



Mount Sinai Hospital  
Department of Medicine

## Debrief Tool

### **S**tage

- Set designated time
- Minimize interruptions

### **E**xpectations

- Create a safe space and state purpose
- Acknowledge care provided

### **E**motions and events

- Facilitate questions
- Recognize feelings of guilt

### **K**nowledge

- Provide resources
- Set a check-in time

## Questions:

- ◇ How did you feel right after the event? And now?
- ◇ Have you ever experienced anything like this before?
- ◇ What were you thinking at that moment and why?
- ◇ What bothered you the most and why?
- ◇ What are your feelings about the care we provided for the patient?
- ◇ What was your relationship with the patient/family?
- ◇ What did you do when you got home from the shift?
- ◇ What coping techniques are you using?
- ◇ What did you learn from this experience?
- ◇ What advice on how to cope would you give someone else who has a similar experience?
- ◇ What did we do well in this case?

## Resources:

- ⇒ Chief residents, APDs, Wellbeing Champion, PD
- ⇒ Crisis Help:
  - National Suicide Prevention Lifeline call/text 988
  - Psychiatric ED: 212-241-5637
- ⇒ ICare: 212-241-8989 or [4calm@mountsinai.org](mailto:4calm@mountsinai.org)
- ⇒ Short Term Counseling: Well Connect  
212-241-2400, 1-866-640-4777 (school code: ICAHN)
- ⇒ Education/Psychotherapy/Medication:
  - Student and Trainee Mental Health:  
212-659-8805 [STMH@mssm.edu](mailto:STMH@mssm.edu)
  - Center for Stress, Resilience and Personal Growth  
212-659-5564 [MS-CSRPG@mountsinai.org](mailto:MS-CSRPG@mountsinai.org)