OSCE stations for mental health nursing: incident debrief

OSCE stations for mental health nursing: a post-incident support debrief checks immediate wellbeing after a restrictive intervention and helps the team learn what might prevent another incident. Use this original practice checklist with your course guidance and supervised skills teaching.

Numbered practice steps

1. Check breathing, responsiveness and any injury immediately after the intervention, calling urgent clinical help when needed. When safe, introduce yourself, confirm identity, explain your role and seek agreement to talk. Use hand hygiene before clinical contact.
2. Check physical safety and whether the person or anyone else needs treatment. Follow the service process for monitoring after the intervention and report urgent concerns.
3. Offer a calm, private conversation when the person can take part. Explain its purpose and check whether they would like support or an advocate.
4. Invite their account without blame. Ask what they were feeling, what they needed and whether staff actions helped or made distress worse.
5. Ask about pain, injury, fear and continuing distress. Explain how to raise a concern and involve safeguarding or senior staff when care may have been unsafe.
6. Record the account objectively and agree changes for the care or crisis plan. Distinguish immediate support from a formal incident review, which follows the service procedure.
7. Close by checking understanding, ensuring comfort and cleaning your hands and equipment as appropriate. Document findings and hand over any unresolved safety concern to the supervising practitioner.

Common omissions

Starting with blame can prevent an honest account. Staff explanations must not replace the person’s experience. A debrief does not remove the need to document injuries or report an unsafe intervention.

Try an original practice task

Practise offering support after a fictional incident without reenacting restraint. Ask the observer whether the person had space to speak and whether the follow-up plan was clear.

These steps support learning, rather than authorising independent treatment. Follow your school's task and local policy; ask for help when a decision exceeds your competence.

Related nursing practice

Return to mental nursing OSCE practice or use the full checklist directory.

Common questions

Is this a school marking sheet?

No. This is an original learning checklist. Your school sets the task and assessment criteria.

Can I print this checklist?

Yes. Use the PDF download on this page for practice.

Sources

- NMC: The Code
- NICE NG10: violence and aggression

Checked 2026-11-13. Fees and rules change, so confirm them with the regulator before you book.