

# A Patient's Guide to Teach-Back

## What is teach-back?

Teach-back is a way for you to tell your provider (a doctor, nurse, or other person you see at your health care visit) **in your own words** what you understood.

### Teach-back IS—

- A way to make sure you and your provider understand each other.
- A chance for you or your family to ask questions during your visit.
- A safety check that your provider wants to do with you.

## How does it work?

Your provider will ask you or your family to tell him or her in your own words what he or she has told you (to *teach it back* to him or her).

### Teach-back IS NOT—

- A test of what you know.
- Something to be nervous about.

## When is teach-back used?

Teach-back is used whenever you get important new health information. For example, it may be used with—

- A new medicine or changes to your old medicine.
- Home care instructions.
- Instructions for use of a new device.
- Next steps in your care.
- Other important health information.

