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Teach-Back Method: Improving Health Outcomes

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Purpose
To answer the Clinical PICO question:
For patients managing chronic disease, how does the implementation of the teach-back method compared to usual standard of care affect health outcomes?

By implementing the teach-back method, we will improve the management of chronic disease in the primary care setting.

Background
-Chronic diseases account for almost two-thirds of deaths worldwide: most from complications related to cardiovascular, cancer, diabetes and respiratory conditions.
-Patients must understand and effectively manage their own care.
-Patients now have less face-to-face time with their providers.

Evidence Synthesis
-Using the teach-back method in health education most often resulted in patients’ improved self-efficacy1,2,3
-Most significant improvements with simple self-management tasks, such as inhaler use or daily weights1,2,9
-Health promotion interventions regularly report internal validity1
-Assessment of ‘teach-back’ would be increased if clinical trials were reported in a uniform way, with longer follow-up periods

Translation to Practice
* Implement teach-back method with the following goals in understanding:
  1) the diagnosis or health problem for which they need care,
  2) the name/type/general nature of the treatment, service or procedure,
  3) potential problems to watch for and what to do if they occur.4
* Providers should use plain language to communicate clearly and limit the volume of information to two or three key concepts.

Conclusion
* Teach-back method: personalized educational communication between provider and patient
* Evidence suggests improved understanding and maximize adherence and self-care skills3,9
* Teach-back should be utilized with all patients, but most especially those with low literacy

References