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?