

Healthtv™ TV Guide Featured in JCAHO resource book

The Health Television System Inc is pleased to announce The Joint Commission Guide to Patient and Family Education chose to include Healthtv™ Program Guide as a real-world example for teaching today's patients and families what they need to know about their health care.

This is the second edition of the best selling Guide, which is for educators at all levels of practice, regardless of the setting.



www.healthtvsystem.com

Patients and Staff: Smoking Cessation

In response to the identified need for education about and support for smoking cessation, Healthtv™ is pleased to announce our new segment:

REFLECTIONS ON QUITTING SMOKING.

The new Healthtv™ video segment is unique in its approach: providing motivation and inspiration through real people who share their struggles, their strategies and their triumphs.

On-camera Healthcare professionals are: Dr. Peter Selby, Director Nicotine Dependence Clinic Center for Addiction and Mental Health and Dale Mackey, Mayo Clinic certified Tobacco Cessation Specialist. Viewers are directed to quit lines and web sites to help them create their own quit plan.



Smoking Myths and Realities

Myth:

- Nicotine causes cancer

Reality:

- 4,000 chemicals in cigarettes cause cancer

Myth:

- Smoking is a bad habit

Reality:

- Smoking is an addiction

Quotes from "Reflections on Quitting Smoking"

- I was diagnosed with early stage COPD. This is a wake-up call. I can no longer say smoking hasn't done damage. *Phyllis, age 45*
- I 'slipped' and had a smoke. The important thing is not to beat up on myself and not use that as an excuse to start smoking again. *Larry age 50*
- My cat comes and sits on my lap since I stopped smoking. *Cynthia, age 55*
- "When people look at this as an addiction, they realize it's bigger than them. And realize they need help." *Dr. Peter Selby*

Staff Self-Study Module: Reflections on Quitting Smoking

Timed for the Healthtv™ Spring program update, this self-study module provides strategies for incorporating smoking cessation education and maximizing utilization of this new segment.

Use this self-study for continuing education