



# **UVa Medical Center TELEVISION Program Guide**

The following channels are provided for your health information. This guide gives you more details about what is offered on each channel. If hearing impaired, push the button on the pillow speaker for the Closed Caption Option. For more information call 924-5724.

**Channels 95 & 96: Video Request (English & Spanish)** – Provides patients with additional information serving as a supplement to the information presented by health care providers.

**Call 2-1600** 24 hours a day to request a video. You will be told which channel will show the video.

**Channel 97: Healthtv** – Provides health related topics repeated throughout the day. (English)

**Channel 98: Newborn Channel (English)** – Provides information for new parents – topics are repeated throughout the day. Also in Spanish on Channel 99

(A separate Spanish Program Guide is also available.)



## **UVA HEALTH SYSTEM TELEVISION STATIONS Provided by Adelphia Cable**

2-SHOPNBC	19-CNBC	36-ESPN2	53-OXY
3-ABC - WVAW	20-UPN-20	37-CSN	54-TCM
4-NBC - WVIR	21-CNBC	38-GOLF	55-AMC
5-QVS - SHOPPING	22-C-Span 2	39- Blank	56-SCIFI
6-CBS - WTVR	23-MSNBC	40-TNT	57-FX
7-PBS - WHITJ	24-CNN	41-TNN	58-Court TV
8-Movie Channel	25-HN	42-FAM	59-HIST
9-FOX-5 - WTTG	26-FOX News	43-DIS	60-FOOD
10-Gvt Access	27-TWC	44-TOON	61-HGTV
11-PBS - WVPT	28-USA	45-NICK	62-CCM
12- Childrens (UVa)	29-A&E	46-AP	63-MTV
13-Public Access	30-LIFE	47-DSC	65-CMT
14-Educational Access	31-E ! TV	48-TLC	70-EWYN
15-C-Span	32-BET	49-HALL	
16- Home Shopping	33-WB	50-TRAV	
17-TV-Guide	34-TBS	51-TVL	
18-CBS - WCAV	35-ESPN	52-BRAVO	



## Program Guide for Channel 97

It's free on  
your tv  
24 hours  
a day!

