

Heart Failure Teach Back Questions

Was the patient or caregiver able to answer correctly?

1.	When should you call the doctor?	Yes	No
		(Signs and Symptoms & Follow up appointment)	
2.	How often should you be weighing yourself?	Yes	No
3.	When should you weigh yourself?	Yes	No
4.	You should call the doctor when you gain this many lbs. in one day?	Yes	No
5.	You should call the doctor when you gain this many lbs. in one week?	Yes	No
		(Weight monitoring)	
6.	What foods should you stay away from?	Yes	No
7.	Name some salty foods that you should not eat.	Yes	No
8.	If you notice that you have more swelling in your feet, legs, or stomach then what should you do about the amount of fluid you drink?	Yes	No
		(Diet/Nutrition)	
9.	How often should you exercise? For how long?	Yes	No
		(Exercise)	
10.	Can you tell me the purposes of all of your medications?	Yes	No
11.	Can you tell me the side effects of all your medications?	Yes	No
		(Medications)	

If any of the answers are **No**, then patient will require more education on that topic. Consult **Cardiac Rehab** or **CNS**. Consult **Dietary** if the patient needs more education on the diet/nutrition topic.

Leave this form attached to the white board in the patient's room for review.