





## **Teach-Back Starter Sentences**

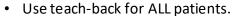
Use these starter sentences to help initiate the conversation.

### Can you tell me in your own words...

- 1. Why you are in the hospital today?
- 2. Why you should keep your doctor appointment even if you are or are not feeling well?
- 3. What were the signs that made you come to the hospital?
- 4. What is this medication used for; what does it help with?
- 5. When is it recommended to take this medication?
- 6. What food should you avoid when on this medication?
- 7. What is likely to happen if you stop taking your medications?
- 8. What actions do you need to do within two days of being home?
- 9. What kind of signs might mean that you should call your doctor?
- 10. Why should you reduce salt in your diet?
- 11. What are a few ways you can reduce salt in your food intake?
- 12. How can you keep track of the amount of fluids you drink through the day?
- 13. Why is the daily routine of weighing yourself at certain times so important?
- 14. Why is the doctor asking you to follow up with your regular doctor?

### Teach-back Pocket Cards (clip and save)

# Teach-Back Quick Guide I want to make sure I expla



- Start with the most important message.
- Limit to 2–4 key points.
- Use plain language.
- Rephrase message until the patient demonstrates clear understanding.

### **Example of Teach-Back Starters**

- "Just to be safe, I want to make sure we are on the same page. Can you tell me ...."
- "I want to make sure that I explained things clearly. Can you explain to me ...."
- "Can you show me how you would use your inhaler at home?"

### I want to make sure I explained things clearly. Can you tell me in your own words ...

- What is the medical problem you are being seen for?
- What is this medication used for; what does it help with?
- What is likely to happen if you stop taking your medications?
- What kind of signs might mean that you should call your doctor?
- What actions do you need to do within two days of being home?
- Why is the doctor asking you to follow up with your regular doctor?

