

Sepsis

What is Sepsis

Who

Signs/Symptoms

Goals

Prevention

What you can do

What is Sepsis:

- Sepsis is the body's extreme response to infection
- Any infection, big or small, can lead to sepsis
- If left untreated, sepsis can cause organ failure and death
- Sepsis is a medical emergency

Who?

- The elderly and the very young are at increased risk for sepsis due to:
 - Other co-morbidities/chronic illnesses
 - Decreased immune response
 - Repeated and prolonged hospital stays
 - Treatments that include use of IVs, catheters, implanted devices, surgery
 - *But anyone can get sepsis*
- **Most common infections resulting in sepsis: Urinary, Respiratory, Abdominal, Skin**

Incidence of Sepsis in the United States

- Sepsis contributes to 1 in every 3 deaths in U.S. hospitals annually
- Sepsis is responsible for 275,000 deaths in the U.S. annually
- 1.7 million adults develop sepsis every year

Centers for Disease Control (CDC)

Signs and Symptoms of Sepsis: Infection associated with any or a combination of the following

- *NOTE: Not all infections lead to sepsis, however to have sepsis there must be an infection, a urinary tract infection for example*

Signs/Symptoms:

- Fever or low temperature
- Shivering
- Rapid heart rate
- Rapid breathing
- Change in mental status (new or worsened confusion, disorientation, less alert or difficult to arouse)
- Shortness of breath/difficulty breathing

Surviving Sepsis: Consequences

- Goal: early identification and treatment of sepsis to decrease deterioration to severe sepsis or septic shock.
- The more severely ill, the more likely the following can develop:
- Cognitive dysfunction: poor memory, difficulty with calculations, etc
- Functional disabilities: decreased mobility, general weakness, deconditioning, amputations
- Depression, anxiety, PTSD

An Ounce of Prevention.....

- Excellent hand hygiene
- Excellent skin care
- Take care of chronic conditions as best as possible with the help of your health care provider
- Vaccinations
- Avoid inserted medical devices if at all possible. Many are necessary on a temporary basis, remove as soon as appropriate (urinary catheters for example)

What you can do:

- Know the signs and symptoms of sepsis
- Seek immediate help
- Voice concern to medical personnel that you're worried about sepsis.

Goals:

- **Early Identification of sepsis to initiate:**
 - Early Treatment (antibiotics, IVs, other supportive measures) allowing for:
 - Stopping the progression of sepsis and
 - Decreasing mortality

**For every hour delay of antibiotic
administration,
Sepsis Mortality**

INCREASES
by
8%

- (Kumar, 2006)

- Centers for Disease Control and Prevention (2017, August 25). Data and Reports, Sepsis Statistics. Retrieved from: <https://www.cdc.gov/sepsis/datareports/index.html>
- Kumar A, Roberts D, Wood KE, et al. Duration of hypotension before initiation of effective antimicrobial therapy is the critical determinant of survival in human septic shock. Crit Care Med. 2006;34(6):1589-96. PMID [16625125](#)
- Suggested presentations, articles, etc
 - O'Brien, J. Sepsis: A Medical Emergency (2017)
 - Ohio Hospital Association (OHA)
 - Sepsis Alliance
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