

Lending



AHEC LENDING LIBRARY

**South Central Illinois
Area Health Education Center**

ABOUT

This Lending Library is a collection of resources available to organizations to enhance the education of health concepts to students and the community. Items could also be used to inspire students toward a career in healthcare.

HOW IT WORKS

To check out an item, simply print and complete the Lending Library Request and Policy Form and submit to Gloria Przygoda at gprzygoda@pvillehosp.org. You will schedule a time with Gloria Przygoda to meet at Pinckneyville Community Hospital and pick up the items. When returning the items, you will also submit the demographics page for grant documentation purposes, which is in the Request and Policy Form packet.

For questions, call 618-357-8878 or email gprzygoda@pvillehosp.org.

This work is conducted by the Illinois Area Health Education Centers Network Program, Funded by Grand No. U77HP26847 from the Health Resources and Services Administration, and administered by the National Center for Rural Health Professions at the University of Illinois at Chicago, College of Medicine – Rockford.



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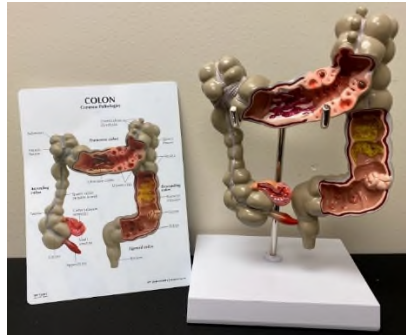
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Anatomical Models

Colon Model with Pathologies:

Colon Model with Pathologies Appendicitis, cancer, Crohn's disease, diverticulitis, spastic colon, and ulcerative colitis disease-ravaged colon model has a shocking number of things wrong with it, which makes it great for teaching about common colon pathologies. 6" x 7 1-2" x 2 1-2"



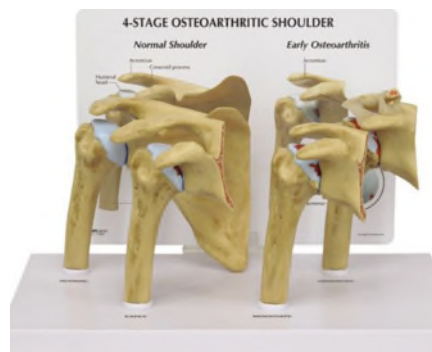
4-Stage Osteoarthritic Knee:

Set of 4 models of the knee joint includes a normal knee joint and 3 models illustrating the stages osteoarthritis. Shows erosion of joint articular cartilage early to advanced and formation of bone spurs. Patient education card included. Models may be removed from base.



4-Stage Osteoarthritic Shoulder:

Set of four shoulder models illustrating degenerative joint disease of glenohumeral joint, erosion of joint articular cartilage, progression of degenerative disease, osteophyte formation at the articular surfaces, and humeral head flattening.



Knee Display:

Functional Knee Joint Model demonstrates the structure and details of the knee joint. Perfect tool for teaching and study: Consisting of femoral, tibial and fibular parts, flexible design can simulate knee flexion, extension and medial/external rotation.



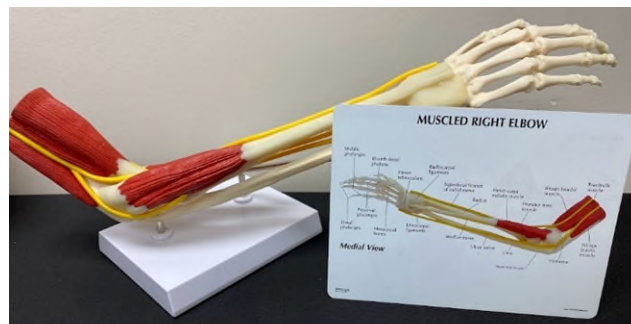
Shoulder Display:

This fully functional anatomical shoulder joint model offers an exceptional view of the human shoulder joint and its connective ligaments.



Elbow Display:

Model is of a full size normal right elbow with muscles attached. It includes biceps brachii, brachialis, pronator teres and supinator muscles. The model also shows a variety of bones, ligaments, and nerves.



Hand Display:

Hand model representing superficial and deep layers of muscles, blood vessels (superficial and deep palm artery arch), tendons, ligaments and bones. It has seven magnetic removable parts, and it is numbered with almost one hundred anatomical land marks.



