

# SIMULATED TRAINING FOR RESILIENCE IN VARIOUS ENVIRONMENTS

## DEBRIEFING:



Debriefing effectively is an art. It is important to practice this skill when involved in simulated experiences, to improve your ability to facilitate a debrief after a real life event. Applying resiliency skills will assist with team function and help team members move forward with a positive outlook. Our debriefing framework is outlined below.

### STEP 1: ACT

...out a stressful scenario. Engage in a scenario listed in our core competencies. Experience a stressful situation in a controlled stress environment, where you can identify your stress responses and identify how you handle stressful situations that you will likely encounter during your journey through medicine.

### STEP 2: REFLECT

...on thoughts, feelings and your overall experience. What was that experience like for you? What thoughts went through your head? Do you have any questions about what happened? (ie: Did I follow the correct algorithm?) How do you feel that went? What emotions did you experience? (Response examples: "I felt really frustrated and angry that I didn't have the appropriate medical equipment required to manage a pediatric trauma patient." Or "I felt really anxious when the patient started to yell at me and kept wondering what I said wrong").



### STEP 3: CONCEPTUALIZE

...findings and assess the event: Why did this happen? (ie: Maybe because the patient was scared, they yelled at me and then I couldn't think straight? Or I couldn't find the key to the crash cart because someone had it in their pocket!). What else could I have done?

### STEP 4: APPLY

...knowledge of the event for the application of future practice. Use of resiliency skills. Did you use any of your Big4+ resiliency skills? Do you think you could have used them now that you reflect back? *Lessons learned for future events.* What will you do the same? What will you do differently? What is your take away from this event?

