

Debriefing Notes and Key Phrases (www.emergencypedia.com)

Reset Scene & Set Tone (Safety) *"This Simulation is over ☺... Let's spend X minutes having a conversation about what happened. Our aim now is to learn how to improve how we work together for real-life situations"*

- ***Re-state basic assumption if required*

Notes:

Reactions (Emotions) *"how is everyone feeling?" "any initial reactions?"*

Goal = identify upset participant(s), get everyone talking...

Notes:

Facts (Clarify case main 'issues')

"Can someone please summarise the key issues you faced" OR "To summarise, this case was a case of VF secondary to AMI, the patients backgrounds was___ the main issues were___ does anyone want to add anything?"

Notes:

Analysis (Sustain Excellence OR Identify Performance Gaps + Underlying Causes)

(Various Approaches = (1) Learner Self-Assessment, (2) Focused facilitation, (3) Provide Information)

"Let's talk about ___ because ___" "What went well and why?" "What would you change?"

"I noticed ___ I think ___ What were your thoughts?" (Advocacy/enquiry)

"Bill can you comment on Mandy's approach to team leading" (circular question)

"I noticed ___ Next time I suggest ___ because ___. Here's a handout on ___ this summarises the key points"

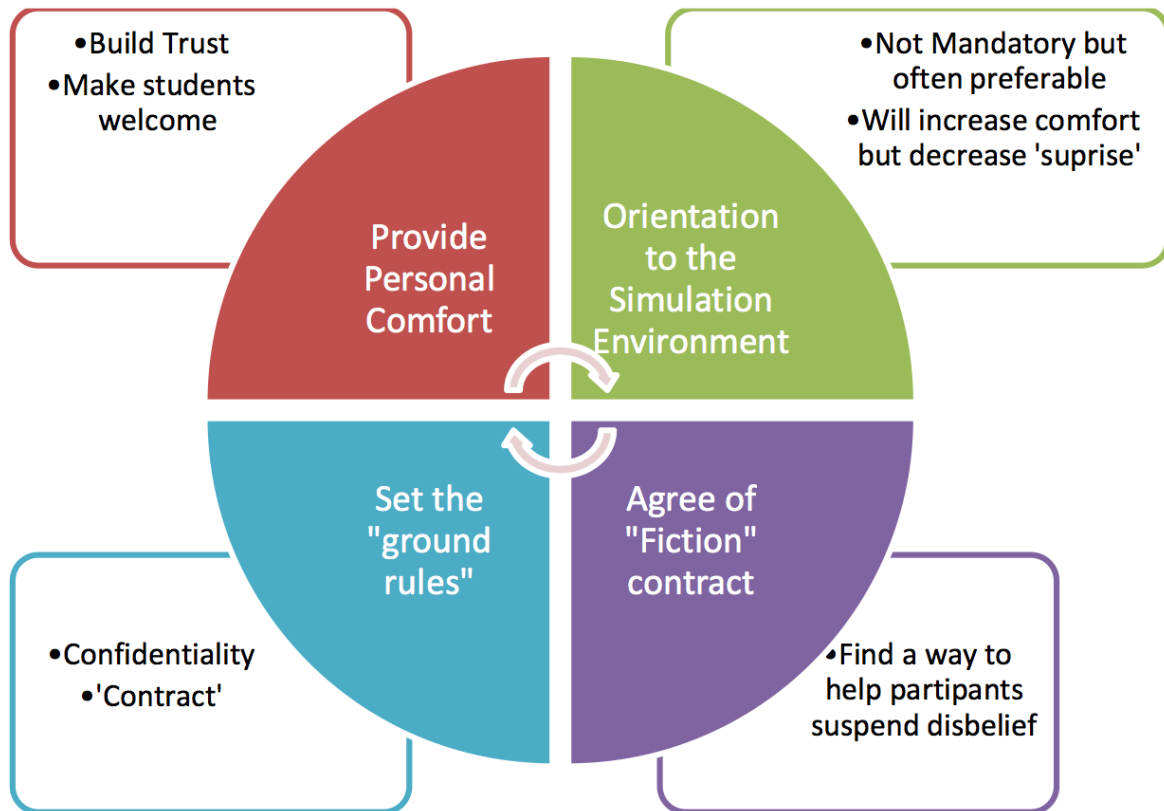
Notes:

