

Sepsis
Early Identification and Treatment

Save a life...

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What is sepsis really?

Why is sepsis important to understand?

Why should you care about it?

How can this knowledge benefit you and those you care about?

Types of infections that are often associated with sepsis include

- Lung infections like pneumonia
- Urinary tract infection
- Skin infection such as a cellulitis
- Gut infection
- Prevent them
- Diagnose them in the early stages

Common germs that can cause sepsis include

- Staphylococcus aureus
- Escherichia coli
- Some types of Streptococcus
- However infectious source cannot be identified in many patients
- Pneumonia UTI Cellulitis

Pneumonia

- Inflammatory Aspiration pneumonia
- Risk factors to be aware of
- Common signs and symptoms
- Symptoms older population, ID,DD might present with
- Early treatment and frequent assessment
- Prevent it..

Urinary Tract Infection

- Risk factors to be aware of
- Common signs and symptoms
- Symptoms older population, ID,DD might present with
- Early treatment and frequent assessment
- Prevent it..

Skin Infection

- Risk factors to be aware of
- Common signs and symptoms
- Symptoms older population, ID,DD might present with
- Early treatment and frequent assessment
- Prevent it..

To review.....People at Risk

- People 65 years or older
- Younger than one year
- CDC evaluation found 90% of adults and 70% of children who developed sepsis had a health condition that may have put them at risk
- Weakened immune system
- Chronic medical condition

Clinical manifestations of sepsis

Early signs and symptoms

- Fever
- Heart rate
- RR
- SBP
- Change in mental status
- BGL

Clinical manifestations of sepsis

Late signs and symptoms

- Inflammatory variables
- Hemodynamic variables
- Organ dysfunction variables
- Tissue perfusion variables

Treatment regime

Early Management... Sepsis is a medical emergency Act Fast

- Diagnostic Studies
- Antibiotics
- Other lab results....
- Frequent reassessment

- Listen to first line caregivers.....Think sepsis.....know the s/s and treat early

Treatment regime

Late Management Screen for organ dysfunction

- Lactate levels ... no improvement with present treatment
- Broad spectrum antibiotics
- Fluid therapy (crystalloids..LR or NS...30mL/kg)
- Vasopressors (norepinephrine, DOPamine) MAP initial target of > 65

- Frequent reassessment

Prevent sepsis and improve early recognition

- Improve health conditions....Prevent infections
- Educate patients, families and first line care givers
- Listen to first line caregivers... Think sepsis and act fast
- Reassess patient management

Minnesota Hospital Association (MHA) awareness tool
The three 100 rule

- Is the person's temperature above 100?
- Is the person's heart rate above 100?
- Is the person's blood pressure below 100?
- Does the person just not look right or act right?

- **Hand-off report/collaboration communication**--- consider using ISBAR
- I - identify yourself
- S - describe the situation
- B - give background information
- A - include your complete assessment
- R - discuss your request/concern

- **Symptom analysis for chief complaint** (your complete assessment)--- OLDCARTS
- Onset
- Location
- Duration
- Characteristics
- Aggravating/Alleviating
- Related s/s
- Treatments tried
- Severity

- What is sepsis?
- Why should you understand it?
- Why should you care about it?
- How can this information help you and others??

Save a life!

References

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Video Resource

- <http://www.mnhospitals.org/quality-patient-safety/quality-patient-safety-initiatives/sepsis-and-septic-shock/#/videos/view/39>
