

# How to avoid a disaster...

**AFTER THE DISASTER**



**EUSEM**  
EUROPEAN SOCIETY FOR EMERGENCY MEDICINE

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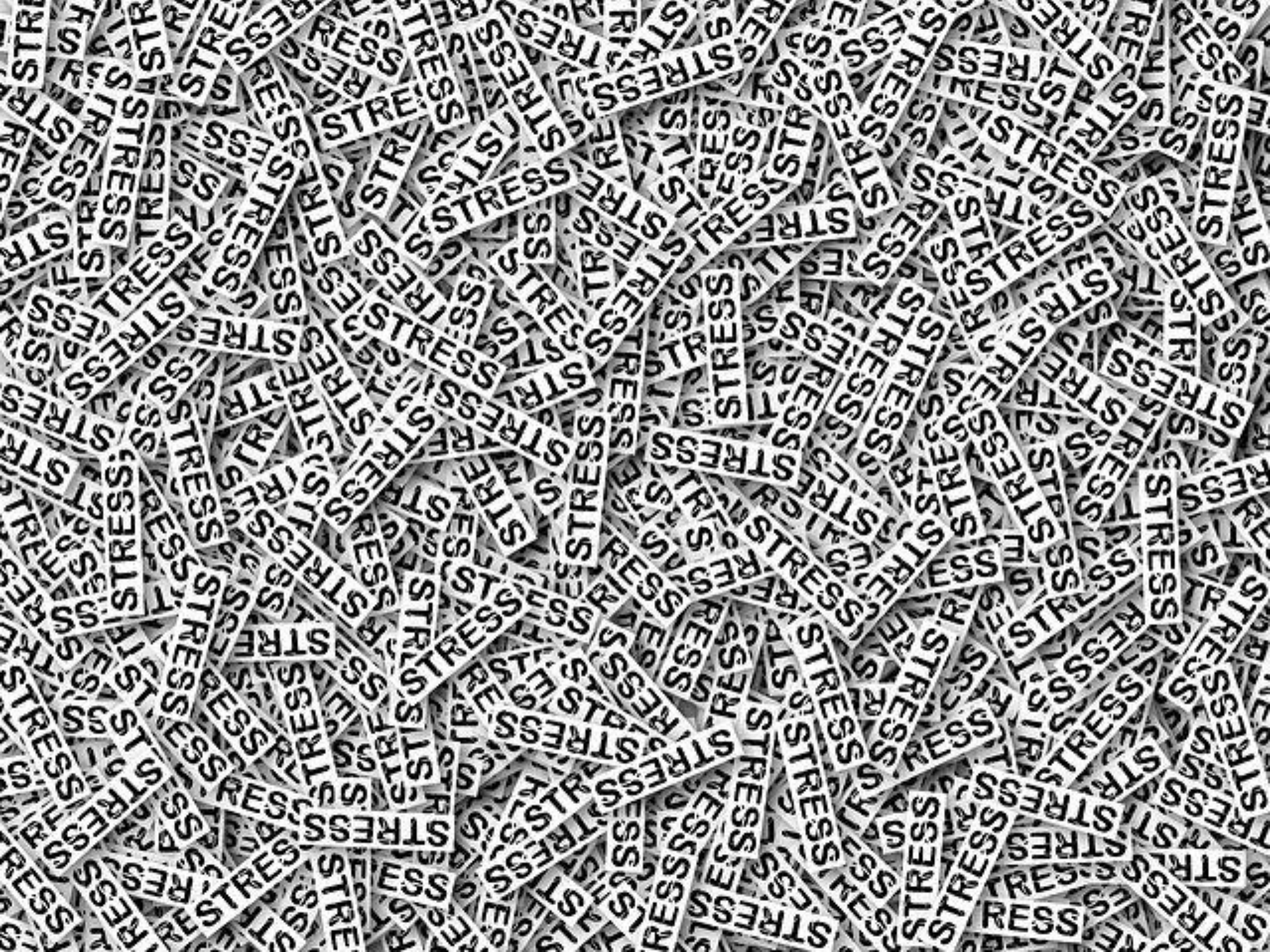
**No Disclaimers**





**22 March 2016**













The background of the slide is a dense, chaotic pattern of the word "STRESS" written in a bold, sans-serif font. The labels are oriented in various directions, creating a sense of overwhelming pressure and mental clutter.

