

Debriefing

Debriefing improves the quality of internships for students by offering a structured opportunity for reflection and learning from clinical experiences. Through debriefing, students can discuss their actions, thought processes, and emotions in a supportive environment, enhancing their understanding and retention of clinical skills and knowledge. It encourages critical thinking, self-assessment, and peer learning, allowing students to identify strengths and areas for improvement. Overall, debriefing enriches the learning experience, making clinical internships more effective and meaningful.



How:

Objective; implement structured debriefing sessions to reflect on clinical experiences.

1. Schedule regular debriefings; plan for debriefing sessions to follow clinical activities, simulations, or at the end of a clinical day, ensuring all participants can attend.
2. Create a safe environment; foster a supportive atmosphere where students feel comfortable sharing thoughts, feelings, and reflections about their clinical experiences without fear of judgment.
3. Guided reflection; use guided questions to encourage students to reflect on their clinical experiences.
4. Encourage open discussion; facilitate an open discussion that allows every student to share their perspective and learn from the experiences of their peers.
5. Provide constructive feedback; offer constructive feedback on students' performance, highlighting strengths and areas for improvement.
6. Develop action plans; collaborate with students to develop action plans for applying what they have learned to future clinical practice. Set achievable goals for improvement.

Special requirements:

Ensure clinical teachers or facilitators are trained in debriefing techniques.

Be prepared to offer emotional support or refer students to counseling services if discussions trigger stress or emotional responses.

Manage time effectively during debriefing sessions so all students have the opportunity to participate and key learning points are covered.

Time required:

Allocate 15-30 minutes prior to the session for preparing guided questions.

Debriefing sessions typically last between 30 to 60 minutes, depending on the complexity of the experiences and the size of the group.

Plan for additional time (15-30 minutes) after the session for students who may need further clarification, support, or personalized feedback.