Foot & Ankle Model with Plantar Fasciitis:

Full size solid cast of ankle and foot bones features the plantar calcaneonavicular (spring) ligament with plantar fasciitis. Foot/ankle anatomy also includes: tibia, fibula, calcaneus, calcaneal (Achilles) tendon, deltoid ligament, lateral (collateral) ligament, plantar aponeurosis, cuneiform, phalanges, cuboid, navicular, and metatarsal bones.



Lumbar Vertebrae with Sacrum Display:

The Lumbar Vertebral Column with Sacrum and Spinal Nerves Model is an anatomical representation of the lumbar vertebrae portion of the human spine. This life-size lumbar column features an emphasized view of the lumbar vertebrae, sacrum, a herniated disc, and spinal nerves.



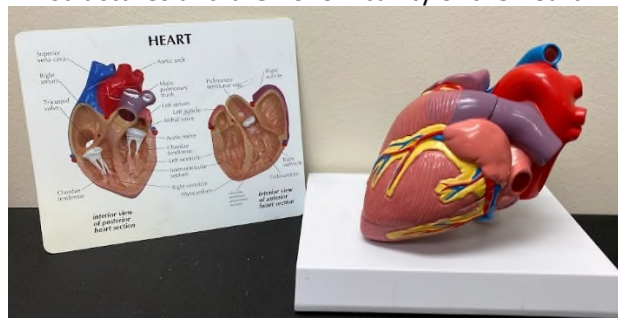
Human Brain Model with Common Pathologies:

This full-sized human brain model features a normal brain half as well as an abnormal half with pathologies that is dissectible into 4 parts. The brain fits inside a partial skull and shows the following pathologies: alcoholism, Alzheimer's, aneurysm, depression-related tumor, seizure-related tumor, migraine, multiple sclerosis, Parkinson's disease, stroke, and subdural hematoma. Also includes the circle of Willis with an aneurysm, which is removable for closer inspection.



The Human Heart Model:

Professional life size human heart model: The Anatomical Heart has a removable heart wall that exposes the internal structures and the hollow cavity of the heart.



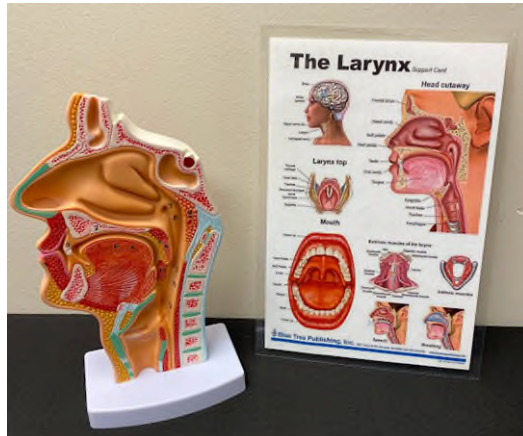
The Human Ear Model:

This model represents the outer, middle and inner ear. Ear has removable eardrum with hammer, anvil and stirrup as well as 2-part labyrinth with cochlea and auditory/balance nerve for detailed study of the anatomy of the human ear. It includes the detail of two removable bone sections to close the middle and inner ear. Human ear model mounted on base for easy display in a classroom or doctor's office.



Human Larynx Model:

A full-scale incised normal model depicts a near-median portion through the nose and nasal passages. Details include the nasal cavity, hard and soft palate, uvula, eustachian tube, and pharyngeal tonsils. Opposite view showing ethmoid and maxillary sinus cavities.



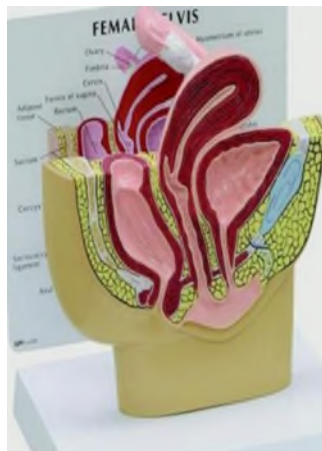
Human Eye Model:

Oversized normal eye model with cut-away to show inner anatomy.



Female Pelvis Model:

Reduced size, mid-sagittal cross-section of the pelvis showing female anatomy, including the ovary and fallopian tube.



Male Pelvis Model:

Reduced size, mid-sagittal section showing the anatomy of the pelvis and testis, includes a normal size prostate. The education card shows three prostate stages including normal and benign hypertrophy.

