug absorption, distribution, metabolism and excretion; principles of prescribing for the elderly with regard to drug/drug interactions, drug/food interactions, common drugs prescribed to elderly patients and problematic drugs and OBRA regulations, including resident rights, self administration of drugs, anti psychotics and drug monitoring.

HUC-01-5001  Functional Assessment of the Elderly Part 1: Cognitive and Special Senses

AUDIENCE(S):  Nurses  Healthcare Professionals

28:00  Medcom

Helps nurses recognize age-related physiological changes, including a decline in vision or hearing and changes in cognitive and emotional capabilities. Degines skills and relates them to the corresponding activities of daily life: reading, writing, spending money, taking medication, and using the telephone.

HUC-01-5002  Functional Assessment of the Elderly Part 2: Activities of Daily Living

AUDIENCE(S):  Nurses  Healthcare Professionals

28:00  Medcom

Show how to assess an elderly client’s functions after age-related and pathophysiological changes have occurred. Teaches how to use assessment data to plan appropriate nursing interventions. Covers eating, ambulating, toileting, and grooming, climbing stairs, shopping, keeping house, interaction with others, and traveling. Examines the cardiovascular, respiratory, neuromuscular, gastrointestinal, and genitourinary systems and their effect on such functions.
### HUC-01-5026  Death

**AUDIENCE(S):** General  
**49:00** Films for the Humanities & Sciences  

This step-by-step program takes the myth and mystery out of the process of dying and death itself, and presents both as biological and clinical realities. An 82-year-old terminally ill patient and those who provide palliative care witness the death process. Cameras also venture behind the closed doors of a mortuary to shed light on the scientific and commercial aspects of death, including body preparation, embalming and cremation.

### HUC-01-5027  Solving Bathing Problems in Persons with Alzheimer’s Disease and Related Disorders

**AUDIENCE(S):** Healthcare Personnel  
**22:00** Terra Nova Films  

Bathing a person with Alzheimer’s Disease can involve some special problems. This newly released video will help sensitize and train your staff to deal productively with those problems.

### HUC-01-5054  Affirmations for Getting Well Again

**AUDIENCE(S):** General  
**38:00** Touch Star  

This video leads individuals into a personal journey of self-discovery. It demonstrates how to deal with the complexity and pressure of existence and aids in rediscovering inner wisdom.

### HUC-01-5055  Laugh—Jest for the Health of It

**AUDIENCE(S):** General  
**36:00** Touch Star  

Humor programs have been developed in leading hospitals and health care settings throughout the world. Medical professionals now recognize that laughter can transform suffering and hopelessness into a new chance for happiness and well-being. Patty Wooten, RN, leading expert, author and international speaker on the benefits of humor in the health care setting provides a heartwarming, larger than life overview of humor and its role in medicine.

### HUC-01-5061A  Brain and Nervous System: Your Information Superhighway

**AUDIENCE(S):** General - Adolescents and Adults  
**30:00** Health Edco  

Defines and explains major systems of the body with an emphasis on how the body’s systems enable us to perform everyday activities. Combines illustrations, animation, interviews and real-world analogies to explain the body.
HUC-01-5061B  Circulatory System: The Plasma Pipeline

AUDIENCE(S): General - Adolescents and Adults

30:00    Health Edco

Defines and explains major systems of the body with an emphasis on how the body’s systems enable us to perform everyday activities. Combines illustrations, animation, interviews and real-world analogies to explain the body.

HUC-01-5061C  Digestive System: Your Personal Power Plant

AUDIENCE(S): General - Adolescents and Adults

30:00    Health Edco

Defines and explains major systems of the body with an emphasis on how the body’s systems enable us to perform everyday activities. Combines illustrations, animation, interviews and real-world analogies to explain the body.

HUC-01-5061D  Muscular System: The Inner Athlete

AUDIENCE(S): General - Adolescents and Adults

30:00    Health Edco

Defines and explains major systems of the body with an emphasis on how the body’s systems enable us to perform everyday activities. Combines illustrations, animation, interviews and real-world analogies to explain the body.

HUC-01-5061E  Respiratory System: Intake and Exhaust

AUDIENCE(S): General - Adolescents and Adults

30:00    Health Edco

Defines and explains major systems of the body with an emphasis on how the body’s systems enable us to perform everyday activities. Combines illustrations, animation, interviews and real-world analogies to explain the body.

HUC-01-5061F  Skeletal System: The Infrastructure

AUDIENCE(S): General - Adolescents and Adults

30:00    Health Edco

Defines and explains major systems of the body with an emphasis on how the body’s systems enable us to perform everyday activities. Combines illustrations, animation, interviews and real-world analogies to explain the body.
<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Audience(S)</th>
<th>Duration</th>
<th>Provider</th>
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<tbody>
<tr>
<td>HUC-01-5064A</td>
<td><strong>Girl Power: Empowering Young Women with Timely Information Set</strong>  — Staff Version</td>
<td>General - Adolescents and Adults</td>
<td>30:00</td>
<td>Health Edco</td>
</tr>
<tr>
<td></td>
<td>Covers topics that include poor body image, date rape, eating disorders, relationship violence, depression, and pressure to have sex.</td>
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<tr>
<td>HUC-01-5064B</td>
<td><strong>Girl Power: Empowering Young Women with Timely Information Set</strong>  — Student Version</td>
<td>General - Adolescents and Adults</td>
<td>30:00</td>
<td>Health Edco</td>
</tr>
<tr>
<td></td>
<td>Covers topics that include poor body image, date rape, eating disorders, relationship violence, depression, and pressure to have sex.</td>
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<tr>
<td>HUC-01-5075</td>
<td><strong>Communications with Clients from Different Cultures</strong></td>
<td>Nurses</td>
<td>20:00</td>
<td>Insight Media</td>
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<td></td>
<td>Employing realistic clinical scenarios, this video addresses special considerations for communication with clients form different cultural backgrounds. It examines how different cultures regard health, illness, and traditional and modern medical practices. To help nurses determine how much individual patients identify with their own cultures or with dominant culture, it introduces the theory of heritage consistency.</td>
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<tr>
<td>HUC-01-5077</td>
<td><strong>Cultural Diversity: Appreciating the Differences</strong></td>
<td>Nurses</td>
<td>25:00</td>
<td>Insight Media</td>
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<td>Distinguishing between stereotypes and generalities, this video teaches CNAs and HHAs about cultural differences. It explores various cultures, proves the appropriateness of eye contact, and presents different culture’s views of distance and time. It also considers prejudice in the medical workplace.</td>
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<tr>
<td>HUC-01-5078</td>
<td><strong>Communicating with Clients with Mental Disorders or Emotional Problems</strong></td>
<td>Nurses</td>
<td>20:00</td>
<td>Insight Media</td>
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<td></td>
<td>This program illustrates techniques for communication with patients suffering from mental disorders or experiencing emotional problems. Nurses learn how goal-oriented communication, formation of a trusting relationship, and use of congruent messages and therapeutic communication techniques can improve communication with clients.</td>
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HUC-01-5079  Physical Therapy

AUDIENCE(S):  Medical Assistants

35:00  Insight Media

This video, designed for medical assistants, teaches the fundamentals of physical therapy. Viewers learn how and when to locally apply heat and cold, how to administer an ultrasound treatment, and how to use different massage treatments and therapeutic forms of exercise. The video also shows how to teach a patient the different gaits for using crutches.

HUC-01-5085A  The Nursing Home Mental Health Series: Positive Approaches to Difficult Behaviors

AUDIENCE(S):  Nurses  Nursing Assistants

20:00  Video Press

Reviews the most common behavioral and mood problems that occur in the nursing home and discusses the principles underlying their evaluation and care.

HUC-01-5085B  The Nursing Home Mental Health Series: Paranoia, Suspiciousness, and Accusations

AUDIENCE(S):  Nurses  Nursing Assistants

20:00  Video Press

Paranoia, suspiciousness and accusations are among the most common and distressing behaviors occurring in the nursing home. Reviews the most common causes of these behavioral symptoms and outlines practical approaches to minimize their occurrence.

HUC-01-5085C  The Nursing Home Mental Health Series: Impaired Communication

AUDIENCE(S):  Nurses  Nursing Assistants

20:00  Video Press

Describes the most common types of communication problems, and suggests specific strategies to care for persons with speech and language deficits.

HUC-01-5085D  The Nursing Home Mental Health Series: Depression

AUDIENCE(S):  Nurses  Nursing Assistants

20:00  Video Press

Discusses the identification of depression and identifies strategies for improving mood and function.
**HUC-01-5085E**  The Nursing Home Mental Health Series: Agitation, Aggression and Violence  
**AUDIENCE(S):** Nurses  Nursing Assistants  
**20:00**  Video Press  

Discusses the most distressing behaviors that occur in the nursing home and outlines a management approach that emphasizes proper assessment, early recognition, specific interventions and avoidance of future episodes.

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**HUC-01-5085F**  The Nursing Home Mental Health Series: Confusion  
**AUDIENCE(S):** Nurses  Nursing Assistants  
**20:00**  Video Press  

Confusion can manifest itself as impairment in memory or be disguised as other behavior problems. This tape discusses specific care strategies to improve function and mood of persons with permanent memory impairment.

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**HUC-01-5085G**  The Nursing Home Mental Health Series: Sleep, Sex and Wandering  
**AUDIENCE(S):** Nurses  Nursing Assistants  
**20:00**  Video Press  

Sleep disorders, inappropriate sexual behaviors and wandering require specific interventions which make improved function more likely.

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**HUC-01-5124**  Sex and Sexuality in Long Term Care - Module I: Need for Sexuality and Intimacy  
**AUDIENCE(S):** Health Care Professionals  
**18:00**  American Health Care Association  

Part one of a four part program. Covers sexuality; intimacy; sensuality and touching; massage therapy; pet therapy; intergenerational programs and caregiver role. The purpose of the program is to help caregivers understand the need for sexual expression and intimacy of older individuals. Program handbook available for entire four part program.

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**HUC-01-5125**  Sex and Sexuality in Long Term Care - Module II: Sexuality and Dementia  
**AUDIENCE(S):** Health Care Professionals  
**16:00**  American Health Care Association  

Part two of a four part program. Covers people with dementia; cognitive losses; behavior changes; body image; loss of inhibitions; memory loss; competency issues; family reactions; sexual abuse and caregiver’s role. People with dementia are still sexual beings. They have sexual urges, the need to be touched, the need to feel like a man or a woman. This program is about the caregiver role in helping residents with dementia express those needs appropriately. Program handbook available for entire four part program.
HUC-01-5126  Sex and Sexuality in Long Term Care - Module III: Sexuality and Aging

AUDIENCE(S): Health Care Professionals

20:00 American Health Care Association

Part three of a four part program. Covers menopause; hormone replacement therapy; erectile dysfunction; prostate gland; incontinence; sexual interest; slowing of physical response; body image; STD’s, HIV/AIDS, and safe sex; and care giver role. This program is about age related changes and health problems that affect sexuality and sexual expression. Program handbook available for entire four part program.

HUC-01-5127  Sex and Sexuality in Long Term Care - Module IV: Family and Personal Issues

AUDIENCE(S): Health Care Professionals

21:00 American Health Care Association

Part four of a four part program. Covers importance of families; accommodating married couples; importance of resident friendship; dating and social opportunities; remarriage; family concerns and care giver role. Program handbook available for entire four part program.

HUC-01-5133  Charles Drew: Determined to Succeed

AUDIENCE(S): General

30:00 History on Video

This video begins at the time of Charles Drew’s birth in Washington, D.C. and moves through all the major events of his life and career. Drew, an African-American, was thrust into the national spotlight after organizing the Blood for Britain project to aid the wounded after Germany attacked England in World War II.

HUC-01-5134  In Medical Science

AUDIENCE(S): General

30:00 History on Video

Very little information is available on what minorities are doing professionally in medical science. Minorities, however, are involved in a wide range of areas. IN MEDICAL SCIENCE features two Black epidemiologists at the Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia.

HUC-01-5137A  Stroke Education Series for Families and Caregivers: Bed Positioning and Mobility

AUDIENCE(S): General

24:00 International Clinical Educators, Inc.

This program demonstrates how to help improve comfort and rest, prevent pain and provide a good therapeutic basis for stroke survivors while caring for them in bed.
<table>
<thead>
<tr>
<th>Program ID</th>
<th>Title</th>
<th>Audience</th>
<th>Duration</th>
<th>Provider</th>
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<tbody>
<tr>
<td>HUC-01-5137B</td>
<td>Stroke Education Series for Families and Caregivers: Improving Function</td>
<td>General</td>
<td>26:00</td>
<td>International Clinical Educators, Inc.</td>
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<tr>
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<td>The more the weak side is included into everyday tasks, the greater</td>
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<td>the potential for the overall recovery of the stroke survivor.</td>
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<td></td>
<td>Techniques to increase awareness and maximize functional potential are</td>
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<td>outlines in detail.</td>
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<tr>
<td>HUC-01-5137C</td>
<td>Stroke Education Series for Families and Caregivers: Preventing</td>
<td>General</td>
<td>26:00</td>
<td>International Clinical Educators, Inc.</td>
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<td>Shoulder Pain</td>
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<td>This program demonstrates how to prevent shoulder pain in the stroke</td>
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<td>survivor. A step-by-step approach trains caregivers in specific</td>
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<td>methods of gentle stretching exercises, what to do and what to avoid</td>
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<td>to protect the shoulder.</td>
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<tr>
<td>HUC-01-5137D</td>
<td>Stroke Education Series for Families and Caregivers: Self-Care</td>
<td>General</td>
<td>27:00</td>
<td>International Clinical Educators, Inc.</td>
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<tr>
<td></td>
<td>This program includes many excellent ideas to help stroke survivors</td>
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<td>become as independent as possible while improving daily living skills</td>
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<td>at home. Methods demonstrated help reduce frustration and share tips</td>
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<td>for success.</td>
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<tr>
<td>HUC-01-5137E</td>
<td>Stroke Education Series for Families and Caregivers: Standing Safely</td>
<td>General</td>
<td>27:00</td>
<td>International Clinical Educators, Inc.</td>
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<td></td>
<td>A step-by-step approach demonstrating how you can help stroke</td>
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<td>survivors learn to stand more sagely and easily. Many examples are</td>
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<td>given with several stroke survivors needing different amounts of</td>
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<td>assistance.</td>
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<tr>
<td>HUC-01-5137F</td>
<td>Stroke Education Series for Families and Caregivers: Wheelchair</td>
<td>General</td>
<td>30:00</td>
<td>International Clinical Educators, Inc.</td>
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<td>Transfers</td>
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<td>This program is designed to teach transfers where lifting is not</td>
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<td>required. Save your back with these safe and therapeutic methods for</td>
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<td>transfers in ad out of the wheelchair.</td>
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</table>
HUC-01-5138  Osteoporosis - The Myth

AUDIENCE(S): General

Nimco

More than 28 million Americans, mostly women, are at high risk of developing osteoporosis; yet a Gallup survey of women ages 45 to 75 found that three out of four have never spoken to their doctor about this disease. Fortunately for Ellen Sullivan of Windsor Locks, she did. Contrary to popular belief, osteoporosis is not a natural part of aging. You can begin losing bone density as early as 30, but whatever your age, now is the time to prevent the disease.

HUC-01-5139  Osteoporosis: What Every Woman Should Know

AUDIENCE(S): General

20:00 Nimco

Osteoporosis is not just an old lady’s disease - bone loss starts sooner than you think. This program will answer why bones begin to thin. What are the risk factors for osteoporosis? How can I prevent bone loss? Provides these answers and information on diet and exercise.

HUC-01-5144  BLS for Healthcare Providers: Basic Life Support

AUDIENCE(S): Healthcare Providers

95:00 American Heart Association


HUC-01-5154  The Anger Control Kit

AUDIENCE(S): Junior High School High School General

90:00 Health Connection

Tools for applying the major techniques that help children learn anger management including: The Turtle Technique; Gestalt Technique; Assertive Discipline; Conflict Resolution; Fighting Fair; Problem Solving; Learning the Language of Feelings; Social Skills Training; Peer Medication; Tough Love; Therapeutic Storytelling; and dozens more. Includes charts, checklists, contracts and other tools.

HUC-01-5161  Safe Winter Driving

AUDIENCE(S): High School General

17:00 Coastal

Winter driving presents special driving hazards. This video program reviews special safety techniques to help employees to overcome winter driving hazards. Basic emergency equipment; rain, snow, ice; the skid; and stopped & stranded.
**HUC-01-5164  Bloodborne Pathogens: A Sharper Image**

AUDIENCE(S): Healthcare Professionals

19:00 Coastal

This video program offers a concise look at the transmission, treatment and prevention of bloodborne pathogens, specifically: Hepatitis B, Hepatitis C and HIV, the Human Immunodeficiency Virus.

**HUC-01-5166  Bloodborne Pathogens: Protection in the Home Care Setting**

AUDIENCE(S): Healthcare Professionals

17:00 Coastal

As a home care provider, you can be exposed to blood and potentially infectious body fluids – regardless of your specific responsibilities. This program outlines proper precautions that you should follow to ensure your safety on the job. Cover OSHA 1910.1030. Workplace transmission, Standard Precautions, HBV Vaccination, Work Practice Controls, Housekeeping and Laundry.

**HUC-01-5180  In Plain Language**

AUDIENCE(S): General

Harvard School of Public Health

Rima Rudd, lecturer on health education in the Department of Health and Social Behavior at the Harvard School of Public Health discusses the nation’s literacy level on health matters.

**HUC-01-5181  CDC Responds: Coping with Bioterrorism – The Role of the Laboratorian**

AUDIENCE(S): Healthcare

CDC

To provide laboratorians in hospitals, public health laboratories, and independent laboratories an update reviewing the current bioterrorism related investigations, including how to triage, process, or refer clinical specimens. After the program, participants will be able to: Describe the laboratory tests used to diagnose the current cases of anthrax infections in the US; Describe the structure of the Laboratory Response Network, and the rationale for Level A, B, C, & D laboratories; and Define testing performed at Level A - D laboratories and methods for appropriate specimen referral.

**HUC-01-5182  Immunization Techniques: Safe, Effective, Caring**

AUDIENCE(S): Healthcare

35:30 Immunization Action Coalition

This video includes the latest information on injection techniques for immunizing children and adults.
**Audio/Visual Description**

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<tr>
<th>Code</th>
<th>Title</th>
<th>Audience(s)</th>
<th>Type</th>
<th>Duration</th>
<th>Production</th>
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</thead>
<tbody>
<tr>
<td>HUC-01-5189</td>
<td>Gray Night</td>
<td>General, High School</td>
<td>VHS or DVD</td>
<td>20:00</td>
<td>Ohio Department of Public Safety</td>
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<td>A car crash involving alcohol takes the life of the driver. This video follows a highway patrol trooper and his investigation of the crash, eventually finding the cause of the crash. The end result: an adult is charged with furnishing alcohol to juveniles is prosecuted and sentenced to jail for contributing to the fatal crash. All the lives affected by this poor judgment are examined closely.</td>
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</table>

| HUC-01-5190 | Out of the Night                       | General, High School | VHS or DVD | 17:00    | Ohio Department of Public Safety |
|            | On a lonely country road in northern Ohio, four teen-agers gather around an over turned automobile. What chain of events brought them here? Through a series of flashbacks, they recreate the evening, bringing the evening to a chilling climax. In a non-judgmental and realistic style, with actual high school students, this video addresses many issues facing teens today, both on and off the road. |

| HUC-01-5192 | Massage Fundamentals: Preliminaries and Draping | General          | 23:55     | Delmar/ Thomson Learning |
|            | This video series is an excellent visual guide for anyone with an interest in learning beginning massage. Providing basic principles and techniques, these videos present thorough demonstrations and practical applicants of the basics of massage. From conduction a proper consultation, to proper body positioning , to various massage strokes, to draping, theses videos provide complete instruction for the novice masseuse. This series can be used by massage schools, private beauty schools, community colleges offering massage, allied health/nursing program and alternative health programs. |

| HUC-01-5193 | Massage Fundamentals: Classifications | General          | 23:55     | Delmar/ Thomson Learning |
|            | This video series is an excellent visual guide for anyone with an interest in learning beginning massage. Providing basic principles and techniques, these videos present thorough demonstrations and practical applicants of the basics of massage. From conduction a proper consultation, to proper body positioning , to various massage strokes, to draping, theses videos provide complete instruction for the novice masseuse. This series can be used by massage schools, private beauty schools, community colleges offering massage, allied health/nursing program and alternative health programs. |
### HUC-01-5194  
**Massage Fundamentals: Body Mechanics**

**AUDIENCE(S):** General

**23:55**  
**Delmar/ Thomson Learning**

This video series is an excellent visual guide for anyone with an interest in learning beginning massage. Providing basic principles and techniques, these videos present thorough demonstrations and practical applications of the basics of massage. From conducting a proper consultation, to proper body positioning, to various massage strokes, to draping, these videos provide complete instruction for the novice masseuse.

This series can be used by massage schools, private beauty schools, community colleges offering massage, allied health/nursing programs, and alternative health programs.

### HUC-01-5195  
**Massage Fundamentals: Basic Massage**

**AUDIENCE(S):** General

**23:55**  
**Delmar/ Thomson Learning**

This video series is an excellent visual guide for anyone with an interest in learning beginning massage. Providing basic principles and techniques, these videos present thorough demonstrations and practical applications of the basics of massage. From conducting a proper consultation, to proper body positioning, to various massage strokes, to draping, these videos provide complete instruction for the novice masseuse.

This series can be used by massage schools, private beauty schools, community colleges offering massage, allied health/nursing programs, and alternative health programs.

### HUC-01-5210  
**Osteo- and Rheumatoid Arthritis**

**AUDIENCE(S):** General - Adults  
**Healthcare Personnel**

**19:00**  
**Films for the Humanities & Sciences**

This program distinguishes between the two types of arthritis and describes the nature of the diseases and the treatments: in the case of osteoarthritis, described as a wear-and-tear disease, arthroscopic surgery, cortisone shots and anti-inflammatory medications, and surgical joint replacement; in the case of rheumatoid arthritis, various medications, from aspirin to gold salts and Methotrexate, and surgery, including the benefits of early surgical intervention.

### HUC-01-5211  
**Epilepsy: The Storm Within**

**AUDIENCE(S):** General - Adults  
**Healthcare Personnel**

**27:00**  
**Films for the Humanities & Sciences**

Epilepsy is the second most common neurological disorder in the U.S. This program examines its causes, what happens in the brain during a seizure, and what should and should not be done to help someone having a seizure. The diagnosis and treatment of the condition are discussed by physicians who present up-to-date information to help families, friends, and coworkers recognize the needs and capabilities of epileptics. Sufferers describe what it's like living with the condition.
### Beyond Wound Healing

**AUDIENCE(S):** General - Adults Healthcare Personnel  
29:00 Films for the Humanities & Sciences

Supplemented with clinical photos and precise diagrams, this program quantifies wound assessment and describes approaches to wound healing. The physiological healing cascade and infection flags are discussed, along with case studies spanning an age range of 31-78. A deep bruise, a leg ulcer complicated by eczema, an infected surgical incision, and a necrotic neck tumor are presented, allowing the introduction of subjects such as the hydro balance, hydro sorptive, hydro active, and hydro ionic methods of wound dressing; graduated compression therapy; and odor reduction.

### Parachute Games with Brad Warren

**AUDIENCE(S):** General - Healthcare Professionals

Video Seg

Demonstrates games that can be played with parachutes.

### Risk Communication and Bioterrorism

**AUDIENCE(S):** General - Healthcare Professionals  
Center for Disease Control

This broadcast of the December 6, 2001 satellite broadcast from the Centers for Disease Control and Prevention (CDC) presents and updates important risk communication information for those involved in bioterrorism communication. The broadcast covers: forming your public information messages about health risks caused by an act of bioterrorism; responding to public health concerns at the local, state, and federal levels; and issues of concern when a public health investigation and a criminal investigation converge.

After viewing the program, participants will be able to: Understand how the application of risk communication tools during a public health emergency such as a bioterrorism act can boost a health-care facility's and community's ability to direct most appropriately its resources during the response and recovery. Effectively communicate bioterrorism related risk to the public. Describe steps to integrate public information strategies into a community or organization emergency response plan. Apply CDC crisis and risk communication checklists to prepare for and execute core public information responsibilities related to bioterrorism. Understand the public information roles and responsibilities at the community, state, and federal levels of government and of non-government institutions that respond to bioterrorism acts.

### Delmar’s Nursing Assisting Video Series: Orientation to Nursing Assisting

**AUDIENCE(S):** Nursing Assistants Healthcare Professionals  
23:53 Delmar/Thomson Learning

This video contains information on long-term facilities— their purpose and organization; interdisciplinary health care teams; nursing assistant’s roles in the Health Care Team; attitudes and adjustments for the nursing assistant; OBRA Legislation; resident’s rights; nursing assisting— your career; and personal health and self-esteem.
<table>
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<tr>
<th>HUC-01-5225C</th>
<th>Delmar’s Nursing Assisting Video Series: Environmental Control &amp; Resident Safety</th>
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<tbody>
<tr>
<td>AUDIENCE(S):</td>
<td>Nursing Assistants Healthcare Professionals</td>
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<td>33:30 Delmar/Thomson Learning</td>
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This video contains information on Resident’s environment and safety; Safety in the home; Care of the falling resident; Resident abuse; Transfer belts; Body mechanics for the resident; Environmental hazards and safety; Principles of first aid; Heimlich maneuver; and Obstructed airway in an unconscious resident.

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<tr>
<th>HUC-01-5225D</th>
<th>Delmar’s Nursing Assisting Video Series: Nursing Assistant Safety</th>
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<tbody>
<tr>
<td>AUDIENCE(S):</td>
<td>Nursing Assistants Healthcare Professionals</td>
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<td>23:42 Delmar/Thomson Learning</td>
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This video contains information on Body mechanics for the nursing assistant; Body belts and transfer belts; chemical hazards and MSDS; Equipment safety/removing from service or repair; healthy lifestyles and stress management/EAP; Sexual harassment; Support: co-workers, supervisors and company.

<table>
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<tr>
<th>HUC-01-5225E</th>
<th>Delmar’s Nursing Assisting Video Series: Infection Control</th>
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<tr>
<td>AUDIENCE(S):</td>
<td>Nursing Assistants Healthcare Professionals</td>
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<td>27:52 Delmar/Thomson Learning</td>
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This video contains information on Definitions on infection control & standard precautions; Standard precautions; Handwashing; Gloving; Personal protective equipment; and Infectious waste.

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<tr>
<th>HUC-01-5225F</th>
<th>Delmar’s Nursing Assisting Video Series: Vital Sign &amp; Measurements</th>
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<tr>
<td>AUDIENCE(S):</td>
<td>Nursing Assistants Healthcare Professionals</td>
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<td>20:00 Delmar/Thomson Learning</td>
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This video contains information on Oral temperature, glass thermometer; Rectal temperature, glass thermometer; Electronic thermometers, oral & rectal; Axillary temperature, glass thermometer; Aural temperature; Radial pulse; Using a stethoscope to count an apical pulse; Counting respiration; Blood pressure; Height & weight on an upright scale; Height & weight in bed; and Weight on a chair/wheelchair scale.

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<tr>
<th>HUC-01-5225G</th>
<th>Delmar’s Nursing Assisting Video Series: Bedmaking Skills</th>
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<tr>
<td>AUDIENCE(S):</td>
<td>Nursing Assistants Healthcare Professionals</td>
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<td>28:46 Delmar/Thomson Learning</td>
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This video contains information on Turning the resident toward you; Turning the resident away from you; Moving the resident to head of bed with a drawsheet; Stripping a bed and handling linen; Making an unoccupied bed; Making an occupied bed.
HUC-01-5225H  Delmar’s Nursing Assisting Video Series: Death & Dying

AUDIENCE(S):  Nursing Assistants  Healthcare Professionals

20:00  Delmar/Thomson Learning

This video contains information on Death and dying; Advance directives; Care of terminally ill; Postmortem care.

HUC-01-5225I  Delmar’s Nursing Assisting Video Series: Special Procedures

AUDIENCE(S):  Nursing Assistants  Healthcare Professionals

20:00  Delmar/Thomson Learning

This video contains information on Applying an ice bag; applying a disposable cold pack; applying a heating pad; Enemas; Admitting, transferring, discharging.

HUC-01-5225J  Delmar’s Nursing Assisting Video Series: Bathing Skills

AUDIENCE(S):  Nursing Assistants  Healthcare Professionals

20:00  Delmar/Thomson Learning

This video contains information on Assisting with tub, bath and shower; bed bath; back rub; Female perineal care; Male perineal care; Foot and toenail care; Skin care and Pressure ulcers; Assistive devices to prevent pressure ulcers.

HUC-01-5225K  Delmar’s Nursing Assisting Video Series: Grooming & Dressing Skills

AUDIENCE(S):  Nursing Assistants  Healthcare Professionals

20:00  Delmar/Thomson Learning

This video contains information on Assisting with routine oral hygiene; assisting with special oral hygiene; Caring for dentures; Shaving a resident; Dressing and undressing a relatively independent resident; dressing and undressing a dependent resident; Applying elasticized stockings.

HUC-01-5225L  Delmar’s Nursing Assisting Video Series: Tolieting & Feeding Skills

AUDIENCE(S):  Nursing Assistants  Healthcare Professionals

20:00  Delmar/Thomson Learning

This video contains information on Giving and receiving the bedpan; Giving and receiving the urinal; Assisting with the use of the bedside commode; Measuring and recording fluid intake and output; Assisting the resident who can feed self; Feeding the helpless resident.

HUC-01-5225M  Delmar’s Nursing Assisting Video Series: Urinary Care Skills

AUDIENCE(S):  Nursing Assistants  Healthcare Professionals

20:00  Delmar/Thomson Learning

This video contains information on Giving indwelling catheter care; Disconnecting the catheter; replacing a urinary condom; Collecting a urinary drainage in a leg bag; Emptying a urinary drainage unit; Collecting urinary drainage through a drainage port; Urinary incontinence.
HUC-01-5225N  Delmar’s Nursing Assisting Video Series: Positioning Skills  
AUDIENCE(S): Nursing Assistants Healthcare Professionals
20:00  Delmar/Thomson Learning
This video contains information on Body Mechanics; Body belts and gait (transfer) belts; Moving the resident to side of bed using a drawsheet; Supine position; Semi-supine position; Side lying (lateral) position; Semi-prone position; Fowler’s position; Semi-Fowler’s position.

HUC-01-5225O  Delmar’s Nursing Assisting Video Series: Transfer Skills  
AUDIENCE(S): Nursing Assistants Healthcare Professionals
20:00  Delmar/Thomson Learning
This video contains information on Transfer belt; Assisting the resident to dangle; One person transfer with transfer belt, bed to chair and back; Two person transfer with transfer belt, bed to chair and back: Frail/Dependent resident; Using a mechanical lift (out of bed); Using a mechanical lift (back to bed); transporting a resident by wheelchair; Lifting a resident up in a wheelchair; Providing activities to relieve pressure; Transfer from wheelchair to toilet; Transfer from bed to commode.

HUC-01-5225P  Delmar’s Nursing Assisting Video Series: Human Needs  
AUDIENCE(S): Nursing Assistants Healthcare Professionals
20:00  Delmar/Thomson Learning
This video contains information on Human needs.

HUC-01-5225Q  Delmar’s Nursing Assisting Video Series: Dementia  
AUDIENCE(S): Nursing Assistants Healthcare Professionals
20:00  Delmar/Thomson Learning
This video contains information on Dementia.

HUC-01-5225R  Delmar’s Nursing Assisting Video Series: Restraints and Restraint Reduction  
AUDIENCE(S): Nursing Assistants Healthcare Professionals
20:00  Delmar/Thomson Learning
This video contains information on Types of restraints; Basic principles for using physical restraints; Restraint reduction.
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<th>Code</th>
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<th>Audience(s)</th>
<th>Provider</th>
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<tr>
<td>HUC-01-5225S</td>
<td><strong>Delmar’s Nursing Assisting Video Series: Basic Restorative Care</strong></td>
<td>Nursing Assistants, Healthcare Professionals</td>
<td>Delmar/Thomson Learning</td>
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<td></td>
<td>This video contains information on Definition of restorative and self-care; Passive range of motion exercises; Active range of motion exercise; Splints and orthotics; Adaptive devices for dressing/undressing; Adaptive devices for feeding; Ambulation; Assist with cane or walker; Bowel and bladder training.</td>
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<td>HUC-01-5225T</td>
<td><strong>Delmar’s Nursing Assisting Video Series: Specific Resident Populations</strong></td>
<td>Nursing Assistants, Healthcare Professionals</td>
<td>Delmar/Thomson Learning</td>
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<td>This video contains information on Residents with arthritis; Residents with diabetes; Residents with circulatory disorders; Residents who are elderly; Residents with Multiple Sclerosis; Residents with cancer; Residents with Parkinson’s disease.</td>
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<tr>
<td>HUC-01-5225U</td>
<td><strong>Delmar’s Nursing Assisting Video Series: Isolation Skills</strong></td>
<td>Nursing Assistants, Healthcare Professionals</td>
<td>Delmar/Thomson Learning</td>
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<td>This video contains information on Isolation systems, definitions and rationale; Collecting specimens in the isolation room; Caring for linen in the isolation room; Transporting the resident in isolation; Serving a meal tray in the isolation room; Taking vital signs in the isolation room; Family visiting in the isolation room.</td>
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<td>HUC-01-5225V</td>
<td><strong>Delmar’s Nursing Assisting Video Series: Surviving a Survey</strong></td>
<td>Nursing Assistants, Healthcare Professionals</td>
<td>Delmar/Thomson Learning</td>
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<td>This video contains information on Surviving a Survey; Types of Surveys; Functions of Surveys; NA’s Roles &amp; Responsibilities; Facility’s Roles and Responsibilities and Case Studies</td>
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<tr>
<td>HUC-01-5231</td>
<td><strong>Basic Principles</strong></td>
<td>Nurses, Nursing Assistant</td>
<td>Mosby</td>
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<td>This engaging, innovative, action-packed video provides: clear demonstrations of how to perform key nursing procedures in real-life clinical situations; actual nurses and nursing assistants performing the skills; contemporary concepts including delegation, patient rights, standard precautions and communication techniques. This video presents: roles and responsibilities of nursing team members; the nursing process, including the nursing care plan; delegation, including the 5 Rights of Delegation; patient and resident rights; communication, including, oral written, and nonverbal: reporting, charting, end-of-shift report, and guidelines for effective communication; medical asepsis, including the chain of infection and handwashing.</td>
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</table>
HUC-01-5232        Forensic Sciences

AUDIENCE(S):       General

24:00              Insight Media

Providing a general overview of the forensic sciences, this video travels into the crime laboratory to explore one of the most important contemporary applications of forensic work. It explains the basic principles of forensic investigation, addresses the legal complexities that surround criminal pathology and examines major technological advances.

HUC-01-5240        Beyond the Looking Glass: Self Esteem and Body Image

AUDIENCE(S):       Junior High School Students  High School Students

32:00              Human Relations Media

This program addresses a common dilemma among teens: how to develop a genuine sense of identity in a society where sleek, idealized bodies have become standard to which they believe we must conform. The program allows viewers a glimpse into a high school self-esteem session in which students identify seven components of self-esteem. These concepts are reinforced by Carolyn Strauss, a successful large-size model who found that by accepting her body, she was ultimately able to reject any negative feeling about herself. Students discuss how their self-definitions have been influenced by class distinctions, racial barriers and peer pressure.

HUC-01-5248A       Saying Goodbye: Teacher Edition

AUDIENCE(S):       High School Students General

34:00              Aquarius Video

In this straightforward video, bereaved adolescents, ages 12 to 20, share their pain and growth after the loss of a loved one by expressing their feelings of anger, denial, depression, relief, guilt and even suicide. Through the process, they realize that although life is not always fair, it is definitely worth living. This video set includes two separate versions – one for teens and one for parents and professionals. See HUC-01-5248B for the teen edition.

HUC-01-5248B       Saying Goodbye: Student Edition

AUDIENCE(S):       High School Students General

34:00              Aquarius Video

In this straightforward video, bereaved adolescents, ages 12 to 20, share their pain and growth after the loss of a loved one by expressing their feelings of anger, denial, depression, relief, guilt and even suicide. Through the process, they realize that although life is not always fair, it is definitely worth living. This video set includes two separate versions – one for teens and one for parents and professionals. See HUC-01-5248A for the teacher edition.
HUC-01-5249  Ready or Not

AUDIENCE(S):  Health Care Students  Health Care Professionals

35:00  Aquarius Video

An outstanding 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. A must see for all those involved in healthcare.

