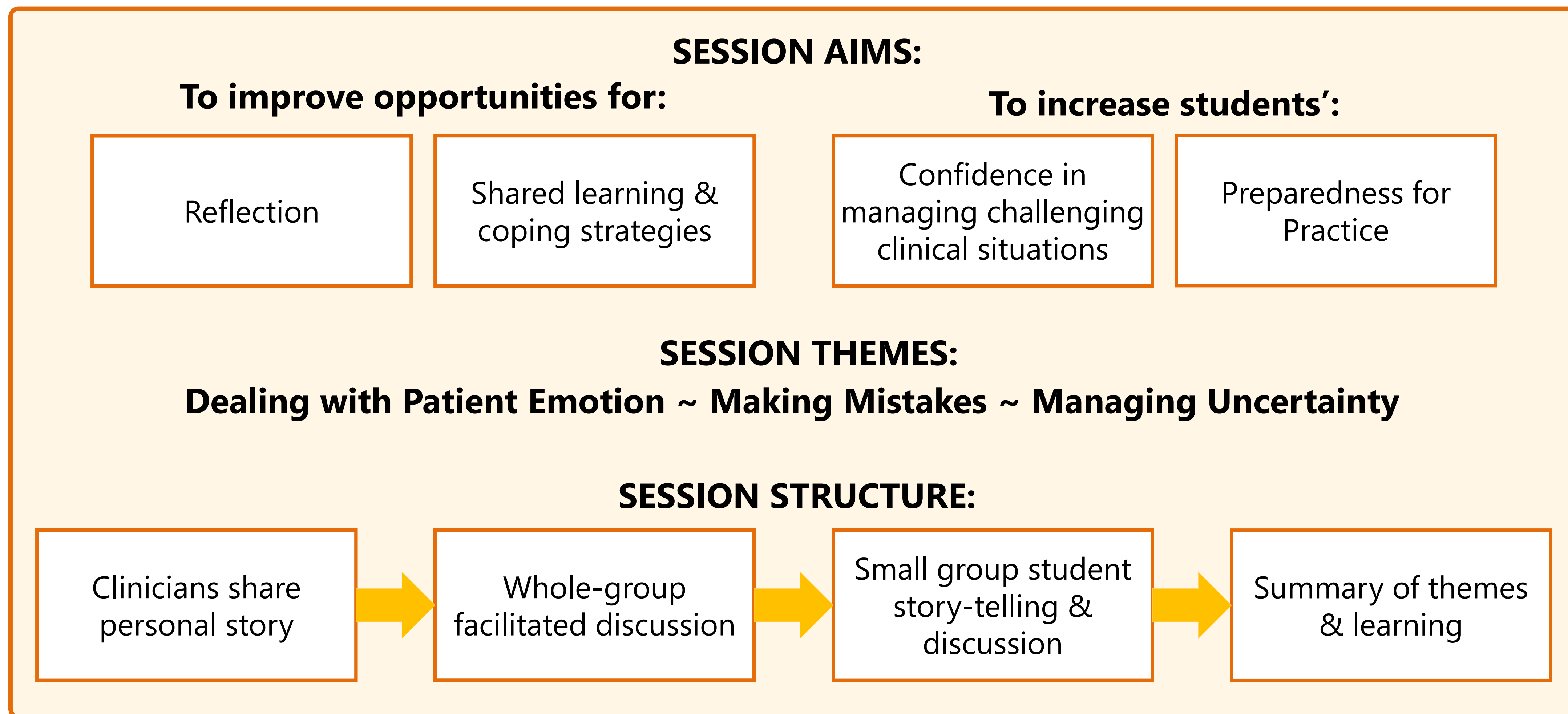


Clinical debriefing as an opportunity to develop reflective practice skills and prepare senior medical students for practice: Results from a pilot intervention

