

The Teach-Back Method

The Teach-back Method: Teach-back is a way for practitioners to confirm that what they explain to the patient was clear and understood. Patient understanding is confirmed when the patient explains it back to the practitioner or does a return demonstration (instead of just saying, “Yes, I understand.”)

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Teachback

Review for
much more
than
teach-back

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Nevada Partnership for Value-Driven Healthcare

HealthInsight

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The Teach-Back Method

See websites for a training program

- http://healthliteracymn.org/sites/default/files/images/files/Teach-Back%20program%20guide_updated%20060412.pdf
- <http://www.nchealthliteracy.org/toolkit/tool5.pdf>

See website for YouTube (video) training

- <http://www.youtube.com/watch?v=90UYktrxClg>

Sample teach-back questions for Heart Failure: “Help me determine if I forgot anything by answering these questions”:

- What is the name of your water pill?
- How are you going to take your water pill?
- What weight gain should you report to your doctor?
- What foods should you avoid?
- What symptoms should you report to your doctor?