Summary (Take Homes)

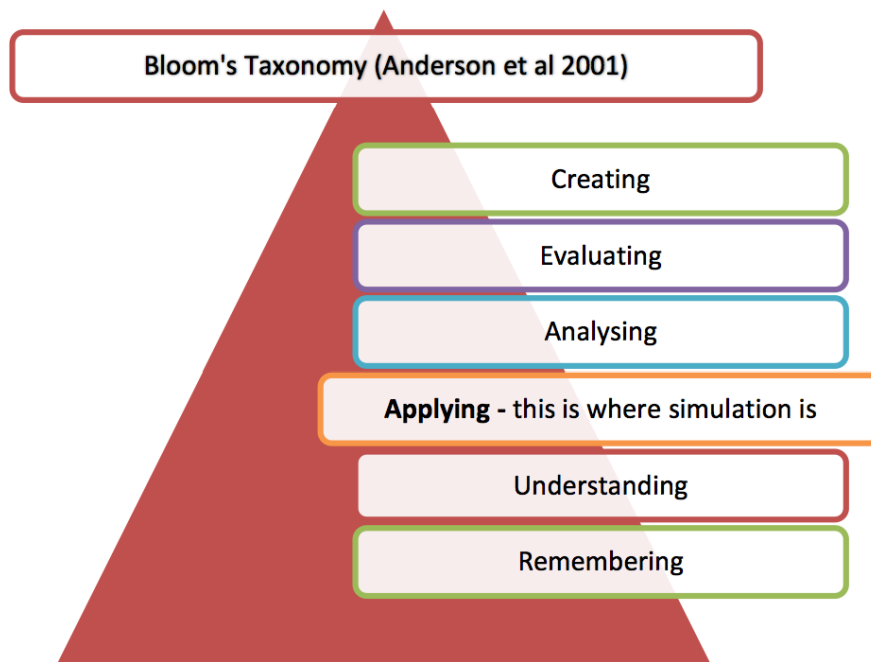
"What are some of your take-away points?" OR "So, to wrap up the key take homes were..."

Notes:

When things go wrong with your sim – what could be the underlying cause?



What level should the content be pitched at?



