



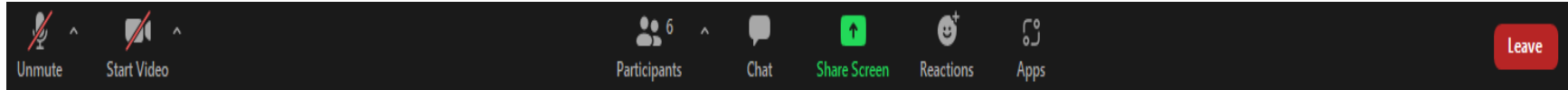


Health Quality Innovation Network

# Sepsis Affinity Group

September 16, 2021

# Logistics – Zoom Meeting



To ask questions, click on the **Chat** icon.

**Raise your hand** if you want to verbally ask a question by clicking on the **Reactions** icon and then clicking on “Raise Hand”.

You may adjust your audio by clicking the caret (^) next to the **Unmute** icon.

A recording and slides from today’s session will be shared after the call.

# Today's Speaker



**Diana Pullin Ayscue, BSN RN**  
**Clinical Excellence/Peer Review Analyst**  
**UVA Community Health**



# Session 4: Patient and Family Engagement

# Agenda

**1** Signs & Symptoms

**2** Early Follow Up is Key!

**3** Recovery from the Patient's  
Perspective

**4** Get Ahead

**5** Questions



# Sepsis Recovery

## What happens after the patient goes home?

Sepsis is a **life-threatening condition** caused by the body's response to infection, which can lead to **tissue damage, organ failure, amputations and death.**

In the United States, in one year, more than **1.7 million people** had sepsis. That's one person every twenty seconds.

Sepsis is the **3rd leading cause of death** in the United States after heart disease and cancer, killing more than **270,000 people** each year.<sup>1</sup> That's one person every two minutes.

As many as **87%** of sepsis cases **start in the community**, not in the hospital as is widely believed.<sup>1</sup>

**42%** of Americans have not heard of sepsis.<sup>2</sup>

If you suspect sepsis, see a doctor, **call 9-1-1**, or go to the hospital right away and ask **"Could it be sepsis?"**

1. Rhee C, Dantes R, Epstein L, et al. Incidence and Trends of Sepsis in US Hospitals Using Clinical vs Claims Data, 2009-2014. JAMA. 2017;318(13):1241–1249. doi:10.1001/jama.2017.13836

2. Sepsis: A Word to Know, a Meaning to Learn. Accessed from: <https://www.sepsis.org/sepsis-alliance-news/sepsis-word-know-meaning-learn/>

Source: Sepsis Alliance



# What are the Signs and Symptoms of Sepsis

Sepsis is an extreme response to an infection. There is no single sign or symptom of sepsis. It is, rather, a combination of symptoms. Symptoms can include ANY of the following:

- **Temperature:** Higher or lower than normal
- **Infection:** May have signs and symptoms of an infection
- **Mental Decline:** Confused, sleepy, difficult to rouse
- **Extremely Ill:** Severe pain, discomfort, shortness of breath

Source: Sepsis Alliance

## Does Early Follow-Up Improve the Outcomes of Sepsis Survivors Discharged to Home Health Care?

*Partha Deb, PhD,\* Christopher M. Murtaugh, PhD,† Kathryn H. Bowles, PhD, FAAN, FACMI,†‡  
Mark E. Mikkelsen, MD, MSCE,§ Hoda Nouri Khajavi, MS,|| Stanley Moore, BS,¶  
Yolanda Barrón, MS,† and Penny H. Feldman, PhD†*

**Combination of early HH visit and MD visit in the first week after hospital discharge reduced risk of 30-day READMISSIONS but only a small percentage of patients receive this combination.**



# Sepsis Recovery From the Patient's Perspective

# Sepsis Recovery: How will I feel when I get home?

Patients may experience any or all of the following symptoms:

- General to extreme weakness and fatigue
- Breathlessness with little activity
- General body aches and pains
- Weight loss, lack of appetite, food tasting off or not normal
- Dry and itchy skin that may peel
- Brittle nails
- Hair loss

Source: Sepsis Alliance

# Sepsis Recovery: Feelings you may experience

- Being unsure of yourself
- Not caring about your appearance
- Wanting to be alone, avoiding family and friends
- Flashbacks, or bad memories
- Confusing reality (not sure what is real and what is not real)
- Anxiety or worry
- Poor concentration
- Depression, anger, or lack of motivation
- Frustration at not being able to do everyday tasks

Source: Sepsis Alliance

# Steps to Help Yourself

- Set small, achievable goals for yourself each week, such as taking a bath, dressing yourself, or walking up the stairs
- Rest and rebuild your strength
- Talk about what you are feeling to family and friends
- Record your thoughts, struggles, and milestones in a journal
- Learn about sepsis to understand what happened
- Ask your family to fill in any gaps you may have in your memory about what happened to you
- Eat a balanced diet
- Exercise if you feel up to it
- Make a list of questions to ask your healthcare provider when you go for a check up

Source: Sepsis Alliance






# When do I need to call my doctor?

- Signs of infection. These include a fever of 100.4°F (38°C) or higher, chills, very sore throat, ear or sinus pain, cough, more sputum or change in color of sputum, pain with passing urine, mouth sores, or a wound that will not heal.
- Changes in mental status
- Loose stools
- Throwing up
- Slow heart rate
- Breathing problems, like feeling short of breath or having pain with breathing
- Bleeding into the skin that looks like tiny bruises or a rash
- You are not feeling better in 2 to 3 days or you are feeling worse

## Signs of infection and sepsis at home



Common infections can sometimes lead to sepsis. Sepsis is a deadly response to an infection.

