

3D debriefing

(after each simulation)

Defusing

- Elicit reactions and emotions.
- Get learners to recap what happened.

Ask these types of questions:

- *How did it feel to be part of that simulation?*
- *How do you feel it went?*
- *Let's recap what happened. (save the WHY for the DISCOVER stage)*
- *Did we reach our goal?*
- *Were there any moments when you weren't sure what to do? What were you thinking and feeling at the time?*

Discovering

- Analyse and evaluate what happened
- Anchor discussion to moments when learners hesitated or felt unsure.
- Make comparisons between what happened and the preferred action or behaviour.
- Ask where learners guessed what to do – this highlights their gap in understanding and may necessitate re-teaching.

Ask these types of questions:

- *Can you share what you were thinking when you hesitated or went blank?*
- *Can you share your thinking behind that question/action etc?*
- *What outcome were you looking for?*
- *If you had done "x" (the preferred action/behaviour), how might it have gone differently?*
- *How could you ask that differently if we had another run-through?*
- *Any feedback from the group?*

NOTE: This is not a linear process. Learners usually want to defuse and discover one part of the simulation at a time before circling back to another moment in the simulation to defuse and discover.

Deepening

- Re-do the simulation using what was learned from the discovering phase
- How does the approach transfer to real practice contexts/services/consumer groups
- What modifications are needed?

Ask these types of questions:

- *Does this approach align with your clinical practice?*
- *Would you need to modify this approach to fit your practice context? Why/how? If not, why not?*
- *Has this experience changed the way you think about other aspects of your practice?*

Adapted from: Zigmont, JJ, Kappus, LI and Sudikoff, S.N. (2011) *Seminars in Perinatology. The 3D Model of Debriefing: Defusing, Discovering and Deepening*, ELSEVIER, doi: 10.1053/j.semperi.2011.01.003