

**HEART &  
STROKE  
FOUNDATION  
OF BC & YUKON**

*Finding answers. For life.*

# Educational Resources Catalogue 2007

*(Summer Updates)*

**1-888-HSF-INFO**

**[www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca)**

# Welcome

## EXCELLENCE IN RESEARCH EQUALS EXCELLENCE IN KNOWLEDGE.

Welcome to the Educational Resource Catalogue of the Heart and Stroke Foundation of B.C. & Yukon. We are pleased to provide our educational materials free of charge unless stated otherwise.

### Here are some guidelines to help you order materials:

- There is no cost for bulk orders, however, we reserve the right to limit quantities and/or charge a cost recovery fee. This is at the discretion of the Information Coordinator.
- For pick up orders, please call in your order 2 to 3 days in advance to ensure that someone will be able to assist you.
- Please place orders well in advance. We recommend that you allow up to 2 to 3 weeks for your order to be filled.
- If you require shipping, it will be shipped by the least expensive ground method.

### Resuscitation (ECC/ CPR) Materials:

- Please note that orders for Registration Cards require a valid and current CPR instructor number before we will release them.
- We require a purchase order number or credit card information prior to shipment of materials.

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To order materials, please complete the Education Pamphlet Order Form, page 4. Fax, mail or call your order to the Heart and Stroke Foundation Provincial office. Address and phone numbers noted below.

If you have any questions about the materials or the ordering process, please feel free to call us.

### To access the catalogue online visit:

[ww2.heartandstroke.bc.ca/images/English/BC\\_ERC\\_07.pdf](http://ww2.heartandstroke.bc.ca/images/English/BC_ERC_07.pdf)

### Heart and Stroke Foundation of B.C. & Yukon

Provincial Office

1212 West Broadway, Vancouver, B.C., V6H 3V2

T. 604.736.4404

F. 604.736.8732

**1.888.HSF.INFO (1.888.473.4636)**

**[www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca)**

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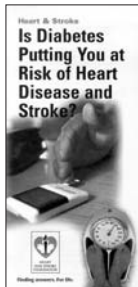


# Risk Factors



## **Take Control: Actions to Lower Your Risk**

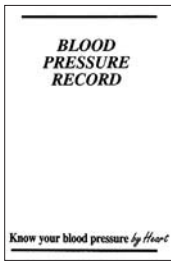
Risk factor information for heart disease and stroke, including the warning signs of heart attack or stroke, identifying personal risk factors, information on high blood pressure, high blood cholesterol, smoking, diabetes. . . etc.



## **Is Diabetes Putting You at Risk of Heart Disease and Stroke?**

An informative brochure including the keys to managing diabetes.

# Blood Pressure



## **Blood Pressure Record Wallet Card**

Card to record date, blood pressure and BMI.

Also a checklist and suggestions on keeping your blood pressure healthy.



## **Get Your Blood Pressure Under Control**

This booklet describes the relationship between high blood pressure, heart disease, stroke and the risk factors for developing high blood pressure and provides tips and tools on how to control high blood pressure. Includes charts for recording blood pressure reading and weekly medications.

# Cholesterol



## **Living with Cholesterol**

An easy-to-read booklet for understanding cholesterol and how it affects your health, where it comes from and what Canadians can do to keep it at proper levels.



## **Lowering Your Blood Cholesterol**

This colorful brochure is an ideal information piece for those who need to lower their blood cholesterol. It includes low fat alternatives to high cholesterol foods, recommended daily food group servings, and a 6 week progress plan.

# Nutrition



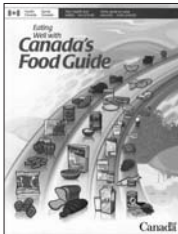
## Health Check

This 3-panel brochure is an introduction to the Health Check program. The brochure explains how the program works to help the consumer make healthy choices.



