

<p style="text-align: center;"><b>Teach back checklist</b> <b>Child With Special Health Care Needs</b> <b>Parent/Caregiver</b></p>	I was taught by	I practiced with help	I practiced alone	I am ready to provide this care at home
The members of your care team will help you complete this checklist before taking your child home.				
Your education will come from nurses, respiratory therapists, doctors, care management, your home care company and others.				
The checklist is six sections of grouped items.				
<b>Caregiver Skills</b>				
<b>Diagnosis</b>				
Explain what parts of your body help you breathe.				
Explain how air moves in and out of your lungs.				
Explain how your child's illness has affected their breathing.				
What are the other issues that affect your child's care?				
<b>Can you tell me what you need to do to care for your child's medical needs at home?</b>				
<b>Can you tell me why your child's cares are important?</b>				
<b>Airway Management</b>				
<b>Breath Sounds</b>				
Show us how to listen for lung sounds both with and without a stethoscope.				
Describe how your child will look if he/she is having trouble breathing.				
What kinds of sounds might you hear while listening to your child's lung sounds?				
How would you increase your child's oxygen level before cares if needed?				
<b>Suctioning</b>				
How will you know if your child needs to be suctioned?				
Has your home equipment company taught you how to use your home suction machine and are you comfortable using it?				
Show us how to suction your child using:				
Sims/Neosucker/Littlesucker or other shallow device				
Sterile gloves or in-line catheter				
When would you use lavage and how would you use it?				
How do you know when you are done suctioning?				
Explain how the mucous might look and how much you might get when suctioning.				

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<b>Tracheostomy</b>				
How does a tracheostomy tube work?				
What kind of trach tube does your child have and what size is it?				
What is the next size smaller tracheostomy tube for emergencies?				
If needed, show us how to fill your child's trach balloon and what you would use to fill it.				
How will you know if your child's trach balloon is leaking and what would you do?				
If needed, show us how to change your child's trach inner cannula.				
If used, explain how and when to use these:				
Passy-muir/speaking valve				
Sleep time only Bi-pap				
Trach tube plug				
Show us how to change your child's trach ties/chain.				
If used, show us how to measure your child's trach chain length.				
When and how will you clean your child's trach tube?				
How will you know when to throw away your child's trach tube?				
How many times can you re-use your child's trach tube before you need to throw it away?				
Perform a normal, scheduled trach change.				
How should your child's stoma look?				
Show us how to clean your child's stoma.				
When would you need to breathe for your child using a bag?				
How would your child look if his/her trach tube were plugged?				
<b>Oxygen Delivery</b>				
How will you know if your child needs more or less oxygen?				
Discuss oxygen safety.				
Discuss dials and flows for O2.				
If used, show us how to set up and use your child's trach collar.				
Has your home equipment company shown you how to use your oxygen sat monitor and are you comfortable using it?				
**Discussion about DME company training on home equipment				

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<b>Humidification</b>				
Explain why your child needs humidified air.				
What can be used to provide humidified air?				
Has your home equipment company shown you how to use your humidified air system and are you comfortable using it?				
If used, tell us how and when to use your child's trach nose.				
Show us how to drain the water from your child's vent/trach collar tubing.				
What is the temperature of your child's heater?				
What could happen if your child's heater is set wrong?				
<i>**Discussion about DME company training on home equipment</i>				
<b>Ventilator</b>				
How does the ventilator work?				
What are your child's ventilator settings and what do they mean?				
What will you do if your child's ventilator alarms?				
How does oxygen get to the ventilator?				
How is the ventilator powered?				
What will you do if your power goes out?				
Did your home equipment company show you how to set up and use your ventilator?				
Are you comfortable setting up and using your ventilator?				
Who will you call if the ventilator is not working right?				
<i>**Discuss service from the DME home ventilator</i>				

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<b>Pain Management</b>				
How will you know when your child is in pain?				
What will you do if you think your child is in pain?				
Who will you call if you are not able to make your child comfortable?				
<b>Infection Control</b>				
Why is preventing infection important?				
Where will you clean and prepare your supplies?				
Why do you and anyone touching your child need to wash your hands?				
How long and how often do you need to wash your hands?				
How will you keep your child clean while he/she goes to the bathroom or you change their diaper?				
Did your home equipment company discuss:				
where to throw away dirty supplies				
cleaning/changing the vent tubing				
cleaning your metered dose inhaler (MDI) spacer				
cleaning of your neb machine				
cleaning or re-using your suction supplies				
Are you comfortable with what your home equipment company taught you about how to prevent infection?				