HUC-01-5250  Grown-Up Tears

AUDIENCE(S):  Adults-General

28:00  Aquarius Video

Losing a parent can be one of the most difficult and painful times in our lives, regardless of how old we are. This video explores how adults feel about – and cope with – the loss of a parent through he eyes and experiences of seven individuals with the support of three professionals. The participants share stories of what life was like at the actual moment of death as well as their anticipation of the death of the parent. Excellent for professionals, training, bereavement groups, public libraries and are agencies on aging.

HUC-01-5251  A Child’s Grief

AUDIENCE(S):  Elementary/Junior High/High School Students

45:00  Aquarius Video

Children cope with loss in ways all their own, and in order to help them face their challenges, we need insight into their feelings. This video provides just such insight. We hear their stories, feel their pain and share their tears – along with their laughter – as we witness their valiant attempts to come to term with their losses. Through the enchanting use of animation, some of the children’s dramatic art therapy comes to life, further illustrating the struggle that wages inside children during the grieving process.

HUC-01-5254  A Women’s Heart

AUDIENCE(S):  Health Care Students  Health Care Professionals

28:00  Aquarius Video

A look at apparently healthy women in their 30’s and 40’s who had to face that silent killer known as heart disease. These are their stories and a look at what they and their doctors did to meet the challenge head-on and prepare for a long and productive life. Excellent for medical schools, nursing schools, staff training and hospitals.
HUC-01-5261  Heartsaver First Aid, CPR, AED
AUDIENCE(S):  Healthcare Professionals

American Heart Association

The Heartsaver First Aid Course provides the skills to effectively assess and maintain life from the critical minutes immediately following an emergency until the arrival of emergency medical services personnel. The course also provides corporations with a complete health and safety training solution for First Aid, CPR and AED. The Heartsaver First Aid Course has been developed using the same evidence-based process as all American Heart Association Emergency Cardiovascular Care courses.

HUC-01-5264  Health Literacy: Help Your Patients Understand 1st Edition
AUDIENCE(S):  Health Care Professionals

Teaches physicians how to speak to their patients in terms the patients understands.

HUC-01-5264B  Health Literacy: Help Patients Understand 2nd Edition
AUDIENCE(S):  Health Care Professionals
DVD/Book  AMA Foundation

Teaches physicians how to speak to their patient in terms the patient understands.

HUC-01-5272  Your Choice
AUDIENCE(S):  High School Students General/Adults
28:00  Innocorp, Ltd

Your Choice™ is a gripping story about a group of Montana high school students who choose to drink and drive. Keith Montgomery, a Billings Montana Coroner, has seen first-hand the devastating effects of impaired driving. Keith wrote and produced the Your Choice™ video. This video is 28 minutes in length and is an excellent addition to your drug and alcohol prevention programs.

HUC-01-5278  Injury Prevention: Preventing Problem Use of Alcohol
AUDIENCE(S):  Healthcare Professional General/Adults
16:00  Terra Nova Films

Experts estimate that 10% of the elderly population may be alcohol dependent. But, since signs of alcohol abuse can be similar to signs of aging, spotting alcohol problems in the elderly can be difficult. In this program, viewers learn the symptoms of problem use of alcohol and gain an awareness of the special dangers that can affect an older person. They learn about life stresses that can lead to problem alcohol use and about the hazards of and interventions for alcohol withdrawal. Included are four photocopyable screening tools that can be used to assess the problem use of alcohol.
HUC-01-5280  Dying High: Teens in the ER

AUDIENCE(S): High School Students  General/Adults

26:00 Human Relations Media

This hard hitting video gives viewers a chance to see what goes on inside the nations’ emergency rooms a doctors treat teens for common ER injuries: drug overdoses, alcohol poisoning, car wreck traumas and more.  Dying High offers a glimpse into the nightmarish reality of what happens when young people take risks with their health, their safety and even their lives.  New federal data indicates a 20% increase in drug-related ER visits for teens under the age of 17.  The goal of this high -powered video is to remind teens that risk-taking behaviors can lead to serious injury and death.

HUC-01-5282  Looking Great at Work: From Business Casual to Hygiene

AUDIENCE(S): High School Students  General/Adults

18:00 Human Relations Media

Help individuals dress and look their best at work.  Today’s more casual style of dress, while comfortable, leaves room for confusion.  The video explains four levels of business casual which will help viewers dress appropriately for their workplace.

HUC-01-5293  An Introduction to the Rules of Work

AUDIENCE(S): High School Students  General

31:00 Delphi Productions, Ltd.

Succeeding on the job involves much more than just showing up for work on time every day, but many well-intentioned young people lack a basic understanding of what’s really expected.  This new video gives basic guidelines that will help new employees at all levels to develop good work habits.  Includes tips on attitude, being on time, appropriated dress, job performance following company policies, getting along with coworkers and supervisors, ethical behavior, good communication and problem solving plus tips on assuming a leadership role and getting ahead.

HUC-01-5294  Debunking the Myths about Marijuana

AUDIENCE(S): Jr. High/ High School Students  General

7:00 Health Edco

This seven-minute video, developed by the ONDCP National Youth Anti-Drug Media Campaign, was designed to educate communities about the harms of teen marijuana use. It highlights the latest research about the drug, features commentary by leading experts about the effects of marijuana on youth, and encourages communities to work together to address teen marijuana use. It also includes television ads for youth on the negative consequences of marijuana use, for parents on the importance of monitoring their kids, and for the general audience on the importance of community coalitions.
HUC-01-5295  Meth Madness: Teenage Methamphetamine Abuse

AUDIENCE(S): Jr. High/ High School Students  General

21:00  Health Edco

The damaging effects methamphetamine have on the brain and the body are powerfully portrayed in this award winning, teen oriented video. Other topics covered include the types of methamphetamine, finding help to fight addiction, and the dangers associated with methamphetamine production.

HUC-01-5314  Tough Roads: Teen Parents Tell Their Stories

AUDIENCE(S): General - Adults/High School students/ Jr. High Students

28:26  Human Relations Media

This powerful video enters the lives of five young parents—male and female, of various races—who speak honestly about the striking contrast between what they thought having a baby would be like and the reality of teen parenthood. Tough Roads takes a hard look at what it means to be an adolescent parent: extreme financial pressures, personal sacrifices, not being able to hang out with friends anymore, unrelenting hard work, emotional stress, often desertion by the partner, lost schooling, and limited job opportunities. Coming from real young parents, these testimonials are hard-hitting and effective. Includes a Teacher’s Resource book.

HUC-01-5319  How to Interview Like You Really Mean It

AUDIENCE(S): General - Adults/High School students/ Jr. High Students

Video and Photography Center

Teaches adolescents and adults the proper techniques to demonstrate during a job interview.

HUC-01-5337  The Death Knell of Old Age: The Physical Aspects of Death

AUDIENCE(S): General - High School/ Adults

25:00  Films for the Humanities & Sciences

Bob has come to the end of the road. At the age of 87, his body can no longer mend itself. This program tracks the final hours of Bob’s life as he quietly expires at home. Spectacular 3-D computer animations of cellular damage by free radicals, optic degeneration, spinal nerve damage, and brain failure; endoscopic imaging of degeneration of the heart, blood vessels, bronchi, ears, and stomach lining; and thermal imaging of bodily heat loss illustrate the body’s inability to heal and renew itself.
### HUC-01-5342 Grief in America

**AUDIENCE(S):** General - Adults  
**57:00**

Narrated by Anthony Edwards, this program examines common myths about grieving, the importance of social support during the grieving process, the ethnic customs surrounding death and expressions of grief, and the social consequences of unresolved grieving. Includes interviews with authorities on grief as well as narratives of seven people who have experienced loss.

### HUC-01-5351 Underage Drinking: Know the Facts, Know the Risks

**AUDIENCE(S):** Jr. High Students  
**27:00**

Human Relations Media

This no-nonsense program lays out the straight facts about underage drinking. Alcohol abuse is responsible for 100,000 deaths in the U.S. each year—deaths resulting from drunk driving, alcohol poisoning, fetal alcohol syndrome, cirrhosis and even from alcohol-related cancers (esophageal, liver, colon). The program clearly spells out the dangers and the risks of underage drinking while also providing new information on how the adolescent brain can be permanently damaged by alcohol. Underage Drinking also explores the risky trend of binge drinking, which results in thousands of teens being treated in the emergency room each year for alcohol poisoning. There is also a segment on the legal and social dangers of throwing unsupervised parties in which alcohol is served to minors. The video makes it clear that teens should adopt a no-use policy towards this dangerous and addictive drug. Teacher’s Resource Book provides compelling lessons and activities on alcohol-related topics such as binge drinking, addiction, alcohol overdose.

### HUC-01-5353 What is Alcoholism?

**AUDIENCE(S):** Jr. High Students  
**22:00**

Human Relations Media

This video offers a glimpse into the struggles of teen alcoholics. Viewers will meet Lacee, Alberto, Christina, and Justin, four real teens from different ethnic backgrounds who share their personal stories of alcohol abuse and recovery. The program defines alcoholism as an addictive disease that affects people of all ages, races and social classes. Psychologist Susan Tapert, Ph.D., who specializes in issues surrounding adolescent alcoholism, offers important information on how easily teens can become addicted to alcohol, and explains some of the unique problems faced by youth who become addicted. The signs and symptoms of alcoholism are also identified. The program emphasizes the pervasive negative impact that alcoholism can have on an individual, a family and on society at large. Advice is offered for how to seek help in overcoming alcohol addiction. This video provides an excellent starting point for any discussion on alcohol and its dangers. Accompanied by a Teacher’s Resource Book of worksheets and activities for further classroom learning.
**Fear of Falling: A Matter of Balance**

**AUDIENCE(S):** General

17:00  Terra Nova Films, Inc

Older people often restrict their activities because they think it will reduce the risk of falls. However, this restricted activity can lead to physical deconditioning that can actually ‘increase’ fall risk. This video, along with it facilitator’s manual, provides step-by-step strategies for helping older adults to: 1) overcome the fear of falling and 2) take active steps to reduce the ‘risk’ of falling.

**Team Up for Fire Safety**

**AUDIENCE(S):** General

14:00  Syndistar, Inc

*Team Up for Fire Safety* steps viewers through the basics of home fire prevention and home fire escape. This quick-paced video shows viewers the most common causes of residential fires, kitchen, heating and electrical systems, and how to prevent these dangers from causing a tragedy in their own lives. *Team Up for Fire Safety* then describes a step-by-step plan for installing and maintaining smoke alarms, and making and practicing a safe escape plan. *Team Up for Fire Safety* is a top notch basic primer on home fire prevention and escape.

**Practice for Life: Safe Escape for Senior Citizens and the Disabled**

**AUDIENCE(S):** General

15:00  Syndistar, Inc

This video details safe fire evacuation procedures from homes, high-rise apartments and assisted living communities. This video stresses planning, practice, prevention and is a must see for the elderly and all health care personnel who deal with the elderly.

**Preventing Resident Falls In Long - Term Care**

**AUDIENCE(S):** Nurses  Nurse Aides  Healthcare Professionals

19:00  Coastal

Falls are the cause of 40% of all nursing home admissions. Today, healthcare professionals are taking pro-active steps to minimize and eliminate risk factors before falls occur. This new video will take a look at some of the assessment tools and protective strategies you can use to take the guesswork out of fall prevention including: Why the resident fell, Types of falls, Preventing falls, and Making your long-term care facility safer for everyone.
HUC-01-5389  Fire Safety: Be Alert, Not Alarmed

AUDIENCE(S): Nurses Nurse Aides Healthcare Professionals

19:00 Coastal

Fire Safety: Be Alert, Not Alarmed! covers the following important topics: The three ingredients of a fire and what happens if one of those elements is missing. The burning stages of a fire and how to recognize the dangers of each. What happens in a flashover and the consequences of not acting quickly. When stairs are a danger zone and what to do, and Dangerous reactions from residents and how to manage them in a fire.

HUC-01-5391  Assessment of the Fallen Patient

AUDIENCE(S): Healthcare Professionals

10:00 EnvisionInc.net

A 10-minute video that explains the most common injuries resulting from falls, demonstrates the initial evaluation and physical exam of a patient who has fallen, and identifies treatment interventions.

HUC-01-5402  Artificial Athletes: The Dangers of Steroids

AUDIENCE(S): Jr High Students Adults

31:00 Human Relations Media

This video clearly identifies the physical and emotional dangers of steroid use. Ex-steroid users recount their own stories of how much they have lost, both personally and professionally, as a result of steroid use. Special attention is directed toward the critical idea of self-esteem, which cannot be genuinely enhanced by such artificial substances.

HUC-01-5403  Ten Reasons to Get & Stay in Shape

AUDIENCE(S): Jr High Students Adults

23:00 Human Relations Media

This program dynamically illustrates the major benefits of fitness. These benefits include stronger muscles, healthier lungs, stronger bones, healthier hearts, better weight management, improved mood, improved sleep, remedies for illness and a longer living life span. To emphasize many of these benefits viewers are introduced to Dr. Craig Harms who runs the physiology lab at Kansas State University. Young students are measured for different levels of fitness and well-being. Dr. Harms describes clearly the meaning to various fitness measures such a body mass index, oxygen uptake, bone density and many others.
### HUC-01-5404 Food, Health & Exercise

**AUDIENCE(S):** Jr High Students Adults

VHS 23:00 Human Relations Media

*DVD version is HUC-01-5531*

Studies indicate that nearly 25% of all school-age children are overweight and another 12% have been diagnosed as obese. Clearly, poor eating and exercise habits are a significant problem for today’s youth. This program delivers a clear, concise explanation for how this dilemma has arisen and, more importantly, how it can be remedied. In easy-to-follow language, the video offers viewers tips for improving their health by eating smaller portions, choosing healthier foods, exercising more and understanding basic information about nutrition and food labeling. In one amusing sequence, viewers follow a typical teenager as he moves through his day of super-sized fast food, a busy schedule and little exercise. The message is clear: there are many ways we can improve our health. Special attention is directed the understanding the food pyramid, food labeling information and fat burning exercises.

### HUC-01-5415 Diabetes in Clinical Practice

**AUDIENCE(S):** Healthcare Professionals Nurses

DVD 29:32 Healthy Learning

This course is designed to provide nurses in clinical settings with an overview of diabetes, risk factors and signs and symptoms associated with a diagnosis of diabetes, factors to consider when providing care to a patient diagnosed with diabetes and practical steps that can be taken to encourage adherence to treatment regimens. The material is organized around the following categories: Introduction, Types of Diabetes, Common Signs and Complications of Diabetes, Diabetes Treatment, Monitoring Diagnosed Patient, Assisting Patients with Self-Management, Conclusion. Available on DVD only.

### HUC-01-5417 N.R.S.F Speed and Aggression Tool

**AUDIENCE(S):** General

VHS or DVD

Discusses scenarios of speed and aggression on our roadways. The video details situations including mothers in a hurry, tailgating, shoulder driving, and waterbugging.

### HUC-01-5430 Girl Bullying

**AUDIENCE(S):** Jr. High / High School Students

26:00 Aquarius

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. Heart eh stories of girls who were bullied as children, often by their own friends. We’ll meet the mother of a bullied girl to find out how she struggled with what to do to help her child and we’ll also hear from three experts in the field as well as a teen mentor to help you understand what’s behind this rampant and serious problem affecting all our daughters.
**HUC-01-5432  The New Dietary Guidelines: What You Need to Know**

**AUDIENCE(S):** Jr. High/High School Students

24:00  Human Relations Media

In response to epidemic obesity in the United States, our government has issued new dietary guidelines that replace the old “Food Pyramid”. Viewers learn how to develop a healthy *lifestyle* instead of a healthy *diet*, combining sensible eating with regular exercise. Program explains the new Food Pyramid (MyPyramid.gov), encouraging students to use the new guidelines to personalize their own pyramid. Three major recommendations include: staying within your calorie or energy needs, being more active, and making wiser food choices. The relationship between the amount of food the body needs, the amount taken in, and the amount of calories burned for energy, illustrates how a person puts on excess weight and how to avoid this problem. On-the-street interviews with kids point out the need for serious education on this crucial subject.

**HUC-01-5434  Understanding Anorexia and Bulimia**

**AUDIENCE(S):** Jr. High/High School Students

20:48  Human Relations Media

Hosted by two young teen narrators, this powerful video introduces middle school students to anorexia and bulimia. Viewers will hear from several real teens who have successfully overcome their own eating disorders. The warning signs, symptoms and health risks of anorexia and bulimia are explained in a way that viewers will be able to comprehend. The narrators spend time explaining that eating disorders are serious yet curable illnesses that can happen to anyone. Viewers will learn that eating disorders are often related to a person’s concerns about body image and self-esteem. Understanding Anorexia & Bulimia also examines the dangerous mindset that can arise when young people base their expectations for how their bodies should look upon the perfectly sculpted physiques of Hollywood actors and glamorous media figures. Developing realistic personal expectations and goals are discussed. The Teacher’s Resource Book offers follow-up activities to help students consider their own personal views about body image and self-esteem.

**HUC-01-5435  Eat Right! Have a Healthy Body Image**

**AUDIENCE(S):** Jr. High/High School Students

25:00  Sunburst Visual Media

This program is designed to help students: Develop a sensible, realistic body image attuned to the uniqueness of their own body, understand that comparing themselves to the way others look or to the images shown in the media can make them judge themselves harshly, recognize that media images of the ideal body have little basis in reality, become aware of how an eating disorder can develop because of a poor body image as well as other emotional issues, learn the dangers of using steroids, understand how eating healthy foods and getting enough exercise contribute to a positive self-image, realize that liking themselves and accepting who they are will help them to maintain a positive body image.
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<tr>
<th>HUC-01-5441</th>
<th>The Dangers of Melanoma</th>
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<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>General</td>
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<td><strong>29:00</strong></td>
<td>Films for the Humanities &amp; Science</td>
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<td>Left untreated for too long, melanoma – always curable when treated early – becomes one of the deadliest of all cancers. This program from The Doctor is In promotes sun exposure precautions and self-examination 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 oncologist, a dermatologist, and an epidemiologist, as well as by patients who have lived with melanoma.</td>
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<th>HUC-01-5442</th>
<th>Split Vision</th>
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<td><strong>AUDIENCE(S):</strong></td>
<td>General</td>
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<td>VHS or DVD</td>
<td>18:00 Ohio Department of Public Safety</td>
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<td>The Ohio Department of Public Safety’s <em>None for Under 21</em> theme is further explored in a new video titled &quot;Split Vision.&quot; The video deals with the problem of underage drinking in a fresh and intriguing way as high school senior Al Carroll struggles with his memories of a DUI incident and how it affected his family and friends.</td>
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<th>HUC-01-5443</th>
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<td><strong>AUDIENCE(S):</strong></td>
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<td>VHS or DVD</td>
<td>11:00 Ohio Department of Public Safety</td>
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<td>Seventeen-year-old Angie has just died in an alcohol-related traffic crash. She narrates this short film from beyond the grave, retracing her steps to show how she was killed. This film uses drama, special effects, and even a bit of comedy to serve as a warning to teenagers about the dangers of driving under the influence. The film also covers other subjects including excessive speed, safety belt use and peer pressure.</td>
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<th>HUC-01-5449</th>
<th>Mechanized Death</th>
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<td><strong>AUDIENCE(S):</strong></td>
<td>General</td>
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<tr>
<td>VHS or DVD</td>
<td>28:00 Ohio Department of Public Safety</td>
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<td>Produced in 1961, this video is from an old film of unnecessary tragedies that occurred because the drivers made bad decisions. From a genre of films that are dated but still very impacting with the message to drivers of all ages. It’s real pain, and there are no words for pain. It’s still spell-binding. Warn your audience, the message is powerful.</td>
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Bad drivers have been around since automobiles were invented, but "road rage" as it has now been coined is a recent phenomenon that involves irrational behavior while operating a motor vehicle. Tailgating, cutting another vehicle off too quickly, obscene gestures, and other activity can trigger road rage activity. Persons operating motor vehicles when they are angry cause these dangerous situations to evolve. Several examples, based on real-life situations, filmed on location, illustrate the volatile nature of this irresponsible driving. The main thrust of this video is that we all drive a large deadly weapon, and we have to be defensive in our day-to-day-driving and take a proactive approach with other drivers to avoid dangerous encounters.
**HUC-01-5461**  Fit Kids Classroom Workout  
AUDIENCE(S): Elementary students  
General  
DVD 50:00  
Human Kinetics  
Re-energize you students with these fun, contemporary dance routines! This DVD can be used in any school space, anytime, any day to invigorate and motivate your students. It gets students excited about being physically active and provides an ideal break from the day’s routines. It can also be used as a warm-up to other physically activity. It includes four 5-minute and two 10 minute workouts, plus a brief “healthy message” at the end of each exercise segment.

**HUC-01-5462**  The ABC’s of Patient - Physician Partnership  
AUDIENCE(S): General  
Health Care Professionals  
DVD Central Ohio Area Agency on Aging  
Various skits on growing older. Actors appear as patients, caregivers and friends in sketches about visits to the doctor.

**HUC-01-5465**  Harassment Is.....  
AUDIENCE(S): General  
DVD Coastal  
This popular program will raise awareness regarding harassment and will explain the do’s and don’ts of creating a respectful workplace for everyone. Define and identify the various types and forms of harassment, Follow guidelines to prevent harassment and Respond to harassment.

**HUC-01-5466**  Heat Stress  
AUDIENCE(S): General  
DVD 16:00 Coastal  
In outdoor work, temperatures will rise and so will the risks. Cramps, exhaustion and stroke can all plague employees in hot weather conditions. Cool off these dangers now with tips on illness prevention and safety hazards. This program also helps you comply with NIOSH & OSHA recommendations.

**HUC-01-5467**  Interview to Win Your First Job  
AUDIENCE(S): High School Students  
General  
DVD Jist Publishing  
Recent high school graduates and college students in four-year, community, and technical schools receive all the job search skills they need to launch their professional careers successfully from this video.
### HUC-01-5468  Exercise Program for Stroke Survivors

**AUDIENCE(S):** General

**DVD**

The National Center on Physical Activity and Disability presents “Exercise Program for Stroke Survivors.” It is designed specifically for individuals recovering from stroke, and features a 25 minute aerobic segment, as well as strengthening and flexibility segments for a well-rounded exercise program. Warm-up and cool-down exercises are also included.

### HUC-01-5469  Violence on the Job

**AUDIENCE(S):** General

**DVD** 27:00  NIOSH

This video discusses practical measures for identifying risk factors for violence at work, and taking strategic action to keep employees safe. It is based on extensive NIOSH research, supplemented with information from other authoritative sources.

### HUC-01-5470  In the Balance: BioAttack

**AUDIENCE(S):** General

**DVD** 57:00  Films for the Humanities and Sciences

One of the most dreaded weapons in the terrorist’s arsenal can be delivered in a paper envelope. Vividly exploring situations that public officials, health care workers, and law enforcement personnel would have to confront in the event of a biological attack, a panel of experts wrestles with questions that have gone largely unanswered in the public record: Who among America’s leadership is in charge of the response? Who gets medical treatment, and who decides? Must the affected city be quarantined? Will people be prohibited from leaving? Moderated by ABC News Chief Legal Correspondent Cynthia McFadden, this Fred Friendly Seminar lays bare the central issues of homeland security and the possibility that a biological attack would turn America into a much different place overnight.

### HUC-01-5471  In the Balance: City Under Siege

**AUDIENCE(S):** General

**DVD** 57:00  Films for the Humanities and Sciences

A prolonged series of terrorist attacks could seriously endanger America’s stability. In this Fred Friendly Seminar, moderator and Harvard Law School professor Charles Ogletree compels a team of experts to wrestle with a frightening scenario—a wave of bombings in a large port city and the credible rumor of a nuclear “dirty bomb” arriving in the harbor on the Fourth of July. With 5,000 shipping containers landing daily, those tasked with protecting the city face agonizing logistical and ethical questions: Is an effective search for the bomb possible? Should the threat be made public, or would that only cause panic and undermine the investigation? And perhaps the most troubling issue of all—with thousands of lives in the balance, how can information be elicited from suspects? Is torture a last resort? The clock is ticking.
### HUC-01-5473 Core Concepts in Nursing

**AUDIENCE(S):** Health care Professionals  
**DVD:** Thompson Delmar Learning

Program 1 The Nursing Process  
Program 2 Assessment & Diagnosis  
Program 3 Planning, Implementation, & Evaluation  
Program 4 History of Nursing  
Program 5 Therapeutic Communication  
Program 6 Documentation  
Program 7 Nutrition & Diet Therapy  
Program 8 Patient/Client Education  

Real-world scenarios allow viewers to observe a nurse interacting with a client, collecting information and coming to a decision. Viewers have the opportunity to assess a practicing nurse’s decision-making process. What would you do? feature stimulates critical thinking.

### HUC-01-5474 Max's Magical Delivery : Fit for Kids

**AUDIENCE(S):** Elementary students (age 5-9) General  
**DVD:** American Academy of Pediatrics

Josh, Nick, Elena and Ashlyn are playing video games at Josh’s when Max the Delivery man 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 show how their breakfast makes them feel. What is the mysterious box trying to tell them? Will this magical box and its cool gadgets be enough for them to hit the pause button on Super Amazing Asteroid Freaks?

### HUC-01-5482 Smart & Sober

**AUDIENCE(S):** High School General  
**DVD:** Ohio Dept. Public Safety

A reality show for teens. The devastating consequences of underage drinking and alcohol as part of a teenager's life is explored here in gripping testimonials from a diverse group of young people.  
Actor Henry Winkler moderates the teens who talk candidly about their experiences with alcohol and drugs and how negatively it impacted their lives and future.  
Many of these young boys and girls are trying to come back from the consequences of using alcohol and drugs. Some were directly influenced by their parents and peers to use alcohol and drugs, and some, including Rap Artist Bow Wow, say they stay away from drugs and alcohol, and strongly state their reasons.  
A frank discussion group setting with real teenagers for a teen audience. It's now. It's important. It's informative.

### HUC-01-5483 Do’s and Don’ts at the Gas Pump

**AUDIENCE(S):** General  
**DVD:** Purdue University

This DVD contains critical information every gas station employee and drive should know about the hazard of refueling at the gas pump. It also has the safe and proper procedures to follow when fueling vehicles and containers to help prevent such hazards.
HUC-01-5484  Highway Safety Classics

AUDIENCE(S):  High School students  General

DVD  Ohio Dept. Of Public Safety

Contains three classic Highway safety crashes:
Highways of Agony (20:00) This is a most disturbing video but it’s supposed to be. It’s old but still powerful and extremely graphic. Warn your audience. The message is strong. The opening screen sets the pace: "Due to the graphic nature of this video it is not recommended for children under the age of 14. Immediately it begins with bloody torturous images of death and injury on the highways of Ohio. Yes, it has been many years since the films were taken but the impact is tremendous. In fact, it might be pointed out that this was an era when few automobiles had any kind of restraint device installed, so consequently many drivers and/or passengers were ejected in the course of a crash. Many safety features now standard equipment on most cars were non existent. An ambulance was slow to arrive and there were no paramedics or emergency medical personnel standing by to be called into action. Crash victims often died before any medical help arrived, and many crashes were caused by excess speed and the use of alcohol which resulted in horrific crashes that killed and maimed. We’ve come a long way with many improvements in safety features for automobiles, safety awareness programs, better highways and roads, and added law enforcement. However, there is still death and injury on our roadways and this film-to-video brings the message home in dramatic fashion. 1969

Mechanized Death (24:00) Produced in 1961, this video is from an old film of unnecessary tragedies that occurred because the drivers made bad decisions. From a genre of films that are dated but still very impacting with the message to drivers of all ages. It’s real pain, and there are no words for pain. It’s still spell-binding. Warn your audience, the message is powerful.

Options to Live (24:00) Even though this safety film made during the late 1960s is dated chronologically, it sends a powerful message to the viewer with extremely graphic on-the-scene shots that will unsettle the steadiest soul. There was a time when this film was discontinued. It’s back and because of its graphic nature, it still has a powerful influence on the audience. This is the most effective role of this video and anyone who views this film will come away with a renewed sense of urgency for taking safety precautions while driving. This film is not recommended for young children.

HUC-01-5485  The Kristen Norris Story

AUDIENCE(S):  High School students  General

DVD  15:00  Ohio Dept. Public Safety

The Kristen Norris Story describes the tragedy and aftermath of a fatal crash, and speaks to the consequences of choices and how others are affected. Kristen was a passenger in a vehicle traveling over 100 mph when she was killed on Valentine's Day 2004 in Middletown. Following the 12-minute video, Kristen’s mother, Linda Barrett, speaks at a high school assembly about the impact bad decisions have on those left behind following a fatal crash.

HUC-01-5486  The Bus and Us: All about School Bus Safety

AUDIENCE(S):  Elementary students  Jr High/High School Students  General

DVD  6:42  Ohio Dept. Public Safety

A day in the life of a young student who is well-versed in the do’s and don’ts of school bus safety, and who wants to pass on the good information to others, including his mother. As he prepares to go to school on the "bus" he shows his mother how much he has learned about school bus safety. Mom listens and learns. A lighter approach to school bus safety information. Good for all ages.
HUC-01-5488  Child Abuse: Prevention, Detection and Management

AUDIENCE(S):  Healthcare Professionals  Nurses

DVD  30:00  Medcom

Presents the vital role of the nurse in the prevention and mitigation of child abuse and neglect. Viewers will learn how to identify parents and children at high risk for child abuse and neglect. Documentation and reporting of suspected child abuse cases are discussed, including supportive services available to parents.

HUC-01-5489  Detection and Treatment of Sexually Abused Children

AUDIENCE(S):  Healthcare Professionals  Nurses

DVD  30:00  Medcom

This discussion defines the sexual abuse of children, and describes the physical and behavioral signs. Assessment strategies to assist nurses in recognizing and providing effective treatment are presented.

HUC-01-5490  Resident Safety: Your First Concern

AUDIENCE(S):  Healthcare Professionals  Nurses

DVD  30:00  Medcom

7/30/07 UPDATED INFO: This program describes the 2008 Long Term Care National Patient Safety Goals from the Joint Commission. The change from 2007 to 2008 was not extensive: Goal 2 now includes the measure to "Measure and assess, and if appropriate, take action to improve the timeliness of reporting, and the timeliness of receipt by the responsible licensed caregiver, of critical test results and values." Goal 3, ("Improve the safety of using medications") Measure "B" for this goal ("Standardize and limit the number of drug concentrations used by the organization") was retired. A new measure has been added: ("Reduce the likelihood of patient harm associated with the use of anticoagulation therapy."). Measure A for Goal 7 "Reduce the risk of health-care associated infections" now includes the option of following hand hygiene guidelines from the World Health Organization (WHO) as well as those from the CDC. The following goals, and the measures to meet these goals, are described in this program: Improve the accuracy of resident identification. Improve the effectiveness of communication among caregivers. Improve the safety of using medications. Reduce the risk of health care-associated infections. Accurately and completely reconcile medications across the continuum of care. Reduce the risk of resident harm resulting from falls. Reduce the risk of influenza and pneumococcal disease in institutionalized older adults. Encourage residents' active involvement in their own care as a resident safety strategy. Prevent healthcare-associated pressure ulcers. This program also describes a sample model of a resident safety plan that the Commission has suggested for every institution.*UPDATE INFO: This program describes the 2007 Long Term Care National Patient Safety Goals from the Joint Commission o the Accreditation of Healthcare Organizations (JCAHO). The change from 2006 to 2007 was not as extensive as in previous years: Measure "B" for Goal 8 has been modified (all capital letters is new): "8b.: A complete list of the resident's medications is communicated to the next provider of service when a resident is referred or transferred to another setting, service, practitioner or level of care within or outside the organization. THE COMPLETE LIST OF MEDICATIONS IS ALSO PROVIDED TO THE RESIDENT ON DISCHARGE FROM THE FACILITY." A new goal with one measure applicable to this program was added: Goal 13: Encourage residents' active involvement in their own care as a resident safety strategy. 13A: Define and communicate the means for residents and their families to report concerns about safety and encourage them to do so. The following goals, and the measures to meet these goals, are described in this program: Improve the accuracy of resident identification. Improve the effectiveness of communication among caregivers. Improve the safety of using medications. Reduce the risk of health care-associated infections. Accurately and completely reconcile medications across the continuum of care. Reduce the risk of resident harm resulting from falls. Reduce the risk of influenza and pneumococcal disease in institutionalized older adults. Encourage residents' active involvement in their own care as a resident safety strategy. The program also describes a sample model of a resident safety plan that the Commission has suggested for every institution.
HUC-01-5491  Patient Safety: Your First Concern

AUDIENCE(S):  Healthcare Professionals  Nurses

DVD  30:00  Medcom

7/30/07: UPDATED INFO: "Patient Safety: Your First Concern" has been revised and updated to reflect the Joint Commission's National Patient Safety Goals (NPSG) for 2008. These revised goals are effective as of January 1, 2008. These goals emphasized in this program are targeted to facilities with the following healthcare environments: Ambulatory Care and Office-Based Surgery, Critical Access Hospitals, Disease-Specific Care, Hospitals. Changes from 2007 to 2008 are:

- Goal 3, ("Improve the safety of using medications") Measure "B" for this goal ("Standardize and limit the number of drug concentrations used by the organization") was retired. A new measure has been added: ("Reduce the likelihood of patient harm associated with the use of anticoagulation therapy.").
- Measure A for Goal 7 "Reduce the risk of health-care associated infections" now includes the option of following hand hygiene guidelines from the World Health Organization (WHO) as well as those from the CDC.
- A new goal with one measure applicable to this program was added: "Goal 16: Improve recognition and response to changes in a patient's condition. 16A "The organization selects a suitable method that enables health care staff members to directly request additional assistance from a specially trained individual(s) when the patient's condition appears to be worsening."
- This program describes the following patient safety goals: Improve the accuracy of patient identification.
- Improve the effectiveness of communication among caregivers.
- Improve the safety of using medications.
- Reduce the risk of health-care associated infections.
- Accurately and completely reconcile medications across the continuum of care.
- Reduce the risk of patient harm resulting from falls.
- Reduce the risk of influenza and pneumococcal disease in older adults.
- Reduce the risk of surgical fires.
- Encourage patients' active involvement in their own care as a patient safety strategy.
- Prevent health care-associated pressure ulcers.
- The organization identifies safety risks inherent in its patient population.
- Improve recognition and response to changes in a patient's condition.
- In addition to the NPSG, this program also describes JCAHO's Universal Protocol to prevent wrong site, wrong patient, and wrong procedure surgeries.

*UPDATE INFO: "Patient Safety: Your First Concern" has been revised and updated to describe the revised JCAHO National Patient Safety Goals (NPSG) for 2007. These revised goals are effective as of January 1, 2007. These goals emphasized in this program are targeted to facilities with the following healthcare environments: Ambulatory Care, Critical Access Hospitals, Disease-Specific Care, Hospitals and Office-Based Surgery. The change from 2006 to 2007 was not as extensive as in previous years.

- Goal 6, ("Improve the effectiveness of clinical alarm systems") was retired. Measure "B" for Goal 8 has been modified (all capital letters is new):"8b.: A complete list of the patient's medications is communicated to the next provider of service when a patient is referred or transferred to another setting, service, practitioner or level of care within or outside the organization. THE COMPLETE LIST OF MEDICATIONS IS ALSO PROVIDED TO THE PATIENT ON DISCHARGE FROM THE FACILITY." A new goal with one measure applicable to this program was added:"Goal 15: The organization identifies safety risks inherent in its patient population. 15A The organization identifies patients at risk for suicide. (Behavioral Health Care, Hospital (applicable to psychiatric hospitals and patients being treated for emotional or behavioral disorders in general hospitals))" This program describes the following patient safety goals:
- Improve the accuracy of patient identification.
- Improve the effectiveness of communication among caregivers.
- Improve the safety of using medications.
- Reduce the risk of health-care associated infections.
- Accurately and completely reconcile medications across the continuum of care.
- Reduce the risk of patient harm resulting from falls.
- Reduce the risk of influenza and pneumococcal disease in older adults.
- Reduce the risk of surgical fires.
- Encourage the active involvement of patient and their families in the patient's care as a patient safety strategy.
- The organization identifies safety risks inherent in its patient population. In addition to the NPSG, this program also describes JCAHO's Universal Protocol to prevent wrong site, wrong patient, and wrong procedure surgeries.
HUC-01-5492  Respect: Dignity, Autonomy and Relationships

AUDIENCE(S): Healthcare Professionals

DVD  17:30 Medcom

This program focuses on the first provision in the nursing code of ethics pertaining to respect. Through scenarios and expert interviews, it explores practical ways that nurses can show respect for human dignity and the importance of relationships to patients. Program discusses a patients right to self-determination, the important factors of diversity, and end of life issues. It clearly describes the nurse's role in supporting patient autonomy, informed consent, and the practice of extending respect beyond patients to one's colleagues as well.