## 5 to 10 a Day

This brochure emphasizes the importance of including 5 to 10 servings of fruit and vegetables into your daily diet. For those who find it difficult to eat this many servings, some helpful and tasty tips and suggestions are included. (Please note that this brochure may not be available for bulk ordering)



## Canada's Food Guide

A colourful double-sided sheet displays the food groups and the number of servings recommended per day.



## Dietary Fat and Cholesterol

This brochure explains types of fat and cholesterol with practical tips to lower them in your diet.



## Vegetables and Fruit

Reviews the importance of fibre in the diet (soluble and insoluble) and tips for increasing your fibre intake. A sample menu is included.

# Nutrition



## **Healthy Snacks/Convenience Foods/Sodium**

A guide to help people choose healthy snacks that contain foods from at least two of the four food groups in Canada's Food Guide to Healthy Eating.



## **Fast Food and Eating Out**

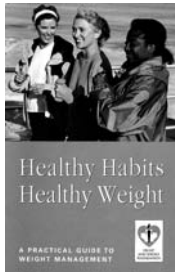
This colourful brochure helps you to understand portion sizes, how to balance the meal, and provides tips on healthy choices whenever and wherever you eat out.



## **Family Eating - Simple steps to making healthy choices**

This brochure provides simple solutions to everyday challenges that occur when planning, shopping, or preparing meals for the family.

# Physical Activity



**Healthy Habits, Healthy Weight**  
A practical guide to weight management.



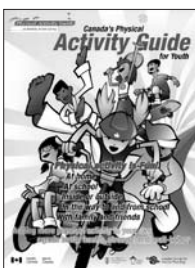
**Healthy Weight and Active Living**  
A guide to understanding your body weight in relation to eating and physical activity and the effects of healthy choices.



**Fitness Wheel**  
A disc with a moveable wheel which acts as a calorie counter showing how various physical activities burn calories at different rates. Relative amounts of fat and fibre in various foods are also listed.



**Hearts in Motion™ Walking Club**  
Hearts in Motion™ walking clubs offer a fun and simple way to participate in physical activity and improve your health.



**Canada's Physical Activity Guide for Youth**  
This guide is to build awareness and understanding of the importance of physical activity to healthy growth and development. Large quantities may be ordered through Health Canada at: [www.paguide.com](http://www.paguide.com)

# Physical Activity



**Canada's Physical Activity Guide: Let's Get Active!**

Large quantities may be ordered through Health Canada at: [www.paguide.com](http://www.paguide.com)



**Canada's Physical Activity Guide: Family Guide**

Large quantities may be ordered through Health Canada at: [www.paguide.com](http://www.paguide.com)



**Canada's Physical Activity Guide to Healthy, Active Living Flyer**

This flyer is centered upon being active and staying healthy. It includes a variety of tips to get started and incorporates everyday activities into getting fit. Large quantities may be ordered through Health Canada at: [www.paguide.com](http://www.paguide.com)



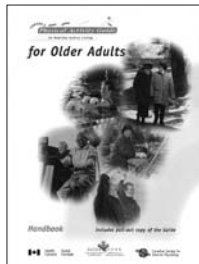
**Canada's Physical Activity Guide to Healthy, Active Living Handbook**

This handbook details what must be done to live a healthy lifestyle. It includes real life examples, charts, a reflection section and tips on how to be active while doing your everyday activities. Large quantities may be ordered through Health Canada at: [www.paguide.com](http://www.paguide.com)

# Physical Activity

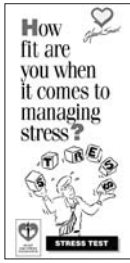


**Canada's Physical Activity Guide to Healthy Living for Older Adults**  
Targeted for older adults, this flyer is centered upon being active and staying healthy. It includes a variety of tips to get started and incorporates everyday activities into getting fit. Large quantities may be ordered through Health Canada at: [www.paguide.com](http://www.paguide.com)



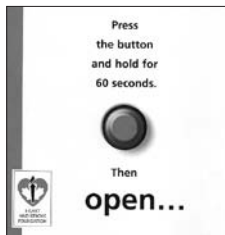
**Canada's Physical Activity Guide to Healthy Living for Older Adults Handbook**  
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# Stress



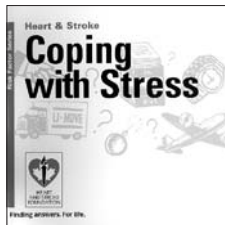
## HeartSmart Stress Test

A 3-panel brochure providing a short stress test to identify stress fitness levels. Outlines the importance of managing stress for cardiovascular health, as well as quick tips.



