From: UCSF-GME
Subject: Critical Incident Stress Debriefing following a Code Blue
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Attachments: CODE BLUE FLYER(7-13).doc

Dear Residents and Fellows,

Here is a UCSF Medical Center program of which you should be aware.

Critical Incident Stress Debriefing following a Code Blue
CISD is a model developed by the American Red Cross to debrief professional caregivers following a natural disaster. This usage was expanded to apply to hospital staff when stressful events occur, such as a Code Blue. It is an organized approach to supporting staff who are involved in a critical incident under stress. The purpose of the debriefing group is to assist in mitigating the emotional trauma and promote healthy coping strategies. Usually, the debriefing takes place within 48 hours of the Code Blue, to address the staff stress as quickly as possible and prevent staff "burnout."

Sponsored by the UCSF Code Blue Committee

PLEASE POST

To help reduce staff stress after Code Blues,
a program has been introduced

Code Blue Debriefing Program

Voluntary one-hour debriefing session for all staff and physicians after any Code Blue

This program focuses on debriefing the events of the code, staff well-being and self-care techniques.

Facilitated by UCSF Spiritual Care Services

Please contact michele.shields@ucsfmedctr.org with questions

The code blue debriefing program is sponsored by the UCSF Code Blue Committee and was initiated as a resident improvement project by Dr. Nicole Sirotin in the Department of Medicine.