



**Background:**

- Patient education is a vital aspect of the rehabilitation nurse’s role.
- Health literacy can impact patient outcomes.
- Basic principles to determine health literacy:
  - Focus on most important messages.
  - Use plain language.
  - Assess comprehension.
- Teach-Back method encompasses principles.
- Studies show Teach-Back method in heart failure programs reduces readmissions.

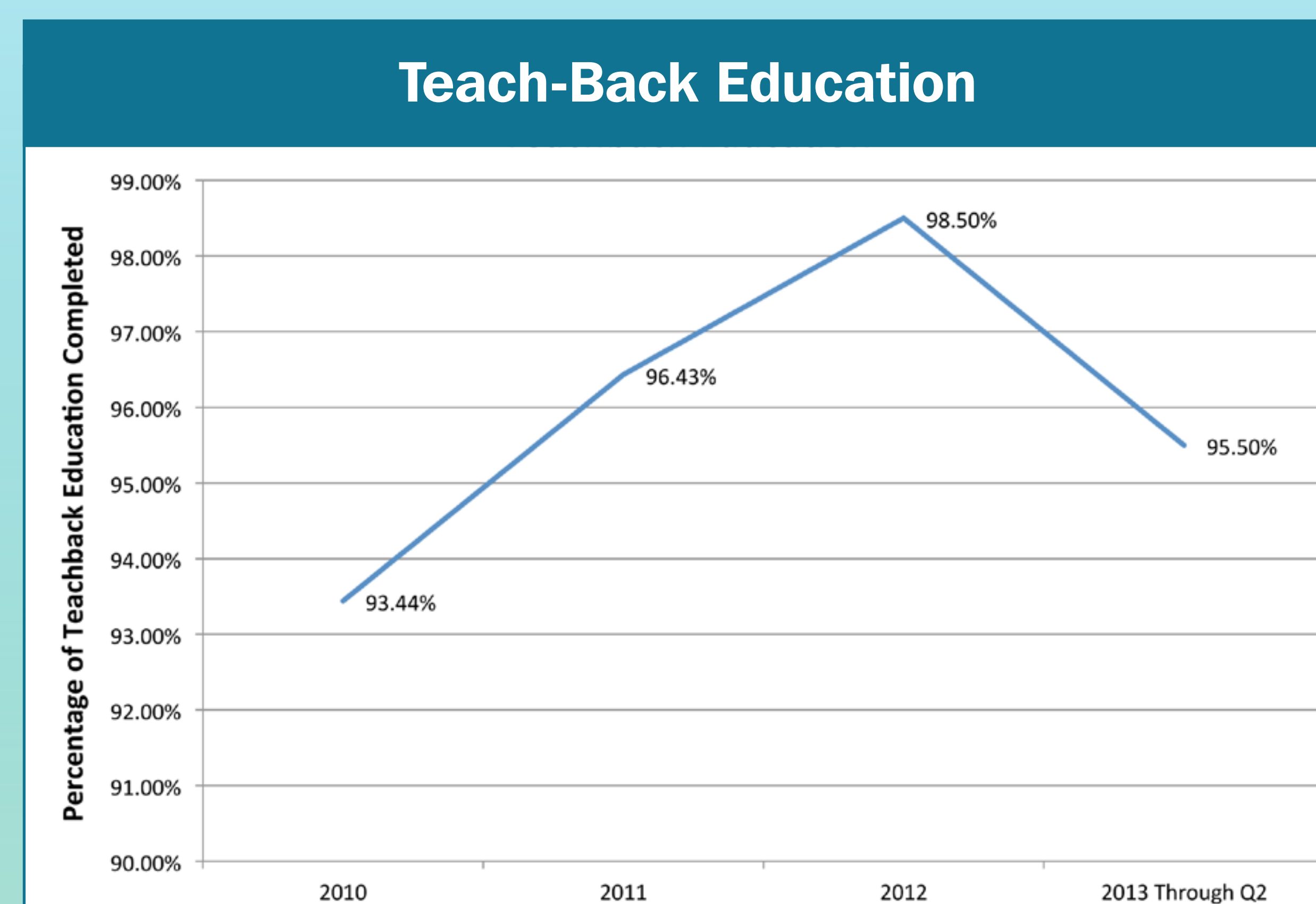
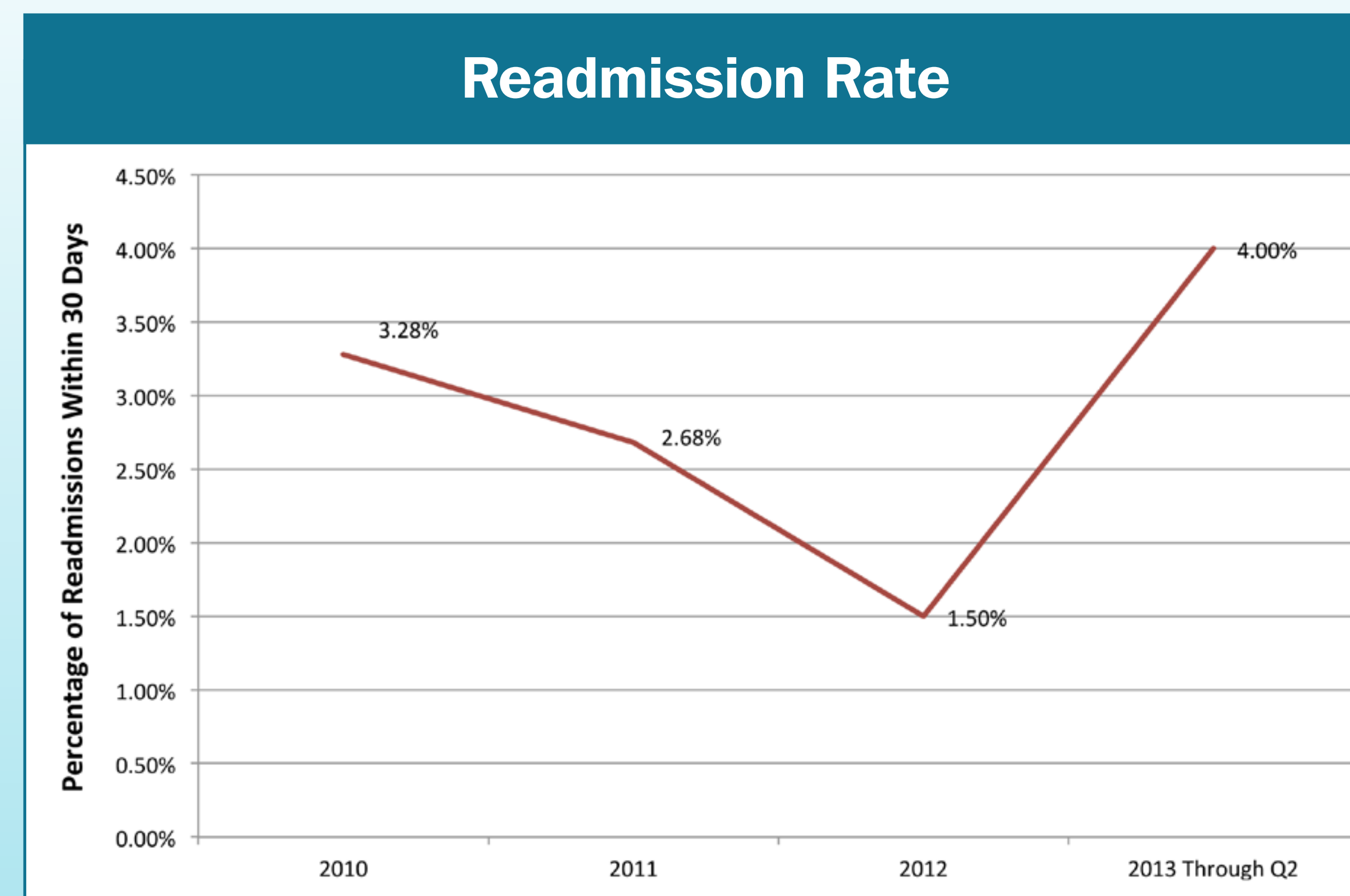
**Objectives:**

- Initiate the use of Teach-Back in the heart failure program.
- Recognize correlation between Teach-Back method and positive outcomes.
- Promote use of Teach-Back method in additional programs.

**Methods:**

- Identified guidelines for implementing the Teach-Back method.
- Educated staff on Teach-Back method and application to practice.
- Applied the Teach-Back method to HealthSouth Nittany Valley’s heart failure program.
- Conducted program audits.
- Expanded Teach-Back method to three additional programs.

**Findings:**



**Conclusion:**

- Clear correlation between Teach-Back and heart failure readmission rate
- Decreased heart failure readmission rate
- Increased patient and family involvement in heart failure classes
- Staff competence in using the Teach-Back method
- Staff buy-in by presenting positive outcomes in heart failure program
- Heart failure readmission rate sustained at 3% or less annually

**References:**

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