



### How can I help prevent sepsis?

By preventing infections...

- Practice frequent and thorough handwashing.
- Treat cuts and scrapes promptly.
- Keep cuts and wounds clean, dry and covered.
- Keep up to date with immunizations.
- Know the signs of sepsis.



### How can I help prevent antibiotic resistance?

- Take antibiotics exactly as prescribed by your healthcare provider.
- Finish all antibiotic prescriptions unless told otherwise by your healthcare provider.
- Never take antibiotics for a viral infection like a cold or the flu.
- If you have other questions about when antibiotics are appropriate, ask your healthcare provider.



This material was prepared by IPRO QIN-QIO, a Quality Innovation Network-Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. 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 12SOW-IPRO-QIN-TA-A6-24-1499 [7/12/24] v.2 -VB



■ Healthcentric  
Advisors  
■ Qlarant

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

# SEPSIS AND ANTIBIOTICS...

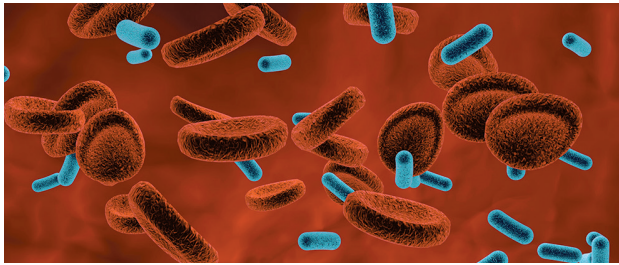


# WHAT YOU NEED TO KNOW



■ Healthcentric  
Advisors  
■ Qlarant

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



## What is sepsis?

- Sepsis is your body's potentially life-threatening response to an infection (usually bacterial).
- **Sepsis is a MEDICAL EMERGENCY!**

## What are the signs of sepsis?

There is no single sign. Sepsis is diagnosed when a combination of symptoms occur due to an infection.

These symptoms can include:

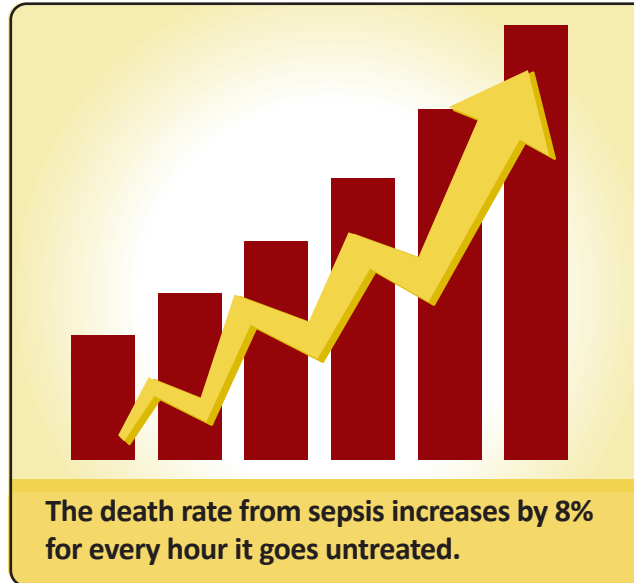
- Fever or feeling chilled
- Fast heart rate
- Fast breathing or shortness of breath
- Confusion / sleepiness
- Extreme pain
- Decrease in urine
- Discolored or pale skin.

## What are the most common causes of sepsis?

- Pneumonia
- Urinary Tract Infections (UTIs)
- Skin infections

## Why is it so important to treat sepsis promptly?

Sepsis can progress very quickly to organ failure and septic shock if not treated appropriately.



## How is sepsis treated?

- Sepsis is usually treated in the hospital.
- Giving antibiotics promptly to treat the infection.
- Sepsis is also treated with intravenous fluids to maintain normal blood pressure.

## I have heard a lot about antibiotic resistance and the overuse of antibiotics. Should I be concerned with using antibiotics to treat sepsis?

- NO.
- The infection must be treated promptly.
- Antibiotics are often the best medicine to treat sepsis.

## What is antibiotic resistance?

- When antibiotics are no longer effective in killing bacteria.
- It is the bacteria that becomes resistant - NOT the person.
- Infections caused by antibiotic resistant bacteria, like MRSA, are harder to treat than other infections.

## How does antibiotic resistance occur?

- Using antibiotics to treat a cold, the flu or other viral infections.
- Not finishing a course of prescribed antibiotics.
- Using antibiotics when not prescribed.

