Inpatient Diabetes Education

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Objectives

• State 6 diabetes survival skills
• Discuss 1 benefit of using teach-back method
Teaching Example 1

Is this a good way to teach?

https://www.youtube.com/watch?feature=player_detailpage&v=CbZcSu3uHGI#t=77

Ideal teaching environment?

• Sick patients under increased stress with new diagnosis
• Diabetes self-management teaching is necessary
Diabetes Survival Skills

• Provides sufficient information to enable safe discharge to home.

Survival Skills Toolkit

• Medication Management
• Blood glucose monitoring
• Diet
• Hypoglycemia/ Hyperglycemia
• Exercise

• Outpatient Education Resources
• Sick-day management
• Emergency Contact
Supplies

Step by step

Engage the patient

One topic at a time

Provide education information at handoff
TEACH - BACK

Why Use Teach-back?

• Improves your assessment of your patient’s understanding of your teaching.
• Proven to improve patient comprehension.
Tips for Success

- use the patient's own words
- use simple, plain language
- define complex words

- teach no more than 2-3 items at a time
- speak slowly
- remove clutter

- keep it simple
- reduce noise
- know when to stop

Teach-back Process

Provide Education to Patient
  - Use plain language
  - Utilize interpreter if necessary

Assess Patient Understanding
  - Clarify any information that is incorrect
  - Return to previous step and re-educate

Patient Recall & Understanding
  - Leads to adherence with plan
Teach-back Scripts

I want to make sure I explained everything. What questions do you have?

If you were trying to explain to your husband the purpose of this medicine, what would you say?

Let's review the main side effects of glyburide. Can you share with me what to do with this medication if you skip a meal?

Teaching Example 2

Is this a good way to teach?

https://www.youtube.com/watch?feature=player_detailpage&v=DcfPhZu2bi4#t=12
PANEL DISCUSSION – Q&A