

## Debriefing resources (post-elective)

Adapted with permission from Chuck Schubert, MD; Cincinnati Children's Hospital Medical Center

### Re-entry: the single most underappreciated stress

#### Points for discussion with your faculty mentor:

- Pre-trip planning process
- Travel logistics (transportation; housing / food; expenses, etc)
- The medical experience (goals and objectives met; diseases seen; site evaluation; recommendations for future residents)
- The cross cultural experience (language issues; community where you lived)

#### Prepare for the return to minimize re-entry shock

1. Prepare your own homecoming by preparing your departure
2. Expect the ambivalence you may experience about going home
3. Plan proper good-byes and closure of your experience
4. Schedule sufficient time to return and adapt, recognizing that it is a long and piecemeal process

#### Goals of debriefing

1. Support during re-entry
2. Support & counseling in a bad experience
3. Challenge and growth in a good one
4. Leveraging of experience to the home organization

#### The debriefing process

1. Establish a plan before you leave
  - a. Where, when, how and with whom will you discuss your trip
  - b. *Note: only a few people will really listen*
2. Personal Reflections on the implicit or explicit lessons learned while away
  - a. What have you learned about yourself?
    - i. How have you changed: e.g. your flexibility, need for stability, teamwork skills, viewpoints or perspectives
    - ii. How has your outlook for the future changed? Career goals?
    - iii. How did this experience impact your approach to providing care in the US?
3. Post-action analysis about the experience
  - a. Describe the nature and quality of your interactions with local health care personnel
  - b. What went right during the rotation?
  - c. What went wrong during the rotation?
  - d. How can the rotation or experience be improved?
4. What if you had an unsuccessful trip?
  - a. An "unsuccessful" trip does not mean a "wasted" trip
  - b. Debriefing is even more critical
5. Bringing closure to your trip is critical to moving forward with a positive attitude

#### Incidents & near misses to discuss during debriefing

Illness, culture shock, accidents, animal bite/ injury (including scratches and other attacks), occupational exposure, security (assault, theft), lost items, political disturbances, natural disasters, student misconduct, host site misconduct, other emergencies (i.e. in trainee's place of origin, etc)