HUC-01-5493  Commitment: Patients, Professionalism and Boundaries

AUDIENCE(S): Healthcare Professionals

DVD  17:00 Medcom

This program focuses on the second provision in the nursing code of ethics pertaining to commitment. Through scenarios and expert interviews, it addresses the primacy of patient interests and the nurse's role as a moral agent and advocate for patient. Program also explores conflict of interest issues for nurses and proper actions that can be taken when the wishes of the patient conflict with others. Video explores the importance of collaboration in the workplace and the ethical issue of proper professional boundaries for nurses.

HUC-01-5494  Protection: Privacy, Safety and Standards

AUDIENCE(S): Healthcare Professionals

DVD  20:15 Medcom

This program focuses on the third provision in the nursing code of ethics pertaining to protection. Through scenarios and expert interviews, it addresses the importance of patient privacy and confidentiality, while highlighting the key mandate of HIPAA. Video explores the various ways the nurses can successfully advocate for their patients, including those who might participate in research. 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.

HUC-01-5495  Introduction: Concepts, Values and Decision Making

AUDIENCE(S): Healthcare Professionals

DVD  22:15 Medcom

Ethics are at the core of professional nursing practice. This program provides a solid introduction to the fundamental ethical terms and concepts that students and nurses need to know. Through scenarios and expert interviews, it clearly defines justice, fidelity, autonomy, moral distress, and other important concepts in ethical practice. Video also explores the vital role that personal values play in ethical situations and how to best understand and address value conflicts. Program discusses the importance of nurse self-regard and some of the key steps to sound ethical decision making.
HUC-01-5496  Wound Care: Normal and Impaired Healing

AUDIENCE(S): Healthcare Professionals

DVD 14:20 Medcom

This series is designed to instruct nurses on the physiological phases of wound healing, the different types of wounds, how to assess a wound for signs of normal healing and signs that would indicate impaired healing. Wound care and appropriate nursing interventions including debridement, wound cleansing and the use of common dressings are also covered.

HUC-01-5497  Wound Care: Phases of Healing and Types of Wounds

AUDIENCE(S): Healthcare Professionals

DVD 9:17 Medcom

This series is designed to instruct nurses on the physiological phases of wound healing, the different types of wounds, how to assess a wound for signs of normal healing and signs that would indicate impaired healing. Wound care and appropriate nursing interventions including debridement, wound cleansing and the use of common dressings are also covered.

HUC-01-5498  Wound Care: Nursing Interventions

AUDIENCE(S): Healthcare Professionals

DVD 12:30 Medcom

This series is designed to instruct nurses on the physiological phases of wound healing, the different types of wounds, how to assess a wound for signs of normal healing and signs that would indicate impaired healing. Wound care and appropriate nursing interventions including debridement, wound cleansing and the use of common dressings are also covered.

HUC-01-5500A  Bloodborne Pathogens Safety-Part 1: Bloodborne Infections and Transmission of Bloodborne Infections

AUDIENCE(S): Healthcare Professionals

DVD 15:00 Medcom

This series is an update and redesign of Medcom's best-selling program bloodborne infections program for long term care facilities, UP200. What was once a single, long, comprehensive program on "Universal Precautions" is now the three-part series "Bloodborne Pathogens Safety". This redesign presents information in smaller, shorter modules that are easier for both instructors to present and self-learners to use. The complete series continues to provide comprehensive continuing nursing education on the topic, but in a more accessible way. The content of the series has also been updated and improved. New visuals emphasize and demonstrate the use of safer needle devices. Statistics for prevalence rates for HIV/AIDS, HBV, and HCV have been updated. The "Bloodborne Pathogens Standard" and "Universal Precautions" from OSHA, and "Standard Precautions" from the CDC are each carefully described, and the differences among them explained to help clarify confusion regarding these similar and related standards. The series also gained a half hour of CE credit and is now designated for 1.5 Contact Hours of Continuing Nursing Education. Since the advent and spread of AIDS/HIV, there has been increasing concern about preventing the spread of bloodborne diseases. Over the years, various government agencies have issued and updated a series of recommendations and enforceable standards to address the dangers of acquiring bloodborne infections in the healthcare environment. This series describes these efforts.
HUC-01-5500B  Bloodborne Pathogens Safety-Part 2: Exposure Control and Personal Protective Equipment

AUDIENCE(S):  Healthcare Professionals

DVD  17:00  Medcom

This series is an update and redesign of Medcom's best-selling program bloodborne infections program for long term care facilities, UP200. What was once a single, long, comprehensive program on "Universal Precautions" is now the three-part series "Bloodborne Pathogens Safety". This redesign presents information in smaller, shorter modules that are easier for both instructors to present and self-learners to use. The complete series continues to provide comprehensive continuing nursing education on the topic, but in a more accessible way. The content of the series has also been updated and improved. New visuals emphasize and demonstrate the use of safer needle devices. Statistics for prevalence rates for HIV/AIDS, HBV, and HCV have been updated. The "Bloodborne Pathogens Standard" and "Universal Precautions" from OSHA, and "Standard Precautions" from the CDC are each carefully described, and the differences among them explained to help clarify confusion regarding these similar and related standards. The series also gained a half hour of CE credit and is now designated for 1.5 Contact Hours of Continuing Nursing Education. Since the advent and spread of AIDS/HIV, there has been increasing concern about preventing the spread of bloodborne diseases. Over the years, various government agencies have issued and updated a series of recommendations and enforceable standards to address the dangers of acquiring bloodborne infections in the healthcare environment. This series describes these efforts.


AUDIENCE(S):  Healthcare Professionals

DVD  15:30  Medcom

This series is an update and redesign of Medcom's best-selling program bloodborne infections program for long term care facilities, UP200. What was once a single, long, comprehensive program on "Universal Precautions" is now the three-part series "Bloodborne Pathogens Safety". This redesign presents information in smaller, shorter modules that are easier for both instructors to present and self-learners to use. The complete series continues to provide comprehensive continuing nursing education on the topic, but in a more accessible way. The content of the series has also been updated and improved. New visuals emphasize and demonstrate the use of safer needle devices. Statistics for prevalence rates for HIV/AIDS, HBV, and HCV have been updated. The "Bloodborne Pathogens Standard" and "Universal Precautions" from OSHA, and "Standard Precautions" from the CDC are each carefully described, and the differences among them explained to help clarify confusion regarding these similar and related standards. The series also gained a half hour of CE credit and is now designated for 1.5 Contact Hours of Continuing Nursing Education. Since the advent and spread of AIDS/HIV, there has been increasing concern about preventing the spread of bloodborne diseases. Over the years, various government agencies have issued and updated a series of recommendations and enforceable standards to address the dangers of acquiring bloodborne infections in the healthcare environment. This series describes these efforts.

HUC-01-5502  Fat Like Me: How to Win The Weight War

AUDIENCE(S):  Elementary students  General

DVD  40:00  Film for the Humanities & Sciences

In this ABC News special—produced in conjunction with Rodale Inc., publisher of Prevention and Men’s Health magazines—nutritionists, psychologists, pediatricians, and other experts explore the causes of obesity, the physical and emotional damage it can do, and how parents and schools can team up to help kids improve their health. Also included is hidden-camera footage of a daring social experiment in which a slim teen, professionally made up to look obese, goes to school and experiences firsthand the abuse so often aimed at people who are overweight. A post-experiment discussion underscores the stigmatizing effect of intolerance while emphasizing the need for greater compassion. A viewable/printable instructor’s guide is available online.
### HUC-01-5503A  Anatomy & Physiology: The Circulatory System

**AUDIENCE(S):** Elementary students Jr High/High School Students General  
**DVD** 15:00 Medcom

The cardiovascular system is the first body system described in Medcom's new Anatomy and Physiology series. This series is a quick-paced and engaging basic introduction to anatomy and physiology appropriate for students in high school, junior college, vocational schools, and for nursing assistants. This program describes the following components of the cardiovascular system:  . The heart . The cardiac conduction system . Blood vessels . Blood . Lymph vessels

### HUC-01-5503B  Anatomy & Physiology: The Digestive System

**AUDIENCE(S):** Elementary students Jr High/High School Students General  
**DVD** 15:00 Medcom

This program provides a quick-paced, basic introduction to the components of the respiratory system. This program describes the organs of the respiratory system; the process of gas exchange; inspiration, expiration and the mechanics of breathing; the sense of smell; the voicebox and speech.

### HUC-01-5503C  Anatomy & Physiology: The Endocrine System

**AUDIENCE(S):** Elementary students Jr High/High School Students General  
**DVD** 18:00 Medcom


### HUC-01-5503D  Anatomy & Physiology: The Integumentary System

**AUDIENCE(S):** Elementary students Jr High/High School Students General  
**DVD** 15:00 Medcom

This program provides basic information on the skin and other components and functions of the integumentary system. This includes descriptions of: The layers of the skin, hair, nails, and teeth.

### HUC-01-5503F  Anatomy & Physiology: The Nervous System

**AUDIENCE(S):** Elementary students Jr High/High School Students General  
**DVD** 16:58 Medcom

This program provides a basic introduction to the components of the nervous system appropriate for high-school students, junior college and vocational schools. This includes descriptions of: . Neurons and neuroglia . The components of the central nervous system . The components of the peripheral nervous system . Brain and spinal cord function . Somatic and autonomic nervous system functions . The sympathetic and parasympathetic divisions of the autonomic nervous system
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<tr>
<td>HUC-01-5503G</td>
<td>Anatomy &amp; Physiology: The Reproductive System</td>
<td>Elementary students, Jr High/High School Students, General</td>
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<td>HUC-01-5503H</td>
<td>Anatomy &amp; Physiology: The Respiratory System</td>
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<td>HUC-01-5503I</td>
<td>Anatomy &amp; Physiology: The Skeleton System</td>
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<td>HUC-01-5503J</td>
<td>Anatomy &amp; Physiology: The Urinary System</td>
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<td>HUC-01-5504</td>
<td>Grace (DVD)</td>
<td>Healthcare Professionals, General</td>
<td>56:00</td>
<td>Video Press</td>
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This program provides a basic introduction to the organs and functions of the reproductive system. This includes descriptions of: genes and chromosomes; organs and functions of the male reproductive system; organs and structures of the female reproductive system; fertilization, conception and pregnancy.

This program provides a quick-paced, basic introduction to the components of the respiratory system. This program describes the organs of the respiratory system; the process of gas exchange; inspiration, expiration and the mechanics of breathing; the sense of smell; the voicebox and speech.

This program provides a basic introduction to the components of the skeletal system appropriate for high-school students, junior college and vocational schools. The following components of the skeletal system are described: The axial skeleton; the appendicular skeleton; microscopic and macroscopic anatomy of bone; bone development, growth and remodeling; types and functions of joints.

This program provides a quick-paced, basic introduction to the components of the urinary system. This includes descriptions of the following organs and functions: The kidneys, the ureters, the bladder, the urethra, the filtration process, and urine formation.

This classic program follows seven years in the life of Grace Kirkland and the inspirational caregiving efforts of her husband providing a documentation of Alzheimer’s disease from near the time of diagnosis until death. Tracking Grace from the first stage of the disease where she’s already having short term memory problems, the program continues to document as she loses her ability to speak and finally her ability to walk and eat. Grace provides the extraordinary opportunity to witness first hand the progression of dementia and the related symptoms.
HUC-01-5505 Grace Notes (DVD)

AUDIENCE(S): Healthcare Professionals General
DVD 20:00 Video Press

Using excerpts from the film *Grace*, leading national expert, Dr. Peter Rabins, presents the progression of dementia; the related symptoms and behaviors; and the changing caregiver role. Staff join in the discussion suggesting positive ways they handle similar behaviors in long-term care. Lecture with Grace vignettes with nursing staff discussion.

HUC-01-5506 Resident’s Perspective: Living with Fear (DVD)

AUDIENCE(S): Healthcare Professionals General
DVD 20:00 Video Press

Residents report what they feel is abuse, and their concerns may surprise your staff. Not only do their comments include the obvious, but also many situations or interactions that you would not think of as abusive unless you were a resident. Find out what it's like to be on the other side of care.

HUC-01-5507 Resident’s Perspective: Speaking Out on Abuse (DVD)

AUDIENCE(S): Healthcare Professionals General
DVD 20:00 Video Press

This is a must-see for all nursing staff, far more revealing than the first program we produced on abuse. Hear residents discuss with great emotion long-term care experiences which they find abusive—a call bell ignored when someone needs help, a person left in pain, thirst or hunger ignored and staff attitudes which are negative and demeaning.

HUC-01-5508 Neglect: The Most Frequent Abuse in LTC - Behavioral Neglect: Triggering Aggression

AUDIENCE(S): Healthcare Professionals General
DVD 20:00 Video Press

Residents' emotional, behavioral, and social needs are integral to their quality of life. If neglected, agitation, aggression or depression are inevitable. Further, physical well-being is also placed in jeopardy. This video identifies areas of behavioral neglect, why it happens and the devastating consequences not only for the resident, but also for staff and the facility.

HUC-01-5509 Neglect: The Most Frequent Abuse in LTC - Family Neglect Precipitating Outrage

AUDIENCE(S): Healthcare Professionals General
DVD 20:00 Video Press

Family members often present the most difficult care challenges. Neglecting or ignoring family concerns or inappropriate response to family concerns, creates significant, stressful and costly issues in long-term care. This video identifies situations which can precipitate family outrage and provides staff effective tools to respond to even the most difficult family members.
More prevalent than any other form of neglect and just as abusive, this is the neglect of a resident’s individuality. A resident who likes a quiet world is placed in a noisy environment. A vivacious resident is left in their room. A person who likes to decide on their personal appearance isn’t given choices.
Dr. Stevens works with nursing assistants to identify these de-humanizing abusive situations.

Residents residing in long-term care often have significant needs for care in ADLs—bathing, dressing, toileting, eating, and ambulating. Neglect in these vital areas contributes to poor emotional and somatic outcomes for residents. This video emphasizes how important it is to prevent neglect in ADLs. No one wants to be dirty or soiled, no one wants to be hungry or thirsty.

Staff working with younger residents quickly realizes their special needs and concerns. In this program, they talk about some basics which appeal to nearly all younger generation residents Environmental and activity interventions are discussed that decrease their frustration, anger and outbursts, as they attempt to readjust to the world of long-term care. These include: simple modifications such as a special room where young residents can look at their type of TV or listen to age appropriate music; special attention to style in physical appearance; providing opportunities for social interactions; and access to the internet
HUC-01-5514  Special Consideration for the Young Nursing Home Resident - Understanding Me: The Younger Resident’s Perspective

AUDIENCE(S):  Healthcare Professionals  General

DVD  18:00  Video Press

Today, many nursing home residents are 20-50 years old with histories of permanent disabilities, mental illness, homelessness, and drug abuse. Nursing home placement creates significant care and lifestyle issues for these residents as well as posing a threat for elderly residents and staff. Even one younger resident can disrupt the facility. This series trains staff to understand and deal with such challenging and potentially disruptive residents. Younger residents with chronic conditions and permanent disabilities speak out about their lives in long term care. Expectations, dreams, and life plans have disappeared. Dealing with an environment developed for older individuals, they describe a daily quest for relevance and respect. For some it’s frustration and anger. For others with support of family and the facility, they create a life of substance in long-term care. Resident interviews.

HUC-01-5516  Unnatural Causes - is inequality making us sick?

AUDIENCE(S):  General

DVD  4 hours  California Newsreel

As seen on PBS. This is a story about health, but it’s not about doctors or drugs. It’s about why some of us get sicker more often and die sooner in the first place. Unnatural Causes criss-crosses the country investigating findings that are shaking up our conventional understanding of health. There’s much more to our well-being than genes, behaviors and medical care. The social, economic and physical environments in which we are born, live and work profoundly affect our longevity and health – as much as smoking, diet and exercise. This ground-breaking documentary series sheds light on mounting evidence of how inequities in the rest of our lives - the jobs we do, the wealth we enjoy, the neighborhoods we live in – can get under the skin and disrupt our biology as surely as germs and viruses. Solutions lie not in more pills but in more equitable social policies. Program segments include: In Sickness and In Wealth (56 mins) - What connections exist between healthy bodies, healthy bank accounts and skin color? When the Bough Breaks (29 mins) - How racism gets embedded in the body and affects birth outcomes. Becoming American (29 mins) - Latino immigrants arrive healthy but don’t stay that way. Bad Sugar (29 mins) - Diabetes in two Native American communities. Place Matters (29 mins) - Where you live predicts your health. Collateral Damage (29 mins) Marshall Islanders are caught between the developing and industrialized worlds. Not Just Paycheck (30mins) - Unemployment takes a toll in Michigan but not in Sweden.

HUC-01-5517  Health for Sale

AUDIENCE(S):  General

DVD  53:00  California Newsreel

Health for Sale asks: are the world’s largest drug companies, paradoxically, major obstacles to creating a healthier world? Focusing on Big Pharma, the ten largest pharmaceutical makers who account for 500 billion dollars of world health spending a year, we hear from officials from all sides of the debate regarding the impact of drug companies’ patenting, “intellectual property,” pricing, and new product development strategies on global public health. Health for Sale, through a close examination of one essential industry, calls into question whether global markets and corporations can be trusted to serve the interests of a majority of the earth’s population.
HUC-01-5518  Date Rape Drugs: What you Need to Know

AUDIENCE(S): General

DVD 22:00  Intermedia

Drug-facilitated rape has become a growing and persistent problem across North America. Date rape drugs are easily disguised in alcoholic drinks presented in a social or party situation. The rapist is often someone the victim has just met or someone the victim knows. Education is vital to understanding and preventing this violent crime. This DVD features testimony from teen and adult victims, rape advocates and law enforcement, which provides valuable insight into how this crime is perpetrated and the effects various date rape drugs have on the body. The most well known drugs used by perpetrators that are discussed in the video include: GHB, Rohypnol, Ketamine, and Ecstasy. Viewers of this program will become familiar with these drugs, how rapists use them why they often videotape their victims and practical tips on self protection.

HUC-01-5522  Joining Forces: Responding to the Health Care Needs of our Returning Military

AUDIENCE(S): Healthcare Professionals

DVD  HealthPartners Institute for Medical Education

Every day across the US, there are newspaper headlines about returning troops failing to receive the medical, emotional and social support that they need to successfully reintegrate into family life in the States. Consequences of failure to reintegrate are tragic: depression, divorce, trouble with the law, even suicide. And yet, as a whole, physicians and other health professionals are relatively unaware of the challenges that returning military face and the resources available to assist with the transition. Join Forces will help improve care for these soldiers by showing how to identify patients with military experience, recognize their most frequently presenting health related needs, and initiate appropriate care. 2.0 AMA PRA Category I credit available through the website: www.JoiningForcesOnline.org

HUC-01-5523  7 Ways to Block a Cyberbully

AUDIENCE(S): Jr. High/ High School students  General  School Educators

DVD 20:00  Learning ZoneXpress

Cyberbullies don’t shove kids on the playground or steal lunch money, but the are just as dangerous. They stay hidden behind technology and target students on the Internet and through cell phones. More than 40 percent of teens say they’ve been targeted by an e-bully through text messages, emails, instant messages, social networking sites, blogs and chat rooms and the numbers are rising. This DVD details seven effective strategies for dealing with a digital bully. The plan includes: 1) Understanding the e-bully; 2) Protecting your passwords; 3) Guarding personal information; 4) Using safety software; 5) Cutting off communications; 6) Saying ‘no’ to revenge; 7) Telling someone.

BONUS section: Cyberbully: The Adult Role outlines seven ways parents and educators can work to stop cyberbullying.

HUC-01-5524  Wrecked: Life and Death on the Road

AUDIENCE(S): High School Students

DVD  Farmers

This DVD talks to new drivers about what it really means to make right – and wrong – decisions behind the wheel. They’ll meet a lot of people who have already learned about driving, sometimes the hard way. By making drives aware of these tragic experiences, Farmers believes new drivers may avoid making some of the same mistakes.
### Ordinary People Doing Extraordinary Things

**AUDIENCE(S):** General  
**DVD:** 4:00  
**Farmers**

This 4 minute video shows images of women and men in history overcoming their adversities and creating great changes in the world.

### Liberty’s Apprentice

**AUDIENCE(S):** General  
**DVD:** Farmers

This powerful documentary celebrates public schools in America. It highlights the role public schools play in securing our nation’s future by teaching democracy to our youth and creating informed citizens.

### Pandemic Flu: What Can you do?

**AUDIENCE(S):** General  
**DVD:** 11:00  
**Ohio Department of Health**

This DVD shows a scenario of a pandemic flu. It follows a family through preparing for the pandemic with making an emergency kit, and protecting the family when the illness reaches their home.

### White Hot Jobs: The Fastest Growing Jobs Today

**AUDIENCE(S):** Jr. High/High School Students  
**DVD:** 17:00  
**Human Relations Media**

Choosing the ideal career would be easy if all jobs were created equal. But, because of changing demographics, technology advancements and other market forces, some jobs have a more promising future than others. This video and print package explores five hot job growth areas: health care, financial management, technology, the service sector and the environment. In each sector, jobs are profiled from the entry level through to mid management and above to show a career path. Here are some of the jobs showcased: a home health aid, an EMT, an x-ray technician, a chiropractor, a family physician, a surgeon, a network support technician, a web specialist, a programmer and an IT manager. Teen viewers will learn where the opportunities are, what education is required, and how to plan now for tomorrow’s job.

### Understanding Fetal Alcohol Syndrome

**AUDIENCE(S):** High School Students  
**DVD:** 13:00  
**Human Relations Media**

In this video, viewers meet Jodee, a teenager who is afflicted with Fetal Alcohol Syndrome (FAS) because her mother drank alcohol during her pregnancy. FAS represents a spectrum of physical and emotional disorders that occur because of alcohol poisoning before birth. Jodee tells her story, supported by powerful graphics revealing how the developing fetus is damaged by alcohol. The signs and symptoms of FAS are described, including low birth weight, facial abnormalities, reduced coordination, poor social skills, learning difficulties and behavioral problems. Jodee’s lifelong difficulties are a direct result of her mother’s alcohol use. This program delivers a strong “no alcohol use” message to pregnant women.
### HUC-01-5530  Teen Depression: Signs, Symptoms and Getting Help

**AUDIENCE(S):** Jr. High/High School Students  General  

**DVD**  19:00  Human Relations Media

This program, targeted at teenage viewers, emphasizes the message that depression is a medical illness, not a sign of weakness or a flaw in character. Real teens from diverse backgrounds talk about their struggles with depression and their strategies for recovery. Students learn the warning signs of depression; that resorting to alcohol and drugs only makes depression worse; that seeking help is an act of strength, not weakness. The program describes different kinds of depression and explains that depression can result from a variety of genetic, biological, and social causes. It stresses the difference between normal feelings of sadness and clinical depression. The video explains to students how to recognize the signs of depression in themselves, their friends or classmates, and what they can do to seek help. Depression is treatable and should not be suffered in silence.

### HUC-01-5532  An Introduction to OSHA: DVD and Workbook

**AUDIENCE(S):** General  

**DVD**  National Safety Compliance

This workbook and accompanying video were created with the customer in mind. The mere thought of OSHA can sometimes be a ‘scary’ thing. The National Safety Compliance thought an information program about OSHA and some of the safety and health topics faced on a daily basis would take some of ‘scariness’ away.

### HUC-01-5533  The Ten Signs of Relationship Abuse

**AUDIENCE(S):** Jr. High/High School  College age  

**DVD**  28:00  Human Relations Media

Combining powerful interviews of battered and verbally abused teens with expert commentary, video delivers key facts about dating abuse. Emotional abuse includes isolation from friends, family, and outside activities; using insulting names or degrading terms; displaying jealousy and possessiveness; controlling a partner’s clothing choices and behavior; using excessive cell phone use to monitor behavior; and threatening self-harm to control behavior. Sexual and physical abuse includes extreme roughhousing; pushing, grabbing, restraining, and other violent behaviors that don't leave marks or bruises; touching a partner’s body in ways that make him/her feel uncomfortable; and making threats as a means of coercing a partner’s consent to sexual activity. Teen speakers and dating abuse experts offer helpful advice on how teens can get away from potentially unhealthy, dangerous relationships.

### HUC-01-5534  Open Arms? Open Eyes!: Power, Control and Abuse in Teen Relationships

**AUDIENCE(S):** Jr. High/High School  

**DVD**  28:00  Human Relations Media

This award-winning, 28-minute video identifies the warning signs in teen relationships that set the stage for adult domestic violence. A great discussion starter, it is based on real scenarios and dialogue suggested by teenagers themselves. It features high school students and locations, and is an excellent resource for raising student awareness about healthy and unhealthy relationships. Dramatizes specific issues of power and control among teens, to help them spot the signs and avoid the corrosive effects of abusive relationships. To that end, there are 25 “red flags” displayed throughout the video to assist in the awareness of violent behavior patterns in dating relationships. Includes Pre- and Post-Tests
<table>
<thead>
<tr>
<th>HUC-01-5535</th>
<th>Huffing: The Latest Facts about Inhalant Abuse</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>Jr. High/High School</td>
</tr>
<tr>
<td><strong>DVD</strong></td>
<td>17:00</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>This gripping program tells unforgettable stories of teens fighting their abuse of inhalants, as well as two families who lost children to inhalant abuse. One interview segment involves an Ohio police officer whose son died after a brief experiment with inhalants. Another recounts a recovering user who learned first-hand that huffing inhalants is not only perilous, but can quickly lead to other types of drug abuse. In between the real stories, a group of teens talk directly to viewers addressing the addictive nature of inhalants and clearly outlining the damage these toxic chemicals cause to the brain, heart and lungs. Teacher's Resource Book provides additional follow-up assignments and reinforces the program's powerful never-use message.</td>
</tr>
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<table>
<thead>
<tr>
<th>HUC-01-5536</th>
<th>Why Don’t We Do It in Our Sleeves?</th>
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</thead>
<tbody>
<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>Elementary Students, Jr./High/High School, General</td>
</tr>
<tr>
<td><strong>DVD</strong></td>
<td>ORL Productions</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>The hilarious video effectively conveys the seriousness of proper coughing technique while entertaining and teaching audiences of all ages. The dos and don'ts of cough etiquette are clearly outlined in a series of examples.</td>
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<table>
<thead>
<tr>
<th>HUC-01-5537</th>
<th>Nutrition Facts and Myths</th>
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<tbody>
<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>Jr. High/High School</td>
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<tr>
<td><strong>DVD</strong></td>
<td>23:00</td>
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<tr>
<td><strong>Description:</strong></td>
<td>Carbs are bad… Grapefruit will make you lose weight… Red meat is unhealthy… Today's teens are bombarded with confusing messages about nutrition. This program debunks the top ten nutrition myths and offers solid facts. By using a mix of real kid interviews, humorous fake commercials, and interviews with registered dietitians in an actual food lab, viewers learn about such things as how to read and understand food labels; why there is no magic potion for losing weight; tasty alternatives to junk food; and, how teens can eat healthier and be happier with their own body images. Viewers learn that skipping meals is a sure fire way to actually gain unwanted pounds, and how even a moderate amount of exercise can make a huge difference in their overall health and well being.</td>
</tr>
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<thead>
<tr>
<th>HUC-01-5538</th>
<th>Smart Fitness - Smart Foods</th>
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<tbody>
<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>Elementary Students</td>
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<tr>
<td><strong>DVD/CD/Book</strong></td>
<td>Kimbo Educational</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Motivating fitness routines, performed by real kids, will motivate children to get up and moving! RONNO and Liz Jones Twomey make daily quality fitness a joyful, fun-filled (and never boring!) Experience in this visually exciting DVD. The scientifically designed movements set to energetic music strengthen learning while stimulating whole-brain integration. This will help teachers demonstrate the moves and can be used independently by children. Adaptable for special needs.</td>
</tr>
</tbody>
</table>
### HUC-01-5539 Diabetes: Being Prepared for Sick Days and Emergencies

**AUDIENCE(S):** General  
**DVD/CD/Book:** 17:00  
**Milner Fenwick**

This video helps people with diabetes plan ahead so they know exactly what to do when they have an illness, infection, or injury. It covers what to eat or drink, supplies to keep on hand, and when to call the healthcare team. It explains ketoacidosis. It also covers how to prepare for emergencies, like power outages, snow storms, hurricane evacuations and other unique situations.

### HUC-01-5540 Guiding Your Overweight Child: Getting Healthy Together

**AUDIENCE(S):** General  
**DVD/CD/Book:** 18:00  
**Milner Fenwick**

Using calorie counting as a base, parents are given tips on how to make healthy food decisions for themselves and their children in this “supersized” society. The importance of physical activity is emphasized through examples such as making the 10,000 steps program a family challenge. Help parents and their children face the weight battle together, and win!

### HUC-01-5541 Managing Your Stress

**AUDIENCE(S):** General  
**DVD/CD/Book:** 17:00  
**Milner Fenwick**

Stressors are different for everyone. This program helps viewers find ways to limit stress, so they can stay healthy and enjoy life. 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 prayer. 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.

### HUC-01-5542 ECG and Pharmacology

**AUDIENCE(S):** General  
**DVD/CD/Book:** 17:00  
**Milner Fenwick**

### HUC-01-5543 The Stages of Labor 2nd Edition

**AUDIENCE(S):** General  
**DVD/CD/Book:** 29:00  
**Injoy Videos**

In stunning detail, 3D animation shows how contractions open the cervix, cause the baby to descend, and ultimately bring about the baby’s birth. At the same time, personal birth stories highlight the common emotions that occur during each stage.

Program Benefits: An inside look – animation of the entire labor process; Signs of early labor – when labor starts, they’ll know it; Make it memorable – personal perspectives on the labor experience; Labor concepts explained – illustrates dilation, effacement; and Helpful partner tips – important advice for support persons.
### HUC-01-5544  
**Causing Pain: Real Stories of Dating Abuse and Violence**

**AUDIENCE(S):** Jr. High/High School  
**DVD** 13:00  
**CDC**

This package from the Centers for Disease Control and Prevention's Choose Respect Campaign contains a DVD of two video programs and a materials CD, with a Choose Respect discussion guide, PowerPoint slides, and appendices. These activities will motivate participants to come up with ways to promote healthy and respectful relationships in their community.

**Choose Respect DVD - Causing Pain: Real Stories of Dating Abuse and Violence,** is an award-winning program. This program features true stories of youth, parents, and professionals who have been in, or witnessed, abusive relationships. The video utilizes their experiences and insights so that youth and parents can recognize and prevent dating abuse in their own lives, or in the lives of others.

The discussion guide, and accompanying PowerPoint presentation, helps participants recall specific scenes and generate thoughtful conversations about identifying warning signs and preventing abusive relationships. The discussion guide includes: background for session leaders, helpful hints for addressing the subject of dating abuse and violence, instructions for facilitating group discussions, and interactive activities.

### HUC-01-5545  
**Straight Talk: The Truth About Alcohol and Sex**

**AUDIENCE(S):** Jr. High/High School  
**DVD** 59:00  
**HRM videos**

Using a unique drama format combined with a documentary style, this video/print package memorably explores the all too common consequences of underage drinking and sexual misconduct. The drama centers around the aftermath of an underage drinking party, recreated through flashbacks of excessive drinking, loosened inhibitions, poor judgment and painful consequences. Stories include a basketball player who date rapes an acquaintance, a girl who binge drinks and loses her virginity to her boyfriend but can’t even remember it the next day, another girl finds herself the subject of “sexting” where risqué images of her were sent via cell phones to students in her school. 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.

### HUC-01-5546  
**Buzz in a Bottle: The Dangers of Caffeine-Spiked Energy Drinks**

**AUDIENCE(S):** Jr. High/High School  
**DVD** 17:00  
**HRM videos**

With the lure of an over-the-counter jolt, kids are consuming more energy drinks than ever before and in many cases mixing them with alcohol. Through vivid interviews with teens and health experts, the video 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 a greater risk for alcohol poisoning.
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<tbody>
<tr>
<td>HUC-01-5547</td>
<td>You Can Quit! How to Stop Smoking During Pregnancy</td>
<td>General</td>
<td>18:00</td>
<td>DVD Injoy</td>
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</table>

Most women want to stop smoking during pregnancy but don’t know how. Drawing from research-based, positive approaches, this interactive program not only reminds pregnant moms why they should stop smoking, it actually gives them a way to quit. In fact, in just 15 minutes your clients will have their quit plans in hand!

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<tr>
<td>HUC-01-5548</td>
<td>When Domestic Violence Comes to Work</td>
<td>General</td>
<td>30:00</td>
<td>DVD Intermedia videos</td>
</tr>
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</table>

Domestic violence is the number one cause of injury to women in the United States. Domestic violence may occur at home but it also comes to work and affects the bottom line of every private and public sector organization. Women who are abused at home have increased health care costs, absenteeism, turnover, and stress in the workplace, as well as lower productivity. They and their co-workers are at risk for lowered employee morale, resulting in poorer quality products and customer service. Employees also can be at risk of real physical danger. When Domestic Violence Comes To Work 2000 can help educate employers and employees about domestic violence, and help develop policies, procedures and benefit programs. This training program can save your organization direct financial costs such as: increased medical and medical insurance expenses, reduced productivity, increased absenteeism, increased turnover, increased recruitment, hiring and training, attorney fees and court costs, disability accommodations, lost business, increased security, and consultant fees. It will also save in indirect costs, such as: fear and stress in the workplace, loss of internal and external credibility, reduced morale and reduced teamwork.

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<tr>
<td>HUC-01-5549</td>
<td>Life Skills for Teens: Healthy Relationships</td>
<td>High School/Jr. High students General</td>
<td>35:00</td>
<td>DVD Intermedia videos</td>
</tr>
</tbody>
</table>

The Life Skills series teaches teens how to make intelligent life choices and become successful young adults. Engaging and real, this program gives young adults foundational building blocks in crucial life areas like relationships, time and money management, career building, and much more. The program's energetic style will leave teen viewers feeling more confident and excited about their futures. This volume gives teens the tools they need to cultivate a relationship that supports their values and dreams, including what to look for in a partner, effective communication tips, and how to break up respectfully. Teens will learn how to: Raise their level of self-awareness, Develop healthy relationship skills, Recognize a controlling or abusive relationship, Use conflict resolution skills, and Avoid pregnancy and STI's.
**HUC-01-5550**  
**Life Skills for Teens: Building Your Future**  
**AUDIENCE(S):** High School/Jr. High students General  
**DVD**  
32:00 Intermedia videos

The Life Skills series teaches teens how to make intelligent life choices and become successful young adults. Engaging and real, this program gives young adults foundational building blocks in crucial life areas like relationships, time and money management, career building, and much more. The program's energetic style will leave teen viewers feeling more confident and excited about their futures. Through entertaining situations, this volume gives the teens the bottom line about education and earning power, making career choices, and avoiding teen money traps. Teens will learn how to: Set goals and manage time appropriately, Develop smart job-searching techniques, Assess career options (including non-traditional jobs), Curb impulsive spending and live within their means and Understand the realities and responsibilities of turning 18.

**HUC-01-5551**  
**A Matter of Life & Death**  
**AUDIENCE(S):** Healthcare Professionals Nursing General  
**DVDs**  
4 hours Shanachie

A matter of Life and Death is a riveting new 4-art documentary that chronicles 5000 years in the history of medicine, telling the story of those “magic moments” of groundbreaking discovery along with the “dark hours” when medicine takes a turn in the wrong direction. From the struggles and triumphs against such deadly killer as small pox, tuberculosis and the plague through the contemporary challenges of deadly new viruses, this fascinating and information documentary is filled with tales of courageous doctors breaking social taboos and performing risky experiments in which they put their own lives in jeopardy. Each part depicts one of the four periods of human life from infancy to old age and is filled with tales of how the typical medical challenges of that stage have been treated since the dawn of medicine. “The First Breath” focuses on birth, childhood and youth; “The Wild Years” is devoted to the years following the awakening of sexuality; “Mid-Life” covers the family and middle age, and “Aging and Death” examines old age, infirmity and death.

**HUC-01-5552**  
**History of Nursing: The Early Years**  
**AUDIENCE(S):** Healthcare Professionals Nursing  
**DVDs**  
35:00 Insight Media

This DVD examines the early history of nursing. It discusses the nursing care provided by nuns and the military and considers the establishment of hospitals.

