

DEBRIEF GUIDE AFTER CHILD/YOUTH RESTRAINT WITH OTHER PATIENTS

Supporting providers to debrief pediatric restraint



Restraint is inclusive of all types of restraint (chemical, seclusion, physical and mechanical). The goal of debriefing after a restraint event is to learn together and find ways to create safety, and should take no more than 10 -15 minutes (but may take longer). Provided here are some possible debriefing questions. A group de-brief may be beneficial for some sites/units.

If staffing and safety allows it can be helpful to have a staff member check in with the other patients who may be hearing/seeing the events. Let them know that even though it is loud and may not seem like it, that staff are managing the situation and will keep everyone safe. Ask the patient if it would be helpful for them to listen to music, call someone, go for a walk etc. (depending on their personal situation)

Introduction to the debrief:

WHAT TO SAY	RATIONALE
<p>(Name patient) _____, I would like to talk with you about what happened today. I know there was some loud noises and yelling/lots of activity and I wanted to check in with you. I want you to know that staff are here to support everyone, but our job is also to keep everyone's information private and confidential. I can't talk about what happened, but I can help to answer any questions you might have and talk about how to help you feel safe.</p>	<p>Worries about what has happened and what will happen are to be expected. Privacy is important for everyone.</p>
<p>Use of restraint is never our goal and we only use it as a last resort when there is a safety emergency. Witnessing a restraint event can be really hard. It is disappointing that we ended up going to a restraint, and we want to learn from this to do better. Is this a good time/place to talk? Is there anything I can do to make you more comfortable?"</p>	<p>Reassuring the patient what will happen next helps decrease anxiety. Validating (the impact of the experience), asking permission, offering choice, meeting needs is providing trauma informed care.</p>

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Debriefing with a co-patient:

WHAT TO SAY	RATIONALE
<p>How are you feeling about what happened? <u>Suggested follow up statements:</u> I can appreciate why you are feeling this way. It has been a (use the words they used to describe) experience/situation.</p>	<p>To facilitate rebuilding of trust & connection; repair of therapeutic rapport builds feelings of psychological safety for everyone. Use Reflective Listening - understanding what an individual is saying and offering the information to them is validating as it lets them know that you have heard and understood their experience.</p>
<p>Do you have any questions/concerns you want to talk about with me? I can't promise I will be able to answer every question (due to confidentiality/privacy for the other patient) but I'll try my best to explain what I can.</p>	<p>Honesty and kindness is providing patient centred care.</p>
<p>Is there anything that would have helped you when there were loud noises and yelling/lots of activity on the unit?</p>	<p>Supporting the patient to identify ways they can soothe and distract should another restraint incident occur. Look for a way to say 'yes.'</p>
<p>How are you feeling now? I'm (care provider) feeling _____.</p>	<p>Can be a validating experience to share your feelings too, which helps with connection and trust.</p>
<p>What can we do now? (e.g. go for a walk, listen to music, colour –refer to care plan)</p>	<p>Doing something together can be a nice way to close/end the debrief, facilitate rebuilding of trust and connection.</p>
<p>Thank you for taking the time to talk and debrief the incident. It is much appreciated and helps us make improvements.</p>	<p>Gives support, encouragement, and instills hope.</p>

Cross Reference:

- [Debrief Guide After Restraint with a child/youth](#)
- [Debrief Guide After Child/youth Restraint with health care team](#)
- [Debrief Guide After Child/youth Restraint with family](#)
- [Preparing for Debriefing Pediatric Restraint](#)