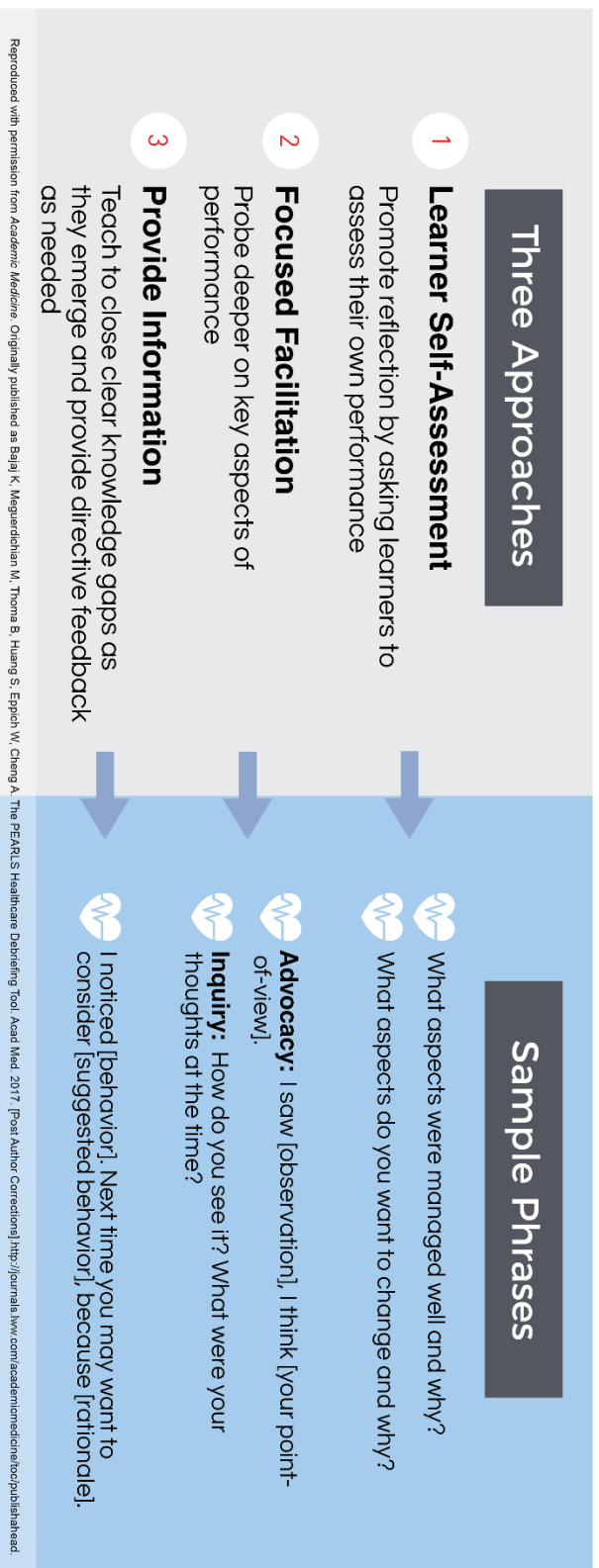
The PEARLS Healthcare Debriefing Tool

1	Setting the Scene	Create a safe context for learning	State the goal of debriefing; articulate the basic assumption*	"Let's spend X minutes debriefing. Our goal is to improve how we work together and care for our patients." "Everyone here is intelligent and wants to improve."
2	Reactions	Explore feelings	Solicit initial reactions & emotions	"Any initial reactions?" "How are you feeling?"
3	Description	Clarify facts	Develop shared understanding of case	"Can you please share a short summary of the case?" "What was the working diagnosis? Does everyone agree?"
4	Analysis	Explore variety of performance domains	See backside of card for more details	Preview Statement <i>(Use to introduce new topic)</i> "At this point, I'd like to spend some time talking about [insert topic here] because [insert rationale here]"
				Mini Summary <i>(Use to summarize discussion of one topic)</i> "That was great discussion. Are there any additional comments related to [insert performance gap here]?"

The Analysis Phase

Performance Domains

The analysis phase can be used to explore a variety of performance domains:



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Should I consider post “Event” debriefing?

– this is considered controversial...

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Psychological debriefing for preventing post traumatic stress disorder (PTSD)

Published: 22 April 2002

Authors: Rose SC, Bisson J, Churchill R, Wessely S

Primary Review Group: Common Mental Disorders Group

This review concerns the efficacy of single session psychological “debriefing” in reducing psychological distress and preventing the development of post traumatic stress disorder (PTSD) after traumatic events. Psychological debriefing is either equivalent to, or worse than, control or educational interventions in preventing or reducing the severity of PTSD, depression, anxiety and general psychological morbidity. There is some suggestion that it may increase the risk of PTSD and depression. The routine use of single session debriefing given to non selected trauma victims is not supported. No evidence has been found that this procedure is effective.

Authors' conclusions:

There is no evidence that single session individual psychological debriefing is a useful treatment for the prevention of post traumatic stress disorder after traumatic incidents. Compulsory debriefing of victims of trauma should cease. A more appropriate response could involve a 'screen and treat' model (NICE 2005).

See the full Review on the Cochrane Library ▶

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... but it probably makes sense in our environment (both a “hot” debrief, and follow up as required)

Being practical, this type of debrief should be quick, essentially just the reactions phase and providing support to the team (they will now have to go back to work!)

