



Are you ok?

Exploring significant events and debrief experience in paediatric trainees

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Introduction

Debriefing is a process in which people who have had a shared experience meet to discuss the experience, and share & examine information regarding the event.¹

Background

40%

of trainees reported their work to be emotionally exhausting.

81%

Within paediatrics, symptoms of post-traumatic stress disorder have been reported in up to 81%.

Debrief aims to:

✓ Provide an environment for reflection & learning

✓ Allow the team to process and better understand their response to a high-stress situation.

Methods

- An online questionnaire was designed & distributed to paediatric trainees in the West Midlands Deanery.
- Responses collected between 16.10.18- 17.11.18
- The questionnaire addressed:
 1. Impact of involvement in significant events on trainees
 2. Trainees' previous experience of debrief in clinical practice
 3. Trainees' opinion on the use of debrief in clinical practice

Results

46%

Survey response rate

75%

Previous experience of clinical debrief

84%

Felt the debrief process was useful

Results

Themes emerging from the qualitative data included impact on both personal and professional life:

“ Significantly affected my mood and energy
 Unable to sleep
 Impacted my relationship with my family
 Continuously crying at home

Insecurity about my role
 Made me question my career choice
 Filled me with self-doubt
 Found it really hard to continue going to work ”

Results

75%

of trainees felt that a combination of both hot and cold debrief would be most beneficial.

53%

of trainees felt that this should be led by the consultant directly involved in the significant event.

78%

of trainees felt that a formal debrief tool would have been useful.



Conclusion

“If it had not been for debrief and the support of colleagues, seniors and friends, I think my outlook on and confidence about training would be very different.”

- ▶ There is evidence from previous research that significant events impact on trainees' wellbeing & this is also reflected by our results.² It is therefore essential we ask “are you ok?”.
- ▶ If delivered appropriately, the debrief process can provide us with this opportunity ensuring the well-being of our trainees.

References:

1. Sawyer TL, Deering S. Adaptation of the US Army's After-Action Review for simulation debriefing in healthcare. Simul Healthc. 2013;8:388-397.
2. Ireland S, Gilchrist J, Maconochie I. Debriefing after failed paediatric resuscitation: a survey of current UK practice. Emerg Med J. 2008;25:328-330.