Introduction:
Early debriefing after stressful events holds great value in reflection on both an individual and team-based level. Our objective was to implement routine structured debriefing sessions for doctors working in intensive care in order to optimise learning and develop strategies to improve practice.

Methods:
100% of junior doctors (n=10, pre-implementation questionnaire) on the intensive care unit expressed a need for regular debriefing sessions to discuss challenging and complex cases. Weekly sessions were implemented and structured using the SHARP performance tool (1). Key learning points were collected and added to a debrief list to track progress and assimilate learning. Informal feedback was obtained on a weekly basis with formal feedback assessed following one month of implementation.

Results:
30min sessions occurred on a weekly basis supported by a consultant intensivist. Desired outcomes included assessment of team performance, identification of key learning points and psychological support. Following one month, 100% doctors involved felt that debriefing sessions were important and should continue. 75% felt that they left every session with a key learning point applicable to future clinical practice. Common themes in perceived benefits included improved team communication and creation of an open environment to address concerns.

Conclusion:
Working in intensive care exposes doctors to challenging and stressful situations. Implementation of a regular structured debrief session provides an opportunity for clinicians to address concerns, consolidate learning and develop strategies to improve clinical practice.

References: