

## Conversation Guide: Patient Debriefing After a Severe Event



### Assess Event

- Review patient chart and event details
- Ensure adequate time is available
- Provide patient written guidance for follow-up care

### Opening the Conversation

- Sit down for a conversation with the patient and include support person if desired
- Ask permission to discuss their experience and ensure they feel comfortable and ready to talk
- Recognize the patient may need information given multiple times and in multiple ways

### Guiding the Discussion

Examples:

- "How are you feeling about your birth experience? Do you have any new questions for me today?"
- If the patient isn't ready to talk, respect this and try again later if appropriate. Support and validate any feelings they do share.

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### Guiding the Discussion

- “I know you experienced extra bleeding when you gave birth yesterday, would it be OK to talk about that and how it may impact your recovery?”
- “Would you like to talk about your birth?”

### Providing Support

- “Thank you for sharing and trusting me with how you are feeling. You have every right to feel that way.”
- “It’s normal to feel this way; anyone in your situation would. You’re not alone.”
- Local Resources: PT, mental health, home health, 6-week follow-up
- National Resources: Postpartum Support International, Birth Trauma Association, Preeclampsia Foundation Trauma Resources

### Wrap-Up

- “Thank you for sharing. What you experienced deserves continued care; we are here for you. Let’s schedule a follow-up, and please feel free to reach out with any questions before then.”