## 60 Second Stress Test

A seven question quiz designed to measure your stress level. Contains tips for dealing with stress.



## Coping with Stress

A joint publication of the Heart and Stroke Foundation and the Canadian Mental Health Association. The booklet describes the definition of stress, stress index, understanding stress, coping with stress, effects on health, preventing stress, and tips for dealing with stress and tension.

# Smoking



## **Just Breathe**

This brochure contains information on how to become and remain smoke free, the risk factors, and effects of second hand smoke and tips on what you can do to help your children to be tobacco-free.

# Children and Youth



**HeartSmart Kids™ Grades K-3, Grades 4-6 & Aboriginal Grades 4-6 Programs**  
 HeartSmart Kids™ is a curriculum-based program which meets many of the prescribed learning outcomes in the Ministry of Education's Health and Career Education curricula. It is a fun, interactive way to teach children the basics of heart-healthy habits. The program is filled with dynamic lessons and activities focusing on areas of healthy eating, getting active play and living smoke-free. The resources are **FREE** of charge to teachers once they complete a **FREE** HeartSmart Kids™ workshop. The ready-made lesson plans, fun activities and renewable student workbooks make this a must have program for the classroom.

**Resources below are FREE to youth based organizations, educators, parents, and youth (Workshop not required!!!)**



### **HeartSmart Kids™ Active Fun Kit for Families**

The Active Fun Kit for Families is an interactive family resource with information and activities designed to encourage children and youth (aged 9 - 12) to participate in physical activity and supplements Health Canada's Physical Activity Guide for Children and Youth.



### **Pumped Magazine**

The Pumped Magazine is a "hip" interactive magazine which promotes the development and reinforcement of heart-healthy values, attitudes and behaviours in children aged 9 to 12 years, through activities focused on being smoke-free, making informed heart-healthy food choices and participating in regular physical activity.

**For more information on these programs and resources only:**

Call Toll-Free: 1-888-473-4636 ext. 364

In Vancouver call: 604-730-7364

Email: [healthpromotion@hsf.bc.ca](mailto:healthpromotion@hsf.bc.ca)

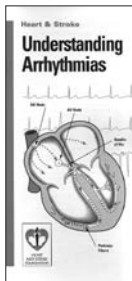
# Heart



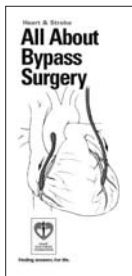
**HeartLine Newsletter**  
Your lifeline to a healthier heart.



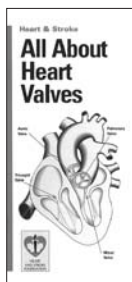
**Warning Signs Wallet Card**  
A handy wallet card that lists the warning signs of a heart attack and a stroke.



**Understanding Arrhythmias**  
This booklet defines arrhythmias and why they may occur. Various types of arrhythmias and diagnostic procedures are explained. Treatments and risk factors are also described.

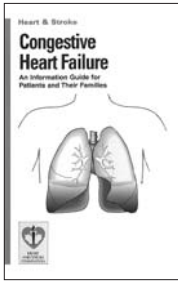


**All About Bypass Surgery**  
Discusses surgery preparation, recovery in the hospital and at home and lifestyle changes that may have to be made.



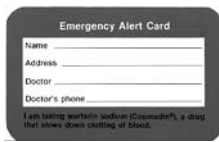
**All About Heart Valves**  
Discusses heart valves, disorders, their diagnosis and treatments.

# Heart



## Congestive Heart Failure

Information for patients with congestive heart failure to help them understand their condition and their role in its treatment, including info on diet and medication.



## Warfarin: Emergency Alert Card

Indicates to the physician or dentist that this patient is currently taking Warfarin (Coumadin), a drug that slows down the clotting of blood.



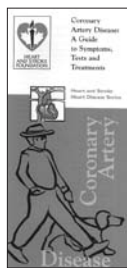
## About Heart Transplant

This brochure addresses cardiac transplantation, including the indications for heart transplant, and what the patient and caregiver can expect following the procedure.



## After a Heart Attack

Contains a description of the nature and result of a heart attack. It provides information to patients to help them deal with their feelings after a heart attack. Answers are given to commonly asked questions relative to lifestyle changes.



## Coronary Artery Disease: A Guide to Symptoms, Tests, and Treatments

A 24 page booklet that explains coronary artery disease, atherosclerosis, and angina. A description of the common tests used to diagnose and treat these conditions is also given.

# Heart



## **Sex and Heart Disease**

Addresses sexual concerns of heart attack or heart surgery patients and their partners. Discusses myths, misconceptions and fears of the heart patients and mates. Offers reassurance and practical suggestions designed to help the patient.



## **Your PTCA**

Question and answer pamphlet about Percutaneous Transluminal Coronary Angioplasty. There is a discussion of coronary artery disease, and why PTCA may be used to treat it. The PTCA procedure is described with differences between PTCA and bypass surgery.



## **Your Cardiac Catheterization**

Developed for the patient who is about to undergo this procedure. It answers questions about Cardiac Catheterization.



## **Your Heart and Anticoagulants**

This brochure explains why anticoagulants have been prescribed, the importance of blood tests, and precautions for patients.



## **Your Mitral Valve Prolapse**

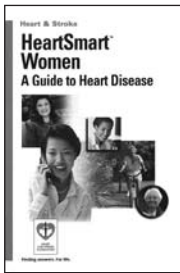
This brochure has detailed illustrations to help readers see exactly how prolapse occurs, what the condition is, its symptoms and causes, and how it is diagnosed and treated.

# Heart



## **Your Child's Abnormal Heart Rhythm**

This brochure is for parents of children with abnormal rhythm disturbances. The most common conditions and necessary treatments are discussed.



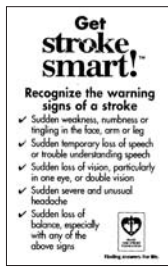
## **HeartSmart Women A Guide to Heart Disease**

A guide specifically focused on women's heart health. Talks about risk factors and things women can do to reduce the risk of heart disease.

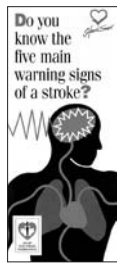
# Stroke



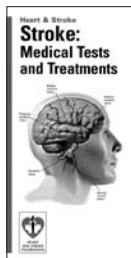
**StrokeLine Newsletter**  
 Newsletter containing information on stroke.



**Get Stroke Smart Wallet Card**  
 A small card listing the warning signs for stroke.



**HeartSmart Do you know the five main warning signs of stroke?**  
 This 3-panel brochure explains what a stroke is, who is most likely to have a stroke, how a stroke can be prevented and the five main warning signs of a stroke.

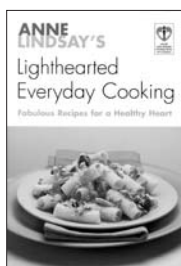


**Stroke: Medical Tests and Treatments**  
 An in-depth look at medical tests and treatments for stroke.



**How Stroke Affects Behavior**  
 This 37-page booklet is designed to help the family and friends of stroke victims understand how stroke affects behavior. Includes discussion of right-side paralysis, left-side paralysis, one-side neglect, stroke in general, memory, emotional ability and sensory deprivation.

