Clinical debriefing as an opportunity to develop reflective practice skills and prepare senior medical students for practice: Results from a pilot intervention



AIMS & METHODS

- Senior medical students reported opportunities to debrief and make sense of challenging clinical experiences on placement were often limited.
- Clinical Debrief Sessions (CDS) were piloted with Year 5 Medical Students at the University of Aberdeen during their Medical & Surgical placements.
- Aim was to increase opportunities for reflection & shared learning and improve student confidence & preparedness for practice.
- Sessions lasted approx. 1.5 hours and centred around key themes/challenges identified by students at the start of term (attendance voluntary).

Y5 CLINICAL DEBRIEF SESSIONS **SESSION AIMS:** To improve opportunities for: To increase students': Confidence in Shared learning & Preparedness for managing challenging Reflection Practice coping strategies clinical situations **SESSION THEMES:** Dealing with Patient Emotion ~ Making Mistakes ~ Managing Uncertainty **SESSION STRUCTURE:** Small group student Summary of themes Clinicians share Whole-group story-telling & facilitated discussion & learning personal story discussion "I can ask for help" "Learned new coping strategies" "I'm not the only one" "Be kind to myself"

STUDENT REPORTED HIGHLIGHTS

Personal narratives from

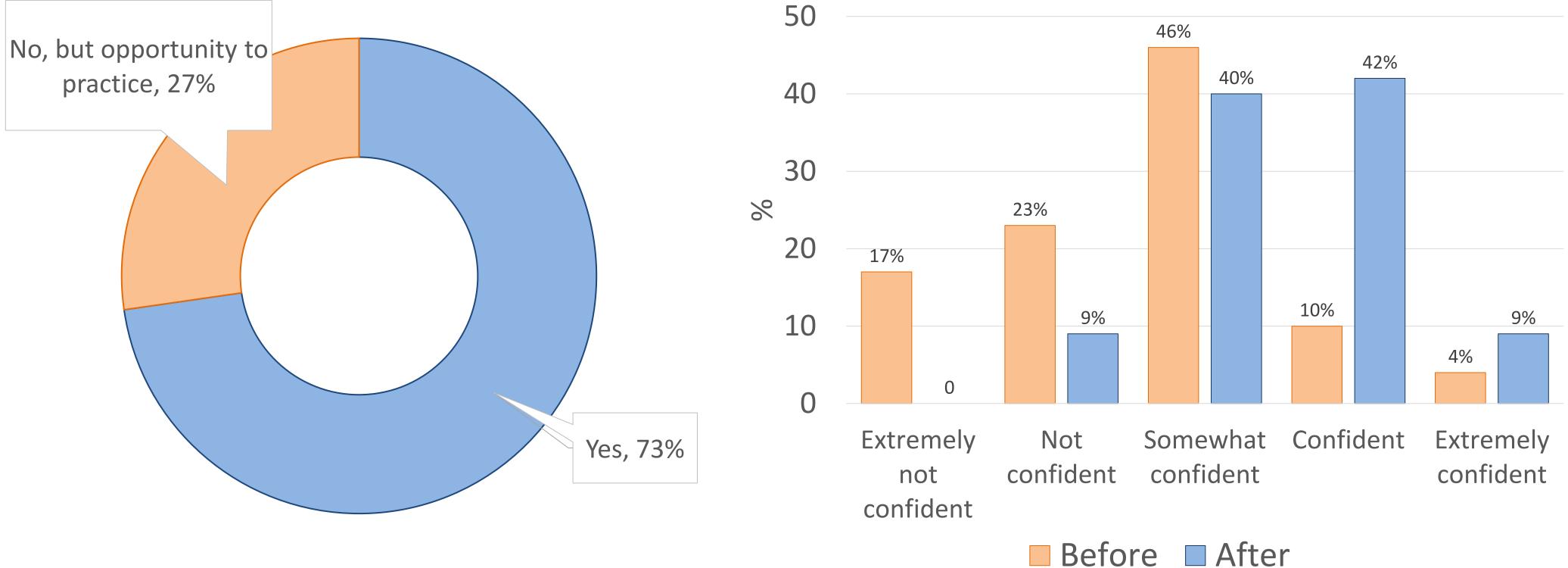
clinicians

Peer support

OUTCOMES

- Between 11 19 students attending each session. 11 post-pilot surveys returned.
- 73% reported an improvement in reflective skills.
- 51% reported feeling confident/extremely confident in managing challenging clinical situations vs. 14% pre-pilot.
- Participation in CDS highlighted importance of reflective practice & sharing experience with others, and development of new coping strategies.





CONCLUSIONS

- ✓ CDS promotes students' reflective skills & confidence in managing challenging clinical situations, and sessions/content was well-received by participants.
- ✓ The use of story-telling & vulnerability from senior clinicians invites a shared humanity and self-compassion.
- ✓ Peer support encourages development of coping strategies.

NEXT STEPS

- ✓ Plans to develop CDS into Y5 programme, covering additional key themes that emerged during the pilot, e.g. coping with guilt/shame, preparing for FY1.
- ✓ Focus group with students to gather further feedback & inform future delivery.

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Modelling emotional

vulnerability