

# Debriefing for Mental health Students: COVID-19 Era.

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Debriefing is

“Debriefing represents facilitated or guided reflection in the cycle of experiential learning.”(p.116)

(Fanning & Gaba, 2007).

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# 2020...



Healthcare Workers Suffer from PTSD and Burnout During COVID-19, (OHSonline.com)

## Quote

“Teachers learn from their students’ discussions.”  
—Rashi



## Goals....

### Nursing Student



- Graduation.
- Clinicals.
- KSAs.



### Nurse educator

- Content
- Practicum.
- Simulation.
- Curriculum.
- Board regulations
- NCLEX-RN



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## Reflective debriefing: Mental health.

### Objectives:

- 1) Identify Mental Health crises affecting nurses & nursing students.
- 2) Encourage students to express personal, moral and ethical dilemmas - frontline health care.

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## Pework..

- Mindfulness in the Workplace: A Practical application



*(American Psychiatric Nurses Association(APNA2021)).*

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## Pework: Cont.

2. The benefits of debriefing (McIntosh, R. (2019).
3. Using debriefing methods in the postclinical conference, (Harrison Kelly, S., Henry, R., & Williams, S. (2019).



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## Activity--- cont.

- Informal clinical activity.
- Setting: Outside patio.
- 3 Groups(12).
- Faculty Led discussions.
- Debrief session: 90 min



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## Discussion

- Safe Effective learning.
- Anxiety & fears.
- Moral, ethical dilemma.
- Public perception...heroes?



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## Discussion

- Vaccination.
- Historic pandemic.
- Redefining Nursing- Art of Caring.
- Leadership amidst uncertainties- Faculty

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## What we Know..

Reflective debriefing helps prevent:

- Detachment.
- Burnout.
- Leaving nursing profession.



(Browning & Cruz, 2018)

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## What next....

- Mindfulness based cognitive therapy for PTSD, Anxiety and phobias(Mealer et.al.2017)
- Self-care, self- Compassion and self awareness (Erwin & Vienneau, 2019).

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## Recommendations

- Clinical Prebriefing activity.
- Collaborative Approach to practicums-(Mental health & ICU/ED).
- Follow-ups and referrals.
- Open discussions.
- Adapting to the 'new normal.'

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## Quote

“A problem well stated is a problem half solved,”

~Charles Kettering.

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## References.

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2. Erwin, D., & Vienneau, N. (2019). Battling Burnout with Nurse Coaching: Stories from the ICU. *Beginnings*, 39(3), 16–34.
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4. Harrison Kelly, S., Henry, R., & Williams, S. (2019). Using debriefing methods in the postclinical conference. *American Journal of Nursing*, 119(9), 56–60.
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7. Mindfulness in the Workplace: Practical application. (American Psychiatric Nurses Association (APNA2021))

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Thank you.

- Q& A