

**Your commitment**

Please list two things that you can do within the **next week** to apply what you have learnt. For example, I will practice teach-back with at least 3 clients in the next week / I will use teach-back with every client today. This could include new or changed medicines for a client, care planning/goal setting, new self-care technique, appointment preparation (when, who, why, how), informed consent or discharge instructions.

1.

2.

Please list two additional things that you can do in the next two months to apply what you have learnt. For example, ask a colleague to observe and give feedback on your teach-back practice using the peer checklist.

1.

2.

***Consider*** …supporting the integration of teach-back into the organisation by talking to your colleagues and sharing this online resource with them. Develop the skills of the whole team and spend 5 minutes in staff meetings to talk about how it’s working for people, include it as a performance measure and include prompts in assessment and discharge forms.