	 <b>Green zone</b> No signs of infection.	 <b>Yellow zone</b> Take action today. Call: _____ 	 <b>Red zone</b> Take action now! Call: _____ 
Are there changes in my heartbeat or breathing?	<ul style="list-style-type: none"> <li>My heartbeat is as usual.</li> <li>Breathing is normal for me.</li> </ul>	<ul style="list-style-type: none"> <li>Heartbeat is faster than usual.</li> <li>Breathing is a bit more difficult and faster than usual.</li> </ul>	<ul style="list-style-type: none"> <li>Heartbeat is very fast.</li> <li>Breathing is very fast.</li> </ul>
Do I have a fever?	I have not had a fever in the past 24 hours and I am not taking medicine for a fever.	Fever between 100 °F to 101.4 °F.	Fever is 101.5 °F or greater.
Do I feel cold?	I do not feel cold.	<ul style="list-style-type: none"> <li>I feel cold and cannot get warm.</li> <li>I am shivering or my teeth are chattering.</li> </ul>	<ul style="list-style-type: none"> <li>Temperature is below 96.8 °F.</li> <li>Skin or fingernails are pale or blue.</li> </ul>
How is my energy?	My energy level is as usual.	I am too tired to do most of my usual activities.	<ul style="list-style-type: none"> <li>I am very tired.</li> <li>I cannot do any of my usual activities.</li> </ul>
How is my thinking?	Thinking is clear.	Thinking feels slow or not right.	My caregivers tell me I am not making sense.
Are there changes in how I feel after a hospitalization, procedure, infection, or change in wound or I.V. site?	<ul style="list-style-type: none"> <li>I feel well.</li> <li>I had pneumonia, a urinary tract infection (UTI) or another infection.</li> <li>I had a wound or I.V. site. It is healing.</li> </ul>	<ul style="list-style-type: none"> <li>I do not feel well.</li> <li>I have a bad cough.</li> <li>My wound or I.V. site looks different.</li> <li>I have not urinated (peed) for 5 or more hours. When I do urinate (pee) it burns, is cloudy or smells bad.</li> </ul>	<ul style="list-style-type: none"> <li>I feel sick.</li> <li>My wound or I.V. site is painful, red, smells or has pus.</li> </ul>

“Developed by the Sutter Center for Integrated Care, 2016”



# 4 Ways to Get Ahead of Sepsis

**Anyone can get an infection, and almost any infection can lead to sepsis**

1. **PREVENT INFECTIONS** : Talk to your doctor or nurse about steps to prevent infections such as caring for your chronic conditions and getting recommended vaccines
2. **PRACTICE GOOD HAND HYGIENE**: Hand Washing and Keep cuts clean and covered until healed
3. **KNOW THE SYMPTOMS**: Confusion or disorientation, SOB, High heart rate, fever or feeling very cold, extreme pain, clammy, sweaty skin
4. **ACT FAST**: Get medical care immediately if you suspect sepsis or have an infection that not getting better or is getting worse.

Source: Centers for Disease Control [www.cdc.gov/sepsis](http://www.cdc.gov/sepsis)

MEETING  
Chat  
DIALOG  
TALK  
BUSINESS  
Answers  
IDEAS  
Communicate  
SOCIAL  
PROPOSAL  
IDEAS  
Discuss  
Connection  
Session  
Group  
INPUT  
CONVERSATION  
PARTNERSHIP  
Forum  
SHARE  
OPERATING  
QUESTIONS  
EXPLORATION  
Community  
Group  
Dialog  
Business  
TALK  
Debate  
Communication

# Next Sepsis Affinity Group Session

## Session 5: Sustainability

Date: September 30, 2021  
Time: 1:30 PM EDT

# Be Recognized for Your Quality Improvement Efforts!



1. Recognizes health care providers, partners and/or stakeholders across the U.S. that have worked with us on quality improvement efforts
2. Deadline for nomination is Friday, October 15
3. Winners will be announced in November

# 2021 Award Categories

1. Collaboration
2. Health Equity
3. Patient Engagement and Activation
4. Population Health
5. Rural Health

# 2021 Overview

1. We will recognize one winner and two runners-up in each award category
2. Check out our 2020 award winners for submission ideas: <https://hqin.org/hqi-announces-2020-health-quality-innovators-of-the-year/>
3. Learn more about the categories and criteria, and submit your nomination here: <https://www.hqi.solutions/awards/>



# CONNECT WITH US

Call 877.731.4746 or visit [www.hqin.org](http://www.hqin.org)



**@HQINetwork**

**Health Quality Innovation Network**