

# Pre- and Post-Op Heart Surgery Patient Education Videos

## Preparing for Heart Surgery Series

Preparing for Heart Surgery (Full Length Video) - 32:48

1. Recovery Starts Before Surgery – 03:10
2. Advance Directives – 02:26
3. General Planning for Surgery – 04:11
4. The Day and Evening Before Surgery – 01:46
5. Arriving at the Hospital – 02:58
6. Your Heart Surgery – Understanding What Happens – 07:38
7. Being in the Intensive Care Unit (ICU) – 04:25
8. Time in the Hospital After ICU and Going Home – 05:05
9. Special Information for Family and Friends – 02:36
10. Smoking and Heart Surgery – 02:01

## Other Cardiovascular/ Stroke/ Medication/ Diabetes Patient Education Videos

### Cardiovascular / Care and Management

- AAA Endovascular Repair 01:59
- Anticoagulant Therapy (Warfarin, Coumadin<sup>®</sup>) 01:48
- Atherectomy (Directional) 01:52
- Atherectomy (Rotational) 01:52
- Atrial Septal Defect Repair Surgery 01:50
- Blood Transfusion 02:20
- Cardiovascular Stent Placement 02:24
- Carotid Artery Surgery (Endarterectomy) 01:11
- Cholesterol Screening 02:00
- Coping With Your Emotions After a Stroke 01:57
- Coronary Angioplasty (PCI, PTCA) 02:39
- Deep Vein Thrombosis Prevention 02:05
- Electrocardiography (ECG, EKG) 01:44
- Implantable Cardioverter Defibrillator (ICD) Implantation (Endocardial Approach) 02:19
- Managing High Blood Pressure 02:00
- Mitral Valve Annuloplasty (Minimally-Invasive Technique) 01:37
- Mitral Valve Repair (Open Technique) 01:43
- Pacemaker (Overview) 01:52
- PET Scan (Positron Emission Tomography) 02:12
- Pulmonary Artery Catheterization (PAC) 01:37
- Reducing Your Risk for Stroke 01:45
- Setting Recovery Goals After a Heart Attack 01:43
- Surgical Repair of Coarctation of the Aorta 01:29
- Transesophageal Echocardiography (TEE) 01:37
- Venous Thromboembolism (VTE) Prevention 02:05
- What is Normal Blood Pressure? 01:32

## Recovering from Heart Surgery Series

Recovering from Heart Surgery (Full Length Video) - 34:30

1. Guidelines and Restrictions After Heart Surgery – 06:50
2. Problems to Watch For – When to Call the Doctor – 02:08
3. When to call 911- or Go to the Emergency Room – 01:38
4. Breathing Exercises – Using your Incentive Spirometer – 02:25
5. Getting out of Bed after Heart Surgery – 01:57
6. Incision Care – 03:16
7. Bathing after Heart Surgery – 01:08
8. Starting Activity after Heart Surgery – 03:49
9. Understanding Emotions after Heart Surgery – 04:07
10. Sex After Heart Surgery – 03:17
11. Exercise After Heart Surgery – 03:33
12. Your Cardiac Rehabilitation Program – 03:23
13. Cardiac Nutrition and Cholesterol – 07:39
14. Monitoring Your Blood Pressure – 02:12
15. Understanding Your Medication – 04:02
16. Understanding Blood Thinners – Warfarin/Coumadin – 10:10
17. Understanding Diabetes – 11:34

- Anticoagulant Drugs: Taking Anticoagulants Safely 03:36
- Aortic Coarctation Balloon Angioplasty 01:33
- Atherectomy (Laser) 01:36
- Atherectomy (Transluminal) 01:38
- Balloon Valvuloplasty 01:24
- Cardiac Stress Test (Exercise Stress Test) 01:38
- Cardioversion (Electrical) 01:43
- Catheter Ablation for Arrhythmia 03:22
- Coping With Your Emotions After a Heart Attack 02:13
- Coronary Angiography 01:39
- Cox-Maze Procedure for Atrial Fibrillation 02:05
- Deep Vein Thrombosis Prevention in the Hospital 02:12
- Heart Scan (Coronary Calcium Scan) 01:28
- Implantable Cardioverter Defibrillator (ICD) Overview 02:04
- Living With a Pacemaker 02:17
- Managing Your Cholesterol 01:53
- Mitral Valve Repair (Minimally-Invasive Technique) 02:04
- Nuclear Stress Testing 02:22
- Pacemaker Implantation (Endocardial Approach) 02:22
- Port Access Valve Replacement Surgery 02:06
- Reducing Your Risk for Heart Attack 02:14
- Safe Exercise During Heart Attack Recovery 01:56
- Stroke Recovery 02:02
- Traditional Coronary Artery Bypass Graft (CABG) Surgery 02:34
- Valve Replacement Surgery 02:25
- Ventricular Septal Defect Repair Surgery 01:55

