

## Putting it together

# DEBRIEFING

Taking even a few minutes to review the events of a stressful situation (e.g., cardiac arrest resuscitation) may have several benefits, regardless of whether the patient survives:

- Educational opportunities may be available to improve future practice.
- Process improvement issues may be identified.
- Therapeutic effect for providers. The simple act of talking through the events may help provide understanding. There's often personal guilt associated with a poor outcome, and discussion may help to ameliorate this.

**Providing criticism** may be appropriate at times. It may be better to wait and provide any negative feedback after tensions have cooled. In general, criticism should be provided in private, to avoid making anyone feel threatened or embarrassed.

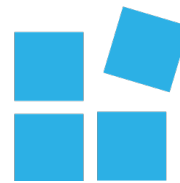
**In addition, criticism should always be**



Specific



Actionable



Relevant

It's important to remember that criticism should be directed at actions, not individuals. Critiquing an action does not create an adversarial confrontation, and avoids a defensive response that's unlikely to promote change.

Debriefing should remain a positive experience, and is intended to improve a team's response and performance.

