

# Ask-Tell-Ask

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Advice is “*guidance or recommendations offered with regard to prudent future action*”

- Oxford Languages

<b>ASK (elicit)</b>	<b>TELL (provide)</b>	<b>ASK (elicit)</b>
Permission to give information or advice <u>OR</u> What they already know or want to know	Limited amount of information in clear language	What do they think of what you said <u>OR</u> Teach back to check for understanding



## Breakout Room Activity #1: Ask-Tell-Ask Model

1. In pairs, take turns being either the “provider/patient”
2. Patient, describe a sleep or diet scenario that you would like advice on.
3. Provider, use Ask-Tell-Ask model to give information and advice
4. Switch roles and use the sleep or diet scenario that you didn’t use first time around.
5. Debrief if you have time:
  - a. What did that feel like as the patient having this method used when getting advice?
  - b. What did that feel like as the provider using this method when giving advice?