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Madison, Wisconsin

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Not All Injuries Are Visible: Critical Stress Debriefing for Healthcare Providers

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Project Echo for Pediatric Care 2018-2020
 Not all Injuries Are Visible: Critical Stress Debriefing for Healthcare Providers
 August 15, 2019

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Provided by the University of Wisconsin–Madison Interprofessional Continuing Education Partnership (ICEP)

Intended Audience:

Pediatric emergency care professionals

Objectives:

As a result of this educational regularly scheduled series, learners will be able to:

1. Utilize new skills and guidelines determined to be safe for children when accessing pediatric trauma.
2. Identify proper tools and standardized practices in order to improve the diagnosis and treatment of pediatric patients.
3. Define roles and responsibilities of team members who triage pediatric emergencies in order to identify communication strategies that result in effective patient care.

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Veronica Watson Coordinator	No relevant financial relationships to disclose	No
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Benjamin Eithun, MSN, RN, Coordinator	No relevant financial relationships to disclose	No
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2. During the live presentation, and in the follow-up email, you will be provided a code. Text that code to a number we provide you, using a cell phone associated with your account.

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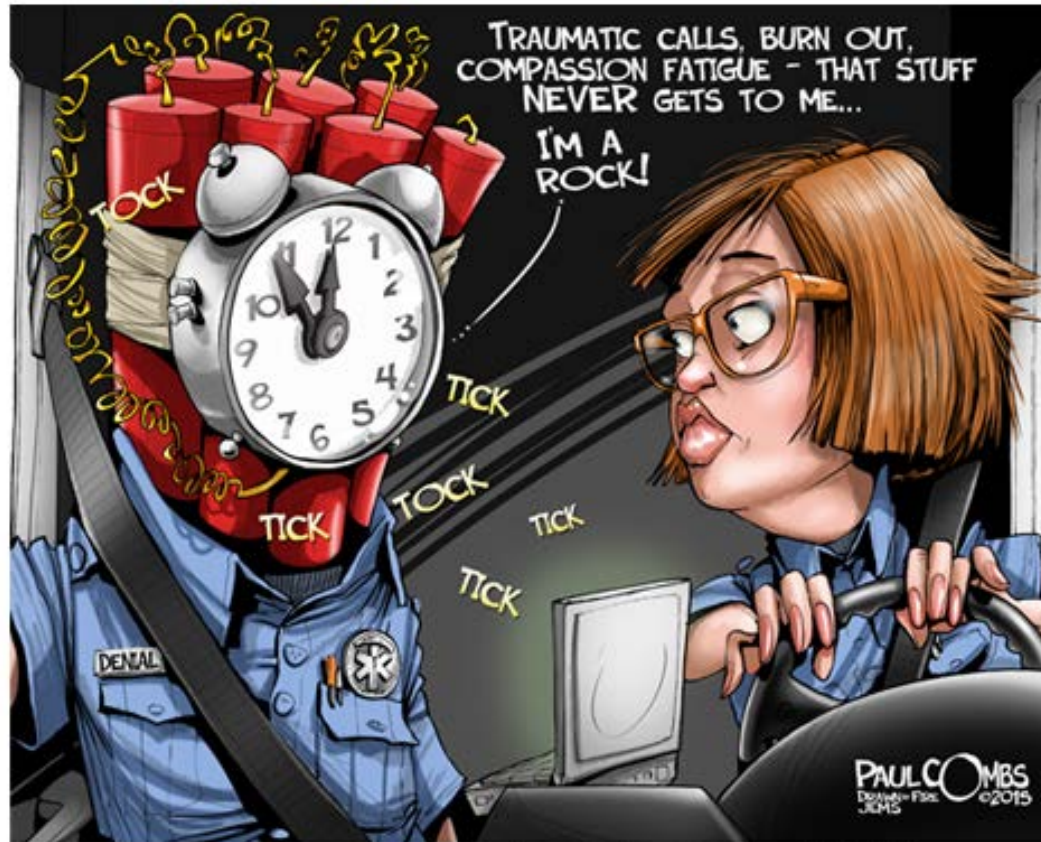
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EMS Stress



THERE IS NO SHAME IN ADMITTING YOU'RE HUMAN.

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Debriefing

- If you ask Google:

Dictionary

Search for a word

 **debriefing**
/,dē'brēfɪŋ/

noun

a meeting to question someone, typically a soldier or spy, about a completed mission or undertaking.
"post-flight debriefings"

Debriefing

- Debriefing.com:
 - The term debriefing refers to conversational sessions that revolve around the sharing and examining of information after a specific event has taken place.



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Critical Incident Stress Management

- Has been around since the 1980s
- CISM typically involves trained facilitator going through a 7 step process
- Some controversy around its continued use.
- Psychological First Aid



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Critical Incident Stress Management

1. Introduction
2. Fact Phase
3. Thought Phase
4. Reaction Phase
5. Symptom Phase
6. Teaching Phase
7. Re-Entry Phase



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Making Debriefings Mandatory

- Not everyone finds debriefings helpful, should never be mandatory
- Not the same thing as psychotherapy
- Resources should be in place to handle individuals who appear to be in imminent danger



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How Do I Handle Debriefings

- Always have another person help facilitate
- Offer them as soon as possible after the incident but be sensitive that many people want to delay until 7 or more days after the event
- Define the intent of the debrief:
 - Clinical review
 - Emotional Support
 - Not meant to be quality improvement



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When to Hold them

- Upon request
- Death of a child/adult
- Seriously injured child
- Child abuse
- Multiple victims/feeling of under-resourced
- Medical/procedural Errors
- Violent events/danger to responders



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Who should be involved?

- People who responded to the event
- People who have secondary trauma
- Group dynamics are a large part of debriefings
 - Is leadership involved? Outside Facilitators?
 - Confidentiality
 - Follow up after debriefing



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