# Cookbooks



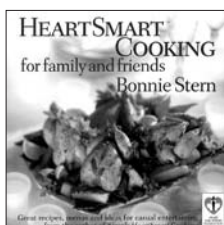
## **Lighthearted Everyday Cooking (Anne Lindsay) – \$26.99**

This cookbook contains over 200 delicious and healthy recipes. Each recipe is complete with a nutritional analysis. Also, the book includes lifestyle and basic nutrition tips.



## **The New Lighthearted Cookbook (Anne Lindsay) – \$24.95**

Contains over 200 mouth-watering, quick and easy recipes, lifestyle and nutrition tips. All recipes are complete with nutritional analysis.



## **HeartSmart Cooking for Family and Friends (Bonnie Stern) – \$28.95**

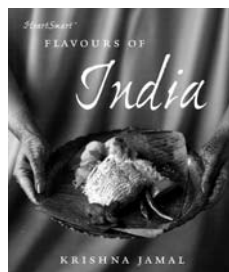
This cookbook contains more than 200 delicious recipes, combined with the most current information on how to cook and eat well. There is also practical information on a variety of nutritional topics, a complete nutritional analysis for each recipe and various make-ahead instructions.



## **HeartSmart Chinese Cooking (Stephen Wong) – \$16.00**

*Written in Chinese*

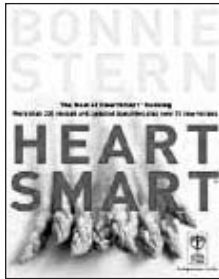
A 140-page cookbook including soups, noodles, fish, poultry, meats, tofu, vegetables and desserts. Easy-to-follow recipes for Chinese cooking, the Heart Smart way.



## **HeartSmart Flavors of India Book – \$18.95**

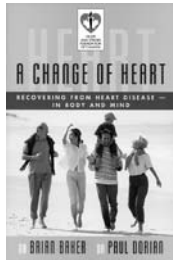
A cookbook that has been creatively and carefully assembled to offer mouthwatering recipes, a complete nutritional analysis of each one and a nutrition preface to guide you in the general direction of healthy meal-making.

# Cookbooks



**HeartSmart: The Best of HeartSmart Cooking (Bonnie Stern) – \$34.95**

This wonderful new compendium features over 300 favourite recipes from the bestselling Simply HeartSmart™ Cooking, More HeartSmart™ Cooking and HeartSmart™ Cooking for Family and Friends, as well as 75 brand new recipes to add to the HeartSmart™ repertoire. Many of the classic recipes have been fully updated to incorporate current food trends and new nutritional information. As always, comprehensive nutritional analysis is provided for every recipe.



**A Change of Heart (book) – \$15.00**

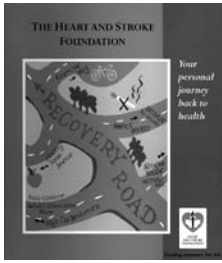
This book describes the link between one's state of mind and the ability to recover from heart attacks and other coronary events. In the book, both the psychological and the medical experience of coronary artery disease are examined, providing insight and specific strategies at every stage. The plans are useful, straightforward and successful.



**HeartSmart Nutrition Shopping on the Run (Ramona Josephson) – \$14.95**

Helps you choose your food in the supermarket and use your shopping cart as a nutritional barometer. The book makes it easier than ever to choose healthy alternatives.

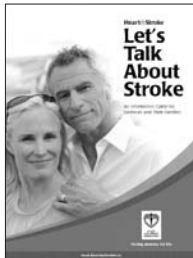
# Professional Materials



## Recovery Road Booklet

The intended target audience for this resource is patients who are recovering from heart disease and stroke and their family and friends. The binder will guide the reader along their very own road map to recovery. The resource contains important information about the heart, medications and emotional difficulties associated with heart disease and stroke.

*Available in: English, Chinese, Punjabi, and French.*



## Let's Talk About Stroke Booklet

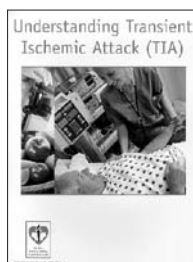
This is a collection of information dealing with stroke, including the victims, the procedures and its effects on people.

