



Adverse Events & Peer Support: Pre-Work

Self-Reflection: Experiencing Adverse Events

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Despite advances in patient safety in medicine, adverse events are still incredibly common in medical care. This is especially true in anesthesia, given the intense environment of the operating room with rapidly changing clinical status of patients.

During your medical training, you likely have experienced an adverse event. What defines an adverse event is somewhat subjective based on the personal experience of the event. This may be the death of a patient, unexpected clinical change or outcome, or harm following a medical error.

Take a few minutes to think about an adverse event you have experienced. Instead of focusing on the medical facts of the event, think about the experience of being involved in the care of that patient. What emotions did you experience during the event? What thoughts did you have during the event? How did the event effect you in the minutes, hours, days, or even months after the event?

As you reflect, please write down brief notes about your observations. You will be sharing in small groups about these observations during the in-person interactive session.