### CARE FOR YOUR HEART

***High Blood Pressure: What Does it Mean to You? 14 minutes***

6:04am 9:04am 12:04pm 3:04pm 6:04pm 9:04pm 12:04am 3:04am

***Living with Heart Failure 13 minutes***

6:18am 9:18am 12:18pm 3:18pm 6:18pm 9:18pm 12:18am 3:18am

***Cholesterol and You 10 minutes***

6:30am 9:30am 12:30pm 3:30pm 6:30pm 9:30pm 12:30am 3:30am

***Recovery from Heart Surgery 15 minutes***

6:42am 9:42am 12:42pm 3:42pm 6:42pm 9:42pm 12:42am 3:42am

### CANCER IN THE FAMILY

***Talking About Cancer 12 minutes***

7:00am 10:00am 1:00pm 4:00pm 7:00pm 10:00pm 1:00am 4:00am

***Clinical Trials 10 minutes***

7:12am 10:12am 1:12pm 4:12pm 7:12pm 10:12pm 1:12am 4:12am

***Understanding Chemotherapy 12 minutes***

7:22am 10:22am 1:22pm 4:22pm 7:22pm 10:22pm 1:22am 4:22am

***Understanding Radiation 7 minutes***

7:35am 10:35am 1:35pm 4:35pm 7:35pm 10:35pm 1:35am 4:35am

***Nutrition & Recovery 8 minutes***

7:41am 10:41am 1:41pm 4:41pm 7:41pm 10:41pm 1:41am 4:41am

***Controlling Nausea 7 minutes***

7:49am 10:49am 1:49pm 4:49pm 7:49pm 10:49pm 1:49am 4:49am

***Advance Directives 2 minutes***

7:57am 10:57am 1:57pm 4:57pm 7:57pm 10:57pm 1:57am 4:57am

### SMALL CHANGES CAN MAKE A BIG DIFFERENCE

***Overcoming Depression 12 minutes***

8:00am 11:00am 2:00pm 5:00pm 8:00pm 11:00pm 2:00am 5:00am

***Medication Safety 8 minutes***

8:12am 11:12am 2:12pm 5:12pm 8:12pm 11:12pm 2:12am 5:12am

***Managing Pain: There's Lots to Gain 13 minutes***

8:21am 11:21am 2:21pm 5:21pm 8:21pm 11:21pm 2:21am 5:21am

***Supporting Role: Social Worker 3 minutes***

8:40am 11:40am 2:40pm 5:40pm 8:40pm 11:40pm 2:40am 5:40am

***Eating and Aging 7 minutes***

8:34am 11:34am 2:34pm 5:34pm 8:34pm 11:34pm 2:34am 5:34am

***Diabetes: Preventing Complications 12 minutes***

8:44am 11:44am 2:44pm 5:44pm 8:44pm 11:44pm 2:44am 5:44am

***Diabetes: Medications 4 minutes***

9:00am 12:00pm 3:00pm 6:00pm 9:00pm 12:00am 3:00am 6:00am



# Program Guide for Channel 98

Television programming on baby care, and postpartum topics available in your room,  
24 hours a day.

SUBJECT	PROGRAM DESCRIPTION	VIEWING TIMES		
DEVELOPMENT	<b>Begin with Love</b>	6:00am	2:00pm	10:00pm
BREASTFEEDING	<b>A Mother's Gift</b>	6:30am	2:30pm	10:30pm
POSTPARTUM CARE	<b>Bewitched, Bothered, Bewildered</b>	7:00am	3:00pm	11:00pm
SMOKING CESSATION	<b>Mommy Don't Smoke</b>	7:12am	3:12pm	11:12pm
PREMATURITY	<b>When Baby Arrives Early</b>	7:17am	3:17pm	11:17pm
SAFETY	<b>Keep an Eye on Me</b>	7:28am	3:28pm	11:28pm
POSTPARTUM CARE	<b>Postpartum Emotions</b>	7:34am	3:34pm	11:34pm
INFANT CARE	<b>Infant Feedings</b>	7:54am	3:54pm	11:54pm
HEALTHY MOM	<b>Recovery from Cesarean Birth</b>	8:00am	4:00pm	12:00am
INFANT CARE	<b>Jaundice and Your Newborn</b>	8:12am	4:12pm	12:12am
INFANT CARE	<b>Newborn Circumcision</b>	8:18am	4:18pm	12:18am
HEALTHY MOM	<b>Newborn Woman</b>	8:30am	4:30pm	12:30am
DEVELOPMENT	<b>The Play's the Thing</b>	8:51am	4:51pm	12:51am
POSTPARTUM CARE	<b>Understanding Postpartum</b>	9:00am	5:00pm	1:00am
BREASTFEEDING	<b>Straight Talk from Breastfeeding Moms</b>	9:15am	5:15pm	1:15am
DEVELOPMENT	<b>A Sound Beginning</b>	9:41am	5:41am	1:41am
DEVELOPMENT	<b>Mothers Know Best</b>	9:48am	5:48am	1:48am
HEALTHY MOM	<b>Sleep Like a Baby</b>	9:54am	5:54am	1:54am
HEALTHY BABY	<b>Well-Baby Visits</b>	10:00am	6:00pm	2:00am
BREASTFEEDING	<b>Newborn News</b>	10:09am	6:09pm	2:09am
HEALTHY BABY	<b>Immunizations: Protecting Our Future</b>	10:13am	6:13pm	2:13am
POSTPARTUM CARE	<b>The New Mother: Putting it All Together</b>	10:25am	6:25pm	2:25am
SHAKEN BABY	<b>Portrait of Promise</b>	10:40am	6:40pm	2:40am
INFANT CARE	<b>Bringing Baby Home</b>	10:52am	6:52pm	2:52am
AUTO SAFETY	<b>Car Seat Safety</b>	11:00am	7:00pm	3:00am
HEALTHY BABY	<b>Back to Sleep</b>	11:15am	7:15pm	3:15am
HEALTHY BABY	<b>Newborn Care</b>	11:19am	7:19pm	3:19am
HEALTHY MOM	<b>Women's Health with Dr. Holly Atkinson</b>	12:00pm	8:00pm	4:00am
FAMILY LIVING	<b>Siblings and Family Living</b>	12:13pm	8:13pm	4:13am
FATHERING	<b>Listening to New Fathers</b>	12:21pm	8:21pm	4:21am
BREASTFEEDING	<b>Case for Breastfeeding</b>	12:26pm	8:26pm	4:26am
HEALTHY MOM	<b>Nutrition Made Easy</b>	12:44pm	8:44pm	4:44am
EXERCISE FOR MOM	<b>Losing Your Mummy Tummy</b>	12:50pm	8:50pm	4:50am
HEALTHY BABY	<b>First Aid: Rescue Breathing and CPR</b>	1:00pm	9:00pm	5:00am
INFANT CARE	<b>Bath Time</b>	1:10pm	9:10pm	5:10am
BREASTFEEDING	<b>Simple Solutions</b>	1:25pm	9:25pm	5:25am