*Available in: English, Chinese, Punjabi, and French.*



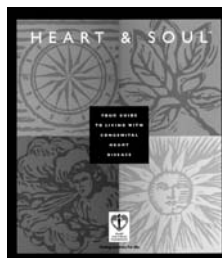
## Managing Congestive Heart Failure

A self- management tool for individuals with congestive heart failure and for healthcare providers interested in a more structured approach.



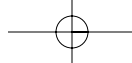
## Understanding Transient Ischemic Attack (TIA)

Workbook on transient ischemic attack (TIA) for patients and their families/caregivers. Main topics include difference between TIA and stroke, causes of TIA and stroke, diagnosis and treatment, how to reduce the risks, etc.



## Congenital Heart Disease - Heart & Soul Binder

This binder is the perfect guide for professionals and families with children living with Congenital Heart Disease.



# Heart to Heart

Heart to Heart is a community-based education and support program designed to help cardiac patients and family members cope with the physical and emotional changes associated with heart disease.

This is a newly revised 6 week program.



**Heart to Heart Brochure**



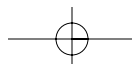
**Heart to Heart Poster**



**Heart to Heart Participant Manual**



**Heart to Heart Facilitator Manual**



# Multi-lingual Resources



## Take Control - Chinese

This booklet provides information, tips and tools on how to take control of blood pressure, cholesterol, diabetes and other modifiable risk factors to reduce the risk of developing heart disease and stroke.



## Life Choices for Heart Health - Chinese



## Is diabetes putting you at Risk of Heart Disease and Stroke? - Chinese

An informative brochure including the keys to managing diabetes.



## How to Protect Your Heart - Chinese

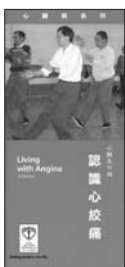


## How To Control High Blood Pressure - Chinese

# Multi-lingual Resources



## Living with Cholesterol - Chinese



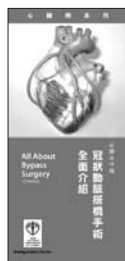
## Living with Angina - Chinese

This booklet will help the reader understand what angina is, how it is diagnosed, and how it is treated. It also explores lifestyle changes that can be made when one lives with angina.



## Coronary Artery Disease: A guide to symptoms, tests, and treatments - Chinese

This booklet explains coronary artery disease, atherosclerosis, and angina. a description of the common tests used to diagnose and treat these conditions is also given.



## All About Bypass Surgery - Chinese

Discuss surgery preparations, recovery in the hospital and at home and lifestyle changes that may have to be made.



## Do you know the five main warning signs of a stroke? - Chinese

This brochure explains what a stroke is, who is most likely to have a stroke, how a stroke can be prevented and the five main warning signs of a stroke.

# Multi-lingual Resources



**How fit are you when it comes to managing stress? - Chinese**



**Living with Stroke - Chinese**



**Questions and Answers about Stroke - Chinese**



**Depression and Emotional Changes after Stroke - Chinese**



**Memory Loss after Stroke - Chinese**  
An informative booklet about stroke and related problems with memory loss. The booklet covers the effects of memory problems, treatment and tools to help.

# Multi-lingual Resources



## Take Control - Punjabi

This booklet provides information, tips and tools on how to take control of blood pressure, cholesterol, diabetes and other modifiable risk factors to reduce the risk of developing heart disease and stroke.



## Living with Angina - Punjabi

This booklet will help the reader understand what angina is, how it is diagnosed, and how it is treated. It also explores lifestyle changes that can be made when one lives with angina.

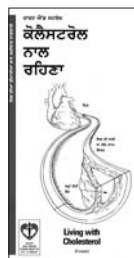


## Is Diabetes putting you at risk of heart disease and Stroke - Punjabi

An informative brochure including the keys to managing diabetes.



