



DVD LENDING LIBRARY

Pastoral Care practitioners may borrow DVD's for a period no longer than 1 month. To make a booking please contact Trish at office@spiritualhealthvictoria.org.au to check availability. The DVD will be posted to you free of charge but return postage will be at the cost of the borrower.

Institutional licenses have been purchased by SHV to allow these DVD's to be used with individuals, groups or at presentations.

The DVD's are protected by copyright laws and must not be copied or stored in any other format. Penalties for unauthorised copying include a \$50,000 fine for individuals and a \$250,000 fine for institutions. Any damage will be charged to the borrower.

SPIRITUALITY IN HEALTH CARE SERIES

Spiritual Care and Chronic Health problems (19 minutes)

Crisis brought on by a chronic health problem often results in an imbalance or disharmony of mind, body and spirit. The chronic health problem can become a spiritual encounter in the search for meaning and purpose. It is imperative that the spiritual needs and concerns of patients experiencing such problems be understood and attended to. This program explores the nurse's role in providing spiritual care to persons experiencing chronic health problems.

Spirituality in Palliative Care (22 minutes)

For many people, being confronted with a terminal illness brings them face to face with their spirituality; perhaps for the first time. Reflection on impending death and on spirituality may enable clients to successfully work through the dying process. Because nurses are in close and frequent contact with clients who are in palliative care, they are in a unique position to attend to any spiritual needs as they occur. This program examines aspects of death and dying which may have implications for spiritual care. It also focuses on the role of the nurse in attending to spiritual care in the palliative care context.

Spiritual Care and Life Threatening Illness (22 minutes)

Because nurses are in close and frequent contact with people experiencing life threatening illness, they are in a unique position to attend to any spiritual needs as they occur. Nurses can be of significant assistance in helping their patients search for meaning and hope. To do nothing may allow spiritual distress to linger which in turn may affect the outcome of the illness, including death. This program examines aspects of life threatening illness that may have implications for spiritual care. It also focuses on the role of the nurse in attending to spiritual care in people experiencing life threatening illness.

Spiritual Care in Gerontological Nursing (20 minutes)

As aging people are faced with many life changes and the reality of death looming closer, many of them look to spirituality and religion for support and guidance. Interviews with clients, pastoral care professionals and gerontological nurses will enable you to identify how spirituality is manifested in the older adult and the implications for spiritual care. This program will enable nurses to identify their role in supporting older adults as they wrestle with and resolve spiritual issues.

SPIRITUAL CARE SERIES

Spirituality (30 minutes)

This program examines the phenomenon of spirituality. Interviews with pastoral care professionals, nurses, a well known local artist, a freelance writer, and an award winning author result in an extensive examination of what spirituality is or what it is not. Reflection on and examination of the concept of spirituality is an essential prelude to professionals engaging in identifying and attending to clients' spiritual needs.



Spiritual Health Victoria

Spiritual Assessment (34 minutes)

Accurate and sensitive assessment is key in responding to clients' spiritual needs in an appropriate and effective manner. This program explores the rationale for nurses being involved in spiritual assessment. It also shows how one particular assessment guide is used with clients.

Nurses and Spiritual Care (23 minutes)

Nursing as a profession has long been associated with spirituality. As the age of science and reasoning emerged, the spiritual dimension was largely neglected. At the present time, however, there is increasing attention being focussed on the spiritual dimension of nursing practice. This video focuses on the role of nurses in the provision of spiritual care. The personhood of the nurse is addressed, as well as interventions which tend to the spiritual needs of clients.

COMMUNITY VOICES SERIES

Exploring Cross Cultural Care through Cancer (70 minutes)

Hear the voices and perspectives of nurses, doctors, outreach workers, medical interpreters, and patients: people from a fascinating range of backgrounds, who make up today's healthcare system. This innovative program offers a window into the challenges and rewards of cross-cultural healthcare. Drawing on the insights of community, healthcare, and academic leaders, it helps to integrate cultural awareness and skill building into training programs for all health professionals.

- *How do diverse languages and communication styles impact health care interactions?*
- *How do the meanings attributed to illness in different cultures affect people's experience of illness?*
- *What do people do to promote health or treat illness, and why?*
- *How do social context and personal history impact health behaviours?*
- *How do values regarding authority, gender, physical contact, decision making, and religion affect health?*
- *How can people work together to provide high-quality care to diverse individuals and communities?*

Community Voices uses cancer as a lens to explore the many ways that differences in culture, race and ethnicity affect health and the delivery of healthcare services. Its six clearly defined sections are intended as triggers for discussion. They explore language, interpretation and communication styles; the meanings of illness; patterns of help seeking; social and historical context; core cultural issues; and building bridges.