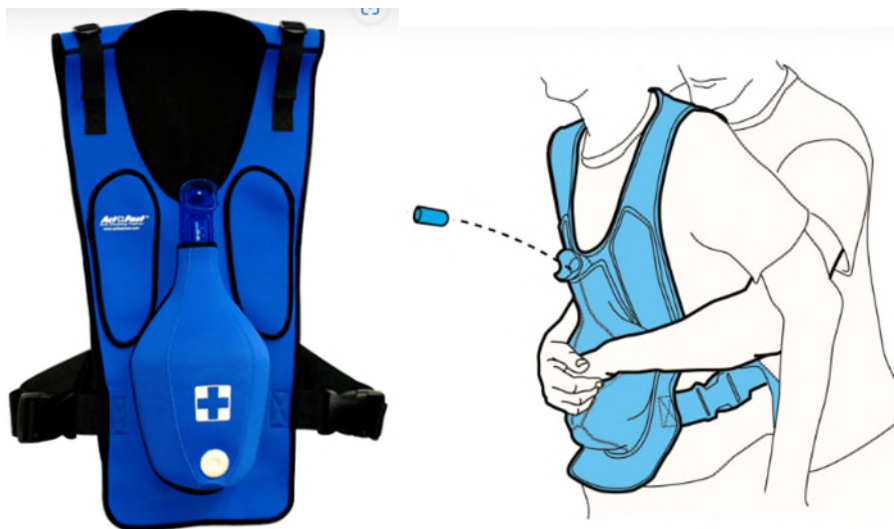


Clinical Education

Act Fast Anti Choking Trainer (2):

The blue trainer features a patented air bladder for practicing the abdominal thrust maneuver (Heimlich) as recommended by the American Heart Association choking rescue protocol. Two vests are available. See it in action:

<https://youtu.be/pfN6FgNmuZs>



Blood Pressure Cuffs and Stethoscopes:

Have your students practice taking manual blood pressure and listen to heart/lung/abdominal sounds.

Available: 15 cuffs and 15 stethoscopes



Dual Head Teaching Stethoscope:

The dual head teaching stethoscope has been designed specifically for training purposes. The teaching stethoscope features two binaural headsets coupled with high quality tubing to a single chest-piece, that allow a teacher and student to listen to heart and chest sounds at the same time.



Injection Pad Trainer:

Injection training pad. Wearable design to increase the realism of the operation.



Pulse Oximetry:

Demonstrate how to use a pulse oximeter and discuss when/where this type of monitoring could be used. Discuss healthcare professionals who might use these.



Otoscope Kit:

Demonstrate how to examine an inner ear using an otoscope.



IO Practice Kit:

In situations where intravenous access is difficult to obtain in emergent, urgent, or medically necessary cases, Intraosseous Vascular Access is an effective solution. Have your students or staff prepared with this Arrow® EZ-IO® TRAINING kit from Teleflex.



Suture Practice Kits (15)

South Central AHEC has 15 suture practice kits available. The kit includes everything pictured as well as suture thread and needles. These are great for practice with advanced provider and medical students. They also make a fun and educational activity at healthcare related camps or high school presentations.

NOTE: Upon returning, please ensure all sutures are removed and kits are re-assembled.



Deluxe Difficult Airway Trainer Manikin:

The Deluxe Difficult Airway Trainer features a manually inflatable tongue to simulate obstructed airway and is designed for training the management of difficult airways. Updated airway allows for insertion of standard airway devices with the addition of the LMA, Combitube and King LT.

- Oropharyngeal and nasopharyngeal airway insertion
- Endotracheal and right mainstem intubation
- Needle or surgical cricothyrotomy
- Retrograde intubation
- Bag-Valve-Mask ventilation
- Tracheal suctioning



Chester Chest Central Line Care

Chester Chest™ makes it possible to teach and practice the infusion, withdrawal, care, securement, and dressings of the following vascular access lines: IVAD placed in the chest, Hickman-like central line, PICC line, IV site and optional Triple lumen jugular and subclavian catheters. With this model, it is possible to simulate accessing the following IVAD placements: normal, “tipping”, “wandering”, or deeply placed. Successful access is confirmed by a blood return. Fluid can be infused and blood withdrawn from all the lines.



Diabetes and Nutrition Education

A1C Levels: An Inside Look Model

Use this essential model to explain A1C levels to patients. One half of the model represents healthy blood glucose and A1C levels by depicting a small number of glucose particles and a red blood cell model that has few glucose particles attached to it. In contrast, the model’s other red blood cell contains excess glucose particles and floats through simulated plasma full of glucose particles, representing high A1C and blood glucose levels. Perfect for breaking down the meaning of A1C levels in easy-to-understand terms.



