

PARALYZED VETERANS OF AMERICA



# PUBLICATIONS CATALOG

*Selected Titles Available in Spanish*



PVA MEMBERS EDITION

This publications catalog is for use by PVA chapters, members, and national service offices only. The catalog provides a brief description of the educational materials and videotapes that PVA produces as well as other material available from other sources that PVA has supported and been involved with. An order form and instructions on how to order are provided, along with prices (if applicable), which include shipping costs. Please note that PVA will be charging the general public and **members** for downloading PVA's online publications. If you are interested in purchasing an on-line publication, please visit [www.pva.org](http://www.pva.org).

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  - the web site [www.pva.org](http://www.pva.org) for downloadable publications
  - TASC0's toll-free phone number (888) 860-7244 to buy publications

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## Clinical Practice Guidelines for Spinal Cord Injury

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### Acute Management of Autonomic Dysreflexia: Individuals with Spinal Cord Injury Presenting to Health-Care Facilities, 2nd edition

This clinical practice guideline summarizes treatment recommendations for the potentially life-threatening condition of autonomic dysreflexia, a medical complication that often occurs in individuals with spinal cord injury at the level of T6 or above, but with which many health-care practitioners may be unfamiliar. Published by PVA on behalf of the Consortium for Spinal Cord Medicine.

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#2900-154— **\$4.34** member price  
(\$19.95 retail price)



### Depression Following SCI

This guideline covers the full range of diagnostic and treatment processes for depression. Recommendations are provided on general risk factors for depression; on the signs and symptoms of depression; and on the biological, psychological, and social factors that cause or contribute to depression. Other recommendations focus on the use of psychopharmacological agents, on the selection of psychological interventions for specific problems, and on treatment strategies. Published by PVA on behalf of the Consortium for Spinal Cord Medicine.

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#2900-89— **\$3.24** member price  
(\$19.95 retail price)



### Neurogenic Bowel Management in Adults with Spinal Cord Injury

This guide provides recommendations in the development, modification, and maintenance of bowel management programs for individuals with neurogenic bowel following a spinal cord injury. Published by PVA on behalf of the Consortium for Spinal Cord Medicine.

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#2900-114— **\$3.32** member price  
(\$19.95 retail price)



### Outcomes Following Traumatic SCI

This guideline provides the best available answer to the question, “What functional and psychosocial outcomes can be expected after SCI?” based on evidence in the literature, information from large SCI databases, and consensus opinions of experts. In addition, the guideline makes recommendations regarding the management of outcomes through appropriate assessment, goal setting, and documentation. Published by PVA on behalf of the Consortium for Spinal Cord Medicine.



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#2900-137— **\$3.39** member price  
(\$19.95 retail price)



**Pressure Ulcer Prevention and Treatment Following Spinal Cord Injury**

This guideline describes effective strategies for identifying risk and reducing the incidence, prevalence, and recurrence of pressure ulcers, a lifelong complication of SCI. The recommendations cover a broad spectrum of issues: prevention, risk factors, risk assessment, risk assessment tools; nutrition; assessment of the individual and the ulcer itself; nonsurgical and surgical treatments and their complications; and support surfaces and positioning for managing tissue loads. The guideline is designed to be used by physicians in a number of specialties, nurses, physical and occupational therapists, social workers and psychologists, and people with SCI and their families. Published by PVA on behalf of the Consortium for Spinal Cord Medicine.

#2900-145— **\$5.04** member price  
(\$19.95 retail price)

★ ★ ★ ★

**Prevention of Thromboembolism in Spinal Cord Injury, 2nd edition**

This guideline summarizes treatment recommendations for prevention of thromboembolism (also called deep vein thrombosis), a condition that often occurs soon after spinal cord injury. Published by PVA on behalf of the Consortium for Spinal Cord Medicine.

#2900-72— **\$3.30** member price  
(\$19.95 retail price)

★ ★ ★ ★

**Autonomic Dysreflexia Poster**

This poster illustrates the most common warning signs of autonomic dysreflexia and provides an algorithm showing the treatment path. This poster contains three posters in one: the first is 22” by 33” or reverse the poster and cut in half to have two 15” x 22” posters. Highly recommended for emergency rooms, doctor’s offices, treatment centers, and rehabilitation centers.

