

# Debriefing

Alex Pile

CPR/Simulation Coordinator

# Reflection-in-Debriefing

- Schön 1983 “The Reflective Practitioner”

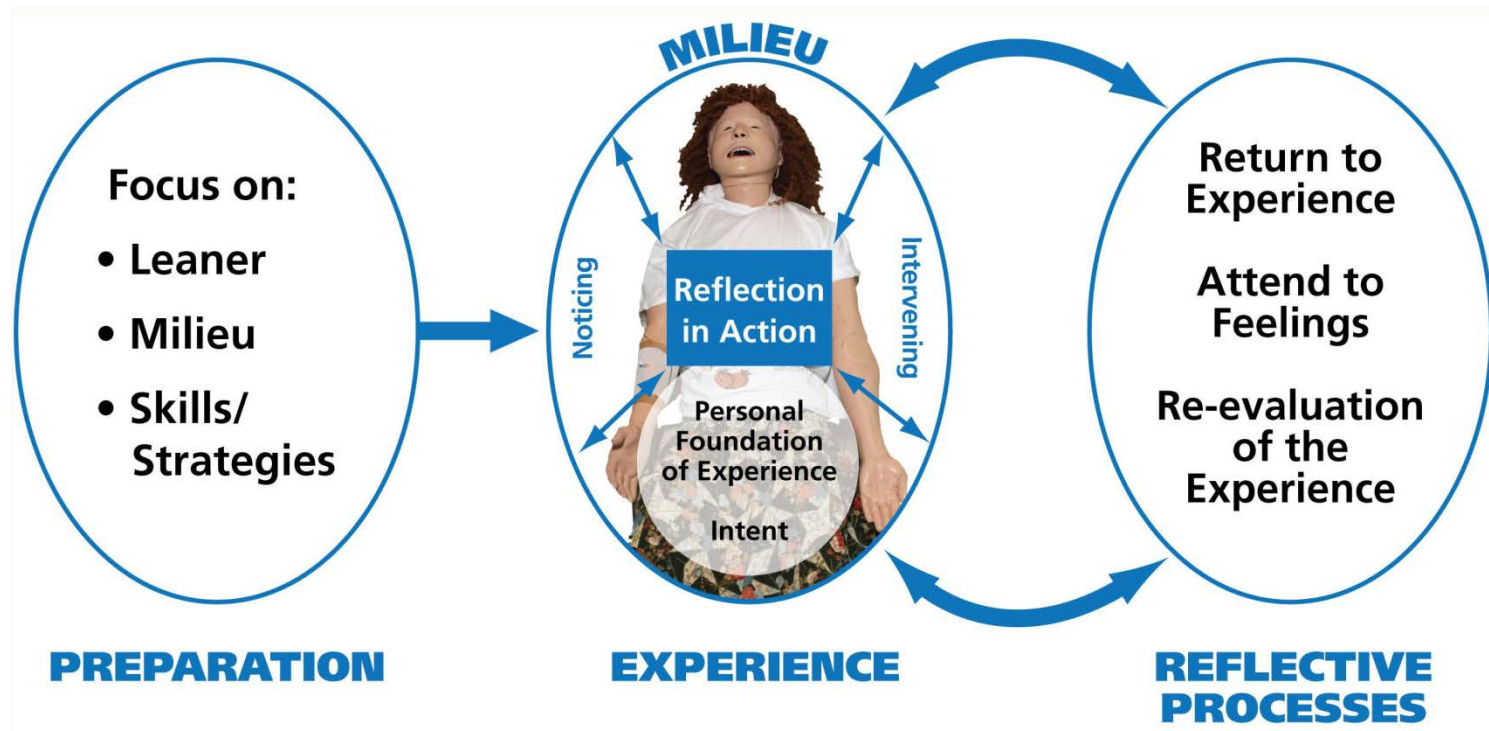
## 2 Forms of Reflection

Reflection-in-Action

Reflection-on-Action

# Models of Learning Through Simulation

- Based on Boud & Walker model of experiential learning (1990)



- Concept of involving actively. Notion of “noticing” and then “intervening”
- About Reflection-on-action
  - Return to experience.
  - Attend to feelings/emotions of experience.
  - Re-evaluate experience into new understandings.

# Various Types of Debriefing

- Peer Debriefing
- Psychological Debriefing
- Event Debriefing

Debriefing is a constructive analysis after an event/experience in order to make sense of it and learn from.

- Debriefing an event is drawn from military experience. The aim:
  - Collections of information
  - Acknowledgement and allowing a voice to the experience.
- [www.debriefing.com](http://www.debriefing.com)

# Benefits to Debriefing (Military)

- Create order in the event
  - Clarify any misconceptions
  - Identify “confidential” information
  - Acknowledge emotions (death or injury)
  - Recognise achievements
  - Share emotions/reactions to event
  - Normalise the event
- [www.debriefing.com](http://www.debriefing.com)

# Benefits (Cont.)

- Learning through experience.
- Change practice
- Collegial support - teamwork



# Debriefing Process

- Many Models
  - Institute for Medical Simulation
    - Harvard
  - Reaction – Clear the air
  - Understanding – analyse and apply
  - Summary – lessons learnt

# Points for the Facilitator

- What are the objectives or goals to be achieved?
- Reinforce protocols
- Analysis skills or procedures
- Focusing on technical/non technical skills
- Effective communication
- Roles

# How To Plan Debriefing

- Undertake quickly after the event.
- Create a calm and safe environment.
- Have guidelines/algorithm available if appropriate.

# Reaction Phase

- Address feelings
  - Give time to vent.
  - Start obtaining facts.

# Understanding Phase - Analysis

- Explore what actually happened.
- Discuss what went well and did it comply with protocols/roles?

# Summary

- What went well?
- Are there things we would do differently?
- How can we apply to clinical setting?
- “Big take home messages”.