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<b>Feeding</b>				
What does your child eat?				
Show or tell us how to mix your child's formula.				
How will you know if your child is choking on their food and what would you do?				
How can you prevent your child from choking on their food?				
If your child has a PEG, PEJ or G-tube tube:				
<ul style="list-style-type: none"> <li>explain how your child's feeding tube works.</li> </ul>				
<ul style="list-style-type: none"> <li>show us how to check for formula left in your child's stomach from the last feeding</li> </ul>				
<ul style="list-style-type: none"> <li>when would you hold your child's feeding?</li> </ul>				
<ul style="list-style-type: none"> <li>show us how to feed your child.</li> </ul>				
<ul style="list-style-type: none"> <li>how and when would you let air out of your child's stomach?</li> </ul>				
<ul style="list-style-type: none"> <li>show us how to give medicine through your child's feeding tube.</li> </ul>				
<ul style="list-style-type: none"> <li>how and when would you flush your child's feeding tube?</li> </ul>				
<ul style="list-style-type: none"> <li>what would you do if your child's feeding tube is plugged?</li> </ul>				
<ul style="list-style-type: none"> <li>what will you do if your child's feeding tube comes out?</li> </ul>				
<ul style="list-style-type: none"> <li>show us how to clean the skin around your child's feeding tube.</li> </ul>				
<ul style="list-style-type: none"> <li>how should the skin around your child's feeding tube look?</li> </ul>				
<ul style="list-style-type: none"> <li>what will you do if the skin around your child's feeding tube does not look right?</li> </ul>				
Did your home equipment company show you how to use your feeding supplies and are you comfortable using them?				
**Discuss DME training of home feeding pump and supplies				

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<b>Miscellaneous treatments / Services</b>				
If needed, explain when and how to use vest therapy or bronchial drainage (chest pounding)				
If needed, are you comfortable with what your physical therapist taught you? Do you have questions about home physical therapy?				
If needed are you comfortable with what your occupational therapist/speech therapist taught you? Do you have questions about home therapy?				
Has someone talked with you about education and rehab services in your area? Do you have questions?				
<b>This education has been documented in the education form in the EMR</b>				
<b>Intravenous line (if appropriate)</b>				
What should the skin around your child's IV site look like?				
What will you do if your child's IV site looks red, swollen, or is painful?				
Show us how to change your child's IV dressing.				
Show us how to clean and change the cap and tubing on your child's IV.				
Show us how to give medicine through your child's IV.				
If used, show us how to access and clean your child's port-a-cath.				
Who would you call if you have questions about your child's IV medicines or supplies?				
<b>This education has been documented in the education form in the EMR</b>				
<b>Physical Care / transfer/ transport</b>				
Show us how to safely move your child.				
What equipment will you need to take with you when your child leaves your home? What is in your emergency bag?				
How will you fit your child and your supplies in your car?				
Is your emergency bag at the bedside and ready for use when you leave the hospital?				

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<b>Medication Management</b>				
What medicines does your child need?				
When and how do you give each medicine?				
Why does your child need each medicine?				
What are the side effects of each of your child's medicines?				
When and why would you give an "as needed" medicine?				
If needed, show and tell us how and when to give a neb.				
Did your home equipment company show you how to use your neb machine and are you comfortable using it?				
If needed, show us how to use a metered dose inhaler (MDI)				
How will you know if your MDI is empty?				
How will you know if your child's medicines are working?				
Where (at home) will you write that you gave your child a medicine?				

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<b>Discharge planning</b>				
Infants- car seat test				
"traveling plan" - transition home				
travel bag				
extra battery				
plan for training at home				
<b>Emergency Response</b>				
What will you do if:				
your child's trach tube comes out				
your child's trach tube is plugged				
your ventilator is not working				
Show us how to breathe for your child using a bag.				
What will you do if you are alone and your child has an emergency?				
What will you do if you have another person with you and your child has an emergency?				
<b>Who will you call if your child has an emergency? Do you have a phone?</b>				
What will you do if you need to move your child out of the home quickly in an emergency?				
Have you completed your CPR and trach classes and are you comfortable with them?				
<b>This education has been documented in the education form in the EMR</b>				
<b>Advance Directives</b>				
If your child has an advanced directive, do you have a copy?				
Would you like to talk to someone about an advanced directive for your child?				



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<b>Care Giver Resources</b>				
Who is your child's main doctor and do you know how to reach them?				
Who are your child's other doctors and do you know how to reach them?				
Who is your inpatient care manager and what can they do for you?				
Who is your home care agency and what do they do for you?				
How do you contact your home care agency?				
What pharmacy do you use and do you know how to reach them?				
Who is your home equipment company (DME) and do you know how to reach them?				
Who will you call if you have questions about your insurance or medical bills?				
Has care management told your electric company about your child's medical needs?				
Who will you call if you have questions about or needs for transportation?				
Who are the people who will help you care for your child?				

