



Teach-Back Starter Sentences for Heart Failure Patients

Can you tell me in your own words...

1. What is this medication used for/what does it help with?
2. When is it recommended to take this medication?
3. What is not recommended when you are on this medication?
4. What is likely to happen if you stop taking your medications?
5. Why is it important to have your blood monitored while on this medication?
6. Why is it recommended to keep an up-to-date medication list?
7. How will you keep track of your weight and when would it be time to call your doctor for help?
8. What are a few ways you can reduce sodium in your food intake?
9. Name three foods that are high in sodium and why you should reduce sodium in your diet?
10. How can you keep track of the amount of fluid you drink throughout the day?
11. Why is this daily routine of weighing yourself at certain times so important?
12. What would the schedule for weighing yourself look like if we wrote it down?
13. What type of exercise is good to stay active?
14. Why should you keep your doctor appointments even if you are or are not feeling well?
15. What are some things you can do to remember appointments?
16. Who can you call and what steps do you have to follow to ask for a ride to your appointments?
17. Can you name a few reasons why your hospital doctor is asking you to follow up with your regular doctor or specialist?
18. What are the benefits from participating in the home health services the doctor has recommended?
19. What services has your doctor recommended after discharge and why are these important?
20. What kind of symptoms might mean that you should call your doctor?
21. When should you call 9-1-1 and what information is important to share with the ambulance crew?