## Request Video Guide for Channel 95 or 96

DVD programming on a variety of topics, available in your room, 24 hours a day –  
**Call 2-1600**

<b>Number</b>	<b>Title</b>	<b>Description</b>
TV-001 15 mins	<b>Smoking: Getting Ready to Quit</b>	Very Basic - Helps smokers think about quitting as well as develop the skills they need to quit.
TV-002 6 mins	<b>Smoking Cessation, Stages of Change</b>	Presents the reasons for quitting smoking and the stages of getting ready to quit.
TV-003 6 mins	<b>Smoking Cessation, Relapse Prevention</b>	Learn about the relapse "triggers" of smoking and coping strategies to fight the urge
TV-004 7 mins	<b>Relaxation Exercises</b>	Illustrates ways of relaxation inc. deep breathing, progressive muscle relaxation, & visualization.
TV-005 6 mins	<b>Sleep Hygiene</b>	Discusses getting a good night's sleep, including sleep schedule, sleep efficiency, etc.
TV-006 7 mins	<b>Hypertension</b>	Discusses the symptoms of hypertension, its treatment, and activities to do and to avoid.
TV-007 11 mins	<b>Stroke: Reducing the Risk</b>	Defines and illustrates the causes of a stroke. Patients learn warning signs and prevention
TV-008 12 mins	<b>Heart Surgery: First Days of Your Recovery</b>	Patients learn how to take an active role in their recovery process after heart surgery.
TV-009 12mins	<b>Beginning a Cardiac Rehabilitation Program</b>	Provides an overview of what to expect during each phase of a cardiac rehabilitation program.
TV-010 12 mins	<b>Recovering from a Heart Attack</b>	Explains what causes a heart attack and what to expect in the hospital, and for possible procedures.
TV-011 7 mins	<b>Heart Failure: Get Ready to Leave the Hospital</b>	Describes how patients can control heart failure.
TV-012 17 mins	<b>Managing Your COPD</b>	Treatment of COPD: quitting smoking, breathing, medications, diet, and managing excess mucus.
TV-013 17 mins	<b>Pulmonary Medications and Hygiene</b>	Benefits of oxygen, bronchodilators, steroids, and antibiotics & how to use a metered-dose inhaler.
TV-014 15 mins	<b>What is Diabetes? (Type 2)</b>	Summarizes symptoms and complications of Diabetes Type 2, and treatment plan.
TV-015 5 mins	<b>Diabetic Ketoacidosis</b>	Explains the causes and warning signs of Diabetic Ketoacidosis, its treatment and prevention
TV-016 12 mins	<b>Low Back Pain</b>	Offers guidelines for good posture when standing, walking, sitting, driving, and lifting.
TV-017 5 mins	<b>Pneumococcal Vaccination</b>	Offers the reasons for receiving a Pneumococcal Vaccination and who should receive it.
TV-018 10 mins	<b>MRSA Care &amp; Treatment</b>	Methicillin-resistant Staphylococcus aureus
TV-019 10 mins	<b>VRE Care &amp; Treatment</b>	Vancomycin-resistant Enterococci
TV-020 20 min	<b>Life After Your Ostomy</b>	Explains what an Ostomy is and describes how to care for yourself.