Debriefing Trainees after Global Health Experiences: An Expert Consensus Delphi Study

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LIMITATIONS
• Limited to GH educators in the field of pediatrics
• Limited number of expert panelists included
• Surveys may exclude relevant topics
• One panelist was unable to complete all survey rounds

FUTURE DIRECTIONS
• Distribution of recommendation guidelines for GH post-return debriefing (available through QR code below)
• Member checking process with key stakeholders including resident trainees and other educators

CONCLUSIONS
• All residents who participate in GH experiences abroad should participate in a structured debrief upon return
• Elements deemed “essential” in post-return debriefing by GH expert consensus address the following topics:
  1. Trainee well-being and coping
  2. Ethical concerns
  3. Need for mental health support and resources in cases of significant emotional or psychological distress
• Consensus recommendations for post-return debriefing intend to optimize GH training experiences and resident wellness

OBJECTIVES
• To develop consensus guidelines for debriefing of residents returning from short-term GH rotations

INTRODUCTION
• Resident participation in global health (GH) training opportunities is high
• Existing curricula offer goals and objectives for GH rotations
• Debriefing optimizes clinical training experiences
• Guidelines recommend post-return GH debriefing
• There is no consensus for this debriefing process

METHODS
Study Design and Setting
• Consensus group of pediatric GH experts across the United States by modified Delphi

Inclusion Criteria
Minimum 3 years experience in leadership position for GH resident track/program
AND
1. Primary or senior author of at least 1 peer-reviewed manuscript about GH education ON
2. Platform or workshop presenter for scholarly work at national or international conference

Exclusion Criteria
• Member of study team

Data Collection Method
• 4 serial surveys were completed and responses collated

Outcome Measures
% Agreement Outcome
>80% Achievement of consensus
50-80% Modification & re-evaluation
<50% Elimination

Data Analysis
• Free response results were coded for common themes
• Quantitative analysis determined agreement percentages and means

OBJECTIVES
An objective of post-return debriefing should be to assess trainee well-being.
The following discussion topic should be included in the post-return debriefing session: Emotional well-being and coping strategies.
The following discussion topic should be included in the post-return debriefing session: Ethical concerns.
Providing mental health resources and arranging a follow-up debriefing session is warranted if significant emotional or psychological distress is identified during post-return debriefing.
If severe emotional or psychological distress is identified during post-return debriefing, referral of the trainee to mental health services may be warranted.

RESULTS
Figure 1. Number of debriefing topics that achieved consensus of total items discussed per round.

Table 1. Sample of 5 of 32 consensus recommendation statements for post-return debriefing of GH experiences with indication of mean importance by Likert scale (1=not important, 2=somewhat important, 3=very important, 4=essential)

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