#2900-105 (English)— **FREE** to members

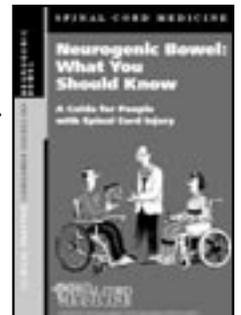
#2900-106 (Spanish)— **FREE** to members

★ ★ ★ ★

**Consumer Guides on SCI**

**Autonomic Dysreflexia: What You Should Know**  
(including wallet card)

This consumer guide explains in clear language the most common warning signs of autonomic dysreflexia and what steps to follow if you think you are experiencing an episode of this life-threatening condition. Attached in the back of the guide is a wallet card that summarizes the common warning signs and steps to follow. All information has been prepared by a committee of qualified professionals based on scientific and professional knowledge about autonomic dysreflexia, its causes, and treatments. Published by PVA on behalf of the Consortium for Spinal Cord Medicine.



#2900-142 (English)— **\$2.54** member price

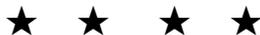
#2900-104 (Spanish)— **\$2.63** member price  
(\$9.95 English or Spanish retail price)

★ ★ ★ ★

**Depression:  
What You Should Know**

Mood disorders like depression are common among people who have chronic health conditions, including people with spinal cord injury. This consumer guide offers information on how to spot depression, the causes, how to get help and treatments available, and much more. Published by PVA on behalf of the Consortium for Spinal Cord Medicine.

#2900-141— **\$1.38** member price  
(\$9.95 retail price)



**Neurogenic Bowel:  
What You Should Know**

Provides information that will help the reader understand how spinal cord injury can affect and change bowel function and ways to deal with the changes. Published by PVA on behalf of the Consortium for Spinal Cord Medicine.

#2900-126— **\$1.65** member price  
(\$9.95 retail price)



**Pressure Ulcers:  
What You Should Know**

Anyone who has a compromised ability to move about and feel sensations is a prime candidate for developing a pressure ulcer. Based on the professional, evidence-based guideline, this book suggests various strategies to prevent pressure ulcers and provides consumers guidance in making decisions required to restore health, independence, control, and self-esteem to people with a spinal cord injury.

#2900-160— **\$2.31** member price  
(\$9.95 retail price)



**Expected Outcomes:  
What You Should Know**

This series of eight guides describes outcomes according to level of spinal cord injury (C1-3, C4, C5, C6, C7-8, T1-9, T10-L1, L2-S5). Each guide provides individual guidance on what people with different levels of SCI can reasonably expect for daily functions. This information can help people with SCI and those who care for and about them to understand the present and plan for the future. Each book explains what a person with SCI can expect to do one year after injury; what help will be needed with daily life tasks at home, at work, and in the community; what equipment can help make a person with SCI more independent.



**Books by Level of Spinal Cord Injury**

- C1-3.....#2900-163— **\$3.00** member price
- C4 .....#2900-164— **\$3.00** member price
- C5 .....#2900-165— **\$3.00** member price
- C6 .....#2900-166— **\$3.00** member price
- C7-8.....#2900-167— **\$3.00** member price
- T1-9.....#2900-168— **\$3.00** member price
- T10-L1 #2900-169— **\$3.00** member price
- L2-S5....#2900-170— **\$3.00** member price  
(\$9.95 retail price for each)

**SET OF ALL EIGHT**

#2900-162— **\$10.95** member price  
(\$69.95 retail price)

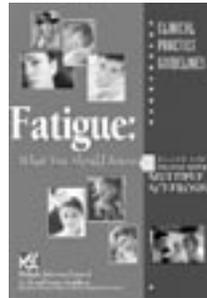


## Clinical Practice Guidelines on Multiple Sclerosis

### Fatigue and Multiple Sclerosis

Fatigue is now recognized as the most common symptom of MS. This guideline provides an algorithm intended to guide clinicians in the evaluation and treatment of MS-related fatigue.

