

Patient :

Orthopedic Teach Back Tool

Who will be your primary learner (discharge support)?

Name:

Phone #:

Teaching Point 1	Teaching Point 2	Teaching Point 3	Teaching Point 4
Pain Management	Blood Thinner	Signs & Symptoms of Infection	Wound Care
*Take medication prior to working with PT or doing exercises.	*Take your medication at the same time every day and for the entire length of time it is prescribed.	Call your MD for: *Increased redness swelling or drainage at the incision site	*It is fine to shower. Keep the incision covered and dry while showering until the staples / steri strips removed.
*Call your Doctor for increased pain not relieved by rest, ice or medication	*Call your doctor if you have any bruising or bleeding	*Temperature greater than 101.5	*Look at your incision once a day to see how it is healing and to check for signs of infection.
*Take a laxative & a stool softener to prevent constipation while you are taking narcotic pain med.	*If you fall while on Coumadin, go the Emergency Department to be evaluated right away.		* Change the dressing daily and more often if the incision is draining.
	*If you are on enteric coated aspirin, remember you are taking it as a blood thinner not pain so take it for the entire time your doctor has prescribed		
	*Call your Doctor if you have sharp pain in your calf or it becomes increasingly swollen		
	All Patients: *Call 911 for sudden onset of shortness of breath or chest pain		
Date Taught: Date/Time Evaluated:	Date Taught: Date / Time Evaluated:	Date Taught: Date/Time Evaluated:	Date Taught: Date/Time Evaluated:
Teach back percentage:	Teach back percentage:	Teach back percentage:	Teach back percentage:
Comments:	Comments:	Comments:	Comments:
Date /Time Re-evaluated:	Date/Time Re-evaluated:	Date/Time Re-evaluated:	Date/Time Re-evaluated:
Teach back percentage:	Teach back percentage:	Teach back percentage:	Teach back percentage:
Comments:	Comments:	Comments:	Comments: