

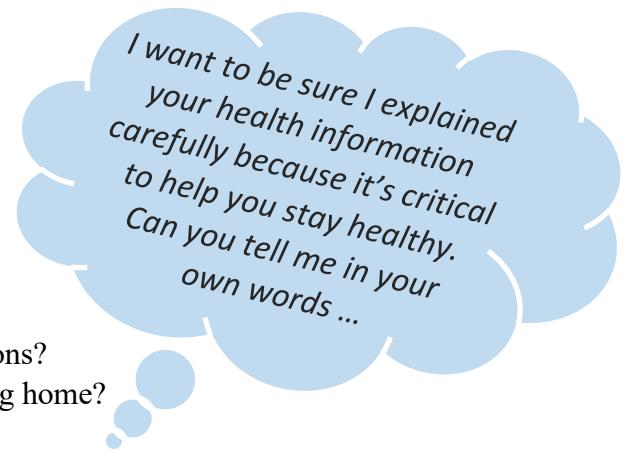
# Teach-Back Starter Sentences

## How do you use teach-back?

Use these starter sentences to help initiate the conversation.

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

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



### Teach-Back Pocket Card (Clip and save)

<p><b>Teach-Back Quick Guide</b></p> <ul style="list-style-type: none"> <li>• Use teach-back for all patients.</li> <li>• Start with the most important message.</li> <li>• Limit to 2 to 4 key points.</li> <li>• Use plain language.</li> <li>• Rephrase message until the patient demonstrates clear understanding.</li> </ul> <p><b>Examples of Teach-Back Starters</b></p> <ul style="list-style-type: none"> <li>• “Just to be safe, I want to make sure we are on the same page. Can you tell me ... ?”</li> <li>• “I want to make sure that I explained things clearly. Can you explain to me ... ?”</li> <li>• “Can you show me how you would use your inhaler at home?”</li> </ul>	<p><b>I want to make sure I explain things clearly. Can you tell me in your own words ...</b></p> <ul style="list-style-type: none"> <li>• What is the medical problem you are being seen for?</li> <li>• What is this medication used for; what does it help with?</li> <li>• What is likely to happen if you stop taking your medications?</li> <li>• What signs might mean that you should call your doctor?</li> <li>• What actions do you need to do within two days of being home?</li> <li>• Why is the hospital asking you to follow up with your regular doctor?</li> </ul>
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