

**Debriefing Patients & Family/Carers of Children & Young People post Physical Intervention Document**

This document helps staff and patients, families and carers, to find alternatives to aggressive or dangerous behaviours, to include non-compliance with prescribed therapies. It is important for staff to apologise to the patient and their family/carers for the physical intervention, but to explain the reasons why it took place. This debriefing interview should be completed by the staff involved in the physical intervention, and should where possible support patient/family/carer participation. It must be completed within 24 hours of the physical intervention.

Patient Name Address D.O.B. Hospital Number
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Name and designation of person completing debrief	Date & time completed	Date & time of physical intervention incident

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| <p>1) <b>Begin when the patient/family/carers are calm, and you are calm.</b> Apologise – “I am sorry this happened to you. I want to look at ways to try to stop this happening again. Is it alright to talk to you about it”?</p>  |
| <p>2) <b>Ask if the patient was injured during the physical intervention.</b> Remember an incident form must be completed following on from a physical intervention episode.</p>   |
| <p>3) <b>Allow the patient to describe the incident as they experienced it,</b> explore their thoughts and feelings, what was the patient trying to achieve?<br/>Your task as the de-briefer is to listen, and try not to judge or correct the patient.</p>  |
| <p>4) <b>Share your observations about what happened leading up to the incident.</b> Discuss behavioural cues and identify possible triggers.</p>  |
| <p>5) <b>Explore alternative ways for staff to handle the issue.</b> Specifically what can staff do differently in the future? Your task is to identify what could change from a staffing perspective, and ways to help the patient keep calm when there is potential for the situation to escalate.</p> |

6) **Explore alternative ways to handle the issue.** Your task is to help the patient in discovering different ways of reacting to triggers and identify how they will respond in the future. Listen to any suggestions the patient/family/carers offer, and also consider the suggestions of other members of the multi-disciplinary team.

7) **Develop an action plan with the patient/family/carer, to help the patient with the identified behaviour.** For example create a verbal or written agreement supporting the patient to avoid future behaviours which may cause escalation leading to physical interventions. Specifically elicit patient/family/carer commitment to the plan, and assure patient that staff are committed to helping. Please ensure that the plan is documented below, and filed in the patient notes.

8) **Take steps to rebuild the relationship/trust.** Build in time for 1:1 conversation beyond discussion around behavioural issues; try to use opportunities to provide praise (positive reinforcement).

### Debriefing Summary

### Action Plan agreed with Patient/Family/Carers

### If unable to complete debrief, please detail reasons why below