

TEACH BACK TIPS

MENTAL HEALTH

Tell me how you would describe your condition to someone

This helps the patient identify the reason for the hospitalization and current diagnosis. They should

be able to demonstrate a general understanding of their problem

What symptoms should you report to your therapist or doctor?

- Unable to take medications
- Not sleeping or sleeping too much
- No appetite

MEDICATION MANAGEMENT

We have just reviewed your medications and prescriptions to go home. Some of these medications may be new to you, tell me which medications are new.

Ask or explain what each new medication is for

Ask or explain the side effects that they may experience and how to manage them.
Remember to tell them when they should seek help

Can you explain how you will remember to take your medications at home?

How will you fill your prescription?

You have a lot of medications to take. What is your plan to manage your medications at home?

DISCHARGE INSTRUCTIONS

We just discussed a lot of things for you to remember when you go home. You may be doing some of these things already. Which ones are you doing and which are new to you?

Can you show me on these instructions:-

- When you should see your doctor next?
- What tests you have scheduled and when they are?
- Is there anything on these instructions that could be difficult for you?
- Have we missed anything?

TEACH BACK TIPS

HEART FAILURE

What is the name of your Diuretic (water pill)?

Tell me how you will manage you medications each day?

Why should you monitor your weight? How will you monitor your weight?

What foods should you avoid?

What does the 'GREEN ZONE' feel like for you?

What symptoms would you call your Doctor about?

Weight gain of 2 or more pounds over night or 5 pounds in a week

New or worsening shortness of breath

New or worsening swelling of the legs or abdomen (edema) Confusion

Increasing fatigue

Fever

COPD

Tell me how you would describe your COPD?

What are the warning signs FOR YOU that would indicate you should call your doctor?

- Wheezing and coughing more than normal
- Increases and more shortness of breath

What should you do to prevent from having a flare up (getting worse) with your breathing and lungs?

What is the name of your fast acting/rescue inhaler?

If your shortness of breath continues without getting better what should you do?