

The Teach-Back Method

Teach-back involves asking patients to explain in their own words what a health provider has just told them.

The teach-back method is the easiest way to confirm that your patient has understood. It increases a patient's health literacy, reduces misunderstandings, and improves information retention.

Explain with simple language



Ask the patient to repeat back in their own words



Clarify any misunderstandings



Re-check patient's understanding



Use plain language, avoid jargon



Break the information into chunks



Use visual aids and handouts



Re-phrase if the patient does not understand