

Teach-Back Tips

All patients can benefit from teach-back.

- Ask patients to teach information back to you in their own words, not just repeat your words.
- Use plain language (blood thinner for anticoagulant, heart doctor for cardiologist).
- Rephrase your message until the patient understands.

Examples of Teach-Back Starters

- “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?”