

**Debriefing staff involved in a Physical Intervention Incident**  
Children & Young People

The format of debriefs should be flexible to adjust to the circumstances and individual staff needs. The following is a list of the generic topics which can be used or adapted to enable the debriefing to be a meaningful and effective intervention. The debriefing should be conducted with the line manager and staff member involved in the Physical Intervention.

<b>What?</b>		<p><b>Consider:</b>                  What happened? Why did it happen?                  What factors/issues may have led to the incident?                  Why did I intervene as I did? What was I trying to achieve?                  Did I respond effectively?                  How did I feel about the incident when it was happening?                  How were others feeling and why?</p>
<b>So what?</b>		<p><b>Consider:</b>                  What were the consequences of my actions on the patient, others and myself?                  Given the situation again, how might I respond differently?                  What would be the consequences of responding in new ways for the patient, others and myself?                  What factors might constrain me from responding in new ways?                  What can be done to reduce the risk of it happening again?</p>
<b>Now what?</b>		<p><b>Consider:</b>                  How do I feel about the incident now?                  Am I able to support myself and others better as a consequence?                  What insights have I gained?                  What changes can be made to practice based on these insights? How will changes be implemented?                  Is Physical intervention an appropriate intervention for the patient concerned?</p>

Actions or recommendations following on from debrief: