

Scoping Exercise: Paramedic Debriefing Post Out-Of-Hospital Cardiac Arrest

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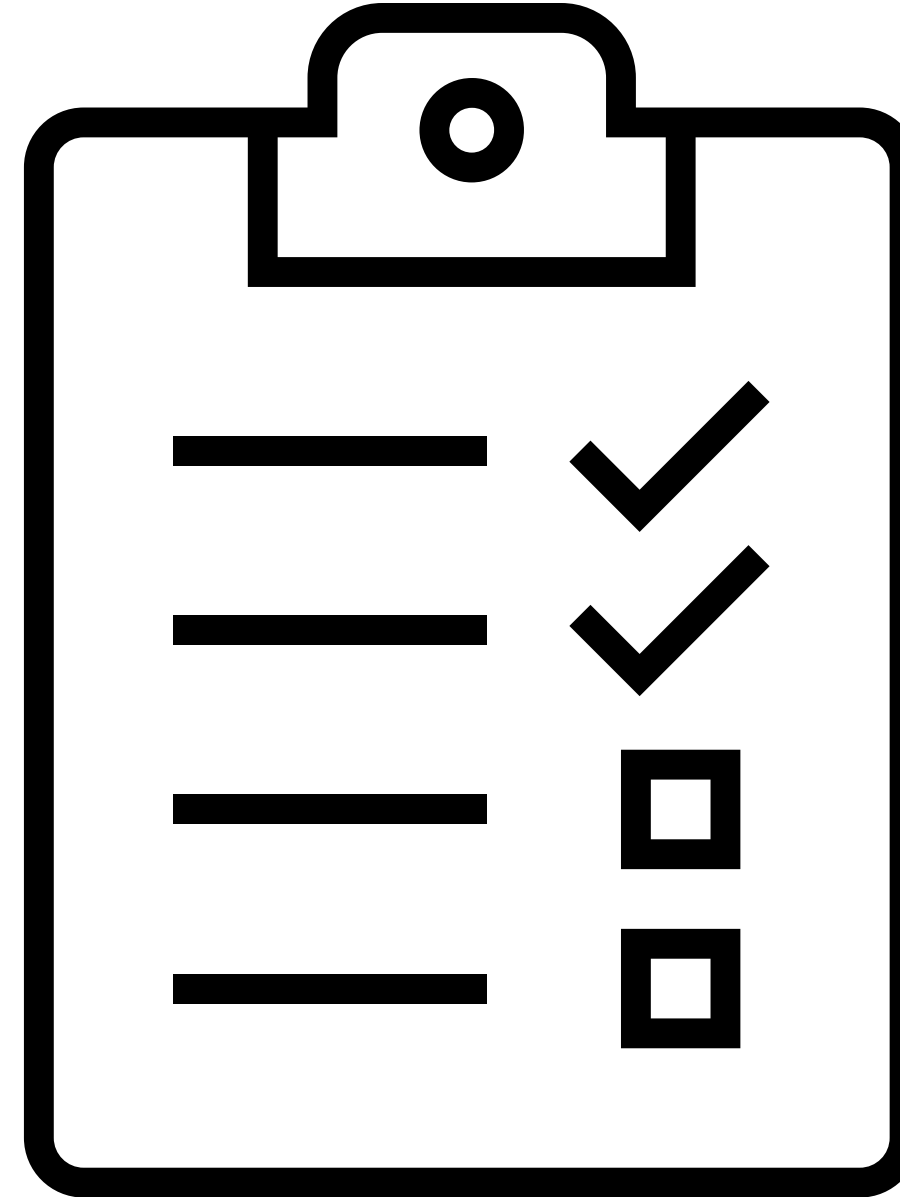
Background

Debriefing post out-of-hospital cardiac arrest (OHCA) is emerging as a strategy to improve patient outcomes and is recommended by JRCALC¹ and Resuscitation Council UK². There is limited research on debriefing post OHCA and there is currently no defined process in the prehospital setting.

Objective

To gain insight into current practice and to inform the development of a PhD proposal exploring debriefing post OHCA in the prehospital setting.

