**Appendix 13**

**Patient - Incident De-Brief**

Aim: To ensure patients are supported through debrief session, following any incident of violence or aggression on the unit. Format below to be used as a prompt for individual and group sessions.

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| --- | --- | --- | --- |
| Date of Incident |  | Date of debrief |  |
| Ward/Unit |  | Format/Group or Individual. |  |
| Patient | | Staff member carrying out de-brief | |
|  | |  | |
| Discuss Incident with the patient: allow the patient to discuss from their perspective, What do they think triggered the incident – were they already feeling upset about something? | | | |
|  | | | |
| Encourage patient to reflect on incident. (How did you feel? What did you feel at the time? How do you feel about the incident now?) If patient not able to explain how they felt can they describe physical changes in their body or any changes to senses? | | | |
|  | | | |
| Analysis - what went well? | | | |
|  | | | |
| Analysis – is there anything we could have done differently? | | | |
|  | | | |
| Actions – what needs to happen next, and who will lead? As a result of De-brief please add analysis and patients perspective to Care plans/risk management plans, make sure all staff aware of any changes to care? | | | |
|  | | | |

Name of Lead for Debrief \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Post Held \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_