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

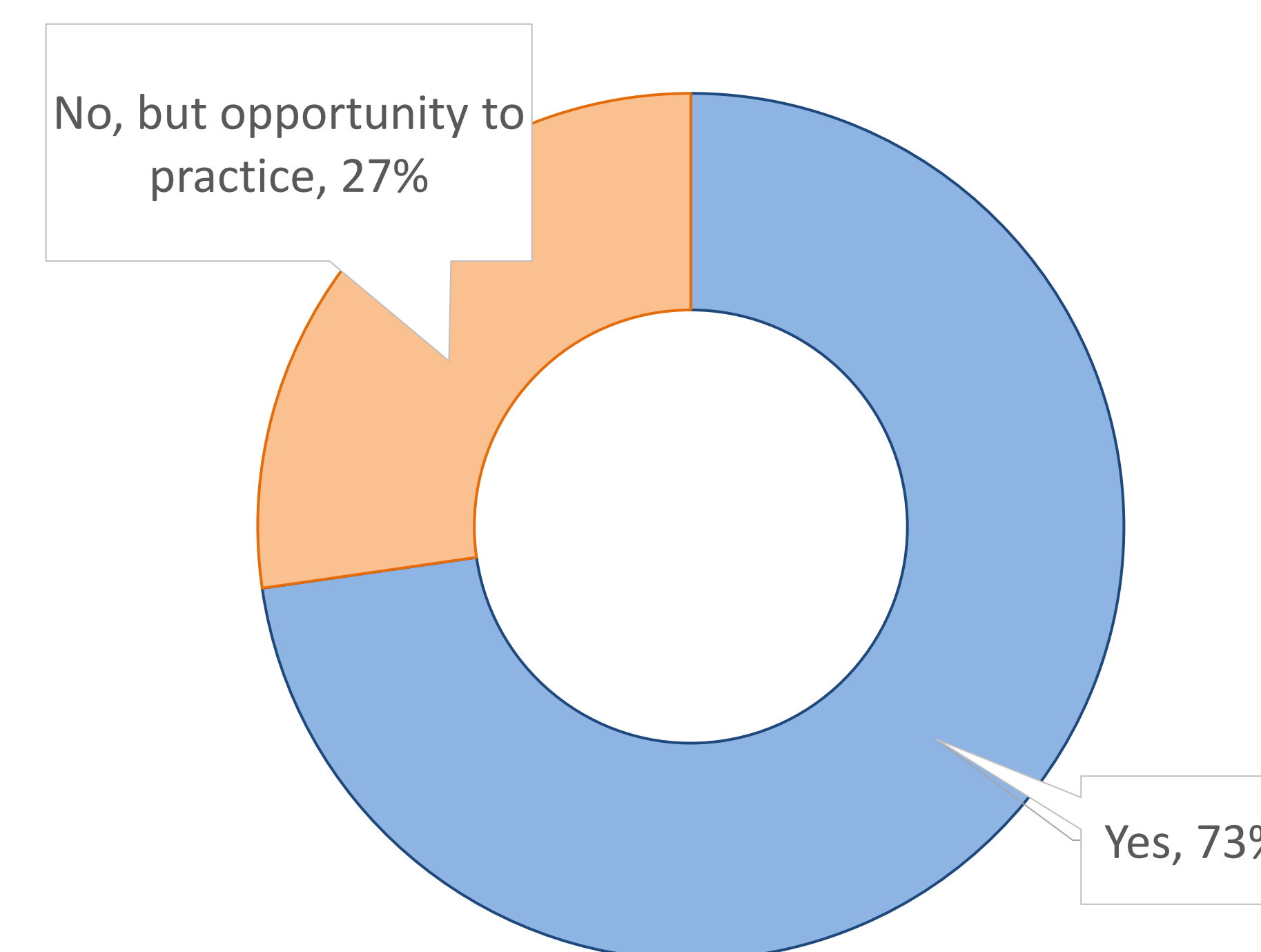


STUDENT REPORTED HIGHLIGHTS

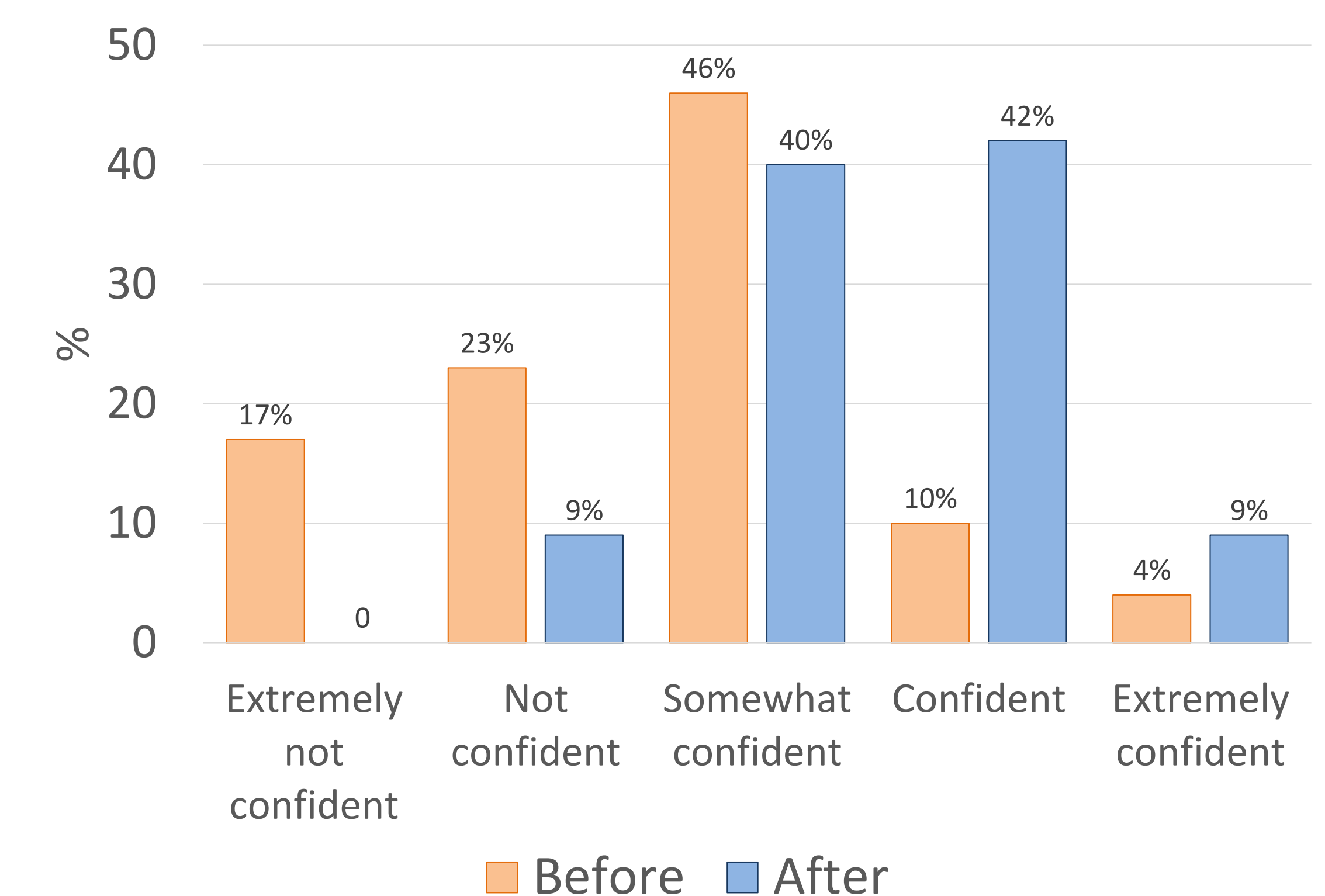
OUTCOMES

- 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.

DID CDS IMPROVE REFLECTIVE SKILLS?



DID CDS IMPROVE CONFIDENCE?



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.