



Health Quality Innovation Network

A Guide to Understanding Sepsis

Getting Ahead of Sepsis

A Guide to Understanding Sepsis – Family and Community Guide

Family and Community Guide

Material presented for family members, lay board members, non-medical staff and community at large.

A Guide to Understanding Sepsis – Resources

Thanks to the Centers for Disease Control and Prevention’s (CDC’s) “Getting Ahead of Sepsis”

Resources from the CDC’s “Getting Ahead of Sepsis” were incorporated throughout this presentation. Additional information on sepsis can be obtained on this website:

<https://www.cdc.gov/sepsis/education/patient-resources.html>

Why is Sepsis Important?

Did You Know?

- More than 1.5 MILLION people get sepsis each year in the U.S.
- At least 270,000 Americans die from sepsis each year
- 1 in 3 patients who die in a hospital have sepsis
- 80% of the time sepsis starts outside of the hospital in the community or post acute setting
- More long-term care residents are admitted to acute care hospitals for sepsis than any other diagnoses
- People over 65 are 13 times more likely to get sepsis and twice as likely to die

Understanding Sepsis

What is Sepsis?

- The body's extreme response to an infection
- It is life-threatening, and without prompt treatment, often rapidly leads to tissue damage, organ failure and death
- Not every infection leads to sepsis, nor will every person develop sepsis
- Some people are more at risk for sepsis than others BUT anyone can get sepsis from an infection, so it is important to take care of scrapes, cuts, skin tears

Sepsis Risk

Infection can lead to sepsis. Anyone who has an infection is at risk, but some people are at a higher risk for sepsis:

- Adults 65 and older
- People with chronic medical conditions such as diabetes, lung disease, cancer and kidney disease
- People with weakened immune systems
- Children under the age of one
- Residents in a long-term care facility
- Residents who have had an infection involving the lung, skin, urinary tract or gut

Signs of Sepsis

WHAT ARE THE **SIGNS OF SEPSIS?**

Signs of sepsis can include any one or a combination of the following:



Confusion or disorientation



Shortness of breath



High heart rate



Fever, or shivering, or feeling very cold



Extreme pain or discomfort



Clammy or sweaty skin

<https://www.cdc.gov/sepsis>

Getting Ahead of Sepsis

How we can help:

- Provide information such as this presentation to families and community to better understand the:
 - Importance of early recognition of possible sepsis
 - Signs and symptoms of possible sepsis
- Spread awareness
- Distribute Educational brochures
- CDC website has information, brochures and tips for the public:
 - <https://www.cdc.gov/sepsis/education/patient-resources.html>

Your Role in Getting Ahead of Sepsis

What you can do:

- Talk to your doctor or nurse about steps you can take to prevent infections. Some steps include properly taking care of chronic conditions and getting recommended vaccines.
- Practice good hygiene, such as handwashing, and keeping cuts clean and covered until healed.
- ACT FAST. Get medical care IMMEDIATELY if you suspect sepsis or have an infection that's not getting better or is getting worse.

Your Role in Getting Ahead of Sepsis

What you can do:

Read the brochure that accompanies this presentation and share with other family members.


About HQIN

The Health Quality Innovation Network (HQIN) brings together organizations and individuals who are making health care better for millions of Americans through funding provided by the Centers for Medicare & Medicaid Services Quality Improvement Organization Program. Members include providers, community-based organizations, health care associations and families in Kansas, Missouri, South Carolina and Virginia.

To learn more about our initiatives, visit:
www.hqin.org or call 877.731.4746

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**Patient and Family
Guide To Understanding Sepsis**



Your Role in Getting Ahead of Sepsis – More that You Can Do

What you can do:

- Speak up and ask the doctors and nurses if you are worried or concerned about yourself or a loved one. Don't be afraid to say that you are worried about sepsis.
- Ask that you or your loved one be evaluated and tell the caregivers what you are observing that causes your concern.

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