**HUC-01-5553**  
**History of Nursing: The Development of a Profession**  
**AUDIENCE(S):** Healthcare Professionals Nursing  
**DVDs**  
36:00 Insight Media

Beginning with the contributions of Florence Nightingale, this DVD examines the evolution of nursing care into a profession. It considers the roles of nursing innovators and educators, the establishment of nursing schools and degrees, and the development of regulation and licensure.
HUC-01-5554 Nursing in America: A History of Social Reform
AUDIENCE(S): Healthcare Professionals Nursing
DVDs 30:00 Insight Media
This program examines the historic role of nurses in the U.S. as social activists.

HUC-01-5555 History of Medicine
AUDIENCE(S): Healthcare Professionals Nursing
DVDs 168 min Insight Media
This set covers such historical medical innovations in obstetrics, pediatrics, elder care, and adult care as cesarean sections, vaccinations, heart transplants, and the discovery of penicillin.

HUC-01-5557 Breakfast Because!
AUDIENCE(S): General Junior High Students
DVDs 25:00 Learning ZoneXpress
This entertaining program shows how breakfast enhances mental and physical performance. It covers such topics as the need for breakfast in specific parts of the body, meal ideas, and nutrition labels.

HUC-01-5558 Water: Elements of Human Nutrition
AUDIENCE(S): General
DVDs 30:00 Learning Seed
Explaining what water does for the human body, this program examines such issues as dehydration and water contamination. It discusses concerns surrounding alternative sources of hydration and offers recommendations for daily water intake and hydration during exercise. The DVD also considers health regulations for water purity, filtration, and additives.

HUC-01-5559 No More “Sweetie” and “Honey”: How to Talk with Older Adults
AUDIENCE(S): Healthcare Professionals Nursing
DVDs 15:00 GLAM Communications
This DVD offers realistic patient-client scenarios that teach how to treat older adults with respect in healthcare situations. It covers such topics as misconceptions about language, hearing deficits, and respecting the interesting lives of elders.
### Is College for Me?

**AUDIENCE(S):** Jr. High Students, High School Students  
**DVDs:** 17:00  
**Human Relations Media**

This fast-pace program helps middle school students understand why they need to start thinking about college now. Real students from four-year, two-year and technical programs share their college experiences and why it is so important to get a college degree. They emphasize how different college courses are from middle and high school, as well as the great opportunity college presents to meet many different kinds of people and broaden one’s experience of the world. Includes different college options such as commuting from home, living in a dorm, or taking courses online. Discusses availability of financial aid and scholarships; the importance of basic skills such as reading, writing and good study habits in gaining college admittance; and the need to begin preparing for college now.

### Beyond High School; Strategies for Nontraditional Students

**AUDIENCE(S):** Jr. High Students, High School Students  
**DVDs:** 19:00  
**Human Relations Media**

A traditional four-year college may not be the best option for many high school students enrolled in special education courses. Other options explored include a recent high school graduate getting a certificate in culinary arts as she pursues her dream of a catering career. An apprentice in a brick-laying program who never felt comfortable being a student decides that an apprenticeship made more sense for him. Two students with learning disabilities talk about a college program specifically designed for students like them. Video expands on each of these examples to explore similar options available throughout the country. It offers advice about where to find information and what questions to ask. This unique program provides encouragement for high school students, reminding them that there are different avenues to a successful and rewarding life after high school.

### Danger Behind the Wheel: The Facts About Distracted Driving

**AUDIENCE(S):** Jr. High Students, High School Students  
**DVDs:** 19:00  
**Human Relations Media**

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.
HUC-01-5563  Stopping the Pain: Teenage Self-Injury
AUDIENCE(S): Jr. High Students High School Students
DVDs 20:00 Human Relations Media

The number of adolescents who participate in acts of self-injury is growing exponentially. The forms and severity of self-injury can vary, although the most commonly-seen behaviors are cutting, burning, and head-banging. At the core of the behavior is the overwhelming need for relief from extreme tension or anxiety, or overwhelmingly painful feelings. In this program, several teens describe what led them to self-injury, how they got help, and how they found healthy ways to deal with their problems. Identifies some of the reasons why young people self-injure: to punish themselves for not being “perfect”, to relieve emotional stress, to feel less numb, and to feel in control when everything else in their lives seems out-of-control. Emphasizes that it is possible for self-injurers to address their problems in more healthy ways and to learn coping skills. Advises viewers on how they can help friends or classmates who self-injure.

HUC-01-5564  I was Cyberbullied
AUDIENCE(S): Jr. High Students High School Students
DVDs 23:00 Human Relations Media

Program presents three real-life stories from kids who were targets of cyberbullying attacks and offers viewers practical suggestions for how to avoid being victimized by this new, rapidly-spreading type of bullying. Each story highlights important tips such as: only post the type of information online that you would be comfortable with others seeing; remember that once an email or photo is posted online, you can’t take it back; avoid responding to vicious texts or emails that might escalate a situation further; and know when to turn to a trusted adult for help. Renowned “bully coach” Joel Haber leads a discussion on how serious and damaging cyberbullying can be, and touches upon recent cases of children committing suicide after being cyberbullied. This timely program will strike a chord with all viewers—those who may have been victimized as well as those who may have thought that cyberbullying was “no big deal.”

HUC-01-5565  Flirting or Hurting: When is it Okay, When is it Harassment
AUDIENCE(S): Jr. High Students High School Students
DVDs 20:00 Human Relations Media

Even for adults, it can be challenging to figure out what actions and words constitute flirting and what behaviors cross the boundaries into sexual harassment. For middle schoolers, who are just making their entry into a more complex social world, these distinctions are often beyond their grasp. This program uses a blend of realistic dramatic scenarios, on-screen narrators and a round table discussion featuring real students to show young viewers the difference between real flirting (welcome, wanted, respectful and fun) and hurting (unwelcome, unwanted, one-sided, makes you feel bad). Viewers learn what it means to cross the line—whether in person, through texting or on-line—and are reminded of the serious consequences for both the target and the harasser. Helpful “flirting” tips are offered by an expert as well as advice on how to react to behaviors that are not appropriate or welcome.

HUC-01-5566  The Realities of Sexting - You Can’t Unsend
AUDIENCE(S): Jr. High Students High School Students
DVDs 24:00 Health Edco

Students will learn what "sexting" is and understand its consequences. Educators will learn about legal issues and how to deal with students who are "sexting." Includes teaching guide with handout for parents. Grade 5-Adult. Student program is 24 minutes. Educator program is 15 minutes.
<table>
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<tr>
<th>HUC-01-5567</th>
<th>Working With Women Survivors of Trauma and Abuse</th>
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<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>General – adults Healthcare Professionals</td>
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<tr>
<td><strong>DVDs</strong></td>
<td>1:20:00 Insight Media</td>
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Featuring Laura S. Brown, this DVD presents a treatment approach for working with women survivors of trauma and abuse and shows how to create a safe environment, teach self-care, and help clients process and integrate trauma. The program considers the distinct way in which women process traumatic or abusive events and features spontaneous, unscripted sessions with actors based on actual case materials. Produced by APA Video.

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<tr>
<th>HUC-01-5568</th>
<th>Challenges of Women in Relationships</th>
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<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>General – adults Healthcare Professionals</td>
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<tr>
<td><strong>DVDs</strong></td>
<td>60:00 Insight Media</td>
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This program explores relationship stressors from a female point of view. It covers such topics as communication; blame perception; and increased work expectations for women. The DVD also explains three factors men need to commit to a relationship.

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<tr>
<th>HUC-01-5569</th>
<th>Charting New Waters: Responding to Violence Against Women With Disabilities</th>
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<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>General – adults Healthcare Professionals</td>
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<tr>
<td><strong>DVDs</strong></td>
<td>35:00 Insight Media</td>
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This DVD examines physical, sexual, and emotional abuse against women with disabilities. It features experts in domestic violence, law enforcement, and disabilities advocacy.

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<tr>
<th>HUC-01-5570</th>
<th>Cardiovascular Disease and Women</th>
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<td><strong>AUDIENCE(S):</strong></td>
<td>General – adults Healthcare Professionals</td>
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<tr>
<td><strong>DVDs</strong></td>
<td>46:00 Insight Media</td>
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Examining research findings, this program considers the unique signs and symptoms of heart disease in women.

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<tr>
<th>HUC-01-5571</th>
<th>Killing Us Softly 4: Advertising’s Image of Women</th>
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<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>General – adults Healthcare Professionals</td>
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<tr>
<td><strong>DVDs</strong></td>
<td>45:00 Insight Media</td>
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In this update of her pioneering Killing Us Softly series, Jean Kilbourne takes a fresh look at how advertising traffics in distorted and destructive ideals of femininity.
<table>
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<tr>
<th>HUC-01-5572</th>
<th>Weight Loss for Women</th>
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<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>General – adults Healthcare Professionals</td>
</tr>
<tr>
<td><strong>DVDs</strong></td>
<td>29:00 Insight Media</td>
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This program explores the unique factors that influence female weight loss. It examines the hormonal differences between men and women, explores the ways in which hormones affect weight loss, and discusses age-related changes that affect weight control.

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<tr>
<th>HUC-01-5573</th>
<th>Nutrition for the Female Athlete</th>
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<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>General – adults Healthcare Professionals</td>
</tr>
<tr>
<td><strong>DVDs</strong></td>
<td>43:00 Insight Media</td>
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</tbody>
</table>

This DVD covers the nutritional issues facing active women. It details the micronutrient and macronutrient needs of female athletes.

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<th>HUC-01-5574</th>
<th>Thin: Death by Eating Disorder</th>
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<td><strong>AUDIENCE(S):</strong></td>
<td>General – adults Healthcare Professionals</td>
</tr>
<tr>
<td><strong>DVDs</strong></td>
<td>1:03 Insight Media</td>
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Filmed at the Renfrew Center of South Florida, this program closely follows four women between the ages of 15 and 30 as they undergo treatments for eating disorders. For mature audiences.

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<tr>
<th>HUC-01-5575</th>
<th>Super Size Me</th>
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<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>General – High School Students Adults Healthcare Professionals</td>
</tr>
<tr>
<td><strong>DVDs</strong></td>
<td>1:38 Health Edco</td>
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</table>

This version of Super Size Me is uniquely designed to help teach viewers that they are responsible for their own health. While watching the program, viewers can interact with engaging multimedia features such as pop-up factoids, branching pop-up menus that allow users to access learning activities, and bonus features that challenge viewers to make appropriate nutritional choices. Includes printable teacher's guides and student handouts.

<table>
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<tr>
<th>HUC-01-5576</th>
<th>The Big Hurt</th>
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<tr>
<td><strong>AUDIENCE(S):</strong></td>
<td>General – High School Students Adults Healthcare Professionals</td>
</tr>
<tr>
<td><strong>DVDs</strong></td>
<td>22:00 Health Edco</td>
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Learn about the emotional and psychological wounds that can be a consequence of childhood obesity. Discusses the causes of childhood obesity and how to help children have a healthier future. Comes with 19-page resource guide.
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<tr>
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<th>Description</th>
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<tbody>
<tr>
<td>HUC-01-5577</td>
<td>Evacuation of Health Care Facilities</td>
<td>Healthcare Professionals</td>
<td>16:00</td>
<td>National Fire Protection Association</td>
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<tr>
<td>HUC-01-5578</td>
<td>Marijuana and the Teenage Brain</td>
<td>Grades 7th - College</td>
<td>23:00</td>
<td>Human Relations Media</td>
</tr>
<tr>
<td>HUC-01-5579</td>
<td>Marijuana: Does Legal Mean Safe?</td>
<td>Grades 7th - College</td>
<td>20:00</td>
<td>Human Relations Media</td>
</tr>
<tr>
<td>HUC-01-5580</td>
<td>Heroin Rising: Cheap, Addictive and Deadly</td>
<td>Grades 7th - College</td>
<td>19:00</td>
<td>Human Relations Media</td>
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</tbody>
</table>

Major fires in health care facilities are rare, but can be deadly. Most patients cannot leave the fire area without assistance. This hard-hitting DVD follows the recommendations in NFPA 99 and NFPA 101® to train your staff on:

- Use of the manual fire alarm pull station
- When to use a fire extinguisher
- Horizontal and vertical evacuation
- Oxygen shutoff
- Smoke compartments
- Smoke barrier doors

Ideal for all physicians, nurses, volunteers, administrators, facilities and environmental departments, and others working in a patient care environment. Show this DVD and save lives!

This program informs students about the latest research on the effects of marijuana on the brain. Animated graphics clearly show how THC, the active ingredient in marijuana, hijacks the brain’s endocannabinoid system and harms the functioning of different parts of the brain associated with coordination, cognition and intelligence, and mental illness. Clinicians who treat marijuana users forcefully explain that its possible to become addicted to marijuana and that the risk of addiction is higher for teenagers because their brains are not yet fully developed. The author of a long-term study cites research that shows that people who started using marijuana as teens show an average loss of 8 points in IQ. Recovering marijuana addicts provide a human face to the effects of marijuana as they describe why they started using and how use led to dependency and addiction.

Many teens think that pot is harmless because some states have legalized marijuana for medical and/or recreational purposes. This fact-based program emphasizes that legality is not the same thing as safety and details the risks of marijuana on mental and physical health. Clinicians talk about how the vast majority of their patients have been addicted to marijuana, and recovering addicts themselves vividly describe their struggles with addiction. Their stories illustrate how marijuana has affected their school and family lives, their ability to drive a car, and their mental health. A scientist describes her research showing that marijuana use by teens causes decline in mental functioning and IQ. The program stresses that even in states that have legalized marijuana it is still illegal for anyone under 21, and it is still illegal at the federal level.

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. SAMHSA reports, "heroin is a highly addictive opiate with a large potential for abuse. It is a danger to teens, resulting in serious psychological, social, educational and legal consequences." 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 OD'd on heroin? Drug abuse counselors add their advice and guidance on how to avoid this deadly drug.
### HUC-01-5581  Nursing: The Career for a Lifetime

**AUDIENCE(S):** Grades 7th - College  
**DVDs**  12:00  National Student Nurses’ Association

This inspirational program presents accomplished nurses sharing their career journeys and new revealing their dream careers. The DVD includes a main feature with bonus tracks and variety of nursing career paths.

### HUC-01-9000  Computer Software - CrashMatch

**AUDIENCE(S):** Jr. High School  High School  Adults  
**Computer Software**  CD-ROM

Interactive way to demonstrate the consequences of impaired driving. System requirements: Windows 95, 98 or NT 4.0 operating system.

### HUC-01-9001  Computer Software - Fatal Reflections

**AUDIENCE(S):** Jr. High School  High School  Adults  
**Computer Software**  CD-ROM

This software provides a message and lessons that reflect the reality and consequences of impaired drivers. All scenarios, dynamics and injuries are consistent with crash dynamics and possible consequences in listed areas. The scenarios have been developed and scrutinizes by professionals in areas of emergency response, medical treatment, law enforcement, criminal justice, education and counseling. Its value as a “reality checkpoint” will be demonstrated through participant response. This software allows you to import a picture of a student (either through scanning or digital camera) and then simulate injuries to that student based on different drinking and driving crash scenarios. System requirements: Windows 98, 2000, NT4.0; 20M Hard drive space; 32M RAM. Scanner (with students bringing in pictures) or digital camera (to do on-site photos) is also needed.

### HUC-01-9002  Medical Language Series: Medical Terminology, Spanish I & II-Healthcare Workplace

**AUDIENCE(S):** High School  Adults  
**Computer Software**  CD-ROM

Building blocks of Medical Terminology. As well as Beginning and Intermediate Spanish for the Healthcare Workplace covering basic phrases; conversation phrases; medical vocabulary; patient histories; lab testing; general and emergency visits; health and body parts; and other everyday workplace situations.
Teaching Models and Displays
HUC-TM-0001 Breast Self-Examination Multi-Type Model
HUC-TM-0002 CPR Prompt Home Learning System
HUC-TM-0003 Death of an Artery Model
HUC-TM-0004 Death of a Bone Model
HUC-TM-0005 Death of a Lung Model
HUC-TM-0006 Smokey Sue Smokes for Two
HUC-TM-0007 Tall Paul Torso
HUC-TM-0008 Testicular Self-Examination Model
HUC-TM-0009 Leading Causes of Death Display Folding Display
HUC-TM-0010 Cardiovascular Disease Folding Display
HUC-TM-0011 Disease of the Heart Folding Display
HUC-TM-0012 Sexually Transmitted Diseases Folding Display
HUC-TM-0013 Pediculosis—The Facts of Lice Folding Display
HUC-TM-0014 Medical Benefits with Exercise Folding Display
HUC-TM-0015 AIDS — What You Should Know Folding Display
HUC-TM-0016 Dangers of High Blood Pressure Folding Display
HUC-TM-0017 Nutrition — Eating with Common Sense
HUC-TM-0018 Death of a Liver Display
HUC-TM-0019 Death of a Heart Display
HUC-TM-0020 Heart with Larynx
HUC-TM-0021 Baby, Think It Over Infant Simulators
HUC-TM-0022 Fetal Intrauterine Development Model
HUC-TM-0023 Guide to Contraceptives Kit
HUC-TM-0024 Cholesterol Flip Chart
HUC-TM-0025 High Blood Pressure Flip Chart
HUC-TM-0026 Nutrition Flip Chart
HUC-TM-0027 Diabetes Flip Chart
HUC-TM-0028 Tuberculosis Flip Chart
HUC-TM-0029 Stress Flip Chart
HUC-TM-0030 CPR Flip Chart
HUC-TM-0031 Healthy Choices at the Grocery Store Flip Chart
HUC-TM-0032 Sexually Transmitted Diseases Flip Chart
HUC-TM-0033 Standard Breast Model
HUC-TM-0034 Transilluminating Breast Lightbox
HUC-TM-0035 Multi-Breast Type Model
HUC-TM-0036 Deluxe Condom Teaching Model
HUC-TM-0037 Cervix Display
HUC-TM-0038 Female Model with Bladder
HUC-TM-0039 Male Model with Bladder
HUC-TM-0040 TB Testing Arm Set
HUC-TM-0041 Bedsore Cleansing and Dressing Model
HUC-TM-0042 Adult Choking Manikin
HUC-TM-0043 Susie Simon Patient Care Simulator
HUC-TM-0044 Cholesterol Control Teaching Model
HUC-TM-0045 Globs of Fat
HUC-TM-0046 Mr. Clean Mouth
HUC-TM-0047 Mr. Gross Mouth Makes ‘Em Gag
HUC-TM-0048 Series of Three Teeth
HUC-TM-0049 Deluxe Plexiglas Food Pyramid and Faux Food
HUC-TM-0050 The Human Skeleton Chart
HUC-TM-0051 Bacterial Infection Chart
HUC-TM-0052 Esophagitis Chart
HUC-TM-0053 The Muscles Chart
HUC-TM-0054 Allergy Chart
HUC-TM-0055 Gastritis & Peptic Ulcer Chart
HUC-TM-0056 Heart Chart
HUC-TM-0057 Benign Prostatic Hyperplasia Chart
HUC-TM-0058 Heart Failure Chart
HUC-TM-0059 Shoulder and Elbow Chart
HUC-TM-0060 Bronchial Asthma Chart
HUC-TM-0061 Hypertension Chart
HUC-TM-0062 Bronchitis Chart
HUC-TM-0063 Diabetes Chart
HUC-TM-0064 Lumbar Disc Disease Chart
HUC-TM-0065 Osteoarthritis Chart
HUC-TM-0066 Rheumatoid Arthritis Chart
HUC-TM-0067 Varicose Veins Chart
HUC-TM-0068 HIV-AIDS Chart
HUC-TM-0069 DWEyes Game Kit
HUC-TM-0070 Osteoporosis Model
HUC-TM-0071 Itty Bitty Smoker
HUC-TM-0072 Cigarette Baby Bottle Poster
HUC-TM-0073 Smokeless Tobacco Flip Chart
HUC-TM-0074 Death of Immune System
HUC-TM-0075 Female Reproductive System
HUC-TM-0076 Male Reproductive System
HUC-TM-0077 Just for the Health of It! Activities Library
HUC-TM-0078 Advanced Injection Arm Model
HUC-TM-0079 Weight Management: Never Say Diet Flip Chart
HUC-TM-0080 Healthy Choices for Eating Out Flip Chart
HUC-TM-0081 Full Body Adult Rescue/ CPR Manikin
HUC-TM-0082 Five-Part Eyeball Model
HUC-TM-0083 Detailed Ear Model
HUC-TM-0084 Baby Anne CPR Manikin
HUC-TM-0085 Effects & Hazards of Smoking Folding Display
HUC-TM-0086 See For Yourself: Why Breast Biopsies Can Save Your Life Display
HUC-TM-0087 What You Should Know About Skin Cancer Folding Display
HUC-TM-0088 Health Facts about Obesity Folding Display
HUC-TM-0089 Determining Body Mass Index Poster
HUC-TM-0090 Why Cholesterol Checks Can Save Your Life Display
HUC-TM-0091 Deadly Effects of Tuberculosis Display
HUC-TM-0092 Loss of Fertility Display
HUC-TM-0093 The Process of Giving Birth Flip Chart
HUC-TM-0094 Childbearing, The Classic Series Flip Chart
HUC-TM-0095 Mini-Model Set: Pocket, Uterus, Baby and Pelvis
HUC-TM-0096 Clogged Artery Model (flexible)
HUC-TM-0097 Dental Speaker’s Presentation Kit
HUC-TM-0098 Dental FUNdamentals
HUC-TM-0099 Empathy Belly
HUC-TM-0100 Mammography: The Whole Picture Flip Chart
HUC-TM-0101 Possible Signs of Breast Cancer Poster
HUC-TM-0102 See For Yourself: Why Blood Pressure Checks Can Save Your Life
HUC-TM-0103 Artery Model
<table>
<thead>
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<th>Description</th>
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<td>Axillary Lymph Node Model</td>
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<td>HUC-TM-0105</td>
<td>Interchangeable Nodule Breast Model</td>
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<td>HUC-TM-0106</td>
<td>Woman’s Monthly Carousel</td>
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<td>HUC-TM-0107</td>
<td>Nasogastric Tube Feeding Model</td>
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<td>HUC-TM-0108</td>
<td>Ostomy Care Simulator</td>
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<td>HUC-TM-0109</td>
<td>Tracheostomy Care Simulator</td>
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<td>HUC-TM-0110</td>
<td>Rolls of Fat</td>
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<td>HUC-TM-0111</td>
<td>Consequences of Diabetes Display</td>
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<td>HUC-TM-0112</td>
<td>What You Should Know About Diabetes Folding Display</td>
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<tr>
<td>HUC-TM-0113</td>
<td>Facts About Childhood Immunizations Folding Display</td>
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<td>HUC-TM-0114</td>
<td>Human Skin Series and Burn Pathologies Model</td>
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<td>HUC-TM-0115</td>
<td>Fast Food Blubber Busters</td>
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<td>HUC-TM-0116</td>
<td>Learn the Importance of Mammography and Regular Breast Exams Display</td>
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<td>HUC-TM-0117</td>
<td>What You Should Know About Food Safety Folding Display</td>
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<tr>
<td>HUC-TM-0118</td>
<td>AED Trainer with Heartsaver AED Instructor’s Tool Kit</td>
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<td>HUC-TM-0119</td>
<td>Drinking and Driving Flip Chart</td>
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<td>HUC-TM-0120</td>
<td>Fatal Vision</td>
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<td>The Autonomic System Anatomical Chart</td>
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<td>HUC-TM-0124</td>
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<td>HUC-TM-0125</td>
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<td>The Vertebral Column System Anatomical Chart</td>
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<td>Budget Bucky Skeleton Model</td>
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<td>HUC-TM-0133</td>
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<td>Code</td>
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<td>HUC-TM-0181</td>
<td>How a High-fat Diet Affects Your Arteries poster</td>
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<td>HUC-TM-0187</td>
<td>Digestive System Model</td>
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<td>HUC-TM-0188</td>
<td>Carpal Tunnel Syndrome</td>
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<td>HUC-TM-0189</td>
<td>Guide to Poisons</td>
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<td>HUC-TM-0190</td>
<td>Overweight CPR Manikin</td>
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<td>HUC-TM-0191</td>
<td>TB Testing Arm Set (palpable)</td>
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<td>HUC-TM-0192</td>
<td>Diabetic Injection Model Kit</td>
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<tr>
<td>HUC-TM-0193</td>
<td>Effects &amp; Hazards of Smokeless Tobacco Folding Display</td>
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<tr>
<td>HUC-TM-0194</td>
<td>Actar D-fib CPR Manikin</td>
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<tr>
<td>HUC-TM-0195</td>
<td>Parachute size 6ft. <em>(Oh Chute! Parachute Activities book also available)</em></td>
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<tr>
<td>HUC-TM-0196</td>
<td>Parachute size 20ft. <em>(Oh Chute! Parachute Activities book also available)</em></td>
</tr>
<tr>
<td>HUC-TM-0197</td>
<td>Health Hints game</td>
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<td>HUC-TM-0198</td>
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<td>HUC-TM-0199</td>
<td>Shaken Baby Syndrome Doll</td>
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<td>HUC-TM-0200</td>
<td>Peritoneal Dialysis Simulator</td>
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<td>HUC-TM-0201</td>
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<td>HUC-TM-0205</td>
<td>Male Pelvis with Testicular Cancer Model</td>
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<td>Brain Section Model</td>
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<td>HUC-TM-0207</td>
<td>Disease Teeth &amp; Gum Model</td>
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HEALTH LEARNING RESOURCE CENTER
TEACHING MODELS

HUC-TM-0208  Smokey Sue
HUC-TM-0209  Arthritis Easel Display
HUC-TM-0210  Women and Heart Disease Folding Display
HUC-TM-0211  Call Me Crash poster
HUC-TM-0212  Breast Self Examination Simulator
HUC-TM-0213  Resus Annie
HUC-TM-0214  Secondhand Smoke Flip Chart
HUC-TM-0215  Drinking & Driving Poster
HUC-TM-0216  Shaken Baby Folding Display
HUC-TM-0217  Death in the West poster
HUC-TM-0218  Development of Human Dentition Flip Chart
HUC-TM-0219  Oral Hygiene Flip Chart
HUC-TM-0220  Teeth Model Activity Set (Teeth Activity Set)
HUC-TM-0221  Chronic Obstructive Pulmonary Disease Folding Display
HUC-TM-0222  Diseases and Conditions of the Mouth Folding Display
HUC-TM-0223  Taking Care of Your Teeth Folding Display
HUC-TM-0224  Baby Bottle Tooth Decay Model
HUC-TM-0225  Mr. Dip Lip
HUC-TM-0226  Our Teeth Puzzle for kids
HUC-TM-0227  Teeth Model with Toothbrush
HUC-TM-0228  Seven part Dental Structure Model
HUC-TM-0229  Your Child’s Smile Flip Chart
HUC-TM-0230  A Healthy Smile Flip Chart
HUC-TM-0231  Fetus Model Set
HUC-TM-0232  Slow Burn: The Sun’s Effects on the Skin
HUC-TM-0233  Conception to Birth Folding Display
HUC-TM-0234  Senses Poster - Hearing and Hearing Loss
HUC-TM-0235  Senses Poster - Seeing Color and Light
HUC-TM-0236  Senses Poster - Nearsightedness and Farsightedness
HUC-TM-0237  Senses Poster - An Overview
HUC-TM-0238  Senses Poster - Eye Disorders
HUC-TM 0239  The 5 Senses - Sight
HUC-TM 0240  The 5 Senses - Hearing
HUC-TM 0241  The 5 Senses - Taste
HUC-TM 0242  The 5 Senses - Touch
HUC-TM 0243  The 5 Senses - Smell
HUC-TM-0244  Teenagers and Alcohol Folding Display
HUC-TM-0245  What Mommy Does, Baby Does
HUC-TM-0246  Fat Facts Fast Foods
HUC-TM-0247  Blood Components Model
HUC-TM-0248  Portion Distortion poster
HUC-TM-0249  Severe Diabetic Foot Model
HUC-TM-0250  Visualize Your Serving Size
HUC-TM-0251  I Think, Therefore I Am health career poster
HUC-TM-0252  Make Your Dreams Become a Reality health career poster
HUC-TM-0253  Health Careers....Education Pays! health career poster
HUC-TM-0254  So, What Are You Doing With the Rest of Your Life? health career poster
HUC-TM-0255  A College Education health career poster
HUC-TM-0256  On My First Day nursing/health career poster
HUC-TM-0257  Health Career Heroes health career poster
HUC-TM-0258  Choose an Allied Health Profession health career poster
HUC-TM-0259  Be A Nurse health career poster
HUC-TM-0260  Warning Signs of A Stroke laminated poster
HUC-TM-0261  Smoking Harmful Effects laminated poster
HUC-TM-0262  Cholesterol Flip Chart
HUC-TM-0263  STD Myths Folding Display
HUC-TM-0264  Dangers of Smoking Folding Display
HUC-TM-0265  Eating Disorders Folding Display
HUC-TM-0266  Mr. Big Mouth
HUC-TM-0267  1lb and 5lb Muscle
HUC-TM-0268  Fibrocystic Breast Model
HUC-TM-0269  Diabetic Food Exchange models (2 sets)
HUC-TM-0270  Dip-n-Decay
HUC-TM-0271  Skin Cancer Model
HUC-TM-0272  What You Should Know About Nutrition Folding Display
HUC-TM-0273  Calcium Facts
HUC-TM-0274  Effects & Hazards of Inhalants Folding Display
HUC-TM-0275  Fiber Facts
HUC-TM-0276  Fat Chunk Model
HUC-TM-0277  Mypyramid Plexiglass Display
HUC-TM-0278  How Smoking Affects Your Lungs
HUC-TM-0279  Benefits of Not Smoking
HUC-TM-0280  See For Yourself: Why Prostate Exams Can Save Your Life
HUC-TM-0281  Mammogram Chart
HUC-TM-0282  Nutrition Basics Flip Chart
HUC-TM-0283  Contemplate Your Breakfast Plate
HUC-TM-0284  Stress & You
HUC-TM-0285  Stomach Model
HUC-TM-0286  Hypertension Mini Model Set
HUC-TM-0287  Anorexia Poster
HUC-TM-0288  Bulimia Poster
HUC-TM-0289  When It’s Not just A Drill
HUC-TM-0290  Be Sun Smart poster
HUC-TM-0291  Skin Cancer
HUC-TM-0292  What Difference Does Early Detection Make
HUC-TM-0293  Consequences of an Inactive Lifestyle
HUC-TM-0294  Benefits of Physical Activity
HUC-TM-0295  Menstrual Cycle Model Activity Set
HUC-TM-0296  Your New Body: Boys
HUC-TM-0297  Fizzics of Soda
HUC-TM-0298  Caution Signs of Cancer
HUC-TM-0299  Functional Heart & Circulatory System
HUC-TM-0300  Geri Nursing Skills Manikin
HUC-TM-0301  Teaching Stethoscope
HUC-TM-0302  Fat Facts: Snack Foods
HUC-TM-0303  Giant Hands-on Heart
HUC-TM-0304  Giant Left Kidney
HUC-TM-0305  Sugar Facts test tubes
HUC-TM-0306  Heart Disease Flip Chart
HUC-TM-0307  How Does Your Fat Stack Up display (2 sets)
HUC-TM-0308  How Does Your Sugar Stack Up display (2 sets)
HUC-TM-0309  How Does Your Salt Stack Up display (2 sets)
HUC-TM-0310  Injury Prevention Model
HUC-TM-0311  Balloon Angioplasty
HUC-TM-0312  See for Yourself: Why Mammography Can Save Your Life
HUC-TM-0313  Brain
HUC-TM-0314  Right Lung
HUC-TM-0315  Life or Death Lungs
HUC-TM-0316  Testicular Health Folding Display
HUC-TM-0317  Effects and Hazards of Methamphetamine Folding Display
HUC-TM-0318  Spit It Out - Smokeless Tobacco Folding Display
HUC-TM-0319  Club Drugs Folding Display
HUC-TM-0320  Quit Smoking for Life Folding Display
HUC-TM-0321  Empathy Lung
HUC-TM-0322  Fat Facts: Fat Content of Similar foods
HUC-TM-0323  Sodium Facts
HUC-TM-0324  Basic Skull model
HUC-TM-0325  Disease of the Esophagus
HUC-TM-0326  Lead Poisoning Folding Display
HUC-TM-0327  Remember.....Wash Your Hands Poster
HUC-TM-0328  Vitamin/Mineral ID Guide Folding Display
HUC-TM-0329  Dual Occluded Artery Model
HUC-TM-0330  Teen Stress Folding Display
HUC-TM-0331  Hazards During Pregnancy Folding Display
HUC-TM-0332  Prenatal Care Folding Display
HUC-TM-0333  Heart Disease Risk Factors Folding Display
HUC-TM-0334  Basics of Cholesterol Folding Display
HUC-TM-0335  What You should know about Overweight Folding Display
HUC-TM-0336  Effects and Hazards of Smoking Folding Display
HUC-TM-0337  Smoking and Your Baby Folding Display
HUC-TM-0338  Pap Tests, Cervical Cancer & HPV Folding Display
HUC-TM-0339  Junk for Sale Stand-up Display
HUC-TM-0340  Sippy Cup of Sugar model
HUC-TM-0341  Don’t Wait....Hydrate Poster
HUC-TM-0342  Methamphetamine ID Kit box display
HUC-TM-0343  Consequences of Drug Abuse box display
HUC-TM-0344  Condiments Facts test tube
HUC-TM-0345  Food Pyramid Pocket Chart
HUC-TM-0346  What Amount Counts as an Ounce? Poster
HUC-TM-0347  What Equals an Ounce? Poster
HUC-TM-0348  Foam Tooth Model
HUC-TM-0349  Food and Nutrition Inquiry Activities
HUC-TM-0350  Men’s Breast Cancer Awareness model
HUC-TM-0351  Face the Facts....Smoking is Ugly model
HUC-TM-0352  Injection Teaching Model
HUC-TM-0353  Chester Chest
HUC-TM-0354  Intr osseous Infusion Simulator
HUC-TM-0355  Pediatric IV Arm
HUC-TM-0356  Consequences of Anorexia and Bulimia 3D Display
HUC-TM-0357  Do the Math - Calorie Calculations
HUC-TM-0358  Heart Disease 3-D display
HUC-TM-0359  Migraines and Headaches chart
HUC-TM-0360  Understanding Stroke chart
HUC-TM-0361  Understanding Your Weight chart
HUC-TM-0362  Cardiovascular Disease chart
HUC-TM-0363  Dangers of Smoking chart
HUC-TM-0364  Understanding Cervical Cancer chart
HUC-TM-0365  Common Gynecological Disorders chart
HUC-TM-0366  25 Ways to Cut at Least 100 Calories
HUC-TM-0367  Food Plate poster
HUC-TM-0368  What’s in Your Drink? poster
HUC-TM-0369  What’s In Your Snack? poster
HUC-TM-0370  Managing Diabetes poster
HUC-TM-0371  Portion Size poster
HUC-TM-0372  Tanning Myths poster
HUC-TM-0373  The Facts of HPV display
HUC-TM-0374  Exercise Facts Folding Display
HUC-TM-0375  Osteoporosis Folding Display
HUC-TM-0376  Alcohol Abuse chart
HUC-TM-0377  Cocaine Abuse chart
HUC-TM-0378  Ecstasy Abuse chart
HUC-TM-0379  Heroin Abuse chart
HUC-TM-0380  Inhalants Abuse chart
HUC-TM-0381  Marijuana Abuse chart
HUC-TM-0382  Methamphetamine Abuse chart
HUC-TM-0383  Smoking Abuse chart
HUC-TM-0384  Steroids Abuse chart
HUC-TM-0385  Colorectal Conditions flip chart
HUC-TM-0386  Diabetes Mellitus Teaching Kit
HUC-TM-0387  Fetal Alcohol Syndrome (FAS) Brain model
HUC-TM-0388  10 sided Fitness Dice
HUC-TM-0389  Obesity Model
HUC-TM-0390  Lou-Wheeze Smoker’s Lungs Comparison Model
HUC-TM-0391  Sun Safety: Ban the Burn Folding Display
HUC-TM-0392  1 pound Fat Chunk Model
HUC-TM-0393  The Potential Dangers of Oral Sex display
HUC-TM-0394  Teen BSE model
HUC-TM-0395  Full Size BSE model
HUC-TM-0396  Heavy Heart model
HUC-TM-0397  Preventing Cardiovascular Disease folding display
HUC-TM-0398  Group BSE Model
HUC-TM-0399  Fitness Xtreme Skillastics game
HUC-TM-0400  Cyber Safe game
HUC-TM-0401  Time Well Spent
HUC-TM-0402  Smoked Lung Model
HUC-TM-0403  Tainted Blood: Smoker’s Blood Revealed
HUC-TM-0404  Fat Furred Artery
HUC-TM-0405  Size Up Your Meal
HUC-TM-0406  Weigh Your Options
HUC-TM-0407  Lung Model with Pathologies
HUC-TM-0408  Smoker’s Accessories Display
HUC-TM-0409  Boozed and Confused Night Goggles
HUC-TM-0410  Inflatable Pyramid
HUC-TM-0411A-D  Portion Puzzle Posters
HUC-TM-0412  Planning Health Meals Flip Chart
HUC-TM-0413  Portion Patrol Activity
HUC-TM-0414  Type II Diabetes Model Set
HEALTH LEARNING RESOURCE CENTER
TEACHING MODELS

HUC-TM-0461  My Plate Plexiglass Display
HUC-TM-0462  Deep Tissue Suture Model
HUC-TM-0463  Spine Disorders and Anatomy Model
HUC-TM-0464  Spine Model Set (3 pieces)
HUC-TM-0465  Fetal Skull
HUC-TM-0466  My Plate kids Plate Set and Bowl Set
HUC-TM-0467  Fatal Vision Starter Kit Plus Danger in Every Step (DIES) mat
HUC-TM-0469  Tarred Lung
HUC-TM-0470  Cough UP A Lung
HUC-TM-0471  Facing the Truth Smoking
HUC-TM-0473  Seymour II Wound Care Model
HUC-TM-0475  Dehydrated Soda
HUC-TM-0478  Find a Food Activity Set
HUC-TM-0482  Plaque Hunter
HUC-TM-0484  Drowned Lung Model
HUC-TM-0485  Fizz to Fat Model
HUC-TM-0486  Life or Death of a Heart
HUC-TM-0487  Pelvic Inflammatory Disease
HUC-TM-0488  Occluded Artery
HUC-TM-0001  Breast Self-Examination Multi-Type Model
Four BIOLIKE breasts are mounted on one piece of heavy plastic--an average breast with no lumps, an average breast with lumps, a dense-tissue breast with no lumps and a fibrocystic breast with lumps.

