



Welcome!

We will get started promptly at 12 noon.



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Early Identification of Sepsis

Name: Gloria Thorington & Melanie Ronda

Date: February 24th & March 2nd



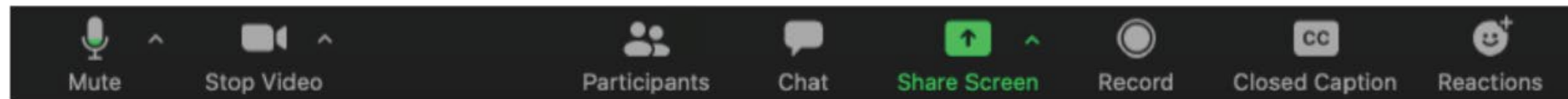
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Use Chat to introduce yourself & ask questions

How to use Zoom

At the bottom of your screen, you will see a black bar with icons:



Chat **Everyone** for general comments or questions

Welcome!

- Today's session is being recorded
- Although we want active participation, we ask that you please keep yourself on 'mute' during the presentation
- Please introduce yourself (name, organization & role, location) using the Chat feature

The IPRO QIN-QIO

The IPRO QIN-QIO

- A federally-funded Medicare Quality Innovation Network – Quality Improvement Organization (QIN-QIO) in contract with the Centers for Medicare & Medicaid Services (CMS)
- 12 regional CMS QIN-QIOs nationally

IPRO:

New York, New Jersey, and Ohio

Healthcentric Advisors:

Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont

Qlarant:

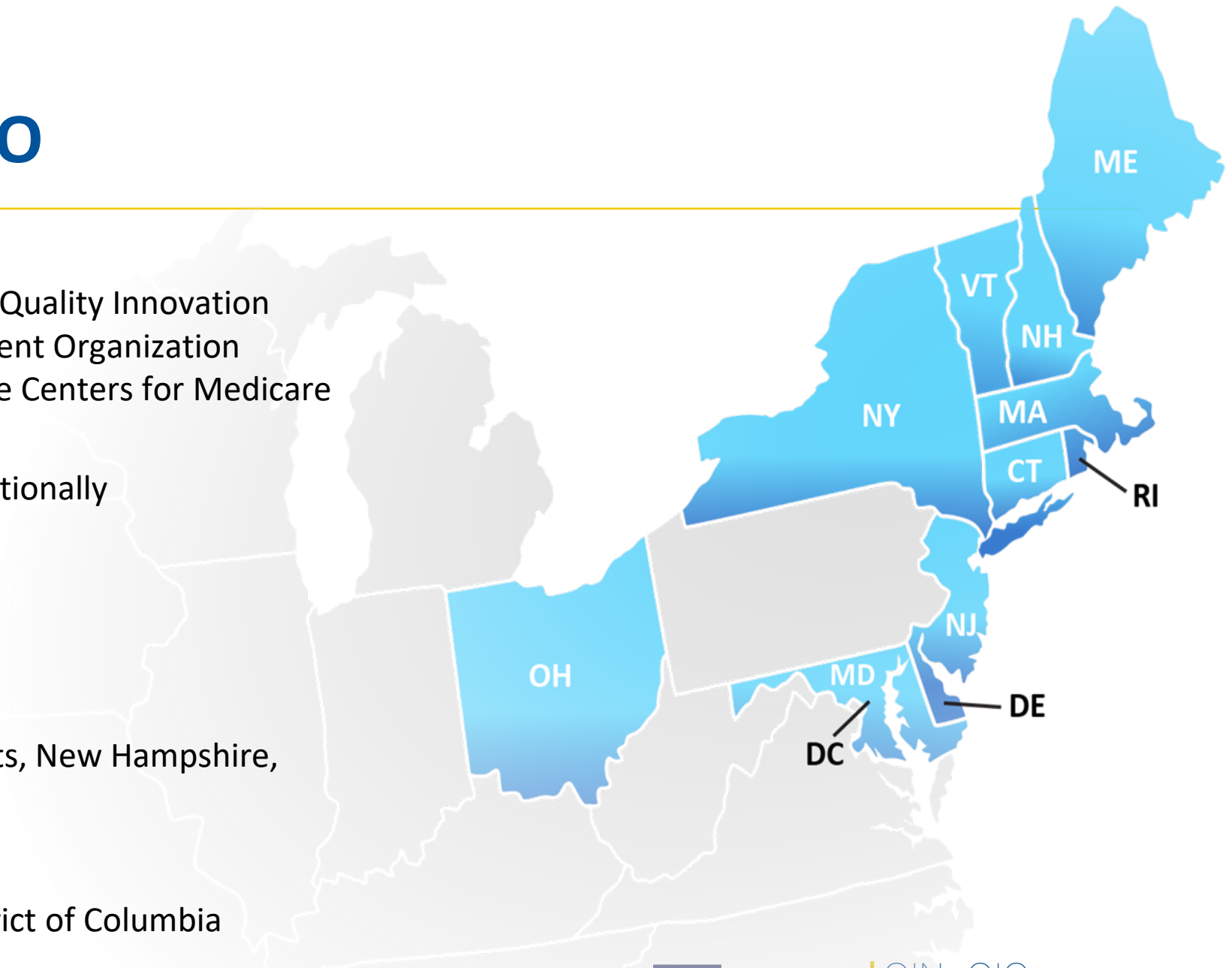
Maryland, Delaware, and the District of Columbia