# C.I.S.D.

Critical Incident Stress Debriefing

***Assess the individual impact***

***Identify surrounding sources « safety »***

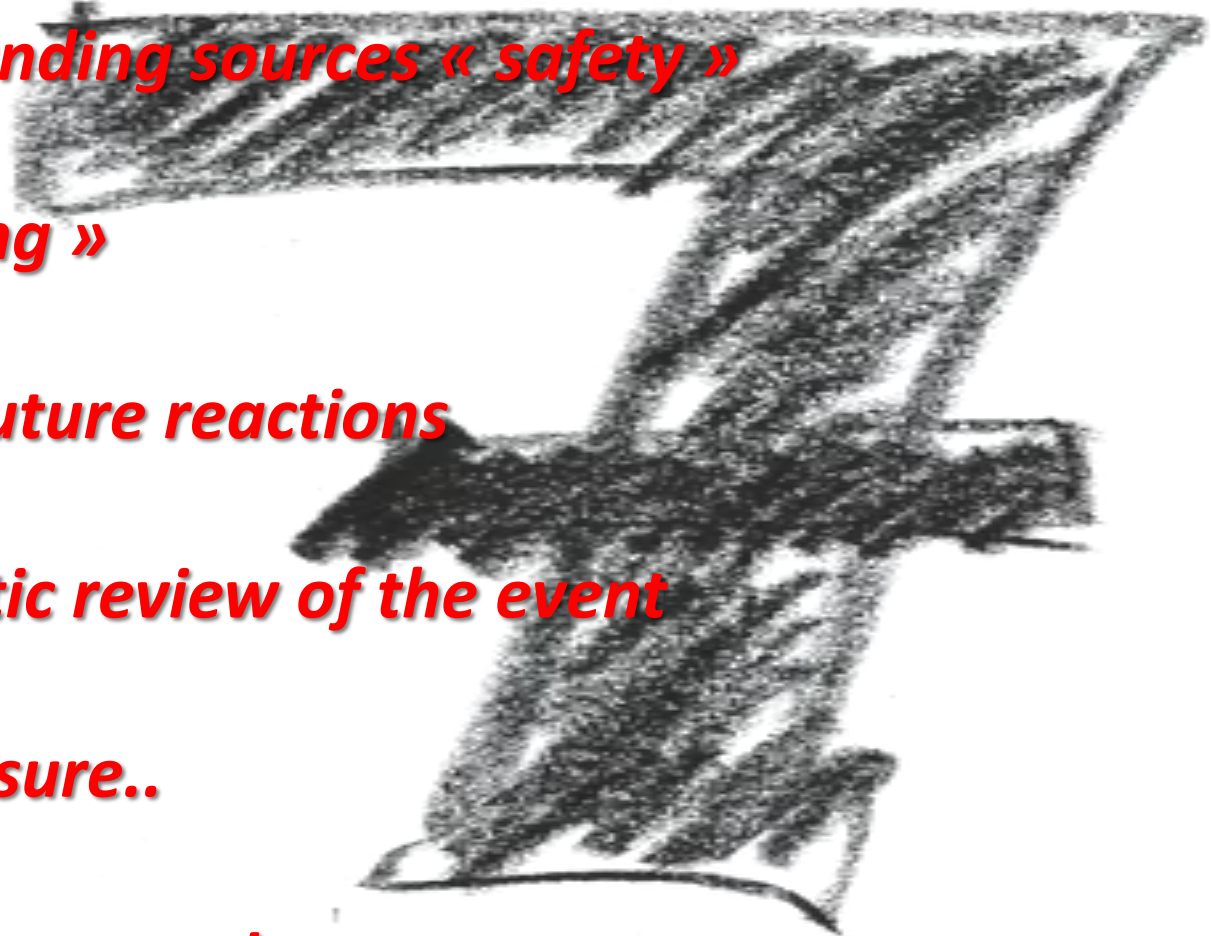
***« Defusing »***

***Predict future reactions***

***Systematic review of the event***

***Bring closure..***

***Allow for « re-entry »***





# St Jean's Debrief

Debrief in 2 parts technical & emotional



teamwork



be a team BEFORE



culture of forgiveness  
psychology of safety (SIM)

*... however, sometimes one should only just address the emotional aspects.*

# National Bank of Belgium (NBB) Holidays 2016

## January

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## February

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

HolidaysTracker.com

## March

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## April

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## May

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

HolidaysTracker.com

## June

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## July

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## August

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HolidaysTracker.com

## September

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## October

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## November

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## December

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	





A photograph of a classic diner named 'Mel's Drive-In'. The building has a prominent neon sign that reads 'Mel's' in a cursive font, with 'DRIVE-IN' in block letters below it. The diner has a green awning and large windows. Two vintage cars, a white 1957 Ford and a white 1958 Ford, are parked in front of the diner. The sky is blue with a few clouds.

**Begin today with:  
Team building  
Debrief AE**

**Seek debriefing advice**

**Don't forget to Debrief**





İlgünüz için teşekkür ederim

# SOUTHEAST EUROPEAN CONGRESS OF EMERGENCY AND DISASTER MEDICINE

2019  
ISTANBUL, TURKEY

Bird prices  
are ON  
until May 3rd

[www.seedmc2019.org](http://www.seedmc2019.org)

# 2nd SOUTHEAST EUROPEAN CONGRESS OF EMERGENCY AND DISASTER MEDICINE

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