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.