



Debriefing Sheet

Structured and guided reflection based on “3D Model of Debriefing”:

- Defusing: to allow learners to “vent” emotions. To recap and clarify what happened during the scenario. To conduct a needs analysis of objectives important to the learner.
- Discovering: to analyse and evaluate performance through reflection. To discover mental models or rationale for specific behaviours through inquiry. To identify gaps/matches between existing and targeted mental models.
- Deepening: to apply lessons from simulations and make connections to clinical practice.
- Summary: to review what was learned throughout the session.

Zigmont JJ, Kappus LJ, Sudikoff SN. (2011) The 3D Model of Debriefing: Defusing, Discovering, and Deepening.
Seminars in Perinatology 35:52-58

Key questions

Descriptive phase:

1. How are you feeling now?
2. What were the positive actions? What went well?
3. Have you ever been in the same situation?

Analyzing phase:

4. What do you want to improve?
5. Would you do something differently?
6. Which implication this scenario could have on clinical practice?

Take home message:

7. What did you learn from this scenario?

Please remember at the end: Tell participants, that they can leave their roles now and remind them it is important to keep scenarios confidential so as not to influence the future learning opportunities of other learners/students.

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