HUC-TM-0002  CPR Prompt Home Learning System
Learn CPR and choking first aid quickly, easily and reliably. Using American Heart Association guidelines, users learn at their own pace with the system’s comprehensive interactive video. Durable manikins with built-in feedback let the learner know when he is performing each skill correctly and are easy to clean after each use. Video is included.

HUC-TM-0003  Death of an Artery Model
Demonstrate the way arteries can be clogged by fat deposits. With five cross-sections, you can show the various stages of arteriosclerosis.

HUC-TM-0004  Death of a Bone Model
Visually demonstrate the effects of osteoporosis with this three dimensional display of three bones: one normal, one dying from slow degeneration, and one broken. This model helps understand why bones become weak, brittle, and then break.

HUC-TM-0005  Death of a Lung Model
Demonstrate the effects of smoking with this three dimensional model. The first cross-section depicts a healthy lung, the second shows a lung with emphysema and the third shows cancer of the lung as a large, whitish-gray mass.

HUC-TM-0006  Smokey Sue Smokes for Two
This graphic demonstration should be seen by all women of childbearing age. As Sue smokes, tar and nicotine pass through the water around the lifelike model of a seven-month fetus, mimicking the placenta. Collecting along the surface and in the darkened water, the tars and nicotine graphically show the pollutants reaching the developing baby. The bowl of the model is easy to clean.

HUC-TM-0007  Tall Paul Torso
Show the ins and outs of the full size male torso with this realistic model. It is dissectible into 20 parts: torso, head (2 parts), brain, lung (4 parts), heart, trachea, esophagus and descending aorta, diaphragm, stomach, duodenum, pancreas and spleen, intestines, cecum, kidney, bladder (2 parts) and liver. Includes key card with 95 parts labeled.

HUC-TM-0008  Testicular Self-Examination Model
Life-size model simulates scrotum and testicles. It contains two simulated tumors embedded in each testicle.

HUC-TM-0009  Leading Causes of Death Display Folding Display
58" by 22' when fully opened. Ideal table top exhibit. Folds flat. Folding displays present essential information using easy-to-read text and colorful graphics. Ideal for health fairs, training programs, classroom labs, and as bulletin boards to display key facts relating to today’s most important health concerns.

HUC-TM-0010  Cardiovascular Disease Folding Display
58" by 22' when fully opened. Ideal table top exhibit. Folds flat. Folding displays present essential information using easy-to-read text and colorful graphics. Ideal for health fairs, training programs, classroom labs, and as bulletin boards to display key facts relating to today’s most important health concerns.
HUC-TM-0011  Disease of the Heart Folding Display
58" by 22' when fully opened. Ideal table top exhibit. Folds flat. Folding displays present essential information using easy-to-read text and colorful graphics. Ideal for health fairs, training programs, classroom labs, and as bulletin boards to display key facts relating to today’s most important health concerns.

HUC-TM-0012  Sexually Transmitted Diseases Folding Display
58" by 22' when fully opened. Ideal table top exhibit. Folds flat. Folding displays present essential information using easy-to-read text and colorful graphics. Ideal for health fairs, training programs, classroom labs, and as bulletin boards to display key facts relating to today’s most important health concerns.

HUC-TM-0013  Pediculosis—The Facts of Lice Folding Display
58" by 22' when fully opened. Ideal table top exhibit. Folds flat. Folding displays present essential information using easy-to-read text and colorful graphics. Ideal for health fairs, training programs, classroom labs, and as bulletin boards to display key facts relating to today’s most important health concerns.

HUC-TM-0014  Medical Benefits with Exercise Folding Display
58" by 22' when fully opened. Ideal table top exhibit. Folds flat. A combination of colorful medical art and clear explanations about the advantages of aerobic and anaerobic exercise make this folding display a winner. Also included are exercises for burning calories and a discussion of the effects exercise has on various organs.

HUC-TM-0015  AIDS — What You Should Know Folding Display
58" by 22' when fully opened. Ideal table top exhibit. Folds flat. Learn the facts about this deadly disease! This folding display explains how AIDS affects the immune system and other parts of the body.

HUC-TM-0016  Dangers of High Blood Pressure Folding Display
58" by 22' when fully opened. Ideal table top exhibit. Folds flat. Folding displays present essential information using easy-to-read text and colorful graphics. Ideal for health fairs, training programs, classroom labs, and as bulletin boards to display key facts relating to today’s most important health concerns.

HUC-TM-0017  Nutrition — Eating with Common Sense Folding Display
58" by 22' when fully opened. Ideal table top exhibit. Folds flat. Folding displays present essential information using easy-to-read text and colorful graphics. Ideal for health fairs, training programs, classroom labs, and as bulletin boards to display key facts relating to today’s most important health concerns.

HUC-TM-0018  Death of a Liver Display
This display features examples of a normal liver, a liver with hepatitis and a cirrhotic liver. The normal liver has a smooth, glistening appearance and health color. The liver inflames with hepatitis is swollen and has a pale speckled appearance. The third example is the cirrhotic liver where the liver becomes hard with a stained, wrinkled, or “knobby” appearance. Comes with an easel. 9" x 12".
**Description List**

**HUC-TM-0019  **Death of a Heart Display  
Contrast the appearance of a healthy heart with different types of heart disease with this attention-grabbing display. The enlarged heart with heart failure illustrates a common cause of death as the body’s weakened pump tries to keep up with the demand for oxygenated blood. The Heart with a ruptured ventricle represents damage from a heart attack. The heart with an arterial clot has the artery cut open to show the yellow, irregular interior of the artery caused by cholesterol deposits--as well as fresh blood clot that took the patient’s life.

**HUC-TM-0020 Heart with Larynx**  
Heart dissects into three pieces with labeled sections including aortic arch, trachea and bronchus.

**HUC-TM-0021 Baby, Think It Over Infant Simulators**  
The purpose of these “dolls” is to provide an educational experience for young adults that simulates actual parenting of newborns. The babies can be programmed to be a calm, normal or cranky baby and through a computer read out recording unit, the parenting of the student can be graded. Rough handling, incessant crying, improper head support can be recorded in the unit. 2 infant simulators are available.

**HUC-TM-0022 Fetal Intrauterine Development Model**  
Series of eight anatomically accurate models. Features the embryo at four weeks and the fetus at eight weeks, 12 weeks, 16-20 weeks (transverse), five months (breech, transverse and twins), and seven months. Fetal models from 16-20 weeks may be removed and held -- vastly increasing impact on expectant mothers and other students. Mounted on 21” x 26” base.

**HUC-TM-0023 Guide to Contraceptives Kit**  
Presents a full range of contraception choices with hand-painted contraceptives and anatomical models. 52” x 19” fully opened. Transparencies are also available HUC-TM-0167

**HUC-TM-0024 Cholesterol Flip Chart**  
Six panels each. 12” x 17” Flip charts provide the perfect method for presenting information to small groups or classes. Audience sees front panel with simple text and clear images designed to reinforce key points. Presenter views back panel containing teaching notes.

**HUC-TM-0025 High Blood Pressure Flip Chart**  
Six panels each. 12” x 17” Flip charts provide the perfect method for presenting information to small groups or classes. Audience sees front panel with simple text and clear images designed to reinforce key points. Presenter views back panel containing teaching notes.

**HUC-TM-0026 Nutrition Flip Chart**  
Six panels each. 12” x 17” Flip charts provide the perfect method for presenting information to small groups or classes. Audience sees front panel with simple text and clear images designed to reinforce key points. Presenter views back panel containing teaching notes.

**HUC-TM-0027 Diabetes Flip Chart**  
Six panels each. 12” x 17” Flip charts provide the perfect method for presenting information to small groups or classes. Audience sees front panel with simple text and clear images designed to reinforce key points. Presenter views back panel containing teaching notes.
HUC-TM-0028  *Tuberculosis* Flip Chart
Six panels each. 12" x 17" Flip charts provide the perfect method for presenting information to small groups or classes. Audience sees front panel with simple text and clear images designed to reinforce key points. Presenter views back panel containing teaching notes.

HUC-TM-0029  *Stress* Flip Chart
Six panels each. 12" x 17" Flip charts provide the perfect method for presenting information to small groups or classes. Audience sees front panel with simple text and clear images designed to reinforce key points. Presenter views back panel containing teaching notes.

HUC-TM-0030  *CPR* Flip Chart
Six panels each. 12" x 17" Flip charts provide the perfect method for presenting information to small groups or classes. Audience sees front panel with simple text and clear images designed to reinforce key points. Presenter views back panel containing teaching notes.

HUC-TM-0031  *Healthy Choices at the Grocery Store* Flip Chart
Thirteen panels. 14" x 12" Flip charts provide the perfect method for presenting information to small groups or classes. Audience sees front panel with simple text and clear images designed to reinforce key points. Presenter views back panel containing teaching notes. Shows how to use the Nutrition Facts Food Labels to make wise food selections.

HUC-TM-0032  *Sexually Transmitted Diseases* Flip Chart
Six panels each. 12" x 17" Flip charts provide the perfect method for presenting information to small groups or classes. Audience sees front panel with simple text and clear images designed to reinforce key points. Presenter views back panel containing teaching notes.

HUC-TM-0033  *Standard Breast Model*
Contains Five Lumps that simulate easy- and hard-to-find breast tumors.

HUC-TM-0034  *Transilluminating Breast Light box*
Enhances breast self-exam and mammography messages. To be used with the standard breast model, the light reveals non-palpable lumps to show that mammography can spot lumps before they can be felt. Plugs into any wall outlet.

HUC-TM-0035  *Multi-Breast Type Model*
Provides three basic breast types to allow women to the differences: an average breast with lumps, a dense-tissue breast with no lumps and a fibrocystic breast with lumps.

HUC-TM-0036  *Deluxe Condom Teaching Model*
Demonstrate the proper use of condoms with a model designed to meet the needs of today’s educators. The erect penis comes with a syringe, UV light-sensitive fluid to replicate ejaculation, and 12 condoms. The aluminum stand had suction cups to hold it securely to a table top during a demonstration.

HUC-TM-0037  *Cervix Display*
Six models of the cervix, the lower end of the uterus, show progressive changes in the cervix from its normal condition to that of invasive cancer.

HUC-TM-0038  *Female Model with Bladder*
Allows students to locate the urethra easily and pass a lubricated catheter through it into the bladder. BIOLIKE model has a spread vulva and a viscoelastic urethra.
<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>HUC-TM-0039</td>
<td><strong>Male Model with Bladder</strong>&lt;br&gt;Gives students realistic model for practicing the insertion of a lubricated catheter through a collapsible external urethra meatus into the bladder. BIOLIKE form has a viscoelastic urethra.</td>
</tr>
<tr>
<td>HUC-TM-0040</td>
<td><strong>TB Testing Arm Set</strong>&lt;br&gt;Teach health professional how to read test results with these unbreakable models. They’re also excellent tools for explaining readings to patients. These model realistically duplicate positive TB reactions with variations in pigmentation.</td>
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<tr>
<td>HUC-TM-0041</td>
<td><strong>Bedsore Cleansing and Dressing Model</strong>&lt;br&gt;Presents first-, second-, and third-degree pressure sores that can be washed, treated with antiseptics or most medicines, and dressed just like real flesh. This model is made from BIOLIKE synthetic tissue.</td>
</tr>
<tr>
<td>HUC-TM-0042</td>
<td><strong>Adult Choking Manikin</strong>&lt;br&gt;Teach rescue techniques with our life-size choking manikin, which expels an obstruction when the correct procedure is used. Made with a special thermoplastic body, the manikin is designed for tactile realism as well as durability. It will sustain chest and abdominal thrusts when the airway is blocked.</td>
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<tr>
<td>HUC-TM-0043</td>
<td><strong>Susie Simon Patient Care Simulator</strong>&lt;br&gt;This versatile, full-size patient care simulator is well suited for training in nursing and clinical care procedures. It has like-like skin an a wig. It bends 30 degrees at the waist for added realism. Features include mouth, nose, tracheotomy and gastrostomy openings for nasogastric lavage and gavage; interchangeable genitals; injection sites on left arm and buttocks; enema administration capability; realistic urethral passage and bladder for catheterization exercises; realistic vagina and cervix for vaginal douching and Pap smear exercises; sculpted stomas of a transverse colostomy, ileostomy, and supra pubic stoma.</td>
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<tr>
<td>HUC-TM-0044</td>
<td><strong>Cholesterol Control Teaching Model</strong>&lt;br&gt;Reveal the inside of an artery with this 10 times larger-than-life, see through artery model showing a constricted passage clogged with plaque. Turn the model over and life-like red blood cells pack tightly around the small opening, just as they would in an artery restricted by atherosclerosis.</td>
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<tr>
<td>HUC-TM-0045</td>
<td><strong>Globs of Fat</strong>&lt;br&gt;It looks like fat, it feels like fat, but it’s BIOLIKE material. Graphically illustrated the need to watch fat intake. 1 lb. and 5 lb. set.</td>
</tr>
<tr>
<td>HUC-TM-0046</td>
<td><strong>Mr. Clean Mouth</strong>&lt;br&gt;Hinged model of the teeth, tongue and oral cavity. Great for teaching proper brushing and flossing techniques. This model is three times actual size and includes a giant toothbrush.</td>
</tr>
<tr>
<td>HUC-TM-0047</td>
<td><strong>Mr. Gross Mouth Makes ‘Em Gag</strong>&lt;br&gt;This hinged model of the teeth, tongue and oral cavity accurately shows the effects of using smokeless tobacco. A bottle of tobacco juice comes with each model, and instructions show how to make the tongue “spit”. This model is three times actual size and mounted on a wooden base.</td>
</tr>
<tr>
<td>HUC-TM-0048</td>
<td><strong>Series of Three Teeth</strong>&lt;br&gt;This series of Unique instructional aids includes a giant molar, canine and incisor. Both the molar and canine separate into two parts to show dental structure and vascular and nerve supply.</td>
</tr>
</tbody>
</table>
HUC-TM-0049 Deluxe Plexiglas Food Pyramid and Faux Food  
Forty different types of faux food in one serving portions displayed within the Plexiglas Food Pyramid.

HUC-TM-0050 The Human Skeleton Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0051 Bacterial Infection Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0052 Esophagitis Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0053 The Muscles Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0054 Allergy Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0055 Gastritis & Peptic Ulcer Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0056 Heart Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0057 Benign Prostatic Hyperplasia Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0058 Heart Failure Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0059 Shoulder and Elbow Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0060 Bronchial Asthma Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0061 Hypertension Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0062 Bronchitis Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0063 Diabetes Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0064 Lumbar Disc Disease Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0065 Osteoarthritis Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.

HUC-TM-0066 Rheumatoid Arthritis Chart  
22 1/2" x 28 1/2" laminated chart complete with graphic illustrations and printed information.
<table>
<thead>
<tr>
<th>Item Code</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>HUC-TM-0067</td>
<td>Varicose Veins Chart</td>
<td>22 1/2&quot; x 28 1/2&quot; laminated chart complete with graphic illustrations and printed information</td>
</tr>
<tr>
<td>HUC-TM-0068</td>
<td>HIV-AIDS Chart</td>
<td>22 1/2&quot; x 28 1/2&quot; laminated chart complete with graphic illustrations and printed information</td>
</tr>
<tr>
<td>HUC-TM-0069</td>
<td>DWEyes Game Kit</td>
<td>Wearers of the DWEyes goggles experience the visual distortion, loss of balance and lack of control that make drinking drivers so dangerous. Role playing games use the uniquely unsettling DWEyes goggles to make drunk driving consequences more real to teens. Game Kit includes two pairs of DWEyes goggles, instructional video, Wreck Your Life game and a teacher’s guide with reproducible handouts.</td>
</tr>
<tr>
<td>HUC-TM-0070</td>
<td>Osteoporosis Model</td>
<td>Shows the common abnormalities of osteoporosis of the spine — vertebral compression fracture and kyphosis — with this easy-to-view model. Mounted on a wooden base, six times normal size.</td>
</tr>
<tr>
<td>HUC-TM-0071</td>
<td>Itty Bitty Smoker</td>
<td>Model of a 10-week-old fetus, made of soft, realistic BIOLIKE, is a hard hitting reminder that pregnant mothers have special responsibilities.</td>
</tr>
<tr>
<td>HUC-TM-0072</td>
<td>Cigarette Baby Bottle Poster</td>
<td>This lamented poster is of a baby’s bottle crammed full of cigarette butts. 14&quot; x 22&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0073</td>
<td>Smokeless Tobacco Flip Chart</td>
<td>Highlights the dangers of smokeless tobacco — including deadly mouth cancers, severe dental problems, and dangerous heart conditions — with this six-panel flip chart. 12&quot; x 17&quot; Audience sees front panel with simple text and clear images designed to reinforce key points. Presenter views back panel containing teaching notes.</td>
</tr>
<tr>
<td>HUC-TM-0074</td>
<td>Death of Immune System Display</td>
<td>In the age of AIDS, it’s helpful to understand how the body’s immune system works and how HIV — the AIDS virus — damages it. This colorful three-dimensional display diagrams a healthy immune system and then uses mounted sculpted models of HIV attacking a T-cell to show how this virus disables the immune system.</td>
</tr>
<tr>
<td>HUC-TM-0075</td>
<td>Female Reproductive System Display</td>
<td>Illustrates the key structures of the female reproductive system. Colorful, three-dimensional models depict partially-sectioned organs in proper relationship to each other, as well as a greatly-magnified, sectioned ovum. Comes with comprehensive activity guide and three-ring binder that includes teacher-developed activities, overhead color transparency, back-line master and model key. 18&quot; x 24&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0076</td>
<td>Male Reproductive System Display</td>
<td>Illustrates the key structures of the female reproductive system. Colorful, three-dimensional models depict partially-sectioned organs in proper relationship to each other, as well as a greatly-magnified, sectioned sperm. Comes with comprehensive activity guide and three-ring binder that includes teacher-developed activities, overhead color transparency, back-line master and model key. 18&quot; x 24&quot;.</td>
</tr>
</tbody>
</table>
Just for the Health of It! Activities Library

Involve your students in interesting activities so they will retain that knowledge better. This series of six activity books for junior high and high school students offers an unparalleled store of interesting, illustrated activities ready for use with individuals or entire groups. Activities include games, puzzles, surveys, inventories, charts, checklists, skits, debates and more. Included in each unit are 90 reproducible activities in a variety of formats along with a brief teacher’s guide to effective use of the activities. Series titles are — Consumer Health and Safety; Diet and Nutrition; Relationships and Communication; Sex Education; Stress Management and Self-Esteem; and Substance Abuse Prevention.

Advanced Injection Arm Model

Venipuncture can be practiced at all primary and secondary location of this model. The dorsal surface of the hand includes injectable metacarpal, digital, and thumb veins. The anteceubital fossa includes the median cephalic, median basilic and median cubital veins. Venipuncture can also be performed along the basilic, cephalic, accessory cephalic, and median antebrachial veins. Intramuscular injections may be performed in the deltoid and intradermal injection sites are located in the upper arm. Simulated skin and veins are lifelike. Includes simulated blood, syringe, needle, fluid bags and instructions.

Weight Management: Never Say Diet Flip Chart

Advocating lifestyle changes that include exercise and healthy food choices, this flip chart emphasize getting off the diet rollercoaster.

Healthy Choices for Eating Out Flip Chart

By outlining ways to make healthy choices from restaurant menus, this flip chart helps to solve the “eating out dilemma”. Explains how different food preparation methods affect nutritional value.

Full Body Adult Rescue/CPR Manikin

Enables the training of CPR.

Five Part Eyeball Model

Six times life-size, this model show the exterior of the eyeball with cornea, through which the iris and pupil are visible. Also visible are the large lacrimal (tear) gland, attachments for all six muscles that move the eyeball, the optic nerve, and the blood vessels that supply the eye. The model divides into hemispheres so the interior features can be studied. Instruction manual is included.

Detailed Ear Model

Three times life-size, this accurate model show the external canal and the middle and inner ear. Its six removable parts include the eardrum, hammer, anvil, cochlea, and the two bones closing the middle and inner ear.

Baby Anne CPR Manikin

Lifelike infant CPR training manikin. Features realistic chest compression and chest rise, movable jaw, and foreign body airway obstruction. Head Tilt/Chin Lift technique required to open airway.

Effects and Hazards of Smoking Folding Display

This folding display helps viewers understand the initial and long-term effects of nicotine and cigarette smoke on the human body.
**See For Yourself: Why Breast Biopsies Can Save Your Life Display**
Emphasizing the importance of breast biopsies, the cutaway view on this display reveals chronic cystic mastitis, a benign tumor, and a cancerous growth.

**What You Should Know About Skin Cancer Folding Display**
With information on precancerous skin conditions, common skin cancers, and malignant melanomas, this display lists skin cancer risk factor, danger signs, treatments, and preventive methods. 58" x 22" when opened.

**Health Facts about Obesity Folding Display**
Explains obesity and the diseases associated with it. Includes photography and illustrations of organs damaged by obesity and provides information about how to avoid this condition and problems related to it. 58" by 22" when opened.

**Determining Body Mass Index Poster**
Students, patients and clients know at a glance at this “rule of thumb” chart how healthy their weight is for their height. Based on American Heart Association data. 23" x 35".

**Why Cholesterol Checks Can Save Your Life Display**
This display shows an artery cross-section and a damaged heart demonstrating the damage arteriosclerosis can do. Excellent tool for explaining how cholesterol can lead to heart attacks.

**Deadly Effects of Tuberculosis Display**
This display uses 3D cross section models to compare the healthy anatomy of a normal lung to a lung damaged by tuberculosis.

**Loss of Fertility Display**
This three dimensional display demonstrates the damage to women caused by STDs. It includes models of a fallopian tube inflamed by infection, a uterus scarred by pelvic inflammatory disease (PID), and a tubal pregnancy–frequently caused by active or past sexually transmitted diseases.

**The Process of Giving Birth Flip Chart**
This chart shows illustrations of childbirth with a detailed Apgar chart.

**Childbearing, The Classic Series Flip Chart**
Twenty-two charts with teaching notes on the back of each panel. Illustrations demonstrate cardinal movements from three perspectives: the side view of the fetus in utero, the perineal view, and the corresponding position of the fetal head within the pelvis.

**Mini-Model Set: Pocket Uterus, Baby, and Pelvis**
An exceptional teaching tool, this set helps to explain what happens during labor and birth. The 5 ½" long baby has a detachable placenta/cord with amniotic sac. Pelvis and knitted uterus are proportioned to fit the baby.

**Clogged Artery Model (flexiable)**
This unique model vividly demonstrates what happens inside a clogged artery. The inside passage of this artery is severely constricted by layers of plaque.

**Dental Speaker’s Presentation Kit**
Six posters detailing various dental problems and solutions such as root canal, sealants, baby bottle decay, gingivitis etc.
HUC-TM-0098  Dental FUNdamentals  
An instructional guide for Oral Health Education for grades K-6. Guide includes reproducible handouts and worksheets, 4½ minute video on dental sealants—“Seal in a Smile”, audio cassette of “Sound Tour of a Dental Clinic and various other information broken into grade levels. Produced by the Ohio Department of Health.

HUC-TM-0099  Empathy Belly  
This three-dimensional pregnancy simulator will enable female and male wearers to temporarily experience more than 20 physical symptoms and lifestyle changes, including: Weight gain of 33 lb; bladder pressure; shift in center of gravity; fetal movements; fatigue; and lower back discomforts.

HUC-TM-0100  Mammography: The Whole Picture Flip Chart  
Six panels each. 12” x 17” Flip charts provide the perfect method for presenting information to small groups or classes. Audience sees front panel with simple text and clear images designed to reinforce key points. Presenter views back panel containing teaching notes.

HUC-TM-0101  Possible Signs of Breast Cancer Poster  
This chart is one of the strongest reminders of the importance of proper breast care. Each warning sign has an easy-to-understand description. 18” x 24”

HUC-TM-0102  See For Yourself: Why Blood Pressure Checks Can Save Your Life Display  
Patients and students learn the importance of blood pressure checks when they see this variety of arteries and a cross-section of the brain. Demonstrates the way high blood pressure can silently lead to heart attack or strokes. 9” x 12”

HUC-TM-0103  Artery Model  
Showing a cutaway view of an artery with cholesterol buildup, this oversized model is an excellent tool for increasing patient understanding.

HUC-TM-0104  Axillary Lymph Node Model  
With three enlarged nodes, this model teaches patients to check the axillary lymph node region under their arms. Feels like a shaved armpit.

HUC-TM-0105  Changeable Nodule Breast Model  
Containing five different-sized lumps that can be inserted and removed from the back, this model adds realism to BSE instruction.

HUC-TM-0106  Woman’s Monthly Carousel  
This colorful display shows each day of the monthly menstrual cycle in a cylindrical chart format. Carousel spins on a swivel base, allowing viewers to focus on any single time as well as to clearly see the repeating cycle.

HUC-TM-0107  Nasogastric Tube Feeding Model  
Passing a feeding tube is a common hospital procedure. This model contains a molded cast of the anatomy of the nose, mouth, pharynx, trachea, esophagus, and stomach. Plastic feeding tubes or catheters may be passed through the nose or mouth into the esophagus and to the stomach within full view of students. Simulated tracheostoma has been added to demonstrated endotracheal aspiration.

HUC-TM-0108  Ostomy Care Simulator  
Made of lifelike synthetic tissue, this model feels like real flesh. May be washed with soap and water, painted with antiseptic, taped bandaged or fitted with ostomy bags. All four stomas may be lubricated and dilated with an inserted finger.
HLRC TEACHING MODELS/DISPLAYS
DESCRIPTION LIST

HUC-TM-0109  Tracheostomy Care Simulator
Head and neck model to demonstrate the care of a tracheostomy.

HUC-TM-0110  Rolls of Fat
Unrolled, these models have the look, feel, weight and volume of fat. Viewers can wrap these rolls around their waistlines for a demonstration of how fat accumulates. 1 pound and 5 pounds.

HUC-TM-0111  Consequences of Diabetes Display
Models and text explain the negative effects diabetes can have on the body. Promotes awareness of this potentially devastating disease.

HUC-TM-0112  What You Should Know About Diabetes Folding Display
With information about risk factors, symptoms and complications of diabetes this display is a valuable resource for health educators. The display explains the different types of diabetes and describes how the disease can be treated.

HUC-TM-0113  Facts About Childhood Immunizations Folding Display
This informative display explains what vaccines are and why they should be used. With easy-to-read descriptions of ten preventable childhood diseases, the display provides valuable information for parents and care providers.

HUC-TM-0114  Human Skin Series and Burn Pathologies Model
Presenting an accurate detailed look at skin anatomy, this two-sided model shows both healthy and damaged skin. The front face compares and contrasts normal skin from three different regions of the body; details the structure of the epidermis, dermis and hypodermis; shows sweat glands, sebaceous glands, hair shafts and blood vessels and mor. The back face illustrates the damage done by first-, second-, and third degree burns.

HUC-TM-0115  Fast Food Blubber Busters Display
This model is a powerful reminder of the high amount of fat found in most fast foods. Simulates the feel of actual fat, these nine models are cast from real foods and include: corn dog, chicken nuggets, pizza, sausage and egg muffin, hamburger, taco, hot dog, chicken leg and french fries.

HUC-TM-0116  Learn the Importance of Mammography and Regular Breast Exams Display
The anatomy of three different breast diseases can be seen with this model. Breasts with a fibrocystic condition, a fibroadenoma, and a malignant tumor are depicted.

HUC-TM-0117  What You Should Know About Food Safety Folding Display
Discussing important food safety practices such as proper hand washing, maintaining clean preparation surfaces and utensils, avoiding cross-contamination, and carefully handling, serving and storing food, this folding display also focuses on safe cooking and holding temperatures and avoiding food borne illness. Concise and packed with useful information, the display is particularly well suited for training food service personnel and teaching health class.
HUC-TM-0118  **AED Trainer with Heartsaver AED Instructor’s Tool Kit**  
Reinforces trainees' skills by simulating a variety of challenging situations. Safe to use with any training manikin, its adhesive electrodes are designed to be reusable and can also be applied to a variety of manikins. The system comes packaged in a soft case with identification cards, AED instruction cards, one set of training electrodes, ANALYZE key cover labels, and operating instructions. Also included with Trainer is the Heartsaver AED Instructor’s Tool Kit. The tool kit contains a 3-part video, 15 slides, 5 skill-performance sheets, and a student course evaluation form. Also features enlarged image reproductions that can be used for opaque projection or as templates for overhead acetates. Slides are available in standard mounts, as color laser prints, or on a PC diskette as a PowerPoint 97 file. Conversion software that will allow PowerPoint 97 files to be viewed with older PowerPoint versions is included on a separate diskette. The tool-kit case offers a convenient way to transport or store all materials, and is designed to accommodate an instructor's manual and student handbook.

HUC-TM-0119  **Drinking and Driving Flip Chart**  
Informative text and helpful graphics illuminate this national problem. Great for classes in driver education, defensive driving and general health.

HUC-TM-0120  **Fatal Vision**  
This kit complements the curriculum of the Alcohol and Other Drug Abuse section of health classes. Use the goggles to demonstrate impairment and how it can affect students. The Kit includes: 3 Fatal Vision Goggles, each gives different effects based on amount of alcohol/drugs consumed; Instructor’s Guide and Student Handouts.

HUC-TM-0121  **The Skeleton System Anatomical Chart**  
These charts increase students’ understanding of human anatomy, physiology and certain pathological conditions. Painstakingly researched medically terminology and up-to-date supporting text are combined with medically accurate illustrations. 20” x 26”.

HUC-TM-0122  **The Nervous System Anatomical Chart**  
These charts increase students’ understanding of human anatomy, physiology and certain pathological conditions. Painstakingly researched medically terminology and up-to-date supporting text are combined with medically accurate illustrations. 20” x 26”.

HUC-TM-0123  **The Autonomic System Anatomical Chart**  
These charts increase students’ understanding of human anatomy, physiology and certain pathological conditions. Painstakingly researched medically terminology and up-to-date supporting text are combined with medically accurate illustrations. 20” x 26”.

HUC-TM-0124  **The Respiratory System Anatomical Chart**  
These charts increase students’ understanding of human anatomy, physiology and certain pathological conditions. Painstakingly researched medically terminology and up-to-date supporting text are combined with medically accurate illustrations. 20” x 26”.

HUC-TM-0125  **The Endocrine System Anatomical Chart**  
These charts increase students’ understanding of human anatomy, physiology and certain pathological conditions. Painstakingly researched medically terminology and up-to-date supporting text are combined with medically accurate illustrations. 20” x 26”.

HUC-TM-0126  **The Male Reproductive System Anatomical Chart**  
These charts increase students’ understanding of human anatomy, physiology and certain pathological conditions. Painstakingly researched medically terminology and up-to-date supporting text are combined with medically accurate illustrations. 20” x 26”.
<table>
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<th>Item Code</th>
<th>Description</th>
<th>Features</th>
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<tbody>
<tr>
<td>HUC-TM-0127</td>
<td>The Female Reproductive System Anatomical Chart</td>
<td>These charts increase students’ understanding of human anatomy, physiology and certain pathological conditions. Painstakingly researched medically terminology and up-to-date supporting text are combined with medically accurate illustrations. 20&quot; x 26&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0128</td>
<td>The Vertebral Column System Anatomical Chart</td>
<td>These charts increase students’ understanding of human anatomy, physiology and certain pathological conditions. Painstakingly researched medically terminology and up-to-date supporting text are combined with medically accurate illustrations. 20&quot; x 26&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0129</td>
<td>The Hand &amp; Wrist Anatomical Chart</td>
<td>These charts increase students’ understanding of human anatomy, physiology and certain pathological conditions. Painstakingly researched medically terminology and up-to-date supporting text are combined with medically accurate illustrations. 20&quot; x 26&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0130</td>
<td>The Hip and Knee Anatomical Chart</td>
<td>These charts increase students’ understanding of human anatomy, physiology and certain pathological conditions. Painstakingly researched medically terminology and up-to-date supporting text are combined with medically accurate illustrations. 20&quot; x 26&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0131</td>
<td>The Foot and Ankle Anatomical Chart</td>
<td>These charts increase students’ understanding of human anatomy, physiology and certain pathological conditions. Painstakingly researched medically terminology and up-to-date supporting text are combined with medically accurate illustrations. 20&quot; x 26&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0132</td>
<td>Budget Bucky Skeleton Model</td>
<td>Ideal for teaching the basics of anatomy, this life-size plastic skeleton features vertebral artery, nerve branches, herniated lumbar disk and removable arms and legs. Skull includes movable jaw, three removable lower teeth and more. Comes skeletal system chart.</td>
</tr>
<tr>
<td>HUC-TM-0133</td>
<td>Model of Osteoporosis</td>
<td>Compares an osteoporosis and a healthy lumbar vertebra. Each opens via a hinged joint.</td>
</tr>
<tr>
<td>HUC-TM-0135</td>
<td>Child Choking Manikin</td>
<td>18 month - 2 year old life-size child manikin withstands continuous abdominal and chest thrusts practice. Features include: Realistic rib cage, oral cavity, xiphoid notch and jugular notch for land marking. The foreign body items (included) make excellent practice obstructions.</td>
</tr>
<tr>
<td>HUC-TM-0136</td>
<td>Breast Care Flip Chart</td>
<td>This educational flip chart explains the facts about breast cancer. It teaches the importance of combining BSE, mammography, and an annual clinical exam as the best defense against breast cancer.</td>
</tr>
<tr>
<td>HUC-TM-0137</td>
<td>What You Should Know About Breast Care Folding Display</td>
<td>Colorful and informative, this folding display describes seven diseases of the breast; the warning signs and risk factors of breast cancer; and BSE methods, mammography and other diagnostic procedures.</td>
</tr>
</tbody>
</table>
HUC-TM-0138  *What You Should Know About Depression Folding Display*
Outlining the different types, causes, and signs of depression, this folding display provides information that is useful in a number of settings. Also discusses treatments for depression.

HUC-TM-0139  *Respiratory Organs and Heart*
Life-size and 3D, this durable plastic replica of the human thoracic viscera includes, lungs, trachea, heart, esophagus, complete larynx with vocal cords and two thoracic vertebrae. All organs are depicted in their natural size and position. This model separates into five parts for study of the interior of the heart. Lung and larynx. Mounted on a hardwood base. 17" x 11" x 6"

HUC-TM-0140  *Drinking Clock*
This informative display reveals how long it takes the body to metabolize alcohol, showing viewers the amount of time they must wait to drive after drinking. Ideal for driver’s education, health classes or public education.

