

Patient :

**Orthopedic Teach Back Tool**

**Who will be your primary learner (discharge support)?**

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Teaching Point 1	Teaching Point 2	Teaching Point 3	Teaching Point 4
<b>Pain Management</b>	<b>Blood Thinner</b>	<b>Signs &amp; Symptoms of Infection</b>	<b>Wound Care</b>
*Take medication prior to working with PT or doing exercises.	*Take your medication at the same time every day and for the entire length of time it is prescribed.	Call your MD for: *Increased redness swelling or drainage at the incision site	*It is fine to shower. Keep the incision covered and dry while showering until the staples / steri strips removed.
*Call your Doctor for increased pain not relieved by rest, ice or medication	*Call your doctor if you have any bruising or bleeding	*Temperature greater than 101.5	*Look at your incision once a day to see how it is healing and to check for signs of infection.
*Take a laxative & a stool softener to prevent constipation while you are taking narcotic pain med.	*If you fall while on Coumadin, go the Emergency Department to be evaluated right away.		* Change the dressing daily and more often if the incision is draining.
	*If you are on enteric coated aspirin, remember you are taking it as a blood thinner not pain so take it for the entire time your doctor has prescribed		
	*Call your Doctor if you have sharp pain in your calf or it becomes increasingly swollen		
	All Patients: *Call 911 for sudden onset of shortness of breath or chest pain		
Date Taught: Date/Time Evaluated:  Teach back percentage:  Comments:	Date Taught: Date / Time Evaluated:  Teach back percentage:  Comments:	Date Taught: Date/Time Evaluated:  Teach back percentage:  Comments:	Date Taught: Date/Time Evaluated:  Teach back percentage:  Comments:
Date /Time Re-evaluated:  Teach back percentage:  Comments:	Date/Time Re-evaluated:  Teach back percentage:  Comments:	Date/Time Re-evaluated:  Teach back percentage:  Comments:	Date/Time Re-evaluated:  Teach back percentage:  Comments: