

En modifisert digital versjon av Teach Back-metoden ga økt helsekompetanse:

Chandar, J.J. et al *Assessing the link between modified 'Teach Back' method and improvement in knowledge of the medical regimen among youth with kidney transplants: The application of digital media*. Patient Education and Counseling Volume 102, Issue 5, May 2019, Pages 1035-1039

Fulltekst: <https://doi.org/10.1016/j.pec.2018.12.007>

Teach Back er en effektiv og ikke-tidkrevende metode for å forbedre pasienters forståelse av og evne til å huske utskrivningsinformasjon i akuttmottaket.

Mahajan, M. et.al: *The impact of teach-back on patient recall and understanding of discharge information in the emergency department: the Emergency Teach-Back (EM-TeBa) study*.

International Journal of Emergency Medicine volume 13, Article number: 49 (2020)

Fulltekst: <https://doi.org/10.1186/s12245-020-00306-9>

Teach Back øker kunnskap om egen sykdom

Tran, S. et al: 'Teach-back' is a simple communication tool that improves disease knowledge in people with chronic hepatitis B – a pilot randomized controlled study. BMC Public Health volume 19, Article number: 1355 (2019)

Fulltekst: <https://doi.org/10.1186/s12889-019-7658-4>

Teach Back gir pasienter økt tillit til egne evner i å håndtere sin sykdom.

Hong, Y. et al: *Patient-Provider communication with teach-back, patient-centered diabetes care, and diabetes care education*. Patient Education and Counseling. Volume 103, Issue 12, December 2020, Pages 2443-2450

Fulltekst: <https://doi.org/10.1016/j.pec.2020.05.029>

Teach Back reduserer risiko for reinnleggelser:

Hong, t. et al: *Teach-Back Experience and Hospitalization Risk Among Patients with Ambulatory Care Sensitive Conditions: a Matched Cohort Study*. (2019).

Fulltekst: <https://doi.org/10.1007/s11606-019-05135-y>

Helsepersonell tror de benytter Teach Back i større grad enn de faktisk gjør.

Feinberg, I. et al: *Perception Versus Reality: The Use of Teach Back by Medical Residents*. (2019).

Fulltekst: [DOI: 10.3928/24748307-20190501-01](https://doi.org/10.3928/24748307-20190501-01)

Teach Back gir økt helsekompetanse hos eldre på sykehjem:

Liu, Y.-B., et.al.: Effectiveness of the teach-back method for improving the health literacy of senior citizens in nursing homes (2017).

Fulltekst: <https://doi.org/10.1111/jjns.12192>