HUC-TM-0141  *Effects and Hazards of Secondhand Smoke*
Many people don’t realize that the smoke produced by a burning cigarette can be just as deadly as that which the smoker inhales. This folding display points out that secondhand smoke puts nonsmokers at risk for developing a number of serious conditions and diseases. 58" x 22 ½ "

HUC-TM-0142  *Double Decker or Double By-Pass*
Nothing makes a more dramatic statement about the link between high fat foods and heart disease than these miniature cheeseburger models. The bottom of each cheeseburger is crafted to resemble the inside of an artery dangerously clogged with fat deposits.

HUC-TM-0143  *Vat of Fat*
Explaining how caloric intake translates into weight gain is simplified with this graphic and informative display. The jar contains approximately one pound of gooey, yellowish simulated fat, which represents the amount of weight a person would gain in one week if he or she consumed an extra 500 calories each day. Information on the back of the jar show how much weight a person could gain in one year as a result of eating certain foods— including french fries, candy bars, and doughnuts on a daily basis.

HUC-TM-0144  *Facts about Testicular and Prostate Cancer Folding Display*
This folding display explores two cancers that affect men, identifying the possible risk factors, symptoms, and treatment of each condition. Particular emphasis is given to the importance of testicular self-examination and prostate cancer testing. 58” x 22 ½”

HUC-TM-0145  *Testicular Cancer Flip Chart*
Testicular cancer is difficult for many men to discuss. However, with illustrated instructions for doing TSE and straightforward text, this flip chart makes it easy to explain.

HUC-TM-0146  *Asthma Easel Display*
This display uses 3D cross-section models to demonstrate the effects of an asthma attack on bronchial tubes. Included are models of the respiratory system, a normal bronchiole, and a bronchiole during an asthma attack.

HUC-TM-0147  *Uterus-Ovary Cancer Model*
Common pathologies – including carcinoma, polyps, endometriosis, salpingitis, cysts, adhesions, and fibroids – are featured in this cross-section model of the uterus and ovaries.
<table>
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<tr>
<td>HUC-TM-0148</td>
<td><strong>Skin Cancer Model</strong>&lt;br&gt;Three cancerous conditions (nodular basal cell, malignant melanoma, and morpheic basal cell) and three non cancerous conditions (dysplastic nevi, keratoacanthoma, and actinic keratosis) are featured on this magnified model of the skin. Also shows basal layer and dermal layer cross-section detail.</td>
</tr>
<tr>
<td>HUC-TM-0149</td>
<td><strong>Understanding Alzheimer’s Chart</strong>&lt;br&gt;This chart increases students’ understanding of Alzheimer’s. It details physical changes in the cortex and describes the stages of Alzheimer’s. 20&quot; x 26&quot;</td>
</tr>
<tr>
<td>HUC-TM-0150</td>
<td><strong>Conditions of the Testicle</strong>&lt;br&gt;Emphasizing the importance of monthly testicular self-examination, this easel display depicts the anatomy of a normal testicle, a testicle with a cancerous lump, and a testicle with an inflamed epididymus. A useful reminder that not all testicular abnormalities are cancerous, but only a healthcare provider can make an accurate diagnosis.</td>
</tr>
<tr>
<td>HUC-TM-0151</td>
<td><strong>Amounts of Hidden Salt</strong>&lt;br&gt;Using real table salt in miniature test-tube style holders, mounted on an acrylic backing, you can see at a glance the sodium values of 18 foods. Includes a guide to educate people about salt and how to moderate their consumption.</td>
</tr>
<tr>
<td>HUC-TM-0152</td>
<td><strong>Amounts of Hidden Fat</strong>&lt;br&gt;The percentage of fat calories hidden in 18 foods is shown using realistic pats of butter, representing 10% of the total calories in each food. Includes a guide to educate people about fat and how to moderate their consumption.</td>
</tr>
<tr>
<td>HUC-TM-0153</td>
<td><strong>Amounts of Hidden Sugar</strong>&lt;br&gt;The sugar case demonstrates the amount of sugar hidden in 19 popular processed foods. Each clear plastic box is labeled with the food name and is filled with the number of teaspoons of hidden sugar.</td>
</tr>
<tr>
<td>HUC-TM-0154</td>
<td><strong>Lifting Manikin</strong>&lt;br&gt;This unique model graphically illustrates how incorrect lifting techniques can affect the spine. The figure raises a weight from either of two positions, showing how the incorrect position distorts the spine while the correct position does not.</td>
</tr>
<tr>
<td>HUC-TM-0155</td>
<td><strong>Consequences of Smokeless Tobacco Use</strong>&lt;br&gt;This display graphically shows that using smokeless tobacco can be as harmful as deadly as smoking. Detailed, hand-painted models illustrate health conditions caused by smokeless tobacco use, and the informative, easy-to-understand text is complemented by line drawings.</td>
</tr>
<tr>
<td>HUC-TM-0156</td>
<td><strong>Non-sexual BSE/TSE Model</strong>&lt;br&gt;Designed to minimize embarrassment in mixed groups, this display features simulated breast tissue and a simulated scrotum molded in generic shapes. The models contain lumps that can be felt using the correct techniques for breast and testicular self-examinations. Simulated scrotum can be felt on both sides of display.</td>
</tr>
<tr>
<td>HUC-TM-0157</td>
<td><strong>Teeth and Jaw Development Set</strong>&lt;br&gt;Four life-size jaw models of a newborn, 5-year old, 9-year old, and adult trace the development of jaws and teeth. Right half of the maxilla and mandible are cut open to expose the roots of the teeth and developing teeth in the jaw. Teeth are color-coded to indicate deciduous, successional and superadded permanent teeth.</td>
</tr>
</tbody>
</table>
HLRC TEACHING MODELS/DISPLAYS
DESCRIPTION LIST

HUC-TM-0158  Functional Model of the Knee Joint
This plastic model of the right knee features an exclusive detachable ligament system, allowing a complete view of each individual ligament, bone or cartilage. The ligaments are made of an indestructible, hard elastic for years of durable use. The ligaments’ flexibility allows demonstration of the full range of motion, including flexion, extension, inner and outer rotation.

HUC-TM-0159  Functional Model of the Shoulder Joint
This right shoulder joint model features an exclusive detachable ligament system which allows individual viewing of each bone, ligament and cartilage. The model demonstrates movements such as raising the arm, front and back swinging, and inner/outer rotation. The ligaments are made of a sturdy elastic material which allow years of demonstration.

HUC-TM-0160  Breast Cross Section
This life-size cross-section model shows common diseases such as adenocarcinoma, cysts, fibroadenoma, and infiltrating scirrhous carcinoma. Breast structures such as suspensory ligament, fat tissue, lymph nodes, muscles, and ribs are also shown.

HUC-TM-0161  Osteoporotic Bone/Healthy Bone Model
A perfect tool for showing the difference between healthy bone and bone affected by osteoporosis, this model can be used as a tabletop display or can be removed form its wooden base for closer inspection. One side of the model features a cross-section of dense bone; the other illustrates porous bone.

HUC-TM-0162  Hazards of Smoking
Realistic 3D models of organs show the damage caused by smoking, while concise but comprehensive text explains each health consequence. Framed 20 ½" x 26".

HUC-TM-0163  Women Who Smoke Poster
This chart shows how and why smoking is an especially serious – and growing – health danger to women. Straightforward facts and illustrations make an effective argument for women to avoid smoking.

HUC-TM-0164  Alcohol and Pregnancy Flip Chart
A pregnant woman who drinks alcohol puts her baby in danger of severe health defects. This material reveals the sobering truth.

HUC-TM-0165  Your New Body: Girls Folding Display
This display answers sensitive questions about physical and emotional changes for girls, covering topics such as puberty, reproduction, and good health habits.

HUC-TM-0166  Family Planning & STD Protection Flip Chart
This flip chart is a great way to teach family planning strategies and the most current methods of contraception. Student information is on one side and teacher’s notes on the other.

HUC-TM-0167  Guide to Contraceptives Transparencies
Presents a full range of contraception choices. 3D display kit is also available HUC-TM-0023

HUC-TM-0168  Methods of Birth Control Folding Display
With simple text and clear graphics, this folding display explains a variety of birth control methods and common misconception about effective techniques. Perfect for birth control education, health fairs, and parenting classes.
<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>HUC-TM-0169</td>
<td><strong>STD Roulette Game Board</strong>&lt;br&gt;This colorful roulette game is an excellent tool for fostering a discussion about sexually transmitted diseases. The roulette wheel features common STDs, while the game cards present real-life scenarios that address different sexual situations.</td>
</tr>
<tr>
<td>HUC-TM-0170</td>
<td><strong>What You Should Know About STD Folding Display</strong>&lt;br&gt;This display illustrates the potential aftermath of unsafe sexual practices. It explains the symptoms of various STDs and what happens if they are left untreated, including the consequences for babies born to infected mothers.</td>
</tr>
<tr>
<td>HUC-TM-0171</td>
<td><strong>Teen Relationship Card Game</strong>&lt;br&gt;This card game is designed to facilitate groups or individual sessions aimed at developing skills for healthy intimate relationships and preventing domestic violence. These cards can be used in a variety of creative ways to engage participants in exploring attitudes, beliefs and values about intimate relationships. The cards are based on activities in The Teen Relationship Workbook.</td>
</tr>
<tr>
<td>HUC-TM-0172</td>
<td><strong>Teenagers and Depression Folding Display</strong>&lt;br&gt;This folding display identifies and demystifies depression, the painful illness which strikes thousands of teens each year. The symptoms of teen depression are described in easy-to-understand terms. Students will understand that depression is a legitimate illness that can be treated and cured.</td>
</tr>
<tr>
<td>HUC-TM-0173</td>
<td><strong>Teenagers and Eating Disorders</strong>&lt;br&gt;This display is designed to raise students’ awareness of four serious eating disorders that are all too common among teens—anorexia, bulimia, compulsive eating and binging. The symptoms section clearly describes the warning signs of anorexia and bulimia, and also gives an overview of the behavior patterns of a teen sufferer. The dangers section details serious health risks associated with each disorder. Information is included on where at-risk teens and their families can seek help.</td>
</tr>
<tr>
<td>HUC-TM-0174</td>
<td><strong>Consequences of High Blood Pressure 3D Display</strong>&lt;br&gt;Life size, 3D hand-painted models illustrate the various organs that can be affected by high blood pressure. Great for health fairs and health-education promotions.</td>
</tr>
<tr>
<td>HUC-TM-0175</td>
<td><strong>Diabetic Foot Model</strong>&lt;br&gt;This life-size diabetic foot model can be used for both patient education and student training. The model contains three ulcers in various stages of development as well as other features commonly associated with diabetes.</td>
</tr>
<tr>
<td>HUC-TM-0176</td>
<td><strong>Consequences of Obesity 3D Display</strong>&lt;br&gt;This display uses hand-painted models to explain the dangers of obesity.</td>
</tr>
<tr>
<td>HUC-TM-0177</td>
<td><strong>A Day’s Worth of Fat</strong>&lt;br&gt;Containing simulated blood and “fat”, this heart-shaped bottle show the approximate amount of fat a person consumes in a day on a 2,200 calorie diet with 40% fat. Creates awareness of the dangers of a high-fat diet.</td>
</tr>
<tr>
<td>HUC-TM-0178</td>
<td><strong>Fat Vest - Adult Size</strong>&lt;br&gt;The effects of additional weight on a person’s body are dramatically demonstrated with this innovative teaching tool. By inserting weights in varying increments into the vest’s interior pocket, the wearer can experience the additional weight and limited range of motion that are associated with obesity. The Adult vest includes a total of 20lb in weight, features an informative front panel that describes the effects of excess weight on several body organs.</td>
</tr>
<tr>
<td>HUC-TM-0179</td>
<td>Fat Vest - Child Size</td>
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<tr>
<td>The effects of additional weight on a person’s body are dramatically demonstrated with this innovative teaching tool. By inserting weights in varying increments into the vest’s interior pocket, the wearer can experience the additional weight and limited range of motion that are associated with obesity. The Child vest includes a total of 15lb in weight, has a kid-friendly front panel that is a visual reminder that foods with too much sugar and fat can lead to overweight and obesity.</td>
<td></td>
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<thead>
<tr>
<th>HUC-TM-0180</th>
<th>Blubber Busters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attention grabbing and tactile, this display provides a unique learning experience. The models feel like fat, emphasizing the possible results of a high-fat diet. Sixteen “snacks” are portrayed such as doughnuts, candy bar, a sucker, piece of pie, ice cream cone and others.</td>
<td></td>
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<table>
<thead>
<tr>
<th>HUC-TM-0181</th>
<th>How a High-fat Diet Affects Your Arteries poster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graphically depicting the difference between healthy arteries and those clogged with fat, this chart gives viewers a clear idea of what a high-fat diet can do to the arteries and to the heart.</td>
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</table>

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<thead>
<tr>
<th>HUC-TM-0182</th>
<th>Understanding Cholesterol poster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understanding the function of cholesterol in the body is mad easy with this informative chart. Also illustrates the effects of too much cholesterol</td>
<td></td>
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<table>
<thead>
<tr>
<th>HUC-TM-0183</th>
<th>Blood Pressure Simulator</th>
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</thead>
<tbody>
<tr>
<td>This simulator allows presetting of values for both diastolic and systolic pressures. Features include radial and brachial pulse, pressures activated at the release valve by the student, pressures read directly from the sphygmomanometer, and reproduction of actual blood pressure sounds.</td>
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<thead>
<tr>
<th>HUC-TM-0184</th>
<th>Liver/Gallbladder Model</th>
</tr>
</thead>
<tbody>
<tr>
<td>This life-size liver and gallbladder model has a cutaway section showing the inner anatomy of the gallbladder, including a gallstone.</td>
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<thead>
<tr>
<th>HUC-TM-0185</th>
<th>Vision Simulator Kit</th>
</tr>
</thead>
<tbody>
<tr>
<td>This kit helps sighted individuals learn about vision loss. Includes four sets of goggles (with occluders) and eight vision lenses that simulate hand movement, floaters, retinal detachment, tunnel vision, retinal hemorrhage, light perception, retinitis</td>
<td></td>
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<tr>
<th>HUC-TM-0186</th>
<th>Cataract Eye Model</th>
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</thead>
<tbody>
<tr>
<td>This versatile model includes interchangeable lenses that show various types of cataract conditions, including subcapsular, capsular, mature, cortical, and nuclear. The included education card highlights the visual effects of glaucoma.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HUC-TM-0187</th>
<th>Digestive System Model</th>
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<tbody>
<tr>
<td>Important parts of the digestive system – including the mouth, salivary glands, esophagus, stomach, liver, pancreas and intestines – are shown in this detailed model in addition to a cutaway view of the stomach and intestine. The full-color model is made of durable vinyl and the included activity guide contains background information, teacher-developed activities, a glossary and key to the model’s structures, color transparencies and a black line master.</td>
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<tr>
<td>Model Number</td>
<td>Description</td>
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<tr>
<td>HUC-TM-0188</td>
<td><strong>Carpal Tunnel Syndrome Display</strong>&lt;br&gt;This easel display uses a 3-D cutaway model of a hand to demonstrate how the tendons of the hand, the median nerve, the transverse carpal ligament, and the carpal bone are involved in carpal tunnel syndrome. The accompanying text provides basic information about CTS, including possible causes and treatments.</td>
</tr>
<tr>
<td>HUC-TM-0189</td>
<td><strong>Guide to Poisons Folding Display</strong>&lt;br&gt;More than 2 million poisonings occur every year in the United States. This display provides important facts on poisons, such as how the enter the human body and their effects on skin, tissues, and the circulatory, nervous, respiratory, and digestive systems. Includes information on how to evaluate poisonings, call for help and perform basic first aid.</td>
</tr>
<tr>
<td>HUC-TM-0190</td>
<td><strong>Overweight CPR Manikin</strong>&lt;br&gt;Standard CPR manikins often do not realistically simulate victims who are older or obese. This manikin helps prepare students to respond to cardiac victims who are elderly and overweight. The manikin features an elderly physical appearance and a large body type with an extra layer of “fat”; realistic head-tilt and chin lift; palpable and visual anatomical landmarks (including sternum, rib cage, and sub-sternal notch); and an airway that can be manipulated to simulate airway obstruction or choking situations. Interchangeable mouth pieces and disposable lung/airway systems.</td>
</tr>
<tr>
<td>HUC-TM-0191</td>
<td><strong>TB Testing Arm Set (palpable)</strong>&lt;br&gt;Learning to identify TB reactions is made easy with these TB testing arms. Made of soft, realistic BIOLIKE, the models are suitable for educating both patients and students.</td>
</tr>
<tr>
<td>HUC-TM-0192</td>
<td><strong>Diabetic Injection Model Kit</strong>&lt;br&gt;Made from realistic material, these teaching models facilitate technique practice on both an injection “skin” and a finger stick apparatus. The skin model may be strapped to the user’s arm or leg to simulate a needle injection site, and the finger stick model may be held by the attached grip for lancet practice. Both can be punctured repeatedly.</td>
</tr>
<tr>
<td>HUC-TM-0193</td>
<td><strong>Effects and Hazards of Smokeless Tobacco Folding Display</strong>&lt;br&gt;Many people believe smokeless tobacco use is less harmful than cigarette smoking. This graphic display reveals the truth about smokeless tobacco – that it is just addictive and deadly as smoking.</td>
</tr>
<tr>
<td>HUC-TM-0194</td>
<td><strong>Actar D-fib CPR Manikin</strong>&lt;br&gt;CPR teaching features include: Jaw thrust, head tilt and closeable airway; all landmarks-adam’s apple, carotid groove, lower rib, nipples and navel; chest compressions, Adult and child CPR; abdominal thrusts; no cleaning of internal parts necessary- disposable mouthcover and lungs. Compatible with all brands of training electrodes and AEDs.</td>
</tr>
<tr>
<td>HUC-TM-0195</td>
<td><strong>Parachute size 6ft.</strong> <em>(Oh Chute! Parachute Activities book also available)</em>&lt;br&gt;Actual parachute that can be used for small groups as an exercise accessory. <em>Oh Chute! Parachute Activities</em> book is the fully illustrated parachute instruction manual - designed for use by physical education specialists, classroom teachers and recreation leaders.</td>
</tr>
<tr>
<td>HUC-TM-0196</td>
<td><strong>Parachute size 20ft.</strong> <em>(Oh Chute! Parachute Activities book also available)</em>&lt;br&gt;Actual parachute that can be used for large groups as an exercise accessory. <em>Oh Chute! Parachute Activities</em> book is the fully illustrated parachute instruction manual - designed for use by physical education specialists, classroom teachers and recreation leaders.</td>
</tr>
</tbody>
</table>
Health Hints game

*Health Hints* is an interactive game which can be used with an entire classroom. Students will have fun while learning about many different health careers and medical terminology. Two teams compete with team members taking turns giving clues to make his/her team members guess the *Health Hints* word without using the five clues listed on the card. Each team tries to complete as many word cars as they can in 60 seconds. The cards are color-coded for levels of difficulty. Each level of play strengthens the student’s knowledge of health careers and builds confidence and communication skills. Players learn important facts about health careers. And are encouraged to explore careers about which they previously had no knowledge or interest. *Health Hints* is suitable for grades 6-12 and can be played with 4 to 30 players.

CPR Kyle

Simulating an average-sized 3-year-old child, this manikin has a sternum, xiphoid process, and sternal notch to facilitate accurate learning. CPR Kyle has a completely disposable airway system.

Shaken Baby Syndrome Doll

An infant's vulnerability to Shaken Baby Syndrome (SBS) is graphically demonstrated with this model. The model's translucent head allows viewers to see how a baby's brain can slam against the skull when inappropriately handled or shaken. Also emphasizes the importance of supporting an infant's neck. Helps to teach prevention of SBS, which can have devastating consequences including permanent brain damage, blindness, and death.

Peritoneal Dialysis Simulator

Designed to introduce patients, students and nurses to the essentials of CAPD (Continuous Ambulatory Peritoneal Dialysis) procedures and care. The torso offers a lifelike method to demonstrate and practice peritoneal dialysis. Success with CAPD is dependent on the patient’s following dialysis procedures with extreme care.

Pancreas Model

This life-size model shows pancreatic cancer, the gallbladder with stones, a ruptured spleen and the duodenum with an ulcer.

Colon Model

This useful model provides a detailed look at the colon’s structure and accurately depicts conditions that affect the colon.

Marijuana Flip Chart

Unfortunately, as marijuana use has increased in recent years, so has the potency of the drug. This flip chart reveals the negative effects of this far-from-harmless drug. Flip chart is six panels, 12" x 17".

Effects and Hazards of Marijuana Folding Display

This informative display teaches what marijuana is, how it's used, and its effects and hazards.

Male Pelvis with Testicular Cancer Model

One half scale, mid-sagittal section shows the anatomy of the pelvis and testis. A testicle with cancer is included. Testicle depicts a seminoma tumor. The 2-sided patient education card features the male pelvis on one side and both seminoma and teratocarcinoma tumors, plus staging of testis tumors on the other.
<table>
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<tr>
<th>Item Code</th>
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<tbody>
<tr>
<td>HUC-TM-0206</td>
<td>Brain Section Model</td>
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<tr>
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<td>A twice life-size, 2-sided view of the right half of the brain with the pia matter removed. Color-coding identifies important structures. One side shows a part of the falx cerebri, the other exposes the lateral ventricle. 49 labeled parts</td>
</tr>
<tr>
<td>HUC-TM-0207</td>
<td>Disease Teeth &amp; Gum Model</td>
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<tr>
<td></td>
<td>An oversized model of premolars featuring many common dental problems, some of which are: abscess, advanced periodontitis, cavity, crown decay filling, gingivitis, plaque and severe bone loss.</td>
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<tr>
<td>HUC-TM-0208</td>
<td>Smokey Sue</td>
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<td>You can make Smokey Sue actually smoke a cigarette by pumping her bulb mechanism. The tars from the cigarette collect in her collection tube &quot;lungs&quot; which may be removed and inspected for an effective lesson.</td>
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<tr>
<td>HUC-TM-0209</td>
<td>Arthritis Easel Display</td>
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<tr>
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<td>Shows a normal joint, a joint with osteoarthritis and a joint with rheumatoid arthritis 9&quot; x 12&quot;</td>
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<tr>
<td>HUC-TM-0210</td>
<td>Women and Heart Disease Folding Display</td>
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<tr>
<td></td>
<td>Women with heart disease have different symptoms than men and respond differently to methods of treatment. It is important to know the facts about heart disease. This tabletop display provides women with specific information about risk factors, hormone replacement therapy, heart attack warning signs, and ways to reduce their risks for this deadly disease.</td>
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<tr>
<td>HUC-TM-0211</td>
<td>Call Me Crash poster</td>
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<tr>
<td></td>
<td>This poster graphically demonstrates the consequences of drunk driving. The photos of Denise Wagoner—a former professional model left blind, disfigured, and brain damaged by her own drunk driving—leave a lasting impression. Laminated. 18&quot; x 24&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0212</td>
<td>Breast Self Examination Simulator</td>
</tr>
<tr>
<td></td>
<td>This life-sized model may be used in a vertical or reclining position. Each breast may be detached from simulator. One breast includes 9 lumps from 3 to 25 mm, 3 may be easily palpated, 6 are very subtle. Abnormal breast includes 2 lumps under the arm.</td>
</tr>
<tr>
<td>HUC-TM-0213</td>
<td>Resus Annie</td>
</tr>
<tr>
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<td>The Resusci Anne models are designed to deliver comprehensive BLS training for professional rescuers. The Resusci Anne Modular System allows instructors to configure their manikins to do scenario-based rescue and first-aid training in combination with CPR. Anatomically correct landmarks and realistic compressions/ventilations for learning correct CPR techniques /Correct head tilt/chin lift and/or jaw thrust techniques must be performed for ventilations/Resusci Anne Modular System uses the same convenient disposable airways as previous Resusci Anne models</td>
</tr>
<tr>
<td>HUC-TM-0214</td>
<td>Secondhand Smoke Flip Chart</td>
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<td>This fact-filled flip chart covers the health problems caused by secondhand smoke. Includes discussion of Ten Common Myths about Secondhand Smoke. Flip chart features script on reverse panels. 6 panels, 12&quot; X 17&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0215</td>
<td>Drinking &amp; Driving Poster</td>
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<td>Visually demonstrates the effects of drinking and driving.</td>
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<td>Product Code</td>
<td>Description</td>
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<tr>
<td>HUC-TM-0216</td>
<td><strong>Shaken Baby Folding Display</strong>  &lt;br&gt; Describing symptoms and prevention of Shaken Baby Syndrome, this folding display is an ideal educational tool for parents and childcare givers of infants. 58&quot; x 22 ½&quot; opened.</td>
</tr>
<tr>
<td>HUC-TM-0217</td>
<td><strong>Death in the West poster</strong>  &lt;br&gt; Using the rugged style of the Marlboro advertising campaign, this poster contrasts the glamorized image of the Marlboro cowboy with the reality of smoking's consequences. Laminated 14&quot; x 22&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0218</td>
<td><strong>Development of Human Dentition Flip Chart</strong>  &lt;br&gt; Colorful illustrations include primary and permanent tooth eruption charts. Prenatal and birth dentition, infant, early childhood, later childhood, adolescent and the adult dentition are also shown with accurate illustrations.</td>
</tr>
<tr>
<td>HUC-TM-0219</td>
<td><strong>Oral Hygiene Flip Chart</strong>  &lt;br&gt; All the basics in one convenient format. Effectively covers brushing, flossing, how to choose oral care products and the importance of regular dental visits.</td>
</tr>
<tr>
<td>HUC-TM-0220</td>
<td><strong>Teeth Model Activity Set</strong>  &lt;br&gt; Explore the composition of teeth with this three dimensional activity set • 24”W x 18”H model shows a cutaway view of an enlarged tooth and views of the upper and lower teeth. The Activity Guide provides step-by-step activities, black line masters, full-color overhead transparency, key and vocabulary notes arranged in a handy three-ring binder.</td>
</tr>
<tr>
<td>HUC-TM-0221</td>
<td><strong>Chronic Obstructive Pulmonary Disease Folding Display</strong>  &lt;br&gt; A serious and life-threatening disease, many people are not aware that COPD is one of the leading causes of death in the nation. This folding display informs of the risk factors, symptoms, diagnosis, and treatment of COPD. 58&quot; x 22 ½&quot;</td>
</tr>
<tr>
<td>HUC-TM-0222</td>
<td><strong>Diseases and Conditions of the Mouth Folding Display</strong>  &lt;br&gt; This graphic display shows a full range of common oral health problems, their effects, and prevention measures. Made with durable, high-quality bookbinding materials, it stands on any tabletop surface, well suited for classes and static displays. 58&quot; x 22&quot; opened.</td>
</tr>
<tr>
<td>HUC-TM-0223</td>
<td><strong>Taking Care of Your Teeth Folding Display</strong>  &lt;br&gt; Colorful and fun, this folding display teaches elementary school children the basics of dental care. Brushing, flossing, tooth-healthy snacks, and dental visits are covered in simple-but informative-terms. 43 ½&quot; x 22 ½&quot; opened.</td>
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<tr>
<td>HUC-TM-0224</td>
<td><strong>Baby Bottle Tooth Decay Model</strong>  &lt;br&gt; Cast from a child's mouth, this hinged model illustrates that the sugars that bathe a baby's mouth while sleeping with a bottle can cause dental disease. It clearly demonstrates that putting a baby to bed with a bottle can lead to tooth decay.</td>
</tr>
<tr>
<td>HUC-TM-0225</td>
<td><strong>Mr. Dip Lip</strong>  &lt;br&gt; This model of the mouth opens and closes from the back like a puppet, and flesh-like lips retract to show the effects of dipping on inner lips, gums, and teeth.</td>
</tr>
<tr>
<td>HUC-TM-0226</td>
<td><strong>Our Teeth Puzzle for kids</strong>  &lt;br&gt; Children from pre-K to grade 3 will enjoy this intriguing four-layer puzzle, which reveals the tooth's placement in the gum, the jawbone and the dentin of the tooth, and the nerve within the dentin. With 13 interchangeable pieces, this puzzle is made entirely of wood and is silk-screened with nontoxic, durable paints. 9 ½&quot; x 9 ½&quot;.</td>
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</table>
HUC-TM-0227 Teeth Model with Toothbrush
The essentials of correct brushing and flossing techniques can be demonstrated with this giant set of teeth. Flexible hinges connecting the upper and lower jaw make teaching good hygiene easy. 6 ½” x 4 ½” closed. Oversize toothbrush included.

HUC-TM-0228 Seven part Dental Structure Model
This ten times life-size, 6-tooth model represents every human tooth type. Includes a lateral incisor, canine (cuspid), first premolar (bicuspis) with advanced caries, second premolar, detachable bridge consisting of a first molar with a gold crown, and a second molar. Comes with key card and base. 22” x 8” x 10”.

HUC-TM-0229 Your Child’s Smile Flip Chart
You’ll use it over and over again! Great for parents, this flip guide includes primary and permanent eruption charts and a sensible discussion on teething, thumb sucking and space maintainers. Explains baby bottle tooth decay, provides hygiene tips and promotes the preventive benefits of sealants. Also available in Spanish version with English translations.

HUC-TM-0230 A Healthy Smile Flip Chart
Rely on Dudley to speak to kids at their level. This handy flip guide, perfect for little hands, explains all about dental hygiene and makes learning fun and memorable.

HUC-TM-0231 Fetus Model Set
With these soft and realistic models, expectant mothers can easily see how rapidly changes take place during the critical period from 10-30 weeks. There is a model representing an average size 10-week, 15-week, 20-week, and 30-week fetus.

HUC-TM-0232 Slow Burn: The Sun’s Effects on the Skin
This 3-D display examines the sun’s gradual but devastating effects on the skin. Four skin models show the progression from healthy skin to skin with major sun damage and a photograph illustrates the positive benefits of protecting the skin from the sun. Offers tips for avoiding harmful sun exposure.

HUC-TM-0233 Conception to Birth Folding Display
This concise, informative folding display show the developmental stages – from zygote to embryo to fetus to newborn. 58” x 22 ½”

HUC-TM-0234 Senses Poster - Hearing and Hearing Loss
Examining how the senses work, this poster series features eye-catching 3-D illustrations and internal cutaways. Concise but descriptive text explains sensory organs, reception and interpretation. 17”x 22”

HUC-TM-0235 Senses Poster - Seeing Color and Light
Examining how the senses work, this poster series features eye-catching 3-D illustrations and internal cutaways. Concise but descriptive text explains sensory organs, reception and interpretation. 17”x 22”

HUC-TM-0236 Senses Poster - Nearsightedness and Farsightedness
Examining how the senses work, this poster series features eye-catching 3-D illustrations and internal cutaways. Concise but descriptive text explains sensory organs, reception and interpretation. 17”x 22”
<table>
<thead>
<tr>
<th>Code</th>
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<tbody>
<tr>
<td>HUC-TM-0237</td>
<td>Senses Poster - An Overview</td>
<td>Examining how the senses work, this poster series features eye-catching 3-D illustrations and internal cutaways. Concise but descriptive text explains sensory organs, reception and interpretation. 17&quot;x 22&quot;</td>
</tr>
<tr>
<td>HUC-TM-0238</td>
<td>Senses Poster - Eye Disorders</td>
<td>Examining how the senses work, this poster series features eye-catching 3-D illustrations and internal cutaways. Concise but descriptive text explains sensory organs, reception and interpretation. 17&quot;x 22&quot;</td>
</tr>
<tr>
<td>HUC-TM 0239</td>
<td>The 5 Senses - Sight</td>
<td>Examining how the senses work, this poster series features eye-catching 3-D illustrations and internal cutaways. Concise but descriptive text explains sensory organs, reception and interpretation 17&quot;x 22&quot;</td>
</tr>
<tr>
<td>HUC-TM 0240</td>
<td>The 5 Senses - Hearing</td>
<td>Examining how the senses work, this poster series features eye-catching 3-D illustrations and internal cutaways. Concise but descriptive text explains sensory organs, reception and interpretation 17&quot;x 22&quot;</td>
</tr>
<tr>
<td>HUC-TM 0241</td>
<td>The 5 Senses - Taste</td>
<td>Examining how the senses work, this poster series features eye-catching 3-D illustrations and internal cutaways. Concise but descriptive text explains sensory organs, reception and interpretation. 17&quot;x 22&quot;</td>
</tr>
<tr>
<td>HUC-TM 0242</td>
<td>The 5 Senses - Touch</td>
<td>Examining how the senses work, this poster series features eye-catching 3-D illustrations and internal cutaways. Concise but descriptive text explains sensory organs, reception and interpretation. 17&quot;x 22&quot;</td>
</tr>
<tr>
<td>HUC-TM 0243</td>
<td>The 5 Senses - Smell</td>
<td>Examining how the senses work, this poster series features eye-catching 3-D illustrations and internal cutaways. Concise but descriptive text explains sensory organs, reception and interpretation. 17&quot;x 22&quot;</td>
</tr>
<tr>
<td>HUC-TM-0244</td>
<td>Teenagers and Alcohol Folding Display</td>
<td>Display board showing how alcohol affects teenagers.</td>
</tr>
<tr>
<td>HUC-TM-0245</td>
<td>What Mommy Does, Baby Does</td>
<td>This model graphically illustrates how alcohol, nicotine and other substances can pass through the placenta and damage a fetus. If a woman drink, smokes, or uses drugs while she is pregnant, her baby’s chances of being born with serious health problems or physical or mental disabilities are high.</td>
</tr>
<tr>
<td>HUC-TM-0246</td>
<td>Fat Facts: Fast Foods</td>
<td>Reading food labels helps make informed choices and to limit certain foods. Although selecting healthy fast foods can be challenging, it is possible. These test tubes show how much fast in some fast foods.</td>
</tr>
<tr>
<td>HUC-TM-0247</td>
<td>Blood Components Model</td>
<td>This 3-D model teaches what the components of blood look like as well as what they do. Red blood cells, white blood cells, and platelets are suspended in plasma inside a cutaway of a blood vessel.</td>
</tr>
</tbody>
</table>
HLRC TEACHING MODELS/DISPLAYS
DESCRIPTION LIST

HUC-TM-0248  Portion Distortion poster
Vividly illustrating the difference between actual and recommended serving sizes. Gives the clear message that bigger is not always better. Shows ways to measure portions.

HUC-TM-0249  Severe Diabetic Foot Model
This life-like replica shows severe consequences of diabetes, including an amputated toe, Charcot foot deformity, and sever infection sand gangrene.

HUC-TM-0250  Visualize Your Serving Size
Many people overestimate the amount of food that makes up one serving. The 3-D models in this display teach portion awareness by relating actual serving sizes to everyday objects. Models include a domino/cheese slice representing a 1-ounce serving of cheese, a compact disc/pancake representing one bread, a deck of cards/sirloin steak representing 3 ounces of cooked lean meat, and more.

HUC-TM-0251  I Think, Therefore I Am health career poster
Poster regarding various health careers

HUC-TM-0252  Make Your Dreams Become a Reality health career poster
Poster giving information on health careers

HUC-TM-0253  Health Careers....Education Pays! health career poster
Poster regarding various health careers

HUC-TM-0254  So, What Are You Doing With the Rest of Your Life? health career poster
Poster regarding various health careers

HUC-TM-0255  A College Education health career poster
Poster regarding various health careers

HUC-TM-0256  On My First Day nursing/health career poster
Poster regarding a career in nursing

HUC-TM-0257  Health Career Heroes health career poster
Poster regarding various health careers

HUC-TM-0258  Choose an Allied Health Profession health career poster
Poster regarding various health careers

HUC-TM-0259  Be A Nurse health career poster
Poster regarding a career in nursing

HUC-TM-0260  Warning Signs of A Stroke laminated poster
Recognizing the warning signs of stroke is critical to seeking immediate treatment. This attractive chart describes the common warning signs of stroke and emphasizes the importance of early treatment

HUC-TM-0261  Smoking Harmful Effects laminated poster
Smoking affects more than the heart and lungs. This informative chart identifies and explains smoking's harmful effects on numerous body organs.

HUC-TM-0262  Cholesterol Flip Chart
Perfect for coordinated use or as stand-alone material, this booklet and flip chart explain the facts about good and bad cholesterol and the health risks associated with high cholesterol levels.
HUC-TM-0263  STD Myths Folding Display
This display unveils the myths teens and young adults have about STDs. Myths addressed include: "Using condoms protects against all STDs", "You can't get an STD from giving or receiving oral sex", and "You don't need to worry about STDs unless you have sex with a lot of partners." This display helps teens understand the reality of STDs.