CONTINUING EDUCATION SERIES

Building Bridges (18 minutes)

Caring is an important part of curing. One's perceptions, culture and values all influence an attitude that may help or hinder the development of effective relationships. In this program your staff will learn to engage each patient in a kind and caring manner.

At the conclusion of this program, the participant will be able to:

1. *Complete two exercises that will help clarify values.*
2. *List three characteristics of a helping relationship and describe how each would be used.*
3. *Demonstrate these important helping characteristics when interacting with clients.*
4. *Recognise your personal helping style.*
5. *Identify useful attending skills and demonstrate their use with clients.*

VIDEO EDUCATION AUSTRALASIA SERIES (VEA)

Aged Care and Cultural Diversity (27 minutes)

Our cultural backgrounds, experiences and beliefs can influence our day to day behaviour without us even realising it. Within aged care, culture has a major impact on how we work and how we communicate with patients and residents. Often a cultural adjustment needs to take place so that an appropriate and culturally sensitive level of care can be delivered to the aged care client. In this program we investigate what culture is and how we can make our communication relevant in the face of cultural barriers. We also look at different cultural groups and personal cultural history, while also considering individual religious practices and traditions.



CULTURAL COMPETENCE SERIES

Cultural Competence (59 minutes) – 5 disks

Cultural Diversity and Healthcare - DVD

Becoming Culturally Competent - DVD

Assessment Challenges in a Multi-cultural Environment - DVD

Instructor's Guides - CR-ROM

Self-Grading Tests - CD_ROM

YEW TREE FILMS

In The End (30 minutes)

Filmed at Geelong Hospital intensive Care

Old people used to die at home. Now, they are ending up in intensive care, hardwired to machines, surrounded by strangers. Intensive Care specialist Dr Charlie Corke is desperate to give his elderly patients every chance to get better but he knows that sometimes the things he is doing are just making the dying more drawn-out, more distressing.

This documentary takes us on a journey of a doctor who is trying to balance his own enthusiasm for medical technology with an acceptance that, after a long and healthy life, it's OK to let go.

This is a beautiful and profound film that follows the journey of patients, families and their doctor in a modern-day medical dilemma of our own making.

CENTRE FOR GRIEF EDUCATION

Hard Medicine: A Journey in Adult Grief (with Facilitator's Guide)

Designed to prompt discussion and reflection on grief and our response to it, this documentary video is an invaluable clinical and educational tool for all those who are in contact with the bereaved. Its ability to touch each of us at an intimate level also provides a stimulus for self awareness, personal insight and growth

MOYNE HEALTH SERVICES

Side by Side: Same person, Different address (62 minutes)

Over our lifetime, as individuals we develop an important identity within the community in which we reside. The decision to move to residential care should add another dimension to this identity, the move being not dissimilar to any other throughout life, simply...a new address. All too often, Elders in our community feel that they must leave this identity "behind" when they choose to enter residential care..This documentary explores the feelings of social connectedness experienced by individuals and their families during the journey to residential care.

MACEDONIAN COMMUNITY WELFARE ASSOCIATION (MCWA)

Life through their eyes (36 minutes)

The Macedonian Community Welfare Association is a not-for-profit organisation. The DVD is a compilation of edited interviews of Macedonian speaking elderly living in residential aged care across Victoria, Management and employees of the respected facilities.

The documentary captures their views and thoughts on life in supported residential care, culturally appropriate care and focuses on the positive aspects of that experience. Interviews are either in English or Macedonian and subtitled and accessed through a character menu.

Content includes statistics on immigration and ageing, personal photographs, and images of facilities' interior and exterior.



MERCY HEALTH AND AGED CARE CENTRAL QUEENSLAND LIMITED

Pastoral Pathways "Spirituality and Dementia"

The "Pastoral Pathways" (Spirituality and Dementia) project was funded by Catholic Religious Australia. It explores the spiritual dimension of people with dementia which was the basis of the program. The project involved a range of activities and from the reflections of the pastoral carers on their involvement many new discoveries unfolded.

The program was conducted at two locations, Bethany Aged Care - South Rockhampton and Leinster Place - North Rockhampton.

