

## COVID Debriefing Guide

Format	Structure
Welcome and Introductions	<ul style="list-style-type: none"> <li>• Review purpose of debriefing personal reactions and emotions to COVID crisis</li> <li>• Have everyone on Zoom call introduce themselves and why they called in</li> </ul>
Factual Information	<ul style="list-style-type: none"> <li>• You or a participant reviews changes for trainees due to COVID</li> <li>• Schedule changes, cancelled travel, social isolation, etc.</li> </ul>
Situation Review	<ul style="list-style-type: none"> <li>• “What has it been like to take care of COVID suspected patients?”</li> <li>• “What has been the most distressing part of the COVID crisis?”</li> <li>• “What have been good changes in your life due to the COVID crisis?”</li> </ul>
Emotional Responses	<ul style="list-style-type: none"> <li>• “What have you experienced since all of the changes have been implemented?” <ul style="list-style-type: none"> <li>- Elicit physical, emotional, behavioral, cognitive, or spiritual responses</li> </ul> </li> <li>• “What will you remember most about this situation?”</li> </ul>
Strategies for Coping with Emotions	<ul style="list-style-type: none"> <li>• “How are you taking care of yourself so that you can continue to provide care for your patients and their families?”</li> <li>• Review coping strategies</li> <li>• Review available resources</li> </ul>
Lessons Learned	<ul style="list-style-type: none"> <li>• “What lessons have we learned from this experience?”</li> </ul>
Conclusion	<ul style="list-style-type: none"> <li>• Acknowledge the work and care that the trainees are putting in during this time of crisis</li> <li>• Review sources of support: program directors, attending staff, fellows, chief residents, institutional resources - and each other</li> </ul>

Adapted by Tanya Murtha, MD, MPH, Department of Pediatrics, Yale School of Medicine, from Keene EA, Hutton N, Hall B, Rushton C. Bereavement Debriefing Sessions: An Intervention to Support Health Care Professionals in Managing Their Grief After the Death of a Patient. *Pediatric Nursing*, 2010, 36(4)185-9. Submitted April 16, 2020.