

Teach back checklist

A way to track your learning of new skills

What is Teach back?

Sometimes staff uses words that patients and families don't fully understand. The "teach-back" method is a helpful way to make sure that you understand what you have learned.

Staff will ask you to explain or show what you have been taught. For example, you may be asked, *"I have given you a lot of new information and want to be make sure I've been clear. Please show me how you will give this medicine."*

What are special health care needs?

The American Academy of Pediatrics describes special health care needs as patients with *"... increased risk for a chronic physical, development, behavioral, or emotional condition and ... also require health and related services of a type or amount beyond that required by children generally"*

Adopted by the AAP (October 1998)

Approximately 10.2 million children in the U.S., which is 14 percent of all U.S. children, have special health care needs based on this definition.

What is a Medical Home?

A Medical Home is usually your primary clinic team who organize the care with other specialists. Sometimes families select a specialist to provide their medical home.

Benefits:

- Allow better access to health care
- Increase satisfaction with care
- Improved health

What is a Health Care Team?

Children with special health care needs often have a health care team (many doctors and care providers that work together to organize care), such as

- Doctor
- Nurse practitioner
- Nurse
- Care manager
- Respiratory Care Practitioner
- Rehab Services
- Dietary
- Home care

It is suggested that your child have a "Medical Home".

Why use a checklist?

There will be many new skills to learn. Sometimes, it is easier to track your learning with a checklist.

A member of your healthcare team will give you the checklist when teaching begins on the topics. You can record your progress as you learn new things. There are places to record

- Your education
- Your practice with help
- Your practice alone
- You are ready to do cares at home

What should I know before I take my child home?

Your child's care team will talk to you about your child's readiness to go home. They will decide when your child can be safely cared for at home. You should be comfortable with:

- Doing your child's daily cares and treatments
- Giving your child's medicine
- Contacting your child's support resources such as home care, equipment company, medical supplies company
- Knowing which doctor / clinic to call when you have a concern or question
- Knowing when you should take your child to the clinic or hospital
- Knowing the date and time of your next clinic visits
- What your emergency plans are at home
- Who you have for emotional support

Please ask questions as you think of them. It is not uncommon to have to hear the same information many times to remember and understand.

What else do I need to know?

The staff may have talked about "Ask Me 3" which are 3 key questions that should be answered before discharge:

- What is the main health problem?
- What should I do? (About the health problem)
- Why is it important for me to do this?

When should I call the clinic?

- Temperature higher than ___° F (___° C)
- Child is not getting a medication that is ordered
- Child has unfamiliar new symptoms

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call your clinic. For more information about children with special healthcare needs, you may contact:

Community agencies

My **home care** is: _____

Phone #: _____

My **medical equipment** company is:

Phone #: _____

My child's **primary clinic/doctor** is:

Phone #: _____

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: www.childrensmn.org.

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