



Mount Sinai Hospital
Department of Medicine

Debrief Tool

Stage

- Set uninterrupted time
- Minimize interruptions

Expectations

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

Emotions and events

- Facilitate questions
- Recognize feelings of guilt

Knowledge

- 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?
- ◇ Is there more that we could have done to help 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, PD
- ⇒ Student Mental Health Clinic: 212-241-6023
- ⇒ ICare: 212-241-8989 or 4calm@mountsinai.org
- ⇒ Mount Sinai Employee Assistance Program: 212-241-8937
- ⇒ Psychiatry ER: 212-241-5637 or stmh@mssm.edu for urgent next day visit
- ⇒ Mental Health Association of NYC: 1-888-NYCWELL