A1C Levels: An Inside Look™

A A1C test is an important blood test done by your healthcare professional. Using a personal glucose meter, if you your blood glucose (also known as blood sugar) at any one specific time. However, the A1C test gives you an overall picture of your blood sugar management over the past 3 months. When you have diabetes, both your A1C and your day-to-day glucose levels give you and your diabetes care team a good idea of how your diabetes management plan is working.

When blood sugar levels remain too high, the excess blood sugar attaches to red blood cells. The A1C test measures what percentage of your red blood cells has been coated with excess blood sugar. The test result reflects the previous 3-month time period, which is the average life span of a red blood cell. The higher your average blood sugar level during that time, the higher your A1C level.



Healthy Blood Sugar & Healthy A1C

Eating a healthy diet, getting regular exercise, checking glucose levels as directed, and taking prescribed medications can help balance blood sugar levels, which will help maintain a healthy A1C level.



High Blood Sugar & High A1C

Your blood sugar level rises too far into a healthy range at every meal. Because the A1C test provides information about your average level of blood glucose over time, that increase in glucose in blood glucose will have a major or no effect on your A1C result.



High Blood Sugar & High A1C

Over time, high blood glucose levels lead to a high A1C test result and put you at increased risk for long-term complications. You can reduce your risk of complications by keeping your blood glucose in range and meeting your A1C goal.



Healthy Blood Sugar & High A1C

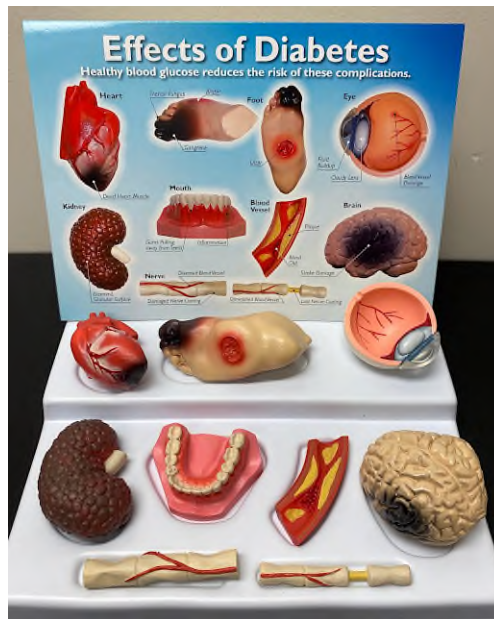
Monitoring day-to-day control and getting regular A1C tests are both important tools for your diabetes management. The A1C level shows your average glucose over time. Fluctuations in blood glucose levels, if you are meeting your A1C goal but have symptoms of high or low blood glucose, tell by your diabetes care team.

The information in this fact sheet is not intended to replace the advice of a healthcare professional. Please ask your healthcare team to understand and maintain your target A1C level and testing schedule.

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The Effects of Diabetes Model:

Raise awareness of the importance of proper diabetes management. This informative display features sculpted replicas of a heart, kidney, brain, eye, lower set of teeth, foot, artery, and nerves. The accompanying key card includes detailed information on the back about how diabetes damages each organ. Perfect for health fairs, doctors' surgeries, classrooms, and diabetes educators.



Diabetes Portion Distortion Plate:

Showcasing images of real food, this dishwasher-safe plate features an attractive design and serves as a great guide for managing portions and types of food to help manage diabetes.



Physical Fitness Education and Activities

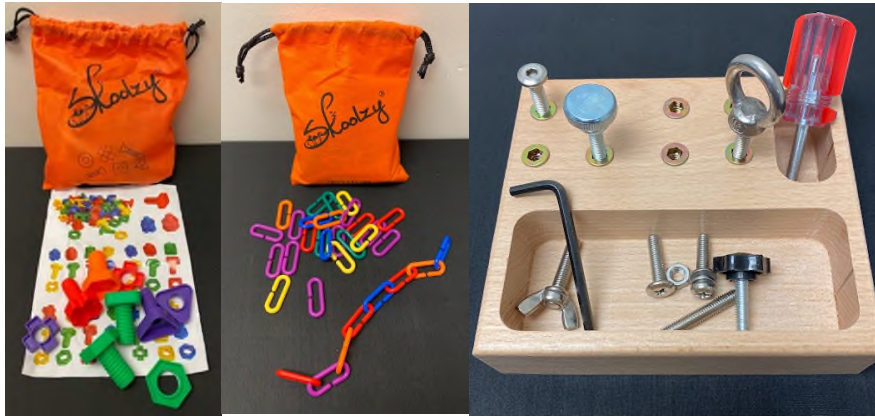
Clever Catch Ball- Nutrition

Inflatable balls feature 60 challenging questions about nutrition, serving sizes, nutrients, exercise, fitness and more. To play, students toss the ball around the room and answer the question closest to their left thumb after they catch it. For 2 or more players. Grades 6-9.