Methods

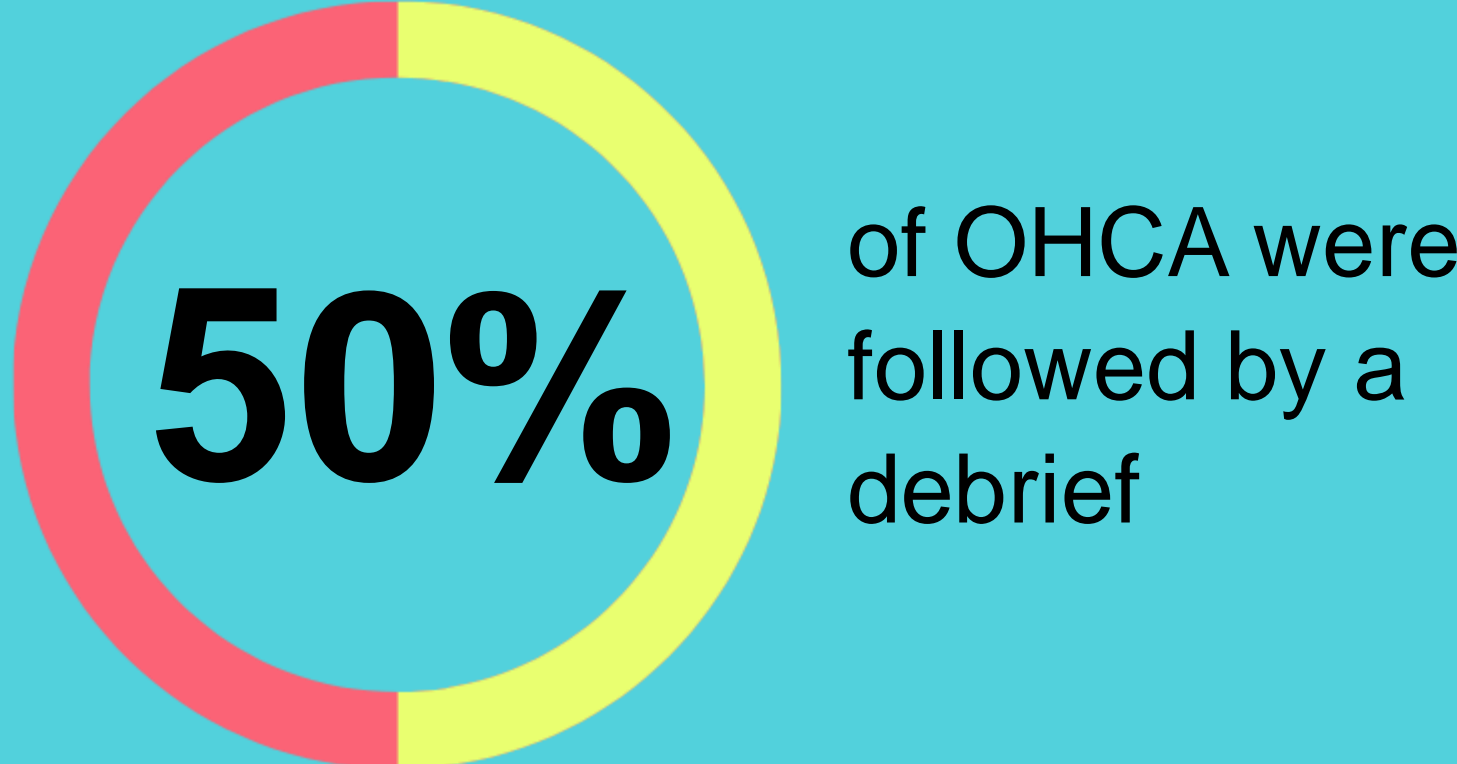


- Questionnaire
 - 24 paramedics
 - Convenience sampling
- Inclusion criteria:
- NHS employed paramedic
 - ≥1 OHCA over the past 6 months

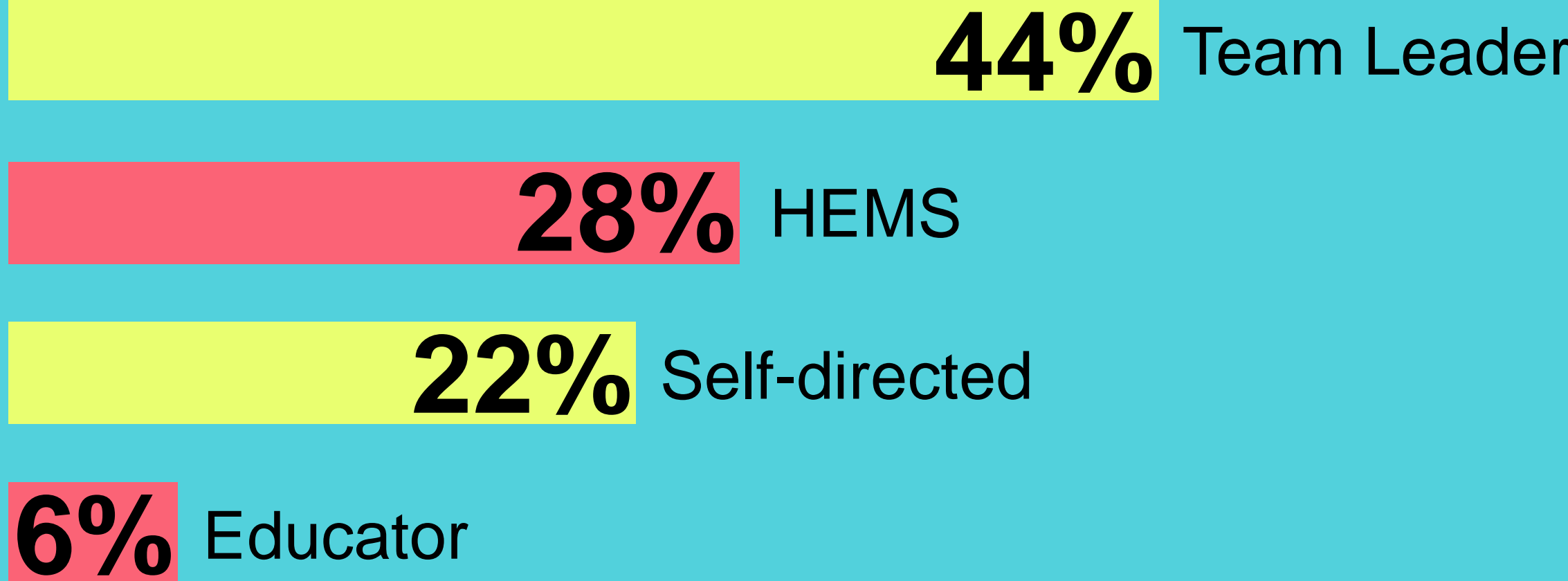
Results



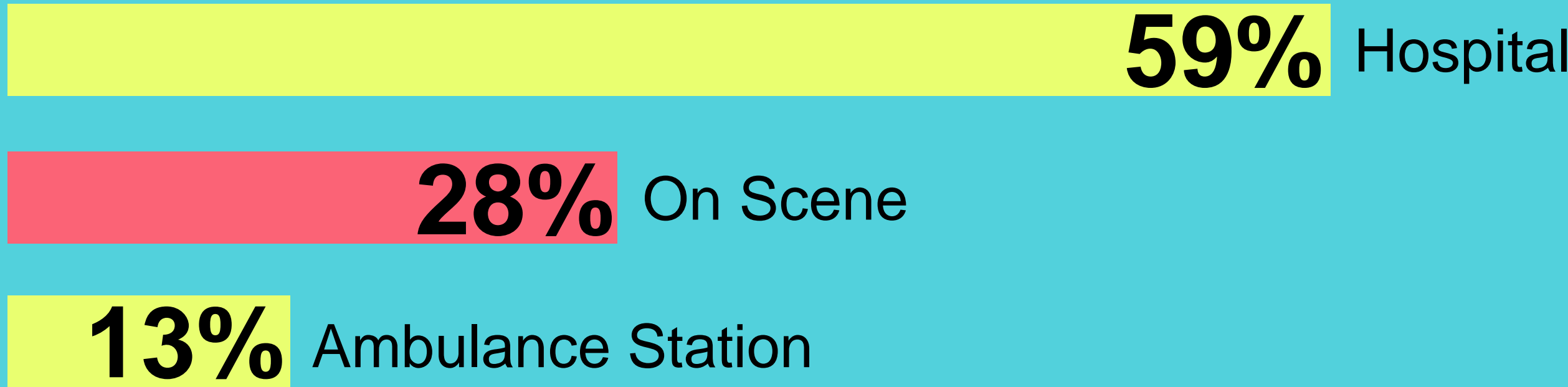
4 Median exposure of OHCA over 6 months (IQR 2-7)