ABC - COMPASS

Hospital Chaplains Volume 1 & 2 (8x 27 minutes)

Every day in Australia over 40 000 patients are in hospital. While medicine tends their bodies, hospital chaplains tend their souls.

A 7-year old victim of a hit-and-run, a baby's miracle birth and the anguished vigil for a father-of three on life-support ... Over eight episodes we follow our chaplains' journeys alongside patients and their families at three major hospitals.

Our chaplains are Catholic, Protestant, Muslim, Jewish and Buddhist. Regardless of their faith, they all meet the same challenges – to help make sense of the mystery of illness, pain, suffering and despair. This series offers a unique and never-been-seen view on the daily life and death drama of hospital life through our chaplains' eyes.

RUTH YORK DRAZEN

INTERNATIONAL HEALTH AND MEDICAL MEDIA - 2003 Freddie Award

The Choice is Yours (with notes)

This documentary focuses on the life and philosophy of Viktor Frankl, MD. PhD, one of the world's greatest psychiatrists following Sigmund Freud. The film features award-winning screen and TV star Richard Dreyfuss. With seldom seen archival footage of Frankl, the film enables the viewer to comprehend the powerful messages this great humanist conveyed through his writings. Frankl's philosophy inspires self-reflection as one searches for the meaning of life. His theories are being taught and utilised today by the medical community worldwide. This film uniquely links the importance of self-reflection to the conscience of medical professionalism.

ROYAL PERTH HOSPITAL

Conversations with people facing death (65 minutes) with notes

In 2010 Dr Doug Bridge interviewed six patients in Royal Perth Hospital. They come from diverse cultural and religious traditions. The interviews were spontaneous, exploring the patients' experience of their illness and their feelings about the possibility of dying. The result is a powerful collection of rich, moving conversations. They were originally recorded for the purpose of teaching medical students about communication skills, especially in the difficult area of facing death. But the issues are of universal relevance, and the conversations are suitable for any audience. Because they raise powerful emotions, viewing in a group setting is recommended, doing one at a time, followed by 45 minutes of discussion. The DVD is accompanied by a study booklet, which contains transcripts of each interview, background information about the patients, and discussion questions.



Beyondblue and STROKE FOUNDATION

Tackling Depression after stroke (50 minutes)

People who have experienced a stroke, their carers' and a psychiatrist talk about recovery from the physical and emotional impact of a stroke.

Stories of Hope & Recovery (65 minutes)

*Getting help for mental health problems - personal accounts of depression, anxiety and related disorders
Lyn Chaplain, Chair of beyondblue blueVoices; Craig Hamilton (sports broadcaster); Garry McDonald (actor);
Jessica Rowe (TV presenter); John Konrads (Olympic swimmer); Vicki Katsifis (Consumer Advocate
Multicultural Mental Health Australia); Nathan Thompson (AFL footballer).*

Taking Care of Yourself and Your Family - An Audio book for Good Mental Health (6 discs approximately 7 hours in total)

With the support of funding from the Movember Foundation, beyondblue offers this audio series containing helpful information about depression, anxiety and related disorders, including drug and alcohol problems, and offers self-help strategies that may assist people to get through the tough times and find help. This audio resource was produced by Vision Australia and makes this invaluable resource accessible for people with a print disability.

RURAL HEALTH EDUCATION FOUNDATION

The Patient's Choice: Quality at the End of Life

Death is one of society's last taboos. Advance care plans get people thinking and talking – to their families and to their doctors. They give patients a voice and provide health professionals with clear indications about choices at the end of life.

The DVD includes an introduction from Dr Yvonne Luxford (CEO of Palliative Care Australia); a Rural Education Foundation program titled 'End of Life Care' first broadcast in 2009; An interview with Dr Bill Silvester, Director of Respecting Patient Choices; a filmed case study; a comprehensive Learning Guide and other support resources.

MATER HOSPITAL SYDNEY

Mindful Relaxation

The experience of illness can impact on a person's physical, emotional and spiritual wellbeing. At the Mater Hospital we pride ourselves on a holistic approach to healthcare – acknowledging the uniqueness of every patient to create a healing environment.

Mindful Relaxation has been developed as part of our holistic approach to patient care and was offered to patients in their room or during weekly group sessions. It is a relaxation technique offered to patients who, for various reasons, may be experiencing anxiety, stress or sleeplessness.