

Teach Back Heart Failure

Heart Failure Teach-Back Edu

02/01 1142 CVD 7900049672 PAGENTILE, BIANCA

Heart Failure Teach Back Education
Precipitating Factor for this HF exacerbation

<PRESS ESC TO EXIT>

Heart Failure Packet previously given to patient? *If not, give packet now *

Weight (kg): Date: Time:

Primary Learner: * Learner's phone #: *

WRITE PRIMARY LEARNER'S NAME AND PHONE # ON WHITE BOARD !!!

Please ask patient:
Do you have heart failure? Do you take medications for heart failure? *

What are they? * What does the patient think they are for? *

* *

* *

RN: Teaching points to review with patient

Heart Failure Teach-Back Edu

Documentation

Teaching points of Heart Failure

- List 3 warning signs of worsening heart failure:
 - Shortness of breath
 - Swelling
 - Feeling dizzy or weak
- What medications do you take to control heart failure?
 - Water pill
- What food product has the greatest impact on your heart failure?
 - Salt
- How often should you weigh yourself?
 - At the same time every day.
- What changes in your weight should cause you to call your doctor?
(demonstrate how to use the Weight Log in the HF packet)
 - 2 pound increase in 1 day OR
 - 3 pound increase in 1 week

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Press <EXIT>

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****Key****
 Evaluation of patient ability to comprehend teaching utilizing Teach Back:
 1 = Able to repeat back ALL info
 2 = Able to repeat partial information
 3 = Patient unable to be taught/primary learner unavailable

1. Warning signs of worsening heart Failure (i)

2. Medications to control heart failure including water pill and how to assess if working.

3. Low salt food choices vs high salt food choices (i)

4. How often should patient weigh him/her self

5. When to call the MD or HF Clinic regarding their weight (i)

Look-ups for the above questions

Education Teach Back Lookup

Select

Mnemonic	Responses
1	1 Able to repeat back ALL
2	2 Able to repeat part. info
3	3 Pt Unable/Learner Unavail

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Teaching Topic:

A.

B.

C.

D.

Teaching Topic:

A.

B.

C.

D.

Teaching Topic:

A.

B.

C.

D.

Teach Back Surgical

Surgical Teach Back Education

02/01 1149 CVD 7900061560 test,ed

Surgical Procedure: _____
Pt on Anticoagulant: Type: _____
Patient given printed information on anticoagulant on: date: _____ time: _____

Primary Learner: _____ * Learner's phone #: _____ *
RN: Teaching points to review with patient

****Key****
Evaluation of patient ability to comprehend teaching utilizing Teach Back:
1 = Able to repeat back ALL info
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1. Pain Medication: (i) _____
2. Anticoagulation: (i) _____
3. Signs of Infection: (i) _____
Keep incision covered with a dressing until: _____
Showering Instructions: _____

Documentation

1. Pain Medication
 - A. Side effects: lightheadedness, dizziness, impulsivity, constipation
 - B. Restrictions on driving, operating equipment
 - C. How & when to take pain medication: as directed, 30 minutes prior to PT/ activity
2. Anticoagulation: Patient given printed information on anticoagulant
 - A. Take medication at the same time daily
 - B. Compliance - do not discontinue until MD directs you to stop
 - C. Importance of follow-up monitoring
 - D. Drug-Food Interactions
 - E. The potential for adverse drug reactions/interactions
 - F. Call MD if you develop pain in your calf or fall
 - G. Call 911 if you develop sudden chest pain or shortness of breath
3. Signs of Infection
 - A. Call MD for temperature greater than 101.5
 - B. Observe incision site daily, call MD for increased redness, swelling or drainage

Documentation

4. Dressing
 - A. Importance of good hand hygiene prior to touching surgical site area or changing dressing
 - B. Change dressing daily unless told otherwise

4. Wound Care: (1)

Teaching Topic:

- A.
- B.
- C.
- D.

Teaching Topic:

- A.
- B.
- C.
- D.

Teaching Topic:

- A.
- B.
- C.
- D.