Published by PVA on behalf of the Multiple Sclerosis Council for Clinical Practice Guidelines.



Available on web site only: [www.pva.org](http://www.pva.org)



### Urinary Dysfunction and Multiple Sclerosis

Bladder dysfunction is present in the majority of people with MS. This guideline offers a sequential pathway for management of bladder dysfunction in an office or clinic setting. The guideline is intended to supplement the standard neurological assessment and presupposes prior exclusion of coexisting pelvic floor pathology. Published by PVA on behalf of the Multiple Sclerosis Council for Clinical Practice Guidelines.

#2900-120— **FREE** to members



### Disease Modifying Therapies in Multiple Sclerosis

Recently, there has been a considerable increase in the number of agents available for treatment of MS, particularly those designed to prevent or postpone future neurological injury. This guideline considers the available evidence for the clinical use of these disease-modifying agents, including anti-inflammatory, immunomodulatory, and immunosuppressive treatments. Produced by PVA and printed by PVA's Eastern chapter on behalf of the Multiple Sclerosis Council for Clinical Practice Guidelines.

#2900-155— **FREE** to members



## Other Related MS Publications

### Multiple Sclerosis: A Self-Care Guide To Wellness

This book is designed to provide up-to-date, practical tips on self-care and promote maximum independence and well-being, concentrating on helping people with MS help themselves. Covers topics related to MS and its implications, such as:

- Fatigue and pain management
- Maintaining joint flexibility
- Managing memory problems
- Bladder and bowel management
- Skin care
- Coping with stress
- Sexual changes
- Exercise options
- Nutrition

#5200-78— **\$9.61** member price  
(\$17.95 retail price)



## The Independent Budget for the Department of Veterans Affairs

A detailed budget collectively formulated by AMVETS, the Disabled American Veterans, PVA, and the Veterans of Foreign Wars designed to meet veterans' needs through programs administered by the Department of Veterans Affairs and other federal agencies. This book is produced annually.

— **FREE** to members

Also available on the web site:  
[www.independentbudget.org](http://www.independentbudget.org)



## The Independent Budget for the Department of Veterans Affairs, Executive Summary

An overview addressing the key issues and conclusions of the detailed budget collectively formulated by AMVETS, DAV, PVA, and VFW designed to meet veterans' needs through programs administered by the Department of Veterans Affairs and other federal agencies. This book is produced annually.

— **FREE** to members

Also available on the web site:  
[www.independentbudget.org](http://www.independentbudget.org)



## The Americans with Disabilities Act: Your Personal Guide to the Law

An overview of the provisions of the Americans with Disabilities Act. This guide provides information on the provisions covering employment regulations, state and local governments, public accommodations, transportation, telecommunications, and tax incentives.

Available Spring 2003

— **FREE** to members



## The Law of Veterans Benefits: Judicial Interpretation\*

This is the definitive reference book for attorneys, law students, nonattorney representatives, and others interested in veterans rights. This third edition analyzes the case law of the U.S. Court of Appeals for Veterans Claims through June 30, 2002, and the impact of recent legislative changes, especially the Veterans Claims Assistance Act of 2000. It was written by William F. Fox, Jr., a leading expert in administrative law.



\*The previous two editions of this book were entitled *The United States Court of Appeals for Veterans Claims: An Analysis of the Jurisprudence, Organization, and Operation of the Newest Article One Court*.

#8150-172—**\$10.49** member price  
(\$35.00 retail price)



## The United States Board of Veterans' Appeals: The Unfinished Struggle to Reconcile Speed and Justice during Intra-Agency Review

This study, by a preeminent administrative law scholar with in-depth expertise in veterans law and benefits claims, reviews the history, composition, and workings of the Board of Veterans' Appeals. It compares the Board with other intra-agency review bodies and makes recommendations for changes in structure and procedures. This is an invaluable resource for veterans and their representatives and others interested in the structure and function of administrative agencies.

#8150-148— **\$8.08** member price  
(\$12.00 retail price)



**The Air Carrier Access Act:  
Make It Work for You**

In 1990, the Department of Transportation (DOT) issued regulations to enforce the Air Carrier Access Act, which guarantees that people with disabilities receive consistent and nondiscriminatory treatment when traveling by air. This brochure explains some of those regulations and provides information about what to do in case you are discriminated against by an air carrier.

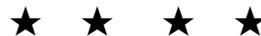
Available on the web site only:  
[www.pva.org](http://www.pva.org)



**The ADA: Tax Incentives:  
Assisting Accessibility**

This brochure provides basic information on Sections 44 and 190 of the Internal Revenue Code, which provide tax incentives for businesses that remodel or in other ways make their premises more accessible, to comply with the Americans with Disabilities Act (ADA).

Available on the web site only:  
[www.pva.org](http://www.pva.org)



# Living with SCI/D

## Yes, You Can! A Guide to Self-Care for Persons with Spinal Cord Injury, 3rd edition

This extremely popular guide to self-care for people with spinal cord injury has been updated and expanded. The third edition includes six new chapters on pain, substance abuse, exercise, alternative medicine, equipment, and staying healthy.

Written by experts, *Yes, You Can!* is a guide for both the newly injured patient in the SCI unit and the SCI patient who is out of the hospital. This guide will also serve as a useful resource for family members.



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#5200-149— **\$8.00** member price  
(\$15.00 retail price)



## Accessible Home Design: Architectural Solutions for the Wheelchair User



This book explains and illustrates practical and economical architectural designs that will help make new and renovated single-family homes accessible. Chapters focus on such critical areas as kitchens, bathrooms, and multiple levels.

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#2500-128— **\$6.50** member price  
(\$22.95 retail price)



## A Guide to Wheelchair Selection: How to Use the ANSI/RESNA Wheelchair Standards to Buy a Wheelchair

This book provides useful information on wheelchair standards and test procedures in a well-organized, consumer-friendly format. By explaining how to use the information disclosed by test procedures, the book can help wheelchair users be more informed when selecting a wheelchair.



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#5200-1— **\$7.15** member price  
(\$19.95 retail price)



## Wheelchairs: Your Options & Rights—Guide to Obtaining Wheelchairs from the Department of Veterans Affairs

Describes the eligibility criteria for veterans who need to obtain wheelchairs from the U.S. Department of Veterans Affairs (VA). Also discusses the prescription and issuance process, as well as the types of wheelchairs that can be provided.

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#1010-54 (English)— **FREE** to members

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#1010-77 (Spanish)— **FREE** to members



**The Manual Wheelchair Training Guide**

This manual can teach wheelchair users and their helpers to access the world with a full range of manual wheelchair skills. Clear instructions accompanied by detailed illustrations of each skill show the readers how to negotiate terrain as mundane as indoor floors and as challenging as escalators.

**\$20.00\***

*\*plus shipping and handling*

Available from:  
 Pax Press  
 P.O. Box 69  
 Minden, NV 89423-0069  
 (775) 783-8822  
 paxpress @beneficialdesigns.com

★ ★ ★ ★

**The Powered Wheelchair Training Guide**

This book will help powered wheelchair users and their training assistants develop the skills to negotiate commonly encountered environments such as ramps, tight spaces, and curb ramps. Also includes tips on how to use public transportation, traveling in inclement weather, and how to handle emergencies.

**\$20.00**

*\*plus shipping and handling*

Available from:  
 Pax Press  
 P.O. Box 69  
 Minden, NV 89423-0069  
 (775) 783-8822  
 paxpress @beneficialdesigns.com

★ ★ ★ ★

**Managing Personal Assistants, A Consumer Guide**

This consumer guide features information on recruiting, hiring, training, keeping, and firing personal assistants, as well as on funding sources and taxes. Contains forms that guide the consumer through the process of managing personal assistants.



