

MITIGATING PSYCHOLOGICAL IMPACT OF TRAUMATIC EVENTS AT WORKPLACE AMONG AMO THROUGH DEBRIEFING PRACTICE

AUTHORS

Munirah Ismail, Nursyahda Zakaria, Nor Haniza Zakaria, Lee Kun Yun

AFFILIATIONS

Institute for Health Management, National Institutes of Health, MOH



Presented at 5th HKL Research Day 2022 (28-31 March 2022)

INTRODUCTION

Exposure to traumatic events in the form of harassment, aggression, litigation, medication error, mass disaster and life-threatening incident at workplace may lead to poor psychological wellbeing and burnout among healthcare workers.

OBJECTIVE

This study looked at the occurrence of debriefing session following traumatic events experienced by the AMO and its effect on their level of burnout.

METHODOLOGY

Study Design	Cross Sectional Quantitative Study
Study Period	July to November 2019
Study Population	AMO in 32 hospitals and 28 district health offices Sample size: 2033 Participants: 1839 AMOs
Sampling Technique	Multistage stratified sampling
Study Tool	Maslach Burnout Inventory – Human Service Survey (MBI-HSS)
Analysis	Complex sampling analysis with IBM SPSS 26

RESULTS

32.7%

of the AMOs have experienced traumatic event at workplace

25.5%

of the AMOs received some form of debriefing and psychological support following traumatic events

AMO who have been debriefed after a traumatic event were

1.5 times

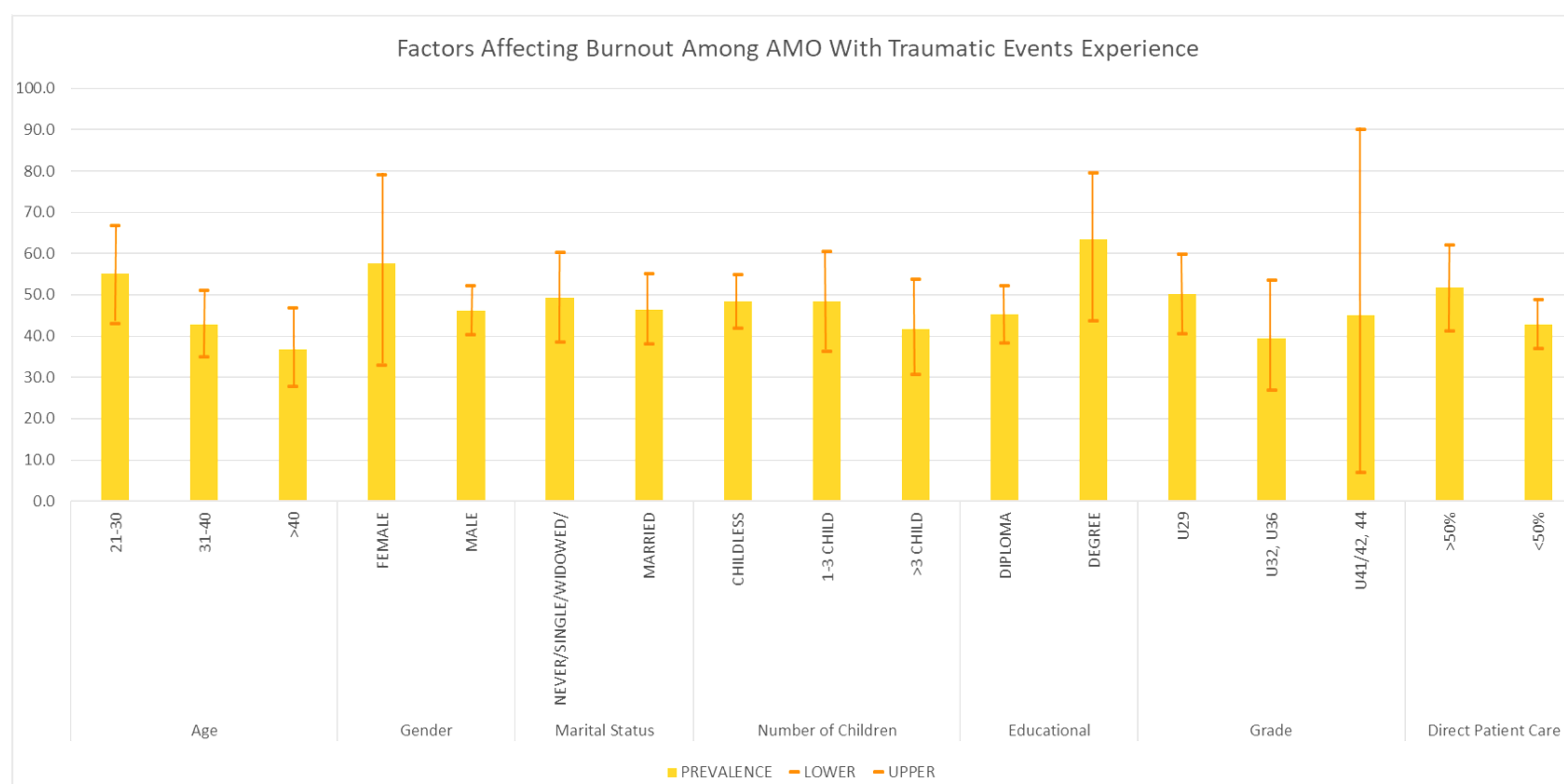
less likely to experience burnout

as compared to those who did not receive any support



47.4%

of the AMOs with history of traumatic event suffered from burnout



DISCUSSION

- Among the AMOs with burnout following traumatic event; a higher level of burnout was seen among those who were younger, female, unmarried, childless, higher education level, lower grade and spent more time on direct patient care.
- Psychological impact after traumatic events may manifest as anxiety, intense fear and helplessness. Left unattended, these symptoms may progress to burnout and post-traumatic stress disorder (PTSD).^{1,2}
- Support like counselling, peer support and debriefing training are measures that can be implemented for HCW experiencing traumatic events.
- Team communication undertaken by team leaders following an event or clinical encounter is part of debriefing process that has been shown to be beneficial to the clinical practice and psychological health of team members.^{3,4}

CONCLUSION

Debriefing session is imperative in mitigating the psychological impact of stress, anxiety, and fear among personnel involved in traumatic events.

ACKNOWLEDGEMENT

We would like to thank the Director General of Health Malaysia for permission to present this poster. We also like to convey our gratitude to all the participants and healthcare professionals involved in this research.

RELATED LITERATURE

1. Rose, S.C, Bisson, J., Churchill, R. & Wessley, S. (2002). Psychological debriefing for preventing traumatic stress disorder (PTSD). Cochrane Database of Systematic Reviews.
2. Adriaenssens, J, De Gucht, V, Maes, S. (2015). Determinants and prevalence of burnout in emergency nurses: a systematic review of 25 years research. International Journal of Nursing Studies. 52 (2), 649-661
3. Spencer SA, Nolan JP, Osborn M, Georgiou A. (2019). The presence of psychological trauma symptoms in resuscitation providers and an exploration of debriefing practices. Resuscitation. Sep;142:175-181
4. Harder, N, Lemoine, J, Harwood, R. Psychological outcomes of debriefing healthcare providers who experience expected and unexpected patient death in clinical or simulation experiences: A scoping review. J Clin Nurs. 2019