**Week 11**

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

**Week 11**

Studies have proved that around 40% -80% of the information provided to patients' during treatment is forgotten by them immediately and half of the information that they recall is incorrect. In order to avoid this situation, the teach-back technique is used by the healthcare staff. It is a way of checking the understanding level of the patient that is provided to them by the staff by asking patients about their learning in their own words. This technique involves teaching the patient in a manner that is easy for them to understand. This method not only improves the patient’s understanding but decreases the rate of callbacks and appointments and results in increasing the patient's satisfaction and better outcomes (Peter et al., 2015).

This method is executed and practiced to know how well the practitioner has explained the concept. It is not a test for the patient. It requires planning the questions that will be asked to the patient. The information is split into sections in order that is easy for a patient to understand. After understanding the patient is asked to describe the knowledge in their own words. Chances are that if they parrot the words they might not have developed a full understanding of the concept (Dinh, Bonner, Clark, Ramsbotham & Hines, 2016).

This technique can be used in the patient family teaching, as often the patients can't remember the provided information, in such scenario this technique should be used not only on the patient but also on the family members of the patient. A study proves that stimulation for a teach-back method with the registered nurses is effective and it should be in the educational design for delivering topics like i.e. self-management for asthma patient or for a patient of organ transplant surgery(Mangold, 2016).

**References**

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