Occupational Therapy Occupational Examples:

Hands on examples demonstrating activities an occupational therapist may use with patients.



Physical Therapy Bands (3)-

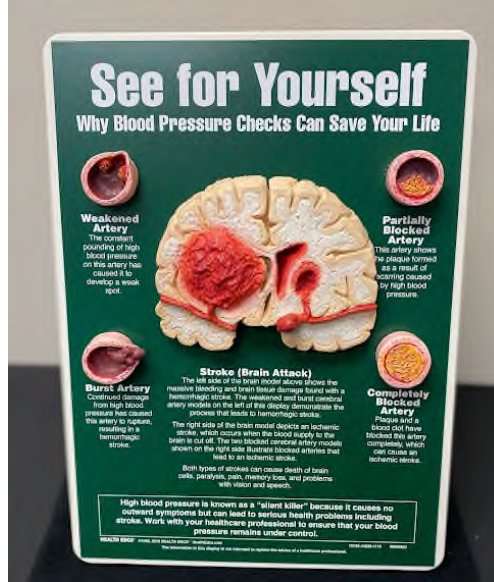
Three physical therapy bands to demonstrate exercises a physical therapist may conduct with patients.



See For Yourself Models

Blood Pressure Checks: See Why BP Checks Can Save Your Life

Patients and students learn the importance of blood pressure checks when they see these hand painted, 3-D models of arteries and this cross section of the brain. Demonstrates the way high blood pressure can silently lead to a potentially deadly stroke. A great way to demonstrate the value of managing blood pressure. Comes with protective fleece cover.



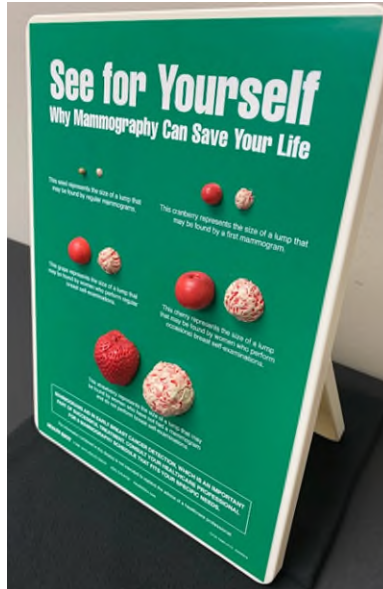
See For Yourself: Why Colorectal Exams Can Save Your Life

The importance of regular colorectal exams is stressed with these five handpainted, 3-D models and simple text. Medically accurate representations depict cross sections of a colon in various stages of cancer development. Great for doctors' offices and health fairs.



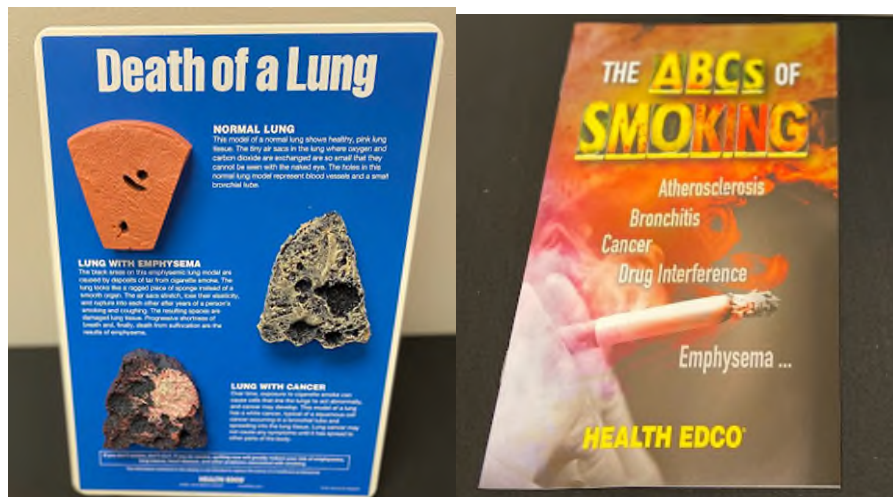
See For Yourself: Why Mammography Can Save Your Life

This attention-getting display uses 3-D, hand painted models to show the sizes of various breast lumps and compares them with seeds and fruits. Stresses that following a mammography schedule in consultation with your healthcare professional is the best defense against breast cancer. Comes with protective fleece cover. 9" x 12".



