



SESAM
WINTER SCHOOL
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7th January 2022

- Title:** Making Some Cognitive Space when Debriefing
- Speakers:** Dr Vincent Grant and Dr Michael Meguerdichian
- Facilitators:** Dr Vincent Grant, Dr Michael Meguerdichian, Susan Eller, Helen Catena, Amy Cripps, Dr Jon Duff and Dr Gavin Burgess
- Timing:** 15:00 – 18:15

Debriefing is an essential element of simulation-based learning, but the task of facilitating a debriefing is difficult to learn and master based on the high cognitive load inherent in the activity of debriefing.

This is due to a number of competing cognitive priorities that a debriefer must contend with during a debriefing.

This workshop will review the topic of cognitive load and provide strategies to both identify and mitigate areas of excess cognitive load within a debriefing.

The workshop will be a highly interactive session with both didactic information and interactive exercises to further understand cognitive load, where it intersects in debriefing and practical strategies to mitigate the effects of cognitive load, all in an attempt to maximize growth and development of a simulation facilitator / debriefer and ultimately to enhance learning.



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- Title:** Psychological Safety during Virtual or In-Person Debriefings: What's the Same and What's Different
- Speakers:** Walter Eppich, MD, PhD, Katja Schalles, RN, (Michaela Kolbe PhD, in absentia)
- Facilitators:** Walter Eppich, Katja Schalles
- Timings:** 15:00 – 16:30 and 16:45 – 18:15

Although simulation educators appreciate the importance of establishing psychological safety (PS) before simulation activities, strategies to maintain and manage threats to PS during debriefings also contribute to learning during debriefings and are less well understood.

The importance of psychological safety during debriefings has taken on special importance as educators facilitate debriefings in both virtual and in-person settings.

After this session, simulation educators will be able to: (a) define PS and describe its vital contribution to simulation-based learning; (b) outline strategies to maintain PS during both in-person and virtual debriefings; and (c) identify and manage threats to PS.



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- Title:** Developing debriefing skills for clinical environments
- Speaker:** Cristina Diaz-Navarro, Stuart Rose, Sigrun Qvindesland
- Facilitators:** Cristina Diaz-Navarro, Stuart Rose, Sigrun Qvindesland
- Timings:** 15:00 – 16:30 and 16:45 – 18:15

Debriefing in simulation enables focussed discussions aiming to improve knowledge and performance. Its incorporation into clinical practice allows the whole team to discuss real events, encourages reflection and allows a deep level of experiential learning.

Many approaches have been proposed to carry out debriefings in clinical environments, such as TALK©, DISCERN, INFO, or DISCOVER-PHASE.

TALK© guides team self-debriefing and supports an inclusive culture of dialogue, empowering clinicians to act and improve. It is underpinned by well-defined values that foster positive communication strategies and continued commitment to patient safety.

INFO Debriefing guides charge nurses to facilitate interprofessional team reflection after important pre-determined clinical events, focusing on improving the systems and the team's performance. Its use requires 2 hours and the INFO form as a cognitive aid.

During this session, delegates will gain familiarity with the TALK and the INFO frameworks, discuss how to overcome barriers, and practice the skills required to facilitate short clinical debriefings in their working environments.



Title: Learning from challenges and good ideas. Debriefings from a safety II perspective

Speaker: Peter Dieckmann

Timings: 15:00 – 16:30 and 16:45 – 18:15

Simulation can be effective to create learning opportunities from challenges AND good performance. The mindset of debriefers and learners need to tune into this approach, however. The workshop explores underlying assumptions and concrete tools for a safety II inspired debriefings.