## Cardiovascular / Conditions

- Abdominal Aortic Aneurysm 02:13
- Aortic Stenosis (Aortic Valve Stenosis) 02:28
- Arterial Insufficiency 01:48
- Atrial Fibrillation (A-fib; AF) 01:43
- Carotid Artery Disease 01:48
- Coronary Heart Disease (Coronary Artery Disease) 02:35
- Dilated Cardiomyopathy (DCM) 02:09
- Heart Attack Warning Signs 02:03
- Heart Disease and Oral Health 01:27
- High Blood Pressure (Hypertension) 02:57
- Hypoplastic Left Heart Syndrome (HLHS) 01:29
- Metabolic Syndrome 02:18
- Overweight and Obesity 02:06
- Pulmonary Hypertension (PH) 02:01
- Right Brain Stroke 02:13
- Spot the Signs of a Stroke (The F-A-S-T Method) 01:49
- Stroke Warning Signs 01:57
- Transposition of the Great Arteries (TGA) 03:27
- Venous Ulcer 00:00
- Anatomy of the Heart 03:57
- Arrhythmia 01:37
- Atherosclerosis 01:49
- Atrial Septal Defect (ASD) 02:55
- Coarctation of the Aorta 01:27
- Deep Vein Thrombosis (DVT) 03:02
- Heart Attack (Myocardial Infarction) 03:41
- Heart Attack Warning Signs in Women 01:48
- Heart Failure 01:48
- High Cholesterol 01:48
- Left Brain Stroke 02:03
- Mini-Stroke Warning Signs (Transient Ischemic Attack; TIA) 01:38
- Pulmonary Embolism (PE) 02:05
- Pulmonary Stenosis (Pulmonary Valve Disease) 01:57
- Shortness of Breath 01:45
- Stroke 03:46
- Tetralogy of Fallot (TOF) 02:16
- Venous Thromboembolism (VTE) 01:59
- Ventricular Septal Defect (VSD) 01:43

## Cardiovascular / Medications

- Disposing of Opioids 01:33
- How Opioid Abuse Affects Personality 01:26
- Managing Your Medications 01:56
- Opioid Misuse 01:38
- Opioids (Physical Dependence and Addiction) 02:42
- Opioids and Depression 01:37
- Signs of Opioid Abuse 01:59
- Understanding the Opioid Crisis 01:43
- Getting Help for Opioid Addiction 01:59
- How Opioids Affect the Brain 01:54
- Opioid Medications 01:53
- Opioids (Common Side Effects) 02:09
- Opioids and Chronic Pain Management 02:00
- Side Effects of Long-Term Opioid Use 01:56
- Tapering Opioid Use Safely 01:38
- Using Opioids Safely 02:58

## Diabetes

### Diabetes / Care and Management

- Are You at Risk for Type 2 Diabetes? 01:51
- Diabetes and Exercise 02:48
- Diabetes and Healthy Eating 01:58
- Insulin Medication (Overview) 01:59
- Managing Gestational Diabetes 02:30
- Prediabetes: Strategies for a Healthy Life 02:20
- Diabetes and Choosing the Right Foods 03:21
- Diabetes and Foot Care 03:10
- Glucose Monitoring 03:26
- Ketone Testing for Diabetes Management 01:47
- Managing Type 2 Diabetes 02:53
- Setting Weight-Loss Goals 01:53

### Diabetes / Conditions

- Diabetes (Overview) 04:48
- Diabetic Foot 01:50
- Hyperglycemia (High Blood Glucose) and Diabetes 03:07
- Diabetes (Type 2) 03:20
- Diabetic Ketoacidosis (DKA) 02:22
- Hypoglycemia (Low Blood Glucose) and Diabetes 02:39

In Development:

| [Lung Transplant](#) | [Heart Transplant](#)