## How To Control High Blood Pressure - Punjabi



## Living with Cholesterol - Punjabi

# Multi-lingual Resources



## **Coronary Artery Disease: A guide to symptoms, tests, and treatments - Punjabi**

This booklet explains coronary artery disease, atherosclerosis, and angina. A description of the common tests used to diagnose and treat these conditions is also given.



## **All About Bypass Surgery - Punjabi**

Discuss surgery preparation in the hospital and at home and lifestyle changes that may have to be made.



## **How fit are you when it comes to managing stress? - Punjabi**



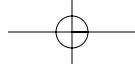
## **Do you know the five warning signs of a stroke? - Punjabi**

This brochure explains what a stroke is, who is most likely to have a stroke, how a stroke can be prevented and the five main warning signs of a stroke.



## **Memory Loss after Stroke - Punjabi**

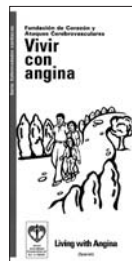
An informative booklet about stroke and related problems with memory loss. The booklet covers the effects of memory problems, treatment and tools to help.



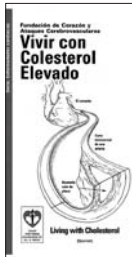
# Multi-lingual Resources



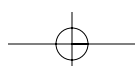
**How To Control High Blood Pressure - Spanish**



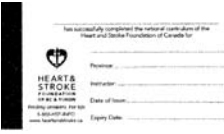
**Living with Angina - Spanish**



**Living with Cholesterol - Spanish**

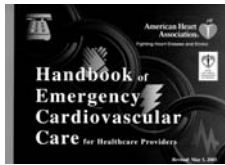


# Resuscitation Resource List



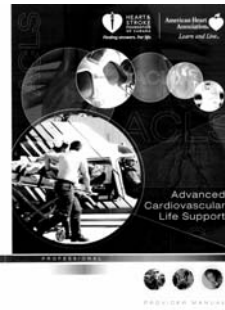
## **CPR Registration Cards – \$1.00 each**

Heart and Stroke Foundation registration cards can be purchased by registered Heart and Stroke Foundation Instructors only. To receive registration cards, an instructor number must be included on your order form.



## **ECC Handbook 2005 – \$19.15**

This 2006 edition of the Handbook of Emergency Cardiovascular Care for the Healthcare Providers incorporates the latest science from the 2005 Guidelines for CPR and ECC. This handbook includes updated algorithms, information on therapeutic agents, stroke, and acute coronary syndromes.



## **ACLS Provider Manual – \$37.29**

The revised and rewritten student manual provides updated content for students taking the ACLS Course. This text is designed to be used before class for preparation, in class as a workbook referencing relative topics, and as a reference book for the student after the class. A student CD, included with the text.



## **ACLS Instructor Manual - \$45.20**

The revised manual includes detailed lesson “maps” or plans to aid in conducting the ACLS Courses. The courses are designed to be instructor-led using large and small group interaction and small group skill testing stations. An instructor CD, containing case-based scenarios and administrative precourse and course materials is included with the manual.

## **ACLS DVD - \$84.75**

The new ACLS video segments for the updated ACLS Course and for the ACLS Renewal Course. The ACLS Course video has 6 parts that are easy to navigate. Two segments demonstrate skills for BLS Practice and Airway Management. Running time is 137 minutes.

The ACLS Renewal Course video contains 4 of the segments from the ACLS Course. Running time for the ACLS Renewal Course is 81 minutes.

# Resuscitation Resource List

## **BLS Instructor Resource for BLS Manual Kit – \$113.00**

This new Instructors package provides educational materials to teach the BLS for Healthcare Providers course. The package contains: 1 copy of the Instructor Manual with CD Rom, 1 BLS for Healthcare Providers DVD, 1 copy of the Canadian Instructor Resource, a stop watch, and set of five 4-colour posters for Healthcare providers.



## **BLS for Healthcare Provider Instructor Manual – \$42.38**



## **BLS for Healthcare Provider Student – \$17.80**

This text for the BLS for Healthcare Providers Course provides updated content and many new illustrations for credentialed healthcare providers. A student CD included with the text contains supplemental information on topics such as stroke, cardiac arrest and special resuscitation situations.

