

Volume 6, No. 1 (Supplement)

June 2011

ISSN 1823-2140

The  
National University  
*with an*  
INTERNATIONAL REACH



UNIVERSITI  
KEBANGSAAN  
MALAYSIA  
*National University of Malaysia*

# MEDICINE & Health

The Official Journal of The Faculty of Medicine UKM

## 7<sup>th</sup> Malaysia Indonesia Brunei Medical Sciences Conference "TOWARDS A HOLISTIC AND INTEGRATIVE APPROACH IN HEALTHCARE"



22<sup>nd</sup> - 24<sup>th</sup> July 2011

Equatorial Hotel, Bangi, Selangor,  
MALAYSIA

officiated by

**Y.B Datuk Rosnah Haji Abdul Rashid Shirlin**  
Deputy Minister of Health Malaysia

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## THE EMOTIONAL WELLBEING OF RESUSCITATION TEAM MEMBERS: THE FORGOTTEN REALM

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### Introduction:

Resuscitation is an event that is physically, mentally and emotionally demanding for most Emergency Department (ED) personnel. When it does not meet the targeted outcome, there may be feelings of frustration and inadequacy. If the emotional effect of dealing with dying patients and their surviving family members are not acknowledged, deleterious outcome may ensue.

### Case:

A child succumbed to foreign body airway obstruction despite resuscitation efforts. The resuscitation team members took a few minutes to gather themselves together, then continued to perform their clinical duties. During the shift, they handled six other resuscitations.

### Discussion:

ED personnel deal with dying patients every day. In an effort to escape the necessity of coping with death, many staff members experience career disillusionment and some even leave the ED line of work altogether. To add to the stress they have to continue working the shift, attending to other patients requiring their attention. Therefore, what mechanisms are in place to ensure that staff are coping and are able to function for the benefit of other patients?

At the end of any resuscitation effort, a debriefing session should be held for the resuscitation team members. Apart from identifying areas of possible improvement, these sessions also serve another very important role; to provide support and some form of closure to team members. It provides the perfect opportunity to tackle the question of 'Could we or should we have done more?' It should be held in a private, confidential and comfortable environment where team members feel safe to explore questions without fear of judgment or repercussions.

### Conclusion:

The importance of the emotional well being of resuscitation team members should be emphasized. The ability to confide in others during debriefing sessions should be regarded as a basic skill to ensure self care, so that they are then able to deliver the best patient care.

### Keywords:

resuscitation, emotional wellbeing, debriefing sessions