See For Yourself: Death of a Lung Model

Featuring models of healthy lung tissue, a lung cratered and damaged by emphysema, and a cancerous lung, this tabletop display graphically reveals the inner destruction caused by smoking. Clear, easy-to-understand text describes each model. Also emphasizes not smoking and quitting smoking to improve health. Comes with protective fleece cover. 9" x 12".



See For Yourself: Death of an Artery

A dramatic tabletop display, this set of five artery models graphically shows the smothering effect of waxy plaque buildup inside a coronary artery. As the opening in the artery gets smaller, a heart attack becomes increasingly imminent because of impeded blood flow. The display also emphasizes risk factors for heart disease and working with your healthcare professional to manage risk factors within your control. Comes with protective fleece cover. 9" x 12".



Heart Health Education

Silent Destruction. How High Cholesterol Destroys Arteries Display

This baseball bat-size display hits viewers right between the eyes with a blunt message: What you can't see can kill you. Demonstrating how cholesterol particles attach themselves to artery walls like tiny parasites, viewers see how a clean normal artery can slowly turn into a plaque-encrusted mess eventually leading to heart disease and heart attack.

24 1/2" x 3 1/2".



Substance Use Education

Impaired Acuity Glasses (3):

You'll be bowled over when you put on these goggles, which simulate the nighttime conditions that drunk drivers may face. The goggles demonstrate how alcohol affects depth perception, reaction time, and coordination.



Team Building/ Ice Breakers

Break Out EDU Boxes (12 available)



(South Central AHEC Boxes are Blue)

[Breakout Edu](#) boxes challenge students to use their critical thinking skills to solve clues to crack the code. Think of it as an escape room in a small box. There are multiple locks students will need to de-code. Pre-made games available online or games can be individualized. Critical thinking, collaboration, creativity, and communication skills are fostered every time students play Breakout EDU. While working with peers, players actively use soft skills which help them create connections in and out of the classroom. Wherever learners are in their educational journey, there is a Breakout EDU activity for them.

Chair Yoga Cards

The yoga chair poses for kids are perfect to use for a brain break during class or for a movement activity when introducing a new topic. It's fun and gets kids moving. It's a great idea for pediatric therapists, teachers, school counselors, social workers and more!



Educational Extras

Bones and Muscles Challenge Cards

Quiz your students in this interactive and educational game to help students learn the bones and muscles of the human body in a fun way.



Germ Powder with Light:

Inspire audiences of all ages to see how washing hands can help prevent the spread of germs and illness. This fun activity kit includes an 8-oz container of Germ Powder, which your group sprinkles on their hands or on common objects, such as doorknobs, faucets, countertops, and sponges. Then, after a careful washing of hands and surfaces, use the included UV Flashlight to see the simulated germs glow in the dark, proving just how thoroughly you need to wash to eliminate germs.



True To Life Human X-Rays:

Hold these life-size human x-rays up to the light or use them on a light table (sold separately) and see details of a real skeleton. Arrange them together to reproduce the entire body of a 5' Adult. 18 pc. Set. Ages 5 yrs. +.



Jello Brain Mold

Just for fun display to create a Jell-O mold in the shape of a brain. Could be a neat addition for a health fair or school event.



A Year's Worth of Tar

Provide your group with an up-close view of one of the nasty realities of smoking cigarettes. This longtime favorite leaves a lasting impression in any tobacco education program. Tar is sealed in an easy-to-handle, shatterproof container that allows everyone in your audience to get a firsthand look at the gooey, cancer-causing liquid created by cigarette smoke. Represents the amount of tar that goes through the lungs of a half-pack-a-day smoker in the span of 1 year. 3½" x 5½" x 3½".



Wheel Spinner

Tabletop wheel spinner to make learning fun and engaging. Features a colorful template with 14 customizable slots for logos or text, allowing you to create customized games and prizes according to your needs, along with rewritable acrylic writing board for easy writing and erasing.

