



Teach-Back Starter Sentences

I want to be sure that I explained _____ thoroughly because it is so important to help you stay healthy/continue to get better/stay independent in your home as long as possible.

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. When you are home with your son, what would the schedule be for you to give him his medication?
5. What is likely to happen if you stop taking your medications?
6. Why is testing your blood sugar and writing down the results so important?
7. What would the schedule for testing your blood sugar look like if we wrote it down?
8. Where are a few places you could call or go to for help with your diabetic supplies?
9. How will you keep track of your blood sugar and when would it be time to call your doctor or a helpline (e.g., NurseWise) for help?
10. Where are a few places or who are a few people you could call if you started to feel like cutting on yourself?
11. What are a few ways you can reduce sodium 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. What would the schedule for weighing yourself look like if we wrote it down?
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. What are a few reasons the emergency department doctor is asking you to follow up with your regular doctor?
18. What are the benefits you will receive from participating in the home health services the doctor has recommended?
19. What kind of physical feelings (symptoms) might mean that you should call your doctor?
20. What kind of thoughts mean that you should call someone on your support list?
21. When do you know you should call 911?
22. What information is the most important for you to tell the ambulance crew if you ever have to call 911?