

Sepsis: Awareness, Prevention & Recovery

INFORMATION FOR PATIENTS



Defining Sepsis

Sepsis is the body's overwhelming and life-threatening response to infection that can lead to tissue damage, organ failure, and death.¹

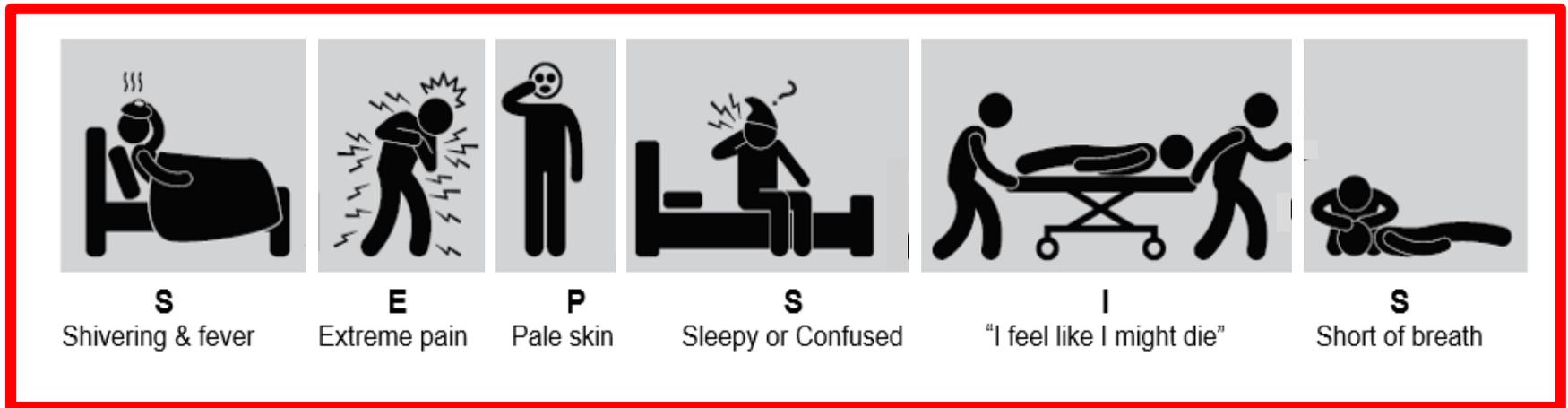
Severe sepsis or **septicemia** is when in addition to signs of sepsis, there are signs of organ dysfunction, such as difficulty breathing, low or no urine output abnormal liver enzymes, and changes in mental status.² Nearly all patients with severe sepsis require treatment in an intensive care unit.

Septic shock is the most severe level and is diagnosed when the blood pressure drops to dangerous levels.³ There is high mortality rate associated with septic shock.



Identifying Signs & Symptoms

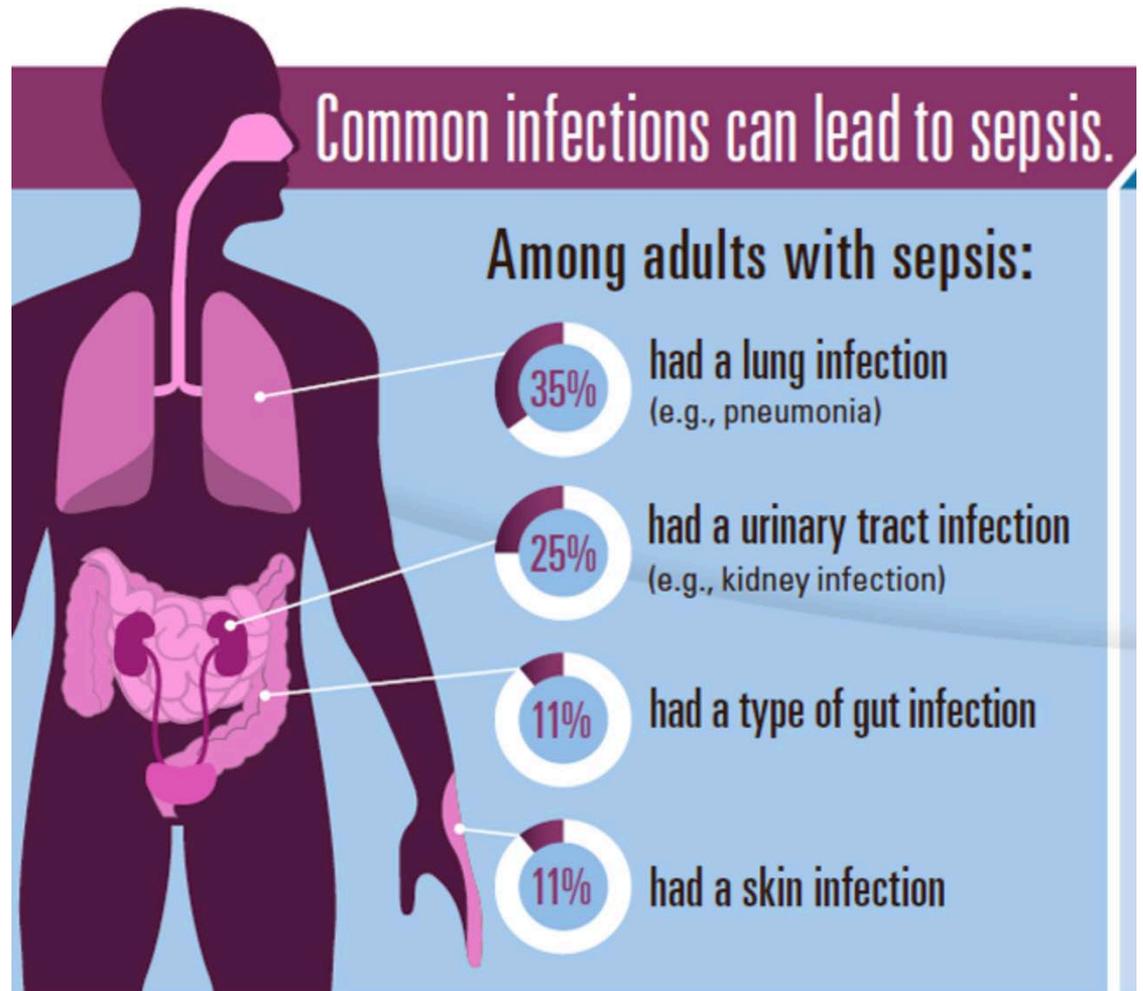
Most cases of sepsis (80-90%) begin in the community and a present when admitted to the hospital⁴. Sepsis can have deadly if not treated quickly, so it is important to know the signs.



If someone has these symptoms, it is a medical EMERGENCY – Call 911 or go to your nearest Emergency Department right away!

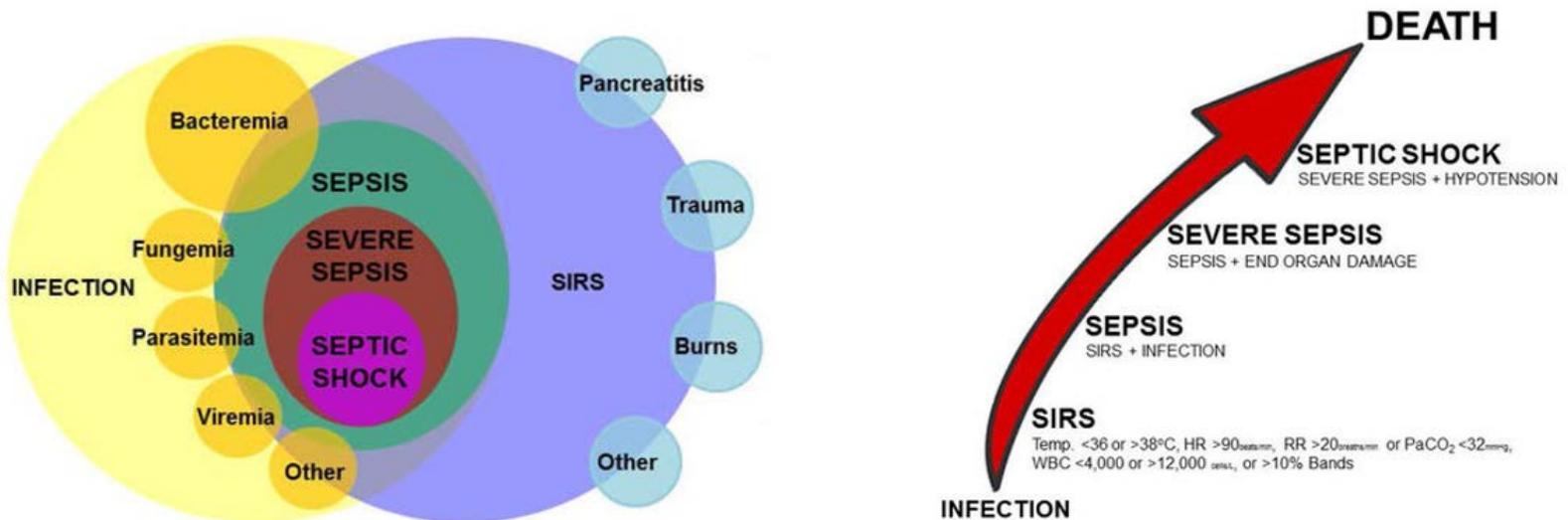
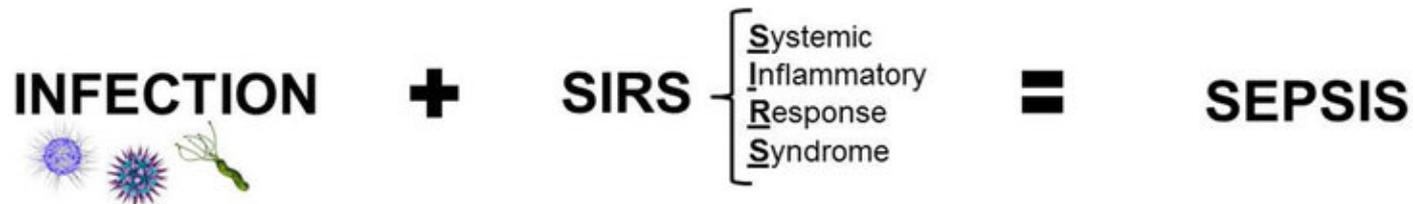
Common Infections Leading to Sepsis

