

Knowing the early signs of sepsis could save a life!

- Most Americans have never heard of the term “sepsis.”
- The mortality (death) rate for sepsis is more than eight times higher than that for patients admitted to the hospital for other conditions.
- Sepsis is one of the most under recognized and misunderstood conditions.
- Early recognition improves survival rates and avoids complications due to sepsis.



For more information about sepsis, please visit
<http://stopsepsisnow.org>

REDUCE YOUR RISK FOR DEVELOPING SEPSIS

Preventing infections is the best way to prevent sepsis!

- Practice regular and thorough hand washing
- Keep up-to-date with vaccinations
- Prevent infections
- Treat infections promptly
- Keep open wounds clean and covered
- Only take antibiotics as prescribed by your healthcare provider

This material was prepared by IPRO and modified by Alliant Health Solutions, a Quality Innovation Network – Quality Improvement Organization (QIN – QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication No. 12SOW-AHSQIN-QIO-TO1CC-21-864-07/14/21

ALLIANT
HEALTH SOLUTIONS

QIN-QIO
Quality Innovation Network -
Quality Improvement Organizations
CENTERS FOR MEDICARE & MEDICAID SERVICES
EQUALITY IMPROVEMENT & INNOVATION GROUP

ALLIANT
HEALTH SOLUTIONS

QIN-QIO
Quality Innovation Network -
Quality Improvement Organizations
CENTERS FOR MEDICARE & MEDICAID SERVICES
EQUALITY IMPROVEMENT & INNOVATION GROUP



Knowing the signs could save a life.

What is sepsis?

- Sepsis is your body's overwhelming and life threatening response to an infection.
- Any infection, anywhere in your body, can cause sepsis. An infection is a result of germs entering the body and multiplying.
- **Sepsis is a MEDICAL EMERGENCY!**



Why haven't I heard of sepsis?

- You may have heard of people dying from infections such as pneumonia, blood poisoning or other infections. But often the cause of death may have been sepsis!

Am I at risk for sepsis?

Anyone can get sepsis as a bad outcome from an infection, but the risk for sepsis is greater for...

- children age one year and younger
- people over the age of 65
- people with chronic illnesses such as cancer, diabetes, AIDS, and kidney or liver disease
- people who have been recently hospitalized or are recovering from surgery
- people suffering from a severe burn or wound
- people with weakened immune systems



SEPSIS MORTALITY IS PREVENTABLE WITH EARLY DETECTION AND TREATMENT.

How do I know if I have sepsis?

There is no single sign or symptom of sepsis. Sepsis always develops from an infection (suspected or confirmed) PLUS one or more of the following signs or symptoms*...



- Fever or feeling chilled,
- Confusion/sleepiness,
- Fast heart rate,
- Fast breathing or shortness of breath,
- Extreme pain, and/or
- Pale or discolored skin.



* People with sepsis typically have more than one of these symptoms.

What should I do if I think I have sepsis?

Sepsis is a MEDICAL EMERGENCY!

Call your doctor immediately and tell him/her that you are concerned about sepsis. He/she may instruct you to IMMEDIATELY go to your hospital's emergency department. You may be admitted to the hospital.



What should I expect if my doctor tells me I may have sepsis?

If sepsis is caught early you have a good chance for survival. If caught early you also have a good chance of avoiding long term complications.

- People with sepsis are usually treated in the hospital.
- Doctors will treat your infection with antibiotics
- You will probably need to go to the hospital to have your blood and vital signs tested (blood pressure, heart rate etc.).
- You will probably be given IV antibiotics and fluids.
- You may be admitted to the hospital for ongoing care.