HUC-TM-0264  Dangers of Smoking Folding Display
This unique folding display graphically and memorably informs teenagers of the perils of smoking tobacco. Ideally suited for a classroom setting, this easily transportable display covers vital information and offers the most up-to-date facts on why teens and preteens are most at risk, the hazards of secondhand smoke, why quitting is so hard, and why cigars are just as dangerous as cigarettes. The display also gives students a glimpse into their future should they begin smoking at a young age. Finally, this vivid presentation graphically illustrates on a timeline the benefits of quitting cigarettes.

HUC-TM-0265  Eating Disorders Folding Display
With cutting-edge visual graphics and easy-to-read text, this folding display explains the signs, symptoms, and health consequences of the three most prevalent eating disorders - anorexia nervosa, bulimia nervosa, and binge eating. High-quality display stands on its own and folds flat for easy transportation and storage. 58" x 22 ½"

HUC-TM-0266  Mr. Big Mouth
Giant size set of teeth that can be used to demonstrate proper dental hygiene.

HUC-TM-0267  1lb and 5lb Muscle
These realistic, weighted soft models duplicate the look, texture, and density of 1 or 5 lb of muscle. Can be used with Rolls of Fat or Globes of Fat to show how lean muscle gives people a different shape. The 5 lb model is 9" x 3". The 1 lb model is 6 1/2" x 1 1/2".

HUC-TM-0268  Fibrocystic Breast Model
Benign cysts are often mistaken for malignant tumors. This model contains multiple lumps simulating a fibrocystic condition.

HUC-TM-0269  Diabetic Food Exchange models (2 sets)
Educating diabetic patients or clients about dietary choices is made easy with this helpful Diabetic Exchange Faux Foods Package. Each portion of the Food Guide Pyramid is represented in this package. Foods included in the package are: Grain/Starch Group: dry cereal, a whole wheat bread slice, crackers, a hot dog bun, brown rice (1/3 cup), graham crackers, mashed potatoes, peas, corn, and baked beans. Fruit Group: orange juice (4 oz), applesauce, green grapes, 1/2 banana, prunes, a watermelon wedge, a peach, and 1/2 pink grapefruit. Vegetable Group: green beans, cauliflower, cooked carrots, and tossed salad. Dairy Foods: skim milk and plain yogurt. Meat Group: grilled chicken breast, round roast, a wiener, a fried egg, and a slice of turkey lunch meat. Fats and Sweets Group: butter pats, mayonnaise, French Dressing, a chocolate chip cookie (2"), a piece of yellow sheet cake with icing, vanilla ice cream, and a brownie. Combination Foods: spaghetti and meatballs, sausage and pepperoni pizza, and vegetable beef stew.

HUC-TM-0270  Dip-n-Decay
Healthy teeth and gums appear to magically develop cavities, gum disease, leukoplakia, and cancers after being submerged in simulated tobacco juice. Includes a container that mimics a snuff can, 7" diameter, and simulated tobacco juice mixture.
# HLRC Teaching Models/Displays

## Description List

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<th>Model Number</th>
<th>Model Name</th>
<th>Description</th>
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<tbody>
<tr>
<td>HUC-TM-0271</td>
<td>Skin Cancer Model</td>
<td>To demonstrate the growth and staging of skin cancer, this model shows six different stages of malignant melanoma enlarged approximately eight times. The individual stages of externally visible skin changes are shown, allowing for an assessment according to the ABCDE criteria. The model also shows the various levels of invasion into the skin layers (Clark levels I through V) as well as the tumor's Breslow thickness in millimeters. Five original color illustrations on the base show various types of malignant melanomas.</td>
</tr>
<tr>
<td>HUC-TM-0272</td>
<td>What You Should Know About Nutrition Folding Display</td>
<td>This display reviews different food categories and their effects on health. Also includes information on MyPyramid, reading food labels, and vitamins and minerals. 58&quot; x 22 ½&quot; opened.</td>
</tr>
<tr>
<td>HUC-TM-0273</td>
<td>Calcium Facts</td>
<td>Calcium is a critical dietary nutrient, but many people do not get enough calcium in their diet. While demonstrating that a number of different foods provide calcium, these test tubes also teach viewers what foods are excellent sources of this nutrient. Set includes ten sealed test tubes, display rack, tent card, nylon carrying case, and informative, reproducible handout.</td>
</tr>
<tr>
<td>HUC-TM-0274</td>
<td>Effects &amp; Hazards of Inhalants Folding Display</td>
<td>This graphic display stresses the danger of inhalants. Discusses how to recognize signs of inhalant abuse as well as its short- and long-term effects. Also teaches viewers how to get help for inhalant users.</td>
</tr>
<tr>
<td>HUC-TM-0275</td>
<td>Fiber Facts</td>
<td>While many people know that fiber is an important part of a nutritious diet, they may not know which foods are good sources of fiber. These test tubes demonstrate the different fiber contents of a variety of foods. Set includes ten test tubes, a display rack, a tent card, teaching notes, and nylon carrying case.</td>
</tr>
<tr>
<td>HUC-TM-0276</td>
<td>Fat Chunk Model</td>
<td>This 5-lb Fat Chunk Model feels like actual fat and realistically shows viewers what fat looks like inside the body. A great tool to remind people of the importance of a healthy diet.</td>
</tr>
<tr>
<td>HUC-TM-0277</td>
<td>MyPyramid Plexiglass Display</td>
<td>Based on the new MyPyramid, this 3-D pyramid is ideal for teaching nutrition to any age group. Features open side with two removable shelves on which you can illustrate the best food choices. Collapses flat and sets up quickly and easily to display real or faux foods.</td>
</tr>
<tr>
<td>HUC-TM-0278</td>
<td>How Smoking Affects Your Lungs</td>
<td>Lung cancer is the leading cause of cancer death in both sexes, and these visuals of a &quot;good lung&quot; and a &quot;bad lung&quot; show why. A color photo of a normal lung is contrasted with that of a cancerous, emphysematous lung in this framed chart.</td>
</tr>
<tr>
<td>HUC-TM-0279</td>
<td>Benefits of Not Smoking</td>
<td>Combining hand painted, 3-D models with informative text, this display graphically demonstrates the serious benefits of not smoking. Each swiveling panel features a normal organ (skin, brain, heart and lung) on one side, and the flip side features the same organ damaged by smoking. Can be used as a tabletop display or mounted on a wall.</td>
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<tr>
<td>Code</td>
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<tr>
<td>HUC-TM-0280</td>
<td>See For Yourself: Why Prostate Exams Can Save Your Life&lt;br&gt;Cast from real specimens and hand-painted to simulate the appearance of actual tissue, these five prostate models represent a normal prostate, benign prostatic hypertrophy, early cancer, cancer in a hypertrophied prostate, and late invasive cancer. Graphically emphasizes the need for regular prostate exams. Comes with protective felt cover</td>
<td></td>
</tr>
<tr>
<td>HUC-TM-0281</td>
<td>Mammogram Chart&lt;br&gt;A mammogram is a low-dose X-ray of the breast that can find cancers too small to be felt. This chart offers viewers a chance to see the benefits of BSE and mammography close up. Chart shows cancers found by mammography and lump sizes found by BSE</td>
<td></td>
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<tr>
<td>HUC-TM-0282</td>
<td>Nutrition Basics Flip Chart&lt;br&gt;Presenting basic nutrition facts, this booklet and flip chart include information about the benefits of good nutrition and the need to limit sodium, fat, and sugar. They also include information about MyPyramid and explain the Nutrition Facts label and various nutrient claims. Flip chart features teaching notes on reverse panels.</td>
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<tr>
<td>HUC-TM-0283</td>
<td>Contemplate Your Breakfast Plate&lt;br&gt;This laminated poster displays the nutritional values in a variety of breakfast options. An excellent teaching tool for a healthy breakfast.18&quot; x 24&quot;.</td>
<td></td>
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<tr>
<td>HUC-TM-0284</td>
<td>Stress &amp; You folding display&lt;br&gt;A great tool for stress reduction programs, this comprehensive display covers all the basics about stress from what it is to how it can be managed. Made with high-quality bookbinding materials, it stands on any table top and folds for easy transportation. 58&quot; x 22&quot; opened</td>
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<tr>
<td>HUC-TM-0285</td>
<td>Stomach Model&lt;br&gt;This detailed, full-size model is a cut-away section of the stomach and shows a duodenal ulcer, gastric ulcer, and esophageal inflammation. An excellent teaching tool for anatomy classes or patient education. Also includes a base, pin, clip, and education card. 7 ¾&quot; x 1 ¼&quot; x 6 ¼&quot;.</td>
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<tr>
<td>HUC-TM-0286</td>
<td>Hypertension Mini Model Set&lt;br&gt;This set of miniature anatomic models demonstrates the parts of the body that may be damaged by hypertension. Includes brain, eye, heart, kidney, and artery models. Comes with base, pin, clip, and education card that describes how hypertension affects these organs.</td>
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<tr>
<td>HUC-TM-0287</td>
<td>Anorexia Poster&lt;br&gt;Anorexia is a common eating disorder that can cause numerous health complications. This chart describes some of the warning signs and harmful effects of the disorder.</td>
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<tr>
<td>HUC-TM-0288</td>
<td>Bulimia Poster&lt;br&gt;Describing the harmful effects of bulimia, this chart drives home the seriousness of this eating disorder. Also includes a list of warning signs, enabling viewers to assess their risk for bulimia.</td>
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<tr>
<td>HUC-TM-0289</td>
<td>When It’s Not just A Drill poster&lt;br&gt;Explains the proper way to exit a facility during a fire.</td>
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<tr>
<td>HUC-TM-0290</td>
<td>Be Sun Smart poster&lt;br&gt;The damage caused by tanning and sun exposure is the message of this great-looking laminated poster. Includes facts about skin cancer, the damage done by tanning, and how to avoid being harmed by the sun. 16&quot; x 26&quot; Grade 6-Adult</td>
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<td>Model Number</td>
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<tr>
<td>HUC-TM-0291</td>
<td>Skin Cancer</td>
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<td>HUC-TM-0292</td>
<td>What Difference Does Early Detection Make</td>
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<td>HUC-TM-0293</td>
<td>Consequences of an Inactive Lifestyle</td>
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<tr>
<td>HUC-TM-0294</td>
<td>Benefits of Physical Activity</td>
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<tr>
<td>HUC-TM-0295</td>
<td>Menstrual Cycle Model Activity Set</td>
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<td>HUC-TM-0296</td>
<td>Your New Body: Boys</td>
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<td>HUC-TM-0297</td>
<td>Fizzics of Soda</td>
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<tr>
<td>HUC-TM-0298</td>
<td>Caution Signs of Cancer</td>
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<tr>
<td>HUC-TM-0299</td>
<td>Functional Heart &amp; Circulatory System</td>
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<td>HUC-TM-0300</td>
<td>Geri Nursing Skills Manikin</td>
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</tr>
</tbody>
</table>
HUC-TM-0301  Teaching Stethoscope
Two sets of adjustable binaural earpieces let teacher and student listen together. Y-connector from binaurals to chest-piece is extra long for convenience, and dual rotating head is made of long-lasting anodized aluminum.

HUC-TM-0302  Fat Facts: Snack Foods
This set of test tubes is designed to help viewers form a better idea of how much fat is found in certain snack foods. Set includes ten test tubes, a display rack, a tent card, teaching notes, a nylon carrying case, and an informative, reproducible handout.

HUC-TM-0303  Giant Hands-on Heart
Three hinged access portals of this model open to reveal the detailed interior of the heart chambers. Lifelike bicuspid and tricuspid valves with flexible chordae tendineae enhance understanding of valve action in controlling the directional flow of blood through the heart. Twice the size of a healthy heart.

HUC-TM-0304  Deluxe Kidney
Three times life-size, this vinyl-plastic model of the left kidney is parasagitally sectioned over three-fourths of its length. Illustrated in deep relief are: the renal artery and vein, a portion of the ureter, cortex, medulla, pyramids, pelvis, major and minor calyces, internal blood supply and drainage. Nephrons are detailed in contrasting colors with the distal and proximal convoluted tubules somewhat simplified for clarity. Several loops of Henle with glomeruli are also detailed in relief. 34 hand-numbered features are identified in the accompanying key.

HUC-TM-0305  Sugar Facts
Displaying sugar in actual grams, these test tubes show how much sugar is in certain foods. A great educational tool, this set will help people "visualize" sugar content. Set includes ten test tubes, a display rack, a tent card, teaching notes, and nylon carrying case.

HUC-TM-0306  Heart Disease Flip Chart
Affecting more Americans than any other condition, heart disease is a serious health concern. This flip chart discusses its many forms, contributing factors, warning signs, and much more. Flip chart features script on reverse panels. Six panels. 12" x 17".

HUC-TM-0307  How Does Your Fat Stack Up display
This display compares 24 high-fat and low-fat options using realistic pats of butter to represent teaspoons (and grams) of fat in each item. Includes a descriptive booklet with information (that can be reproduced and used as handouts) about dietary guidelines, the different types of fats, consequences of excess fat intake, nutrition label facts, how to reduce fat in the diet and additional sources for nutrition information. Booklet also includes a 1-page educator guide.
Fat content shown for the following foods: Hamburger (80% Lean), Hamburger (95% Lean), Beef Hotdog, Light Hotdog, Whole Milk, Skim Milk, French Fries, Baked Potato, Chicken Nuggets, Grilled Chicken Breast, Pizza (Deep Dish, Extra Cheese, Pepperoni), Pizza (Thin Crust, Cheese), Bacon, Egg and Cheese Biscuit, Toast (Whole Wheat), Ice Cream (Vanilla), Frozen Yogurt (Non-Fat), Cheddar Cheese, Mozzarella Cheese, Potato Chips, Popcorn (Air popped), Bologna, Turkey, Ham and Ranch Dressing.
HUC-TM-0308  How Does Your Sugar Stack Up display
This visual tool shows hidden amounts of sugar in 18 of the most popular food and drink items. The teaspoons (and grams) of sugar are shown in clear plastic and labeled boxes. Includes a descriptive booklet with information (that can be reproduced and used as handouts) about dietary guidelines, consequences of eating too much sugar, sources of added sugar, nutrition label facts, how to cut back on sugar and additional sources for nutrition information. Booklet also includes a 1-page educator guide.
Sugar content shown for the following foods: Chocolate Milk, Cola Drink, Juice Box (Fruit Punch), Sports Drink, Thick Shake, Applesauce (Sweetened), Chocolate Bar, Chocolate Cake (Frosted), Fruit Snack ("Fruit Leather" Pieces), Fruit Yogurt (Low Fat), Gelatin Dessert, Glazed Doughnut, Granola Bar (Chocolate chip), Ice Cream (Vanilla), Instant Oatmeal, Peanut Butter & Jelly Sandwich, Pork & Beans, Sweetened Cereal

HUC-TM-0309  How Does Your Salt Stack Up display
Discover the sodium content of 18 popular foods in this three-dimensional display. Teaspoons of salt in each item are shown in clear plastic tubes. Labels list teaspoons of salt and milligrams of sodium for each food. Includes a descriptive booklet with information (that can be reproduced and used as handouts) about dietary guidelines, consequences of eating too much salt, sources of sodium (including additives), nutrition label facts, how to eat less sodium and additional sources for nutrition information. Booklet also includes a 1-page educator guide.
Salt and Sodium content shown for the following foods: Bran Muffin, Cheeseburger, Chicken Noodle Soup (Canned), Corn (Canned), Cottage Cheese (2%), Dill Pickle, Fried Chicken, Ham, Beef Hot Dog, Macaroni & Cheese (Packaged), Pizza, Meat and Vegetable, Potato Chips, Pretzels, Ranch Dressing, Soy Sauce, Spaghetti and Meatballs (Canned), Taco

HUC-TM-0310  Injury Prevention Model
Because crucial brain functions develop during early childhood, infants and toddlers should never be shaken, hit, or played with roughly. This handpainted, 3-D hardcast model illustrates the approximate areas of the brain that control speech, movement, hearing, vision, balance, and more--areas that can be permanently damaged by mishandling an infant or child. To facilitate closer examination of the model, the color-coded brain can be removed from the head. Mounted on wooden base. 6" x 5 ¾" x 8".

HUC-TM-0311  Balloon Angioplasty
The models and accompanying text on this easel display explain how balloon angioplasty works. The first model is an artery clogged with plaque, and the second model shows the same artery with an inflated balloon catheter compressing the plaque. The last model shows a stent supporting the artery walls to help keep them open.

HUC-TM-0312  See For Yourself - Why mammography Can Save Your Life
This attention-getting display uses 3-D models to show the sizes of various breast lumps. Stresses that regular mammography is the best defense against breast cancer

HUC-TM-0313  Brain
Made of soft, realistic BIOLIKE, this model closely resembles a human brain and is perfect for science, anatomy, or health instruction. Can also be used as a powerful visual tool in discussions about the effects of drugs and alcohol, the importance of helmet safety, and the consequences of violence.

HUC-TM-0314  Right Lung
This full-sized model features a cutaway view of the right lung, showing the bronchus, arteries, veins, two lymph nodes, bronchial passages, and trachea bifurcation.
<table>
<thead>
<tr>
<th>Model Number</th>
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</thead>
</table>
| HUC-TM-0315  | Life or Death Lungs  
These lungs provide a shocking, graphic view of the damage smoking causes. The healthy lung is pink and free of abnormalities. The diseased lung is black, has a large grayish-white cancerous mass, and is covered with spongy bubbles caused by emphysema. |
| HUC-TM-0316  | Testicular Health Folding Display  
Facts About Testicular and Prostate Cancer Folding Display |
| HUC-TM-0317  | Effects and Hazards of Methamphetamine Folding Display  
Folding display showing the effects and hazard of methamphetamine. |
| HUC-TM-0318  | Spit It Out - Smokeless Tobacco Folding Display  
Addressing issues that are important to young adults, this folding display graphically illustrates smokeless tobacco's negative effects on health and physical appearance. Also reveals how tobacco advertisements attempt to lure young people into a lifetime of tobacco addiction. |
| HUC-TM-0319  | Club Drugs Folding Display  
Youth-oriented graphics and informative text tell the truth about club drugs such as ecstasy, methamphetamine, GHB, ketamine, LSD, and Rohypnol. This folding display identifies possible signs of club drug use while emphasizing the fact that these drugs can have dangerous and deadly effects. Also includes information on getting help for a club drug problem. |
| HUC-TM-0320  | Quit Smoking for Life Folding Display  
Informative and motivational, this folding display encourages viewers to quit smoking and provides tips and strategies to become smoke-free. Also addresses reasons to quit and concerns about weight gain. |
| HUC-TM-0321  | Empathy Lung  
This unique simulator causes the user to feel many of the breathless effects of COPD. Comprised of a garment that is worn around the torso and an airway mask, Empathy Lungs simulates the strenuous, labored, and shallow breathing that characterizes COPD, asthma, and lung cancer. Includes two torso garments (small-sized simulator has one weighted pouch; large-sized simulator has two weighted pouches), two cover-up shirts, 30 disposable airway restriction masks, 30 disposable mouth-pieces, 30 consent forms, 30 The ABCs of Smoking booklets, 30 COPD patient brochures from the National Lung Health Education program, an instructor's manual, and a 30-minute training DVD. Also includes a mechanical peak flow meter, which measures the wearer's total lung volume capacity. |
| HUC-TM-0322  | Fat Facts: Fat Content of Similar foods  
Knowing more about the amount and type of fat in foods can help a person make healthier eating choices. Comparison Foods Test Tubes graphically demonstrate how much fat is found in certain foods. These unique tubes contain "liquifat"-simulated fat that oozes from one end of the test tube to the other and clearly remind viewers that too much fat in the diet can lead to health problems. Labels on the tubes enable viewers to compare the fat, calorie, and cholesterol content of the different foods. |
| HUC-TM-0323  | Sodium Facts  
This test tube set is an excellent way to demonstrate that even foods that don't taste salty can be high in sodium and materials discuss the health risks of a high-sodium diet. |
| HUC-TM-0324  | Basic Skull model  
Model of human skull. |
### HLRC TEACHING MODELS/DISPLAYS
#### DESCRIPTION LIST

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<th>Model Number</th>
<th>Display Title</th>
<th>Description</th>
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<tbody>
<tr>
<td>HUC-TM-0325</td>
<td>Disease of the Esophagus</td>
<td>Designed to educate patients, this life-size model shows the frontal section of the lower esophagus and the upper part of the stomach. Features representations of reflux esophagitis, an ulcer, Barrett's ulcer, esophageal carcinoma, esophageal varices, and hiatal hernia.</td>
</tr>
<tr>
<td>HUC-TM-0326</td>
<td>Lead Poisoning Folding Display</td>
<td>Covering the serious issue of lead poisoning, this tabletop display lists potential sources of lead and symptoms of lead poisoning. Also explains how lead affects the body and suggests how to prevent lead poisoning.</td>
</tr>
<tr>
<td>HUC-TM-0327</td>
<td>Remember....Wash Your Hands Poster</td>
<td>Emphasizes the importance of frequent &amp; proper hand washing, this poster clearly describes the procedure and reminds viewers when to wash their hands. Laminated</td>
</tr>
<tr>
<td>HUC-TM-0328</td>
<td>Vitamin/Mineral ID Guide Folding Display</td>
<td>An excellent way to explain the importance of getting a variety of foods for a healthy diet, this attractive folding display gives an overview of 23 essential vitamins and minerals. Explains the function that each one performs in the body and lists foods containing specific vitamins and minerals.</td>
</tr>
<tr>
<td>HUC-TM-0329</td>
<td>Dual Occluded Artery</td>
<td>Responsible for changing the way thousands of people think about cardiovascular health, this time-tested Health Edco classic magnifies the differences between a healthy artery and one that is clogged with sticky yellow plaque. Flip the display over and watch as blood cells zip through the clean artery in a couple of seconds, while those in the atherosclerotic artery sluggishly wind their way through a jagged maze of cholesterol buildup-and stop-capturing the exact moment a heart attack occurs. 7&quot; x 12&quot; x 3&quot;</td>
</tr>
<tr>
<td>HUC-TM-0330</td>
<td>Teen Stress Folding Display</td>
<td>Juggling a variety of responsibilities, many teens experience stress. This eye-catching folding display helps teens learn to cope with stress by defining what stress is, identifying common causes of teen stress, describing how the body responds to stress, and explaining how stress can be positive as well as negative. Also provides healthy ways to cope with stress and encourages teens not to deal with stress alone.</td>
</tr>
<tr>
<td>HUC-TM-0331</td>
<td>Hazards During Pregnancy Folding Display</td>
<td>This display provides information about the hazardous substances a mother and baby can be exposed to and the consequences of exposure. Topics include diseases /infections, chemicals, alcohol, tobacco, illegal drugs, prescription/ non-prescription drugs, and more.</td>
</tr>
<tr>
<td>HUC-TM-0332</td>
<td>Prenatal Care Folding Display</td>
<td>This folding display provides information about the importance of prenatal care. Topics include proper care before pregnancy, prenatal visits with a healthcare professional, nutrition, exercise and avoiding pregnancy hazards.</td>
</tr>
<tr>
<td>HUC-TM-0333</td>
<td>Heart Disease Risk Factors Display</td>
<td>Learning about the risk factors for heart disease is made easy with this fun, interactive display. Participants slide the arrow up the scale to add up their risk for each factor listed on the display. Both controllable and non-controllable risk factors are included.</td>
</tr>
</tbody>
</table>
HLRC TEACHING MODELS/DISPLAYS
DESCRIPTION LIST

HUC-TM-0334 Basics of Cholesterol Folding Display
Featuring graphic images of high cholesterol's damaging effects, this folding display explains why everyone should be concerned about cholesterol. Covers what cholesterol is, factors that can influence cholesterol levels, the difference between "good" and "bad" cholesterol, cholesterol testing, healthy levels of cholesterol, and ways to improve cholesterol levels.

HUC-TM-0335 What You should know about Overweight Folding Display
Folding display board explaining the dangers of being overweight.

HUC-TM-0336 Effects and Hazards of Smoking Folding Display 2
This folding display helps viewers understand the initial and long-term effects of nicotine and cigarette smoke on the human body. Also covers problems caused by secondhand smoke.

HUC-TM-0337 Smoking and Your Baby Folding Display
Exposure to tobacco smoke poses serious health risks, especially during pregnancy. This folding display clearly outlines the hazards of smoking during and after pregnancy. Also includes information on the dangers of low birthweight.

HUC-TM-0338 Pap Tests, Cervical Cancer & HPV Folding Display
Perfect for clinics and women's health programs, this informative folding display explains why regular Pap tests can save a woman's life. Discusses abnormal Pap results, the role of HPV in causing cervical cancer, how HPV is spread, and HPV vaccination.

HUC-TM-0339 Junk for Sale Stand-up Display
Created to resemble a vending machine, this display offers satirical junk foods that reveal the truth about how junk food can contribute to an unhealthy diet. The labels emphasize the sugar, saturated fat, sodium, and calories in the foods while the display provides additional important information about healthy and unhealthy eating.

HUC-TM-0340 Sippy Cup of Sugar model
Too much added sugar in a child's diet can cause health problems including tooth decay and obesity. The sweet and sticky goo in this display helps teach parents and caregivers that drinks are the largest source of added sugar in many children's diets. Informative tent card lists the health problems caused by too much sugar, provides facts about the scope of the problem, and includes tips for limiting adding sugar consumption.

HUC-TM-0341 Don’t Wait....Hydrate Poster
Dehydration can hurt athletic performance and lead to serious heat-related problems. Perfect for gyms or locker rooms, this colorful chart discusses signs of dehydration and explains how to prevent it. Also highlights the risks of drinking too much fluid as well as losing water weight on purpose. Laminated. 24” x 36”.

HUC-TM-0342 Methamphetamine ID Kit box display
Featuring 3-D replicas of methamphetamine paraphernalia under a Plexiglas cover, this display teaches viewers how to identify signs of meth use. Also describes the different forms of meth and explains why the drug is so dangerous. Ideal for law enforcement agencies, schools, and drug treatment centers. 29” x 20” opened.

HUC-TM-0343 Consequences of Drug Abuse box display
This detailed display shows what can actually happen to the body when drugs are abused. Life-size, handpainted, 3-D models of the body’s organs are graphic and accurate. Brief descriptions make this educational tool ideal for health fairs, clinics, and schools. Display is contained within its own durable carrying case. 28” x 27” opened.
<table>
<thead>
<tr>
<th>Model Number</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>HUC-TM-0344</td>
<td>Condiments Facts test tube</td>
<td>Ideal for demonstrating how condiments can add extra calories to a meal, these test tubes provide a powerful visual tool for comparing the varying calorie content of ten common condiments. Accompanying materials discuss the extra calories, fat, and sodium that condiments can add and provide tips for making healthier condiment choices.</td>
</tr>
<tr>
<td>HUC-TM-0345</td>
<td>Food Pyramid Pocket Chart</td>
<td>Reflecting the USDA's MyPyramid, this rugged, coated nylon chart is divided into six sections—one for each of the food groups. Comes with 95 nutrition cards that can be displayed in the chart's clear pockets as well as activity suggestions.</td>
</tr>
<tr>
<td>HUC-TM-0346</td>
<td>What Amount Counts as an Ounce? Poster</td>
<td>This poster explains what portion sizes count as an ounce for the grains and meat &amp; beans food groups in 1-ounce equivalents. Laminated. 24&quot; x 8 ½&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0347</td>
<td>What Equals an Ounce? Poster</td>
<td>This poster explains what portion sizes count as an ounce for the grains and meat &amp; beans food groups and shows six combination foods that contain varying amounts of grains and meats &amp; beans. Laminated. 24&quot; x 8 ½&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0348</td>
<td>Foam Tooth Model</td>
<td>This detailed model illustrates the structure of the tooth. Made of resilient, non-toxic foam, the removable pieces stimulate problem-solving skills and help develop small motor skills. Comes with reproducible activity card with background information, extension ideas, and assessment tools.</td>
</tr>
<tr>
<td>HUC-TM-0349</td>
<td>Food and Nutrition Inquiry Activities</td>
<td>Teaching basic food and nutrition concepts is easy with this book. Includes interactive activities and games to cover five different categories: MyPyramid, nutrients, portion sizing, food labeling, and food safety. Informational pages and worksheets are reproducible for use as handouts, study guides, homework assignments, or quizzes. Comes with eight transparencies. Grade 6-Adult. 44 pages. ©2006</td>
</tr>
<tr>
<td>HUC-TM-0350</td>
<td>Men's Breast Cancer Awareness model</td>
<td>Many men are unaware that they can develop breast cancer. With two palpable lumps, this unique model helps educate men about the importance of detecting lumps early. The model's outer layer, made of soft BIOLIKE 2™, simulates the feel of male breast tissue, and a rigid, underlying layer of simulated muscle adds to the realism of the model. Ideal for teaching men about self-exams and warning signs of breast cancer.</td>
</tr>
<tr>
<td>HUC-TM-0351</td>
<td>Face the Facts....Smoking is Ugly model</td>
<td>Young people who won't listen to warnings about the health consequences of smoking often do respond to a demonstration of how smoking can damage their appearance. This interactive 3-D display dramatically reveals the cosmetic effects of smoking—including wrinkles, pale gray skin, hollow cheeks, and skin cancer—when a participant peels off the outer face model. Text and illustrations highlight other harmful effects such as yellow teeth, stained fingernails, and psoriasis. 14&quot; x 20 1/2&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0352</td>
<td>Injection Teaching Model</td>
<td>This BIOLIKE 2™ teaching model allows users to practice intradermal, subcutaneous, and intramuscular injections. Can be punctured repeatedly without showing holes. Injecting liquids is not recommended</td>
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<tr>
<td>Model Number</td>
<td>Description</td>
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</table>
| HUC-TM-0353  | Chester Chest  
Life-size torso model for teaching and practicing the most common long-term vascular access routes: Implanted ports External central catheters Peripheral central catheters. Chester Chest has three accessing inserts for practicing difficult accessing problems, including: Tilting/tipping ports Wandering/shifting ports Deeply placed ports. Practice fluid infusion, blood withdrawal, heparinization, subclavian, and external jugular line placement. |
| HUC-TM-0354  | Intravenous Infusion Simulator  
Intraosseous Infusion Simulator enables students to practice intraosseous infusion with incredible accuracy and realism. Provides a very accurate and consistent simulation of procedure. Due to the innovative bone design, students can palpate landmarks and puncture each bone. Bones have been designed so all four sides can be punctured multiple times, decreasing multiple replacement costs. |
| HUC-TM-0355  | Pediatric IV Arm  
Practice venipuncture and intramuscular injection techniques used with children. Soft foam is used to simulate the deltoid muscle. Simulated bone in the shoulder defines and limits the injection area. |
| HUC-TM-0356  | Consequences of Anorexia and Bulimia 3D Display  
Showing the graphic effects of anorexia and bulimia, this display indicates why prevention and treatment of these diseases are so important. Features clear text and hand-painted, 3-D models of the heart, esophagus, bone, teeth, and reproductive system that vividly depict and explain how anorexia and bulimia can cause organ damage. Comes in its own self-contained carrying case. 14 1/2" x 21" x 14" opened. |
| HUC-TM-0357  | Do the Math - Calorie Calculations  
This poster clearly shows that the equation for not gaining weight is to match calories taken in with calories burned. By simply presenting the numbers, this poster cautions against unhealthy eating and highlights the importance of exercise. Laminated. 24" x 18". |
| HUC-TM-0358  | Heart Disease 3-D display  
This heart disease model set includes a normal heart, a heart showing a partially healed, thinned, and discolored infarcted area, and a heart showing congestive heart failure as a result of hypertension. Comes with base and key card. Normal and infarction models measure 4" x 2 ¼" x 1 ¾". Congestive heart failure model measures 4" x 2 ½" x 2 ¼". |
| HUC-TM-0359  | Migraines and Headaches chart  
Describes and illustrates the 3 main types of primary headaches: migraine, cluster and tension-type. Illustrates the steps in the pathway of a migraine attack, from the start deep within the brain to the pain of peripheral and central sensitization. Also provides info on secondary (organic) headaches. Lists healthy lifestyles strategies to avoid headaches. |
| HUC-TM-0360  | Understanding Stroke chart  
Redesigned for easier comprehension, this latest edition provides essential information regarding stroke. Explains and illustrates stroke, including the two main types: ischemic and hemorrhagic. Size is 20" W by 26" H. |
| HUC-TM-0361  | Understanding Your Weight chart  
This chart is designed to be a tool that facilitates patient and health profession discussion about what to do about excess weight. In addition to explaining the “why” of weight gain, it provides tangible and non-intimidating next steps, helping patient compliance and adherence to a weight reduction program. Size is 20" W by 26" H. |
HUC-TM-0362  Cardiovascular Disease chart
This chart shows normal heart anatomy & the top cardiovascular diseases. Illustrates the cardiac cycle, conduction system and electrocardiogram (ECG). Anterior, posterior and cutaway view of the heart are shown as well as the location of coronary arteries. Illustrates and explains the following diseases: Coronary Heart Disease, Polyarteritis Nodosa (PAN), Kawasaki's Disease, Angina, Myocardial Infarction (Heart Attack), Cerebrovascular Accident (Stroke), Aortic Aneurysm, Left Ventricular Hypertrophy, and Congestive Heart Failure. Size is 20" W by 26" H.

HUC-TM-0363  Dangers of Smoking chart
Discusses and illustrates the common dangers of smoking: chronic bronchitis, emphysema, lung cancer, bladder cancer, stoke, mouth and throat cancer, heart disease, gastric ulcer, and fetal risk. Compares a healthy lung to a smoker's lung. Size is 20" W by 26" H.

HUC-TM-0364  Understanding Cervical Cancer chart
Defines cervical cancer and lists risks factors, such as human papilloma virus (HPV). Describes signs and symptoms, treatments and preventative measures. Size is 20" W by 26" H.

HUC-TM-0365  Common Gynecological Disorders chart
The chart defines normal and abnormal menstrual cycles and illustrates female reproductive anatomy. Size is 20" W by 26" H.

HUC-TM-0366  25 Ways to Cut at Least 100 Calories
This chart details 25 easy ways to cut calories. Covers a variety of foods, including substitutions for snacks and sweets. Laminated. 24" x 36".

HUC-TM-0367  Food Plate poster
A fresh way of looking at the USDA's MyPyramid, this poster presents a plate of food and encourages nutritious choices. Provides ideas for healthy foods in all five food groups and tips for healthy eating. Laminated. 24" x 18".

HUC-TM-0368  What's in Your Drink? poster
Comparing the nutritional values of drinks, this poster reminds viewers to think about the liquids they consume. Great for discussing calorie content. Laminated. 14" x 22".

HUC-TM-0369  What's In Your Snack? poster
Which is a healthier snack: yogurt or sugar-free gelatin? This informative chart graphically compares the nutritional values of popular snack foods. Laminated. 18" x 24".

HUC-TM-0370  Managing Diabetes poster
Emphasizing the importance of controlling diabetes, this chart highlights the essentials of proper diabetes management. Discusses diet, exercise, daily self-care, and routine healthcare. Also urges viewers to take charge of their health and work with their healthcare team. Laminated. 24" x 36".

HUC-TM-0371  Portion Size poster
This chart helps students learn to make healthier food choices by eating less, getting a to-go box, and sharing with a friend. Laminated. 35" x 23".

HUC-TM-0372  Tanning Myths poster
Whether it's from the sun, a tanning bed, or a sunlamp, a tan is a sign of skin damage. This colorful chart dispels the myths and provides the facts about the dangers of tanning. Emphasizes that there is no safe way to tan and provides tips to protect the skin from damaging UV rays. Laminated. 24" x 36".
HUC-TM-0373 The Facts of HPV display
Featuring nonsexual models of genital warts, this 3-D display graphically presents the facts about HPV infection. Explains the dangers of HPV such as genital warts and certain forms of cancer, including cervical cancer. Also discusses HPV transmission, testing, and prevention, including abstinence and vaccination. 12" x 19".

HUC-TM-0374 Exercise Facts Folding Display
A combination of colorful art and clear explanations about the advantages of aerobic exercise and strength training make this folding display an ideal teaching tool. Also included are ways to work exercise into daily life, a discussion of exercise benefits for all ages, and information on exercise safety.

HUC-TM-0375 Osteoporosis Folding Display
Building strong bones early in life is vital to lessening the effects of osteoporosis later. This folding display explains why calcium and vitamin D as well as resistance, weight-bearing, and flexibility/balance exercises are important to bone health. Includes risk factors, treatments, and more. 58" x 22 1/2" opened.

