**Problem**
Lack of adherence to a prescribed medication regime by post cardiac catheterization patients can lead to serious complications and impact long term outcomes. Several studies have shown that when patients do not fully understand discharge instructions there is an increased risk of complications, medication errors, and increased hospital readmissions (Kornburger, Gibson, Sadowski, Maletta, & Klingbeil, 2013).

By improving the patients’ understanding and engaging them as active participants in managing their medications, the goal is to improve patient safety and compliance, reduce readmissions related to events correlating to lack of adherence (stent thrombosis) and promote improved outcomes related to disease progression.

**Project Aims**
The aims of this study are to:
- Evaluate the effectiveness of the Teach-Back method for patient medication teaching through assessment of patient understanding of their cardiac medications upon discharge
- Assess the readmission rate related to medication non-adherence of patients who participated in Teach-Back prior to discharge.

**Actions Taken**
- Completed assessment of 30 patients who had undergone cardiac catheterization using standardized assessment tool to assess their understanding of the indications, timing, and side effects of their procedure specific medications.
- Developed education plan for all nursing staff on step down unit that included role playing and emphasis on value of Teach-Back
- Completed one-on-one observation to ensure compliance of Teach-Back
- Reassessment of another 30 patients post implementation of Teach-Back using the same standardized tool

**Organizational Impact**
Findings on post intervention evaluations demonstrated a 92% increase in use of Teach-Back by our nurses.

Feedback from our nursing staff:
- “It’s just part of our daily practice now”.
- “Every time I give a medication, I make it part of my routine.”
- “Sometimes I think a patient understands their medication and when I ask them to tell me about it, I realize this just isn’t the case. It gives me a chance to go back and really make sure they understand.”

By improving the patients’ understanding and engaging them as active participants in managing their medications, the goal is to improve patient safety and compliance, reduce readmissions related to events correlating to lack of adherence (stent thrombosis), and promote improved outcomes related to disease progression.

Promising results indicate that Teach-Back is valid part of safe quality care.

Our plan is to engage nurses in this practice through education and regular review of patient satisfaction results.