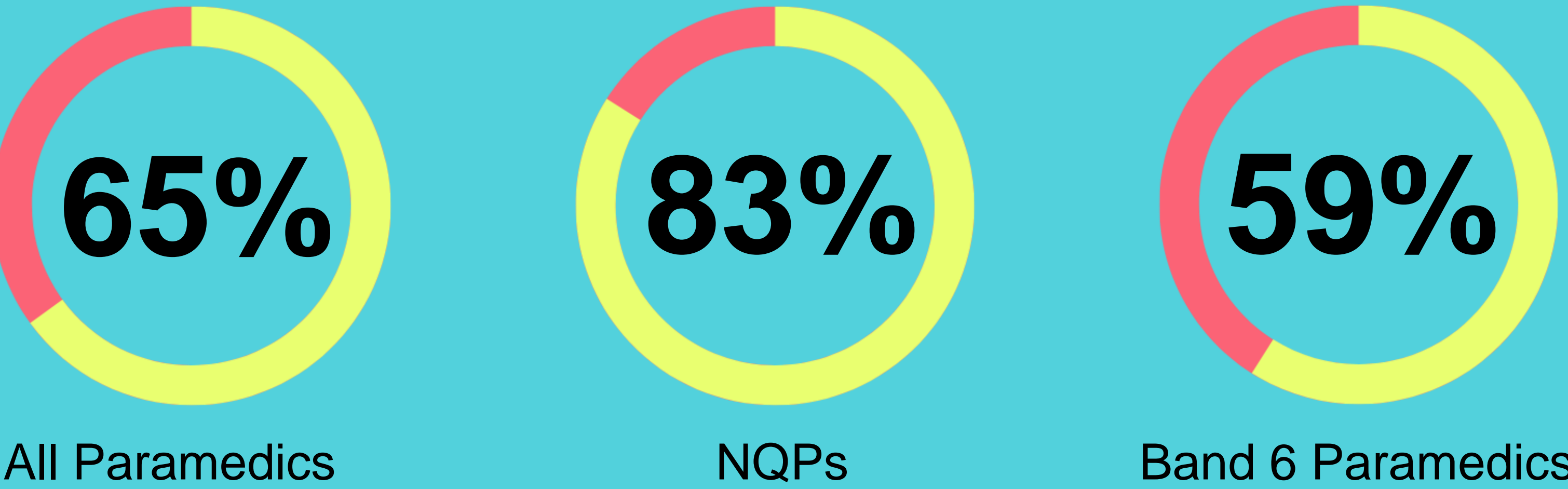
Facilitator:



Location:



When a debrief was not conducted...



... had wanted one

Discussion

The findings provide a small insight into current practice, but these should be interpreted with caution due to a small sample size and recall bias.

- Time constraints and a lack of structure are barriers to debriefing post OHCA in the prehospital setting³.
- Team authority figures often take the role of facilitator⁴. This role is vital, as the skill of the facilitator affects quality⁴. Effective debriefing is a learned skill that requires formal training and practice.
- NQPs experience emotional turbulence as they transition to professional practice, which affects confidence⁵.
- Further research is needed to explore how best to support the needs of paramedics, paramedics' interpretations and experiences of debriefs, and the willingness of paramedics to participate in the debriefing process.

Conclusion

A defined process for debriefing after OHCA is needed in the prehospital setting. Further research is needed to identify an optimal approach.

References

1. Brown, S.N. *et al.* (2022) *JRCALC clinical guidelines 2022*. Bridgwater, England: Class Professional Publishing.
2. Soar, J., *et al.* (2021) *Adult advanced life support guidelines*. Resuscitation Council UK. <https://www.resus.org.uk/library/2021-resuscitation-guidelines/adult-advanced-life-support-guidelines>
3. Sandhu, N. *et al.* (2014) 'Postresuscitation debriefing in the Pediatric Emergency Department: A national needs assessment', *CJEM*, 16(05), pp. 383–392.
4. Kessler, D.O., *et al.*, (2015) 'Debriefing in the Emergency Department after clinical events: A practical guide', *Annals of Emergency Medicine*, 65(6), pp. 690–698.
5. Phillips, P. and Trenoweth, S. (2023) 'Crossing the "flaky bridge" - the initial transitory experiences of qualifying as a paramedic: A mixed-methods study', *British Paramedic Journal*, 8(1), pp. 18–27.