

# Whenever You Teach

# Use Teach-Back!

## TEACH-BACK BASICS:

- Use **plain language**; avoid medical jargon.
- Ask patients to explain **in their own words** what they need to know or do.
- Teach-back is an opportunity to **check understanding** and re-teach information if needed.
- It is **NOT a test of the patient**, but of how well the clinician explained a concept.
- **AVOID yes/no** questions, such as “Do you understand?”
- Stop and check **after each segment** of information.

**I want to be sure I explained everything clearly.  
Can you please explain it back to me so I can be sure I did?**

**What will you tell your family about the changes that have been made to your medicines?**

**What are you going to do when you get home?**