#2900-145— **\$5.40** member price  
 (\$15.95 retail price)

★ ★ ★ ★

**The Keys to Managed Care: A Guide for People with Physical Disabilities**

This guide has been developed to help people with physical disabilities who are already in managed care plans learn how they can get the best health care possible. The information in this guide was collected by talking to people with disabilities. In speaking with these individuals, it became clear that they were all using a small set of specific strategies to get the services they needed from their managed care plans. These strategies are described in this guide as the keys to getting better health care.

#2900-147— **FREE** to members

★ ★ ★ ★

### Skin Care: Preventing Ulcers

This VHS videotape looks at six important aspects in caring for your skin: good nutrition, regular skin inspection, fluid intake, simple exercises, taking medicine, and hints for prevention of pressure ulcers.

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#5200-95— **\$5.00** member price  
(\$12.00 retail price)



### PVA Guide to Federal Health Programs

This booklet provides a short description of each federal program, its eligibility requirements, the coverage and benefits it provides, and sources for more information. Also included is a glossary of terms.

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#2900-138— **FREE** to members



### On the Move: A Financial Guide for Persons with Spinal Cord Injury

This book provides financial guidance for people with spinal cord injury, covering such topics as medical care and equipment, VA benefits, employment, hiring a personal assistant, and adapting your home. Intended for both the newly injured and those with sustained spinal cord injury, the book will help you find ways to pay for your special care needs, cope with everyday expenses, and plan financially for the future. It includes a helpful resource section.

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#5200-171— **FREE** to members



### An Introduction to Spinal Cord Injury: Understanding the Changes, 4th edition

This booklet provides basic information about spinal cord injury, suggests additional readings, and has a glossary of terms.

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#5200-158— **\$2.71** member price  
(\$5.00 retail price)



### SCI Health Education MultiMedia Series

This informative CD contains five individual instructional programs on issues related to spinal cord injury:

- Functional Goals Following Spinal Cord Injury
- Prevention of Pressure Sores through Skin Care
- Prevention and Treatment of Urinary Tract Infection
- Understanding and Managing Respiratory Complications
- Challenges of Spastic Hypertonia

The series was created in PowerPoint for Windows applications. It can be used as a stand-alone program for personal information or instructional use. Each program has a voice-over narration, text script, and additional information, such as SCI infosheets and web links.

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**\$5.00**  
(includes shipping and handling)

Available from:  
University of Alabama  
Dept. of Physical Medicine and Rehabilitation  
619 19th Street S, SRC-529  
Birmingham, AL 35249-7330  
(205) 934-3283  
[www.spinalcord.uab.edu/show.asp](http://www.spinalcord.uab.edu/show.asp)



# About PVA

## Continuing to Serve Pamphlet and Video

This pamphlet is an overview of PVA's mission, services, departments and programs, and chapters. Learn how PVA continues to serve its members, other veterans, and the disability community and is an advocate for veterans' benefits and for the rights of all citizens with disabilities.

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— **FREE** to members

This videotape is a companion piece to the *Continuing to Serve* pamphlet. The tape provides an overview of PVA's services, departments, and chapters. Running time is 8 minutes and 10 seconds.

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— **FREE** to members



## Paralyzed Veterans of America Annual Report

PVA's annual report covers its mission; provides information on the programs and areas of special focus; reports on PVA's funding, revenue, and expenses; and lists special donors.

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Also available on the web site:  
[www.pva.org](http://www.pva.org)



## PVA Research, Education, and Practice Guideline Program Annual Report

This PVA program supports research, education, and training programs on spinal cord dysfunction, as well as the development of clinical practice guidelines. These activities are primarily coordinated through the Spinal Cord Research Foundation (SCRF), and the Spinal Cord Injury Education and Training Foundation (ETF).

PVA is dedicated to enhancing the quality, appropriateness, and cost-effectiveness of care delivered to people with SCI. To achieve this goal, the Consortium for Spinal Cord Medicine with PVA's support develops and disseminates clinical practice guidelines (CPGs) based on scientific evidence and expert consensus, as well as guides for consumers.

This annual report provides information on currently funded projects of PVA's foundations, practice guideline development, and other special projects that the program supports.

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