



Back after S-PACK

Faculty Debriefing Resources

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When trainees return from their GH electives, they often experience reverse culture shock, which is a complicated reintegration emotional experience in which readjustment to their home setting (both personally and professionally) is difficult. It is not uncommon for them to feel frustrated about the amount of resources that are utilized for clinical care at their home institutions, and also to have difficulty in communicating about their GH elective experiences to friends, family and colleagues.

We recommend that trainees set up a debriefing meeting (within 2 weeks of their return) with a faculty mentor who has experience working in GH settings to have an open and unrushed discussion about the elective. We also recommend that they set up similar meetings with close family and friends.

While it is important for the debriefing meeting to feel like a safe, informal, and open venue for the trainee, some GH educators also find benefit in providing some guiding questions during the meeting. Such questions include, but are not limited to, the following:

- *Describe two patient stories or interactions that resonated with you.*
- *Reflect on two cultural or interpersonal interactions that had an impact on you.*
- *How has the transition back to your home institution been going?*
- *Many trainees who have shared similar experiences had an adjustment period when they returned from their GH elective. Have you experienced any of the following feelings? In what settings did these occur? How are you working through those feelings? (sadness, frustration, irritability, sleep disturbance, hypervigilance, difficulty concentrating, etc.)*

Additionally, some GH educators encourage trainees to write a **reflective essay**. Examples of post-return guided questions, provided by Cincinnati Children's Hospital Medical Center, include:

- *How has your participation in a GH elective affected your career decisions, if at all and how?*
- *How did your experience impact your approach to, or thoughts on providing care to families in the US?*

The debriefing meeting is also an important opportunity to remind trainees to **complete their evaluations** and to **schedule an appointment with occupational health if there were any exposures during the elective**. Trainees should also have a repeat quantiferon or PPD approximately 3 months post-return, given the possibility of tuberculosis exposure.

Additional debriefing resources

- Campus Compact Guide to [Facilitating Reflection](#)
- Gateway Technical College [Service Learning Reflection Toolkit](#)

Materials for this debriefing resource were adapted from the [American Board of Pediatrics Global Health in Pediatric Education: An Implementation Guide for Program Directors](#) (chapter 4)