Effects of Teach-Back Method of Education on Knowledge of Heart Failure Self-Care Management and Post-Discharge Knowledge Retention

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Background
Heart Failure (HF) is a progressive, incurable and costly disease which is responsible for 50 percent deaths within 5 years of the diagnosis and affects more than 5 million people in the United States (Benjamin et al., 2017; Centers for Disease Control and Prevention (CDC), 2016). Approximately 40 to 80 percent of patient education is immediately forgotten, and about 50 percent of retained information is inaccurate; knowledge is an essential bridge between patient teaching, comprehension and knowledge retention by using the teach-back method (Farris, 2015; Rouse et al., 2016; Stamp et al., 2014).

Methods

Objectives

1. To compare the teach-back method of teaching versus the standard care of HF, on HF self-care management.
2. To evaluate the effect of the teach-back method of teaching on HF knowledge retention.