1. Lung infections
2. Urinary tract infections
3. Gastrointestinal infections
4. Skin infections



18% are related to other infections in your sinuses, ears, eyes, nose, throat, teeth, gums or internal organs, such as pancreas.

Understanding Sepsis Onset



Hear this information: ➔ <https://vimeo.com/337029843>

Preventing Sepsis



1. Stay up-to-date on vaccinations



2. Prevent infections from spreading

Clean scrapes & wounds immediately; keep affected area clean



3. Practice good hygiene in everything you do

Handwashing, bathing, toileting, preparing & storing food, dishwashing, and living & traveling in clean spaces



4. Get medical care for an illness, injury or incision that is not improving



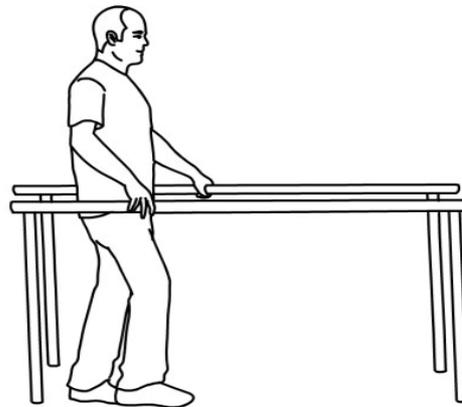
5. Go to Emergency Department for fever, chills, rapid breathing, rapid heart rate, rash, confusion, and/or disorientation

Recovering from Sepsis

5 Strategies to Improve Recovery After Sepsis



1
RAISE AWARENESS OF THE
LONG-TERM CONSEQUENCES
OF SEPSIS



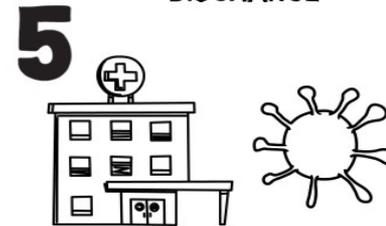
4
WORK TO GET STRONGER
& INCREASE ACTIVITY



2
PLAN FOR HOSPITAL
DISCHARGE



3
FOLLOW-UP WITH PRIMARY
CARE CLINICIAN



5
SEEK MEDICAL ATTENTION
FOR SIGNS AND SYMPTOMS
OF INFECTION

References & More Information

¹⁻² <http://sepsis.org/files/sasepsisawareness2016.pdf>

³ <https://www.hcup-us.ahrq.gov/reports/statbriefs/sb122.pdf>

⁴ <https://www.cdc.gov/vitalsigns/pdf/2016-08-vitalsigns.pdf>

Other information:

<http://www.ncbi.nlm.nih.gov/pubmed/20308885>

<https://www.cdc.gov/sepsis/pdfs/sepsis-fact-sheet.pdf>

<http://ceaccp.oxfordjournals.org/content/4/1/12.full>

<http://www.ncbi.nlm.nih.gov/pubmed/20375891>

<https://www.hcup-us.ahrq.gov/reports/statbriefs/sb204-Most-Expensive-Hospital-Conditions.jsp>

<https://www.qualitymeasures.ahrq.gov/summaries/summary/48478/sepsis-proportion-of-hospitals-with-a-specific-written-protocol-to-identify-and-treat-children-with-sepsis-syndrome-in-the-ed?q=sepsis>

<http://www.survivingsepsis.org/About-SSC/Pages/default.aspx>

Journal of the American Medical Association; 317(5):530-531. doi:10.1001/jama.2016.20468

Journal of American Medical Association, 312(1):90-92. doi:10.1001/jama.2014.5804

Healthcare Cost and Utilization Project, Nationwide Inpatient Sample, 2012. Accessed April 6, 2016