



DEFUSING IN HEALTHCARE CENTRES

COVID-19 CRISIS

GET RID OF ALL EMOTIONAL OVERLOAD BEFORE THE END OF THE WORKDAY **TO AVOID** TAKING IT HOME AND RECOVER STRENGTH FOR THE NEXT SHIFT

WHAT IT IS?

1. A strategy to share emotions and experiences
2. After being exposed to situations of extreme stress
3. May become part of the daily routine for the different teams (15-10')

DON'T CONDUSE DEFUSING WITH:

1. Group therapy
2. Critical analysis of errors and improvement actions
3. A search of responsibilities or exchange of reproaches

WHY DO WE DO IT?

- To **deactivate** discomfort and tension
- To **recover** strength and confidence
- To **avoid** taking stress back home and be able to take a break
- To **create** an atmosphere of mutual support, enhance team unit
- To **preserve** well-being
- To **prevent** extreme stress responses and errors caused by emotional overload
- To **integrate** adaptively critical experiences of the workday
- To **detect** if I am emotionally overloaded and need some additional help.

VENT • CLOSE • RESTORE • CONTINUE





WHO?

- **Small groups** (6-10 people) - Personnel from the unit present in the shift
- **Moderator:** person responsible of patient's or the unit's safety, prevention of occupational hazards or mental health personnel, external staff

WHEN AND WHERE?

At the end of the workday

In a place where little interruption occurs

Face-to-face or streaming

WHAT TO COMMENT?

ADAPTABLE TO THE SITUATION

How was the workday?

How are you doing?

What difficult situation did you deal with today?

How are you feeling?

What worries you the most?

What repetitive thoughts have you had throughout the shift?

Have your experiences today changed the way you see things?

Which has been the worst moment during this shift?

What has impacted/affected you the most?

Is there any task/decision you used to handle easily before which you had little strength to do today?

Is there anything else you would like to comment?

Does anyone else share these feelings/worries?

OTHER INFORMATION OF INTEREST

Voluntary participation

Confidentiality of shared information

Time for all to speak

End the session with positive messages of unit and strength