HUC-TM-0376 Alcohol Abuse chart
The harmful effects of drugs on the body are clearly and graphically explained in these large wall charts. Detailing the potential health consequences this full-color, eye-catching chart is great for starting discussions about the wide-ranging effects of substance abuse. Laminated. 24" x 36".

HUC-TM-0377 Cocaine Abuse chart
The harmful effects of drugs on the body are clearly and graphically explained in these large wall charts. Detailing the potential health consequences this full-color, eye-catching chart is great for starting discussions about the wide-ranging effects of substance abuse. Laminated. 24" x 36".

HUC-TM-0378 Ecstasy Abuse chart
The harmful effects of drugs on the body are clearly and graphically explained in these large wall charts. Detailing the potential health consequences this full-color, eye-catching chart is great for starting discussions about the wide-ranging effects of substance abuse. Laminated. 24" x 36".

HUC-TM-0379 Heroin Abuse chart
The harmful effects of drugs on the body are clearly and graphically explained in these large wall charts. Detailing the potential health consequences this full-color, eye-catching chart is great for starting discussions about the wide-ranging effects of substance abuse. Laminated. 24" x 36".

HUC-TM-0380 Inhalants Abuse chart
The harmful effects of drugs on the body are clearly and graphically explained in these large wall charts. Detailing the potential health consequences this full-color, eye-catching chart is great for starting discussions about the wide-ranging effects of substance abuse. Laminated. 24" x 36".

HUC-TM-0381 Marijuana Abuse chart
The harmful effects of drugs on the body are clearly and graphically explained in these large wall charts. Detailing the potential health consequences this full-color, eye-catching chart is great for starting discussions about the wide-ranging effects of substance abuse. Laminated. 24" x 36".
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<td>HUC-TM-0382</td>
<td>Methamphetamine Abuse chart</td>
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<td>HUC-TM-0383</td>
<td>Smoking Abuse chart</td>
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<tr>
<td>HUC-TM-0384</td>
<td>Steroids Abuse chart</td>
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<td>HUC-TM-0385</td>
<td>Colorectal Conditions flip chart</td>
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<td>HUC-TM-0386</td>
<td>Diabetes Mellitus Teaching Kit</td>
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<td>HUC-TM-0387</td>
<td>Fetal Alcohol Syndrome (FAS) Brain model</td>
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<td>HUC-TM-0388</td>
<td>10 sided Fitness Dice</td>
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<td>HUC-TM-0389</td>
<td>Obesity Model</td>
</tr>
<tr>
<td>HUC-TM-0390</td>
<td>Lou-Wheeze Smoker’s Lungs Comparison Model</td>
</tr>
</tbody>
</table>

**HLRC TEACHING MODELS/DISPLAYS**

**DESCRIPTION LIST**

**HUC-TM-0382 Methamphetamine Abuse chart**

The harmful effects of drugs on the body are clearly and graphically explained in these large wall charts. Detailing the potential health consequences this full-color, eye-catching chart is great for starting discussions about the wide-ranging effects of substance abuse. Laminated. 24" x 36".

**HUC-TM-0383 Smoking Abuse chart**

The harmful effects of drugs on the body are clearly and graphically explained in these large wall charts. Detailing the potential health consequences this full-color, eye-catching chart is great for starting discussions about the wide-ranging effects of substance abuse. Laminated. 24" x 36".

**HUC-TM-0384 Steroids Abuse chart**

The harmful effects of drugs on the body are clearly and graphically explained in these large wall charts. Detailing the potential health consequences this full-color, eye-catching chart is great for starting discussions about the wide-ranging effects of substance abuse. Laminated. 24" x 36".

**HUC-TM-0385 Colorectal Conditions flip chart**

This flip chart clearly explains the risk factors, prevention, diagnosis, and treatment of colorectal conditions. Practical information emphasizes the importance of regular colorectal exams and other prevention strategies. Flip chart features presenter’s notes on reverse panels. Flip chart is 6 panels, 12" x 17".

**HUC-TM-0386 Diabetes Mellitus Teaching Kit**

Display board shows different symptoms of diabetes within the eyes, kidneys and arteries.

**HUC-TM-0387 Fetal Alcohol Syndrome (FAS) Brain model**

A unique visual aid, this 3-D brain model features colors that highlight distinctive parts of the brain. One half of the model shows the effects of prenatal alcohol exposure, and the other half shows a normal brain for comparison. Clearly illustrates the corpus callosum and cerebellum, which are the parts of the brain that are most susceptible to alcohol exposure. Comes with base and information card. 8 ¼" x 6" x 7 ½".

**HUC-TM-0388 10 sided Fitness Dice**

Made of durable latex rubber, these fitness dice offer variety to any fitness program. One die contains exercises such as toe touch, bicycle, arm circle, and sit-up, and the other die has even numbers from two through 18 to indicate the number of repetitions. 7" tall.

**HUC-TM-0389 Obesity Model**

A great way to show the effects of obesity, these cross-sectional models depict fat accumulation at the hips of pear-shaped and apple-shaped bodies. Illustrate the effects of subcutaneous and intra-abdominal fat on the colon, ureter, small intestine, and other internal structures. Education card included. Pear model measures 4" x 5 1/2" x 3 1/2". The apple is 3 1/2" x 6 x 3 1/2 ".

**HUC-TM-0390 Lou-Wheeze Smoker’s Lungs Comparison Model**

Viewers get a shocking picture of smoking-related lung damage with this interactive display. Lou-Wheeze has two flexible latex lung models. One represents a healthy lung, and the other depicts the damage done by emphysema and cancer. The attached pump inflates the healthy lung as normal, but the diseased lung inflates sluggishly and fails to deflate completely between “breaths.” Comes with bellows pump and instructions.
<table>
<thead>
<tr>
<th>Code</th>
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</tr>
</thead>
</table>
| HUC-TM-0391 | Sun Safety: Ban the Burn Folding Display  
With youth-oriented graphics, this illuminating folding display explains the dangers of excessive sun exposure and highlights ways to play it safe in the sun. |
| HUC-TM-0392 | 1 pound Fat Chunk Model  
This 1-pound model is made from Biolike 2™ and looks and feels like real body fat. The model allows viewers a visual and tactile experience during any presentation on the importance of diet and exercise. Comes with informative tent card. |
| HUC-TM-0393 | The Potential Dangers of Oral Sex display  
A real eye-opener, this display dispels the myth that oral sex is safe sex. Features handpainted, 3-D mouth and throat models of sexually transmitted diseases that can be spread through oral sex, including herpes, syphilis, HPV, and gonorrhea. Easy-to-understand text explains each condition. Comes in its own self-contained carrying case. |
| HUC-TM-0394 | Teen BSE model  
Teaching teens the importance of BSE in detecting breast cancer is easy with this model designed specifically for them. Made of soft BIOLIKE 2™ synthetic tissue, the model contains lumps in a variety of sizes. |
| HUC-TM-0395 | Full Size BSE model  
Containing palpable and nonpalpable lumps, this realistic model helps a full-sized woman learn to deal with the special challenge she has doing BSE. |
| HUC-TM-0396 | Heavy Heart model  
Obesity is a major risk factor for heart disease and this display draws attention to that connection. The display includes a model of a heart damaged by heart attack floating in simulated body fat. Labels on the display explain that excess body fat can lead to heart attack and how diet and exercise can help. |
| HUC-TM-0397 | Preventing Cardiovascular Disease folding display  
With practical information and vivid illustrations, this display explains cardiovascular disease and identifies risk factors, including those that can be controlled through lifestyle changes and medication. |
| HUC-TM-0398 | Group BSE Model  
One breast in this model contains five palpable lumps, and the other breast, for comparison, has none. The model's size makes it ideal for group demonstration. Mounted on a collapsible easel. |
| HUC-TM-0399 | Fitness Xtreme Skillastics game  
This unique, noncompetitive game is played on an oversized synthetic leather mat that displays 26 fitness drills. The drills help students build flexibility, cardiovascular endurance, muscle strength, and muscle endurance. Ideal for large classes, after-school programs, field day activities, or warm-up or cool-down routines. Game includes six 3" foam dice, six 2 ½" beanbags, six miniature game boards, a nylon carry bag, a detailed instruction booklet, and a latex-free mat that measures 5' x 7'. Colors may vary. For 1 or more players or teams. Grades 1-8 |
| HUC-TM-0400 | Cyber Safe game  
Designed to teach young people how to use the Internet safely, this game covers Internet predators, Internet bullying, scams, and viruses. Includes game board, four decks of cards, two dice, six game pieces, directions, teacher's guide, and reproducible tips for parents and Internet safety pledges for children. For 2-6 players or teams. Grades 3-7 |
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<th>Item Number</th>
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<tbody>
<tr>
<td>HUC-TM-0401</td>
<td><strong>Time Well Spent</strong>&lt;br&gt;Featuring an hourglass with a running time of about 5 minutes, this innovative display makes it easy to teach the importance of taking time out for physical activity. Informative labels on each side of the hourglass connect the amount of time it would take for the sand to run through the hourglass with how long it would take to burn 25 calories and 150 calories by walking. Comes with detailed presentation notes containing four activities that explain essential information about physical activity. Suitable for use with individuals or groups. 3 1/2&quot; x 5 1/2&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0402</td>
<td><strong>Smoked lung</strong>&lt;br&gt;This realistic, 3-D lung model lets viewers see just what cigarette smoking does to their lungs. When the top is opened, a grayish-white fibrous-feeling cancer is revealed. Made from BIOLIKE 2™ synthetic tissue, this model of a right lung with emphysema and cancer is excellent for individual and group instruction.</td>
</tr>
<tr>
<td>HUC-TM-0403</td>
<td><strong>Tainted blood</strong>&lt;br&gt;Designed to look like a cigarette on one side and an artery on the other, this colorful display graphically explains the damage smoking causes in a smoker's bloodstream. The artery in the model shows how smoking causes carbon monoxide to &quot;choke&quot; out oxygen in the bloodstream and contains models reflecting the poisons that flow through the bloodstream of a smoker. Plaque buildup caused by smoking is depicted on the sides of the model. Display includes a tent card that explains each of the aspects of the model and provides further information about the consequences of smoking. Model is 10&quot; x 3&quot; x 2 1/2&quot;. Tent card is two-sided and 8 1/2&quot; x 11&quot;.</td>
</tr>
<tr>
<td>HUC-TM-0404</td>
<td><strong>Fat Furred Artery</strong>&lt;br&gt;Bringing to life how arteries can become lined with fat, this demonstration kit vividly represents arteriosclerosis and why it causes heart attacks, impotence, strokes, and other devastating health conditions. Fat Furred Artery comes with a pack of simulated &quot;fat&quot; mix, equipment for transferring &quot;fat&quot; into the artery, a dish, instructions for use, and facts about arteriosclerosis and smoking. Grade 11-Adult.</td>
</tr>
<tr>
<td>HUC-TM-0405</td>
<td><strong>Size Up Your Meal</strong>&lt;br&gt;Ordering large menu items at fast-food restaurants may seem like the best value, but the result is an oversized, high-calorie meal. This fun display features BIOLIKE 2™ models of a cheeseburger and fries that feel like fat to represent the high-fat content of each food and a model of a soft drink with the look and feel of sugar to represent the high-sugar content of soft drinks. Also includes a 16&quot; x 12&quot; tray and a colorful, laminated tray liner that compares the calorie, fat, and sugar content of large and small versions of each menu item. Comes with presentation notes.</td>
</tr>
<tr>
<td>HUC-TM-0406</td>
<td><strong>Weigh Your Options</strong>&lt;br&gt;Little snacks can turn into big weight gain if the calories in those snacks are in excess of daily calorie needs. This fun display demonstrates how consuming extra calories can quickly result in weight gain. Comes with five models that are weighted to represent how many pounds can be gained with daily consumption of extra calories in just 1 month. Includes one 5-lb fries model, one 2 1/2-lb chocolate bar model, one 2 1/2-lb potato chip bag model, one 1-lb vanilla sandwich cookies model, and one 1-lb coated chocolate candies model. Also comes with a colorful, informative tent card.</td>
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<tr>
<td>HUC-TM-0407</td>
<td><strong>Lung Model with Pathologies</strong>&lt;br&gt;Gull-size, cutaway model of a pair of lungs graphically illustrates normal anatomy as well as the effects of COPD, cancer and asthma.</td>
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<tr>
<td>HUC-TM-0408</td>
<td>Smoker’s Accessories Display</td>
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<td>HUC-TM-0409</td>
<td>Boozed and Confused Night Goggles</td>
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<td>HUC-TM-0410</td>
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<td>HUC-TM-0411</td>
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<td>HUC-TM-0414</td>
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<td>What You Should Know About Binge Drinking Folding Display</td>
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<td>HUC-TM-0416</td>
<td>Food Choices: Take Your Pick Interactive Flip Chart</td>
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HUC-TM-0417  Female Contraceptive Model
Demonstrating the correct use of contraceptives is made easy with this soft model. The model allows realistic practice in inserting female condoms, diaphragms, cervical caps, contraceptive sponges, and spermicide. A small cutaway section on one side of the model exposes the upper end of the vaginal canal, helping viewers see why careful placement of a contraceptive device over the cervix is important. Comes with carrying case and lubricant. Contraceptives not included.

HUC-TM-0418  Advanced KERI Manikin
The KERI™ Nursing Skills Manikin is not age-specific. Life/form® molding and modeling techniques have given KERI™ an unusually realistic appearance as a woman, or as a man when the wig is removed and attachment of male genitals converts it for male catheterization and prostate exam simulations. Unique visual features reinforce the importance of inspecting patients and noting changes in their appearance. All joints provide maximum lifelike range of motion not found in any other manikin. Life/form® simulations have been included in KERI™ to allow the practice of more than 35 patient care procedures. Perfect manikin for all OBRA required training.

The Advanced KERI™ Manikin provides the functions of the Complete KERI™ manikin with the addition of a right IV Training Arm (LF04080U) and a left Blood Pressure Training Arm (LF04079U). The Life/form® IV Arm features replaceable skins and latex veins that actually roll when palpated. A realistic flashback confirms proper needle placement, and the shoulder can be used for intramuscular injection training. The Life/form® Blood Pressure Arm reproduces the five Korotkoff sounds and allows the instructor to vary systolic and diastolic levels, pulse rate, volume, and auscultatory gap.

HUC-TM-0419  Deluxe Hospital Training Manikin
Life-size, instructional training manikin especially developed for practicing basic treatment and care. This easy-to-maintain manikin is made of a wash-resistant plastic for long life. The non-rusting steel joints allow lifelike movements and positions necessary for various exercises – the manikin can sit in an upright position with no support. Manikin comes with removable partial dentures in the upper and lower jaw, six interchangeable injection pads, and exchangeable male and female genital organs. With an amputation stump for the right thigh and all internal organs (lungs, stomach, heart, part of the intestine, bladder, and internal genitals), this model allows the practice of virtually all patient care procedures. Three-year warranty.

Possible Procedures:

General Nursing:
• Personal Hygiene/Bed Baths • Making/Changing Bed & Clothing
• Relieving Bed Sores • Handling Injured Limbs
Respiration:
• Inhalation & Oxygen Treatment • Artificial Respiration
Infusions/Transfusions
Male or Female Catheterization
Bandaging:
• Wet/Dry on Normal or Amputated Limbs • Tracheal
Enemas:
• Purgative & Glycerine
Injections:
• Upper Arm • Thigh • Buttock
Irrigation:
• Eyes • Ears • Stomach • Intestine • Bladder • Vagina
Tracheotomy Care
Ostomy Care
HUC-TM-0420  A Quick Cup of Empty Calories Activity Set
Fun and innovative, this activity set raises awareness of the number of empty calories from fat and sugar in many popular coffee shop beverages and helps users learn how to make a healthier cup. By placing the appropriate number of fat and sugar cubes representing empty calories into a cup, users create a powerful display of a particular beverage's calorie content from fat and sugar. Includes two 12-oz hot beverage cups, two 12-oz cold beverage cups, two 20-oz hot beverage cups, two 24-oz cold beverage cups, 150 fat cubes, 150 sugar cubes, and 24 beverage coasters that provide information about calories from fat and sugar for typical coffee shop beverages. Also comes with an activity guide that provides detailed instructions for how to use the set for different activities with individuals or groups.

HUC-TM-0421  How to Build a Better Breakfast Display
Combining a tabletop display with ten faux breakfast foods, this display is perfect for any nutrition program. Tabletop display covers the importance of eating breakfast and lists foods that are healthy choices and foods to limit. Faux foods included are apple juice, fat-free milk, orange juice, a scrambled egg, bacon, dry cereal, oatmeal, a cake doughnut, a banana and an apple.

HUC-TM-0422  Carb/Protein/Fat Test Tubes
This test tube set displays in grams the carbohydrate, protein, and fat content of ten foods. Accompanying materials explain the importance of consuming healthy amounts of each of these key nutrients and also provide tips for making wise nutritional choices. Set includes ten test tubes, display rack, tent card, nylon carrying case, and informative, reproducible handout.

HUC-TM-0423  Stomach Size-wise Display
Because young children have smaller stomachs than adults do, they need smaller meals and healthy snacks throughout the day to get the nutrition they need. This display features an adult-size stomach model with a 1,500-mL capacity and a stomach with a 500-mL capacity, which represents the stomach size of a child ages 2-6. Also includes an informative, two-sided tent card that offers tips to help children get proper nutrition.

HUC-TM-0424  Fat Facts: Vending Machine Foods Test Tubes
Knowing more about the amount and type of fat in foods can help a person make healthier eating choices. Vending Machine Foods Test Tubes graphically demonstrate how much fat is found in certain foods. These unique tubes contain "liquifat"-simulated fat that oozes from one end of the test tube to the other- and clearly remind viewers that too much fat in the diet can lead to health problems. Labels on the tubes enable viewers to compare the fat, calorie, and cholesterol content of the different foods. Each set comes with ten test tubes, display rack, tent card, nylon carrying case, and informative, reproducible handout.

HUC-TM-0425  Fat Facts: Dairy Foods Test Tubes
A great addition to our other Fat Facts test tube products, this set allows viewers to compare the fat content of ten dairy foods. Set includes ten test tubes, display rack, tent card, nylon carrying case, and informative, reproducible handout.

HUC-TM-0426  SpinSmart Nutrition Game
Featuring eight categories (fluids, junk food, grains, fruits, vegetables, milk, fats and oils, meat and beans), this game is a fun, interactive tool for teaching the importance of good nutrition. Players spin the wheel to choose categories, answer multiple-choice questions for points, and unscramble words for bonus points. Includes questions for grades 1-5 and grade 6-adult.
HUC-TM-0427  Heavy Drinking: How Alcohol's Calories Add Up Display
Alcohol drinks can have a major impact on your diet and this display explains just how much. The six glasses in the display are labeled to show how many calories are in popular alcohol drinks and how many of those calories come from carbohydrates and alcohol. Included tent card explains how alcohol drinks can have as many calories as common foods and how quickly alcohol calories can add up while enjoying a night out or watching football with friends.

HUC-TM-0428  4-State Osteoarthritis Knee Model Set
Featuring four models of the knee, this set shows the effects of degenerative joint disease (osteoarthritis), cartilage erosion, progressive osteoarthritis, and bone spurs.

HUC-TM-0429  Nonsexual TSE Model
Molded in a generic shape to minimize embarrassment and apprehension in mixed groups, this BIOLIKE 2™ model represents scrotal tissue and contains a lump that can be felt during testicular self-examination.

HUC-TM-0430  Why Take A Chance? Pregnancy Dice
Contraception can significantly reduce the chances of unplanned pregnancy. These dice powerfully illustrate the vast statistical difference in preventing unplanned pregnancy between using and not using contraception. Includes two dice (one representing consistent condom use and one representing no contraception), informative tent card, and activity guide. Also contains information on teen pregnancy prevention.

HUC-TM-0431  Nonsexual BSE Model
Molded in a generic shape to minimize embarrassment and apprehension in mixed groups, this BIOLIKE 2™ model represents breast tissue and contains lumps that can be felt during breast or self-examination.

HUC-TM-0432  Rethink Your Drink poster
Keeping track of overall sugar consumption can be an important part of eating a healthy diet and maintaining a healthy weight. Featuring ten popular drinks—including orange juice, a fruit smoothie, an energy drink, and more—this chart graphically shows how many teaspoons of sugar are contained in each beverage and urges viewers to be aware of how much sugar they are drinking.

HUC-TM-0433  Sizing Up Beverages poster
Featuring the benefits of beverages and other fun facts, this poster provides daily serving suggestions for water, milk, coffee/tea, and juice.

HUC-TM-0434  Fat Facts: Saturated/Unsaturated Dietary Fat
Knowing more about the amount and type of fat in foods can help a person make healthier eating choices. The Saturated and Unsaturated Test Tubes visibly reflect the difference between the two types of fat—the simulated saturated fat is thick and slow-moving, and the simulated unsaturated fat flows easily.

HUC-TM-0435  Fat Chance a Closer Look at Fast Food
Fast food may be quick and convenient, but many popular fast-food items are also high in fat. This innovative display combines ten food models with ten corresponding test tubes that provide a graphic representation of the saturated and unsaturated fat content of each food. Food models include a cheeseburger, a chicken sandwich, a hot dog, a grilled cheese sandwich, chicken nuggets, a chicken leg, a slice of pepperoni pizza, a beef taco, fried rice, and french fries.
HUC-TM-0436 Milk Fat Comparison  
Featuring models of four common varieties of milk (whole, 2%, 1%, and fat-free) and an informative tent card shaped like a milk carton, this display is an excellent way to explain the tremendous difference it makes to switch from a higher-fat milk to 1% or fat-free milk. Models show the percent of calories from fat in each variety of milk.

HUC-TM-0437 Breastology Bag Training Model  
Perfect for promoting early detection of breast cancer through breast self-exam, the Breastology Bag is great for individuals or groups. Six soft-sculpture breasts, which come in a handy tote bag, can be used to learn the basics of breast anatomy and how to feel for breast changes as well understand the differences between normal, fibrocystic, and harmful lumps. Instructions are printed on the back of each model. Models and tote bag are machine-washable. Each model is 7" diameter. Tote bag measures 10" x 12".

HUC-TM-0438 Hazardous Waist Display  
Slimy yellow fat bubbles up over the top of this "hazardous materials" barrel, reminding viewers that excess body fat can be toxic to their health. Representing approximately 40 pounds of fat by volume, this unforgettable display helps people understand that diet and exercise are the best methods of disposal. Actually weighs less than 6 pounds. Comes with presentation guide

HUC-TM-0439 Breast Model with Translucent Base  
This BSE model is the most lifelike educational form available, containing different-sized lumps. It has a unique translucent base to help women discover the exact location of lumps in a simple and easy manner. Also, unlike many other models, there is no need to use powder or wash your hands after use due to oiliness.

HUC-TM-0440 Complete MyPLATE Kit  
This kit combines five durable plastic plates featuring the new USDA graphic to help us all fill half of our plate with fruits and vegetables, a whole grain, and a low fat protein, as well as adding a low fat dairy choice; a display rack; and the food kit for your complete MyPlate educational teaching kit

HUC-TM-0441 MyPlate plate  
A durable plastic plate featuring the new USDA graphic to help us all fill half of our plate with fruits and vegetables, a whole grain, and a low fat protein, as well as adding a low fat dairy choice. Use the plate as an educational tool all by itself, add food replicas to illustrate many different meals on MyPlate, or give one to each client to eat from. Made of FDA approved ABS plastic that is dishwasher safe. Outside diameter is 10-3/4" with the area designated to place food having a 9" diameter

HUC-TM-0442 MyPlate poster  
This simple straight forward poster shows the USDA MyPlate image to help people understand meal planning and good nutrition choices. Purple border makes image standout. Use it many ways in your nutrition education program. 20" x 18". Laminated. Copyright 2011.

HUC-TM-0443 Distract-A-Match  
This simple shape and color matching game helps demonstrate in a fun and engaging way the impact of distractions on our reaction time and judgment and extends the lesson to the impact of distracted driving.
**HUC-TM-0444  Auscultation Trainer and Smartscope**

The instructor selects from a menu of heart and lung conditions by wireless remote control. The manikin presents itself as a real patient without visible auscultation sites. The student must palpate to identify correct auscultation locations, and will hear different heart and lung sounds as the Smartscope™ is moved to different locations on the manikin. A diagnosis of the condition selected by the instructor can be made by comparing the variations in sounds occurring at different sites. Just like a real patient!

Lung sounds can be detected at five anterior, 10 posterior, and two midaxillary locations. Students can practice auscultation at six anterior heart sites. The remote control does not have to be pointed directly at the manikin or SmartScope™ to operate. One remote control will operate multiple sets of SmartScopes™ and/or manikins simultaneously. Great for group instruction. Listen to the sounds by either using headpieces on SmartScope™ or by connecting to an amplifier/speaker (not included). Range on the unit is up to 100 ft. of remote access. Includes manikin, one remote control with LCD display, one SmartScope™ with single- and dual-user headpieces, and hard storage case. Operates using two “AA” and two “AAA” batteries (included). Three-year warranty.


Heart Conditions to Select with Remote: Aortic Regurgitation, Atrial Septal Defect, Holosystolic, Midsystolic, Mitral Stenosis, Normal, PDA, Pulmonary, Stenosis, S3 Gallop, S4 Gallop, Systolic Click, and VSD.

**HUC-TM-0445  Spin the Bottle**

This fun and interactive game puts a new spin on alcohol education. Vivid artwork features a wheel, which includes a mock bottle of whiskey and numerous alcohol-related categories such as violence, depression, and drinking and driving. Comes with teaching suggestions and trivia cards. 20 ½" x 28”.

**HUC-TM-0446  MyPlate Banner**

Let your banner fly high with this comprehensive set featuring a large MyPlate banner - 31" x 30".

**HUC-TM-0447  MyPlate Chart**

Demonstrate how every plate can be a winner with our MyPlate Chart. The chart features MyPlate in full-color along with key messages about fruits, vegetables, grains, protein foods, and dairy. Laminated and 18" x 24”.

**HUC-TM-0448  Deluxe Human Skeleton Model**

Detailed, durable, and cast from an actual human skeleton, this skeleton model teaches more than just the basics. Every anatomical detail is exactly reproduced with more than 600 numbered and labeled parts. The skull separates into three parts, and special mounting on the rib cage prevents sagging, even after years of use. The skull, left arm, and left leg are detachable, and muscles are painted on the right side of the skeleton. Includes joint ligaments and flexible spine with nerve endings. Comes with durable roller stand, dust cover, and key card. 67" tall.

**HUC-TM-0449  Four Piece Bronchus Model**

Demonstrating the tissue changes that occur in asthma and chronic bronchitis, this four-stage cross section of the bronchus is a great hands-on teaching tool. Pieces rotate on a hinge pin and highlight four stages: normal bronchus, hypersecretion of the mucous gland, swelling with lymphoid aggregations, and smooth-muscle spasm. Includes key card.
HUC-TM-0450 Balancing Act of Food and Fitness
Balancing calories taken in through food and calories burned through activity is key to weight control and overall health. This game teaches players about the types of choices that need to be made to achieve that balance. On each turn, players answer questions about nutrition and fitness and end up with one food and one activity. Players then place the calorie disks on the model to see how that food and activity balance. Game includes presentation guide with instructions, 20 food cards, 20 activity cards, 50 calories disks, and balance model.

HUC-TM-0451 Suture Training Arm
Arm has underlying layers representing fat and muscle. Multiple incisions can be made in the skin and sutured using sutures size 3-0 and up. 16" long.

HUC-TM-0452 Health Care Industry Careers poster
Informational poster that is beneficial for Health Career fairs or open houses.

HUC-TM-0453 Therapeutic Services poster
Informational poster that is beneficial for Health Career fairs or open houses.

HUC-TM-0454 Biotechnology Research and Development poster
Informational poster that is beneficial for Health Career fairs or open houses.

HUC-TM-0455 Health Care Careers poster
Informational poster that is beneficial for Health Career fairs or open houses.

HUC-TM-0456 Support Services poster
Informational poster that is beneficial for Health Career fairs or open houses.

HUC-TM-0457 Diagnostic Services poster
Informational poster that is beneficial for Health Career fairs or open houses.

HUC-TM-0458 Health Informatics
Informational poster that is beneficial for Health Career fairs or open houses.

HUC-TM-0459 Find A Match for Interests in the Health Care Industry
Informational poster that is beneficial for Health Career fairs or open houses.

HUC-TM-0460 Satisfy Your Values in Health Care Careers!
Informational poster that is beneficial for Health Career fairs or open houses.

HUC-TM-0461 My Plate Plexiglass Display
Good nutrition has never looked so good. This unique large display case (16 1/2" x 16 1/2" x 17 1/2") features the MyPlate icon and shelves that allow you to display foods that go in each of the MyPlate food groups. Also includes a front panel to allow presentation of foods in a secured display.

HUC-TM-0462 Deep Tissue Suture Model
Designed with the help of a physician, the Deep Suture Training Model allows students to practice subcutaneous and deep suturing with such realism that they may feel compelled to administer a local beforehand. It includes layers of epidermis, fat, fascia and muscle. Each structure accurately replicates the look and feel of the real thing. Additional incisions may be made to practice a variety of suturing techniques. Can also be used to demonstrate stapling and use of surgical glue. Layers simulate realistic retention of suture.
## HLRC TEACHING MODELS/DISPLAYS

### DESCRIPTION LIST

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<tr>
<td>HUC-TM-0463</td>
<td>Spine Disorders and Anatomy Model</td>
<td>This full-spine model depicts several disorders of the spine, including osteoporosis, bone spurs, a herniated disk, a bone tumor, arthritis of the hip, and compression fractures in the vertebrae. Model features color-coded curvatures and includes the occipital bone, cerebellum, circle of Willis, vertebral artery, spinal nerves, right brachial plexus, first and second ribs, and several muscles. Comes with stand. 36” tall.</td>
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<tr>
<td>HUC-TM-0464</td>
<td>Spine Model Set (3 pieces)</td>
<td>The complicated features of the spinal column can be easily explained with this detailed set of three spinal models. Cervical model includes seven cervical vertebra, occipital bone with intervertebral discs, nerve endings, and arteria vertebralis. Thoracic model includes 12 thoracic vertebrae, intervertebral discs, and nerve branches. Lumbar model features five lumbar vertebrae, sacrum with flap and coccyx intervertebral discs, and nerve endings. Each model is mounted on a stand. Thoracic and Lumbar models are 13” tall. Cervical model is 7 1/2” tall.</td>
</tr>
<tr>
<td>HUC-TM-0465</td>
<td>Fetal Skull</td>
<td>Natural cast of a fetal head in the 30th week of pregnancy. Measurements: 14x9x9 cm Weight: 0.15 kg</td>
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<tr>
<td>HUC-TM-0466</td>
<td>My Plate kids Plate Set and Bowl Set</td>
<td>Teach kids about the five different food groups using this plate and bowl. The four-sectioned plate and separate dairy bowl help kids put proper nutrition into action at mealtime. Two piece set includes 9” melamine plate and 3 3/4” dairy bowl. Dishwasher safe but not intended for microwave use.</td>
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<tr>
<td>HUC-TM-0467</td>
<td>Fatal Vision Starter Kit Plus DIES mat</td>
<td>The Fatal Vision® Starter Kit Plus DIEST™ Mat are hands-on awareness tools that allow people to experience with a sober mind what it's like to be under the influence of alcohol. Conducting simple sobriety tests with Fatal Vision® Goggles and the DIEST™ (Danger In Every Step) Activity Mat creates an eye-opening and engaging moment as your participants understand how susceptible they are to potentially dangerous consequences resulting from alcohol impairment.</td>
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<tr>
<td>HUC-TM-0468</td>
<td>Distract-A-Match : The Event Edition Plus</td>
<td>The combination of the Fatal Reaction® and Distract-A-Match® 2 The Event Edition delivers a memorable lesson about distracted driving in a format that can be observed by the entire audience. The six (6) additional Distract-A-Match® 2 Table Top Versions help ensure that more participants have an opportunity to play the fast paced multi-tasking activity. Providing more opportunities for participation allows for a greater appreciation of the dangers that simple distractions such as texting on a cell phone while driving can cause. This package is ideal for large classes or group presentations.</td>
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<tr>
<td>HUC-TM-0469</td>
<td>Tarred Lung</td>
<td>Watching as &quot;tar&quot; coats the inside of an air sac like dirty motor oil viewers will be left wondering: Why do smokers choose to fill their lungs with thick choking tar instead of clean air? Cut in cross section, this lung features a greatly magnified model of an alveolus that shows how poisonous tar creeps into even the tiniest structures of the lung. Artwork depicts damage from emphysema. 7” x 11”.</td>
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HUC-TM-0470  Cough Up A Lung
For anyone out there who still doubts that smoking is unsafe, this lung model makes it an open-and-shut case. Cross-sectioned, the life-size model can be opened to reveal that this is a terminal case: Tumors crowd around the bronchus, the lung tissue is riddled with air pockets caused by emphysema, and the bronchial tube is plugged with slimy green phlegm. 5 1/2' x 8 1/2" x 5".

HUC-TM-0471  Facing the Truth Smoking
Let's face it. If smoking affected a person's appearance the same way it disfigures lung tissue, smokers would never touch another cigarette. This display cleverly makes that point with a lifelike replica of a lung damaged by tobacco use—its surface bristling with emphysema blebs and a large, cancerous mass. Next to it sits a model of a face that viewers will not soon forget—its inhuman appearance mirroring the ugliness of the smoke-damaged lung. Models can be lifted to reveal a message about smoking's destruction.

HUC-TM-0473  Seymour II Wound Care Model
It may not be pretty to look at but that's the beauty of this ultra-realistic model. Seymour II features stages 1-4 pressure ulcers, a suspected deep tissue injury, an unstageable full eschar/slough wound, and a 5 1/2" dehisced wound, helping to facilitate training on wound cleansing, assessment, classification, and staging. Students also learn to check wounds for length, depth, undermining, and tunneling. Dressing can be removed without leaving adhesive residue.

HUC-TM-0475  Dehydrated Soda
Display showing that removing the water, chemicals and artificial color from typical soda all that will remain is about 17 teaspoons of sugar.

HUC-TM-0478  Find a Food Activity Set
This set is designed to reinforce the messages of the Go, Slow, Whoa! Program. Participants have fun finding the foods revealed when the Find-A-Food tube is turned.

HUC-TM-0482  Plaque Hunter
How far will you "glow" to promote good dental hygiene? Use the Plaque Hunter™ model to demonstrate the importance of proper brushing and flossing techniques by first rubbing invisible simulated plaque over the teeth and gums. After brushing the teeth, shine the included UV flashlight on the model. Any residual plaque illuminates a brilliant electric blue, making the point that casual brushing—and lack of flossing—simply won’t get the job done. Model comes with simulated plaque, toothbrush, UV flashlight, and teaching guide.

HUC-TM-0484  Drowned Lung Model
COPD sufferers experience a "living death" as their diseased lungs can't exhale fully and an abundance of thick mucus clogs their airways. This interactive display brings the reality of this drowning sensation into disgusting focus. The lifelike model of a damaged lung swims in simulated phlegm, and picking up the jar triggers a voice module that plays a recording of a gasping, gurgling cough. Jar is 7" tall.

HUC-TM-0485  Fizz to Fat Display
Show viewers the surest way to pour on the pounds with this clever model. Mysteriously suspended in mid-air, a bottle dispenses "soda" into the glass below. But as the soda cascades out of the bottle and into the glass, it turns into thick, yellowish fat, symbolizing how extra calories we get from sugary beverages can turn into body fat.
HUC-TM-0486  Life or Death of a Heart
   A heart attack is the often sudden outcome of a long series of events. This versatile display illustrates these complex events in an easy-to-understand anatomy of a heart attack. Removable BIOLIKE2 models of a healthy heart, damaged heart, and blocked coronary artery help to enliven the discussion about coronary heart disease. 12 3/4" x 17".

HUC-TM-0487  Pelvic Inflammatory Disease display
   Briefly explains Pelvic Inflammatory Disease and gives complications of the disease.

HUC-TM-0488  Occluded Artery
   Like watching a silent assassin in slow motion, this model allows the viewer to peer inside an oversized artery and witness a grim series of events unfold. First, blood cells struggle to flow through the artery which is clogged with thick, butter-colored plaque. As blood flow decreases, more blood cells pile up in the ever-narrowing gap. Finally, the cells stop moving altogether and - bam! - it's a heart attack. There's not a more sobering reminder of the importance of cholesterol control.