

Psychological and psychosomatic symptoms of second victims of adverse events: a systematic review and meta-analysis.

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<https://psnet.ahrq.gov/issue/psychological-and-psychosomatic-symptoms-second-victims-adverse-events-systematic-review-and>

The second victim phenomenon refers to the emotional impact [adverse events](#) and patient harm can have on health care team members, including physicians and nurses. This meta-analysis sought to quantify psychological and psychosomatic symptoms experienced by [second victims](#). Researchers identified 18 studies and found that embarrassment, guilt, regret, self-recrimination, anxiety, fear of future errors, reliving the incident, and difficulty sleeping were the most common symptoms. These results underscore how involvement in errors can have detrimental consequences for provider well-being. The authors recommend both preventive programs and [postevent support](#) for health care workers after medical errors. A PSNet interview with [Albert Wu](#), who coined the term *second victim*, discussed approaches to address this safety issue.