

LIST OF HEALTH INFORMATION VIDEO TAPES/CDs

保健知識錄影帶、視像光碟

Last update 22/03/2004

Item	No	Title	題目	Duration (min)	Produced by	Remarks
010	01	Environment and Health	環境與健康 (亞福的一天)	23	HKCHEU	2/V
010	02	Good Health	健康物語	25	HKCHEU	2/V
011	01	Nutrition Guide	營養知多少	6	HKCHEU	2/V
011	02	Healthy Diet	識飲識食	15	HKCHEU	2/V
011	03	Nutrition and Exercise	健康雙響砲 -- 營養與運動	23	HKCHEU	2/V
011	04	Food Hygiene	食物衛生	8	HKCHEU	2/V
012	01	Exercise and Health	運動與健康	10	HKCHEU	2/V
012	02	Prevention of Injury during Exercise	預防運動創傷	18	HKCHEU	2/V
012	03	Tai-Chi 18 Styles	太極氣功十八式	37	HKCHEU	2/V
012	04	Exercise for Everyone	普及健體運動	67	HKCHEU	2/V
014	01	Smoking	煙氣迫人	24	HKCHEU	2+/V
014	02	The Facts about Smoking	與吸煙有關的事實	11	E.London & the City Health Authority	2+/V
021	01	Contraception	避孕知識	12	HKCHEU	2/V
022	01	Safety at Home	家居安全	10	HKCHEU	2/V
022	02	Prevention of Accidents at Home	平安是福樂融融	14	HKCHEU	2/V
022	03	Home Safety for Children	兒童家居安全	23	HKCHEU	2/V
023	01	Minor Injuries	輕微損傷的護理	6	HKCHEU	2/V
024	01	Care for Feverish Child	發燒的護理	7	HKCHEU	2/V
024	02	Take Care of Yourself	自我照顧	17	HKCHEU	2/V
024	03	Self Care for Minor Illnesses	小病可以自理嗎?	29	HKCHEU	2/V
025	01	Use of Drug	藥物的認識	10	HKCHEU	2/V
030	01	Women's Health	健康之聲處處聞	24	HKCHEU	2/V
034	01	Menopause	女性更年期	5	HKCHEU	2/V
036	01	Pregnancy	分娩的認識	12	HKCHEU	2/V
036	02	Postnatal Care	分娩之後	14	HKCHEU	2/V
036	03	Antenatal Care	產前護理	14	HKCHEU	2/V
036	04	Antenatal & Postnatal Exercise	產前及產後運動	28	HKCHEU	2/V
036	05	Postnatal Mood Disorders	產後情緒問題	30	HKCHEU	2/V
039	01	Premenstrual Syndrome	七年之癢	22	HKCHEU	2/V
039	02	Osteoporosis	骨質疏鬆症	27	HKCHEU	2/V
040	01	Children Developmental Assessment	兒童體能智力測驗服務	16	HKCHEU	2/V
042	01	Neonatal Jundice	新生嬰兒黃疸	20	HKCHEU	2/V
042	02	Guide for Infant Bath	初生嬰兒沐浴須知	10	HKCHEU	2/V
043	01	MMR	混合疫苗注射家長須知	30	NHS	2+/V
050	01	Adolescent Health	健康1+3	23	HKCHEU	2/V
050	02	Sexual Health	男女之間	23	HKCHEU	2/V
060	01	Elderly Health	保持高齡健康	14	HKCHEU	2/V
060	02	Happy Retirement	耆樂融融	32	HKCHEU	2/V
060	03	Exercise for the Elderly	運動樂頤年	76	HKCHEU	2/V

060	04	Positive Life for Elderly	豐盛晚年	27	HKCHEU	2/V
060	05	Simple Exercise for the Elderly	長者簡易運動	46	HKCHEU	2/V
060	06	Exercise for the Elderly	長者家居運動		JCC	1/VCD
061	01	Home Safety for the Elderly	老人家居安全	7	HKCHEU	2/V
071	01	Stress	衝出煩籠	28	HKCHEU	2/V
071	02	Self-Relaxation	自我鬆弛練習	32	HKCHEU	2/V
081	01	Coronary Heart Disease	冠心病 -- 預防勝治療	30	HKCHEU	2/V
081	02	Coronary Heart Disease	冠心病的預防	7	HKCHEU	2/V
081	03	Don't just stand there! Techniques for Basic Cardiopulmonary Resuscitation	心臟病急救法		British Heart Foundation	1/V
082	01	Hypertension	長幼齊防高血壓	13	HKCHEU	2/V
085	01	Stroke	中風	6	HKCHEU	2/V
102	01	Asthma	哮喘病 (兒童健康劇場)	14	HKCHEU	2/V
103	01	Tuberculosis	肺結核	13	HKCHEU	2/V
110	01	Say Goodbye to Joint Pain	跟關節痛楚說再見	22	HKCHEU	2/V
110	02	Osteoporosis: Prevention and Treatment	骨質疏鬆症預防與治療		OCQMH	1/VCD
111	01	Back Pain	腰痛護理	30	HKCHEU	2/V
112	01	Neck Pain	頸痛護理	26	HKCHEU	2/V
120	01	Care for Your Eyes	奇妙的眼睛	9	HKCHEU	2/V
121	01	Prevention of Eye Injuries	慎防眼睛意外傷	21	HKCHEU	2/V
122	01	Cataract	認識白內障	9	HKCHEU	2/V
122	02	Squint	斜視眼	9	HKCHEU	2/V
140	01	Know More About Communicable Diseases	預防傳染病資訊集		DOHHK	1/CD-ROM 1/CD
141	01	Sexually Transmitted Disease	風流陷阱	22	HKCHEU	2/V
141	02	Prevention of Sexually Transmitted Disease	謎樣歲月	20	HKCHEU	2/V
142	01	AIDS	愛滋病 -- 給輔導者	30	HKCHEU	2/V
142	02	Understanding AIDS	認識愛滋病	10	HKCHEU	2/V
142	03	AIDS Concern for Women	愛滋病之婦女篇	13	HKCHEU	2/V
142	04	AIDS Needles	愛滋針筒	7	HKCHEU	2/V
142	05	Someone with HIV	無盡的愛	40	HKCHEU	2/V
144	01	Hepatitis B	乙型肝炎 -- 給帶病毒者	10	HKCHEU	2/V
150	01	Cancer	癌症真貌	21	HKCHEU	2/V
150	02	Cancer Prevention	排除萬癌	31	HKCHEU	2/V
161	01	Food Guide for Diabetics	糖尿病人飲食須知	18	HKCHEU	2/V
161	02	Diabetes - The Silent Epidemic	糖尿病 -- 靜默的瘟疫	17	Greater Glasgow NHS Board	2/V
203	01	Organ Donation	器官捐贈	10	HKCHEU	2/V
206	01	Advocates can help you	保健傳譯員能幫助你	12		1/V