## **BLS for Healthcare Provider DVD – \$91.81**

This new DVD format video presents content for the BLS for Healthcare Providers Course and the BLS for Healthcare Providers Renewal Course in the practice-while-watching format. Running time for the BLS for Healthcare Providers Course DVD is approximately 95 minutes and 60 minutes for the renewal course.

## **BLS for Healthcare Provider Posters – \$21.19**

This new package of healthcare providers posters includes 1 CPR and AED for the Adult, CPR and AED for the Child, CPR for the Infant, Rescuing the Choking Adult and Child, and Rescuing the Choking Infant. The posters are four-colour and 17" x 22" in size.

# Resuscitation Resource List



## **Heartsaver Instructor Manual – \$49.44**

This new manual, based on current education principles, provides the instructor with detailed lesson maps and information for teaching all the Heartsaver CPR courses.



## **Heartsaver AED Student Workbook with CD – \$16.95**

The 2006 student workbook for the Heartsaver AED Course contains updated content and updated science from the 2005 Guidelines. The workbook includes sections on CPR, AED use, relief of choking in adults and children, and infant CPR and relief of choking. The student workbook contains a CD with supplemental information and video clips to refresh the student in CPR and AED skills.

## **Heartsaver AED DVD – \$105.94**

This DVD-format video presents the new science from the 2005 Guidelines for CPR and Resuscitation. It includes presentation and skills demonstrations for adult and child CPR and AED use. Also shown are relief of choking in adults and children as well as infants CPR and relief of choking. The video presentations provide a guide for hands-on practice sessions in the new practice-while-watching format. Running time is approximately 120 minutes.



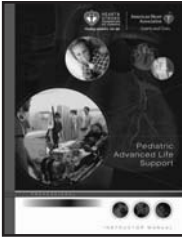
## **Heartsaver CPR Workbooks with CD – \$12.03**

The 2006 student workbook for the Heartsaver CPR Course contains updated content and updated science from the 2006 Guidelines. The workbook includes sections on CPR and relief of choking in adults and children and infant CPR and relief of choking. The student workbook is shrink-wrapped with a CD containing supplemental information and video clips to refresh the student in CPR skills.

## **Heartsaver CPR DVD – \$98.88**

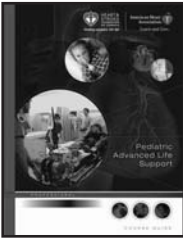
This new video contains content for the Heartsaver CPR course in the new practice-while-watching format. Skills such as CPR and relief of choking in adults and children and infant CPR and relief of choking are presented. Running time is approximately 110 minutes.

# Resuscitation Resource List



## **PALS Instructor Manual – \$49.38**

This revised manual includes detailed lesson “maps” or plans to aid in conducting the PALS Courses. The courses are designed to be instructor-led using large and small group interaction, and group skills testing stations. An instructor CD, containing administrative precourse and course materials, and PALS Scenario Cue Cards are also included with the manual to provide support in conducting a PALS Course.



## **PALS Course Guide – \$51.98**

This text includes materials to help the student work as an effective team member in various roles in the 12 core cases. This guide is presented in a new formatting style that makes any topic easy to find.



## **PALS Course Guide and PALS Provider Manual – \$45.48**

The Course Guide is designed to be used for class preparation and as a workbook during the course. A student CD, included with the text, contains the precourse self-assessment, practice cases, and supplemental information to help the student prepare for the course. Also included with the Course Guide are the PALS Precourse Checklist and PALS Pocket Reference Card.

## **PALS DVD – \$84.47**

This new PALS video contains two video segments. One segment depicts the cognitive and psychomotor skills of the PALS Course. The second segment presents video clips to facilitate the group assessment discussion that precede the simulations for the 12 core cases. This video will be used to conduct the PALS and PALS Renewal Courses. Running time is approximately 85 minutes.