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messages
during
understanding.
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Liz Crowe
@LizCrowe2

Wellbeing Specialist, Critical Care, PICU
Author 'Little Book of Loss & Grief You Can Read While You Cry', Grief & Loss, PhD student, Education, views are own

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This showed psych debriefing should not be done with primary victims nor forced upon people. Crit Care staff not inc

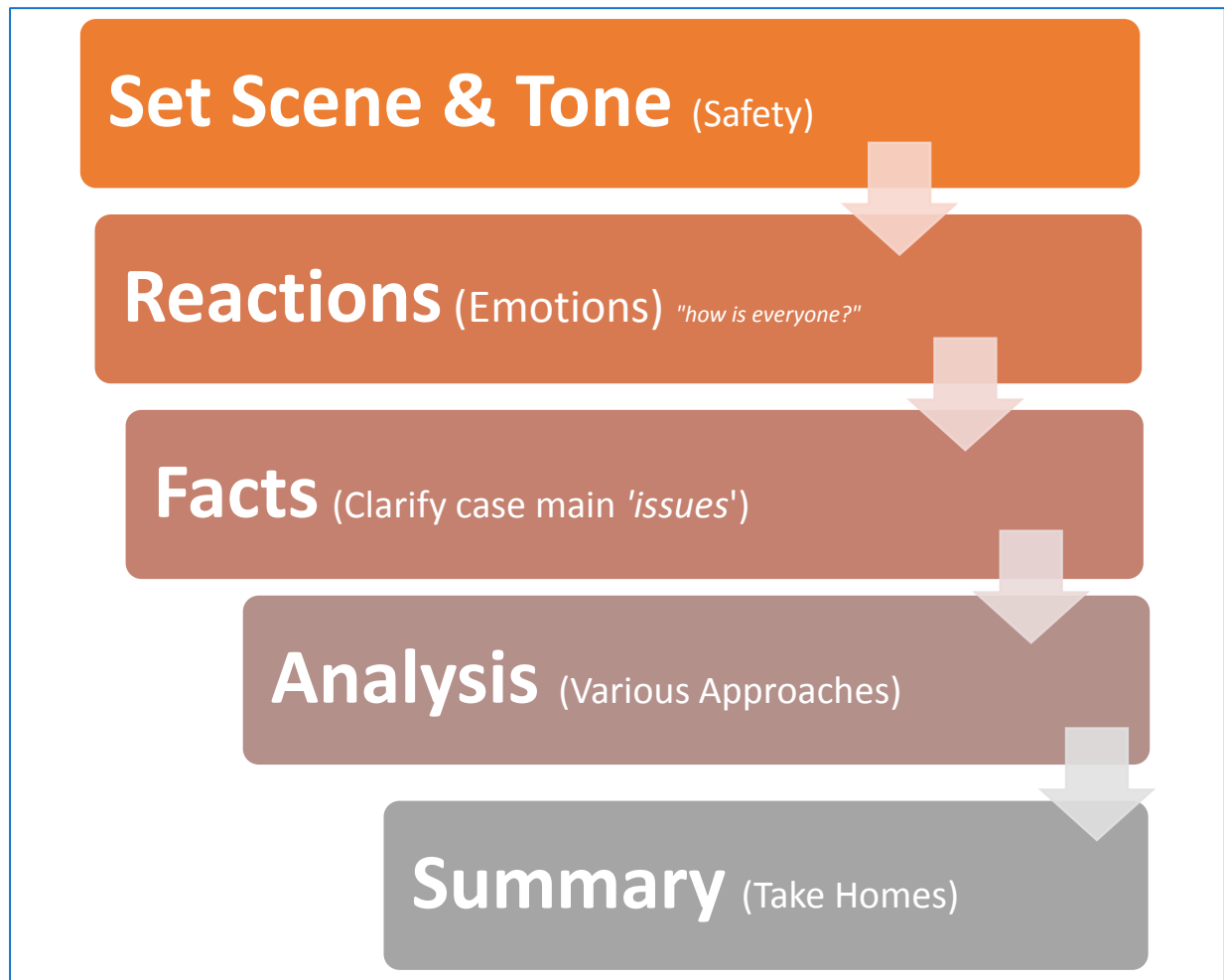
Chris Gray @cgraydoc
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info.onlinelibrary.wiley.com/userfiles/ccoc... Wessely's Cochrane review. #LTC2015

11:20 AM - 10 Dec 2015

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Chris Gray @cgraydoc · 10 Dec 2015
Replying to @LizCrowe2
@LizCrowe2 @paramedrusty @jamestooley Yep, that was who he was talking about, not clear from the slide.

Overview of Phases for Simulation or Educational Event Debriefing



Frames Concept