Working to ensure high-quality, safe healthcare for
20% of the nation's Medicare FFS beneficiaries



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IPRO QIN-QIO *small Talk* series January-June 2022

Our *small Talks* are short, impactful presentations designed to meet your needs during this uniquely challenging time.

Two different topics will be presented on a monthly basis and each *small Talk* will:



*Consider a **challenge***

*Identify **interventions***

*Guide you to a specific **result** or outcome*



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Quick Overview



1

Challenge: Sepsis is the #1 reason for 30-day readmissions, and diagnosis is often missed by healthcare providers and members of the community.

2

Intervention: Instituting processes that provide early identification of sepsis.

3

Result: Early identification and appropriate treatment is critical to preventing sepsis mortality and morbidity and reducing healthcare costs.

Challenge

Sepsis is the top diagnoses for 30-day readmissions, and is often missed by healthcare providers and members of the community.



Why Sepsis Matters?

Sepsis is a life-threatening condition that arises when the body's response to an infection injures its own tissues and organs

- > 87% of sepsis cases originate **in the community**¹
- Sepsis kills 270,000 Americans annually²
- At least 1.7 million adults in American will develop sepsis each year³
- **Sepsis mortality is largely preventable** with early detection and appropriate treatment
- Only 58% of U.S. adults have heard of sepsis

Every Minute Counts!

- Sepsis is treatable and can be prevented from progressing to septic shock...BUT it must first be suspected!
- Early, prompt recognition and treatment improves survival rates
 - Decreases morbidity and mortality related to sepsis
 - Avoid long term health-related complications
 - Potentially avoiding sepsis-related hospitalizations
- For every hour that appropriate treatment is delayed the risk of death increases by 7.6%¹

TREAT SEPSIS AS A MEDICAL EMERGENCY



**** NOTIFY PHYSICIAN immediately if a patient EXHIBITS THE SIGNS OF SEPSIS****

1. Crit Care Med, 2006; 34: 1589-96.

Sepsis and Infection

- Sepsis is always triggered by an infection
- Sometimes people don't know they have an infection
- Sometimes the causative agent of the infection is not identified
- Sepsis diagnosis is sometimes missed due to various manifestations of sepsis
- Conversely: If symptoms of sepsis exist, a source of infection should be sought

Who is at Risk?

Anyone with an infection!

- Those at ***higher risk*** for developing sepsis include:
 - People 65 or older
 - Infants less than 1 year old
 - People with chronic illnesses: diabetes, cancer, AIDS
 - People with weakened immune systems
 - People recently hospitalized
 - People recovering from surgery
 - People who have had sepsis in the past

Common Infectious Diseases That May Progress to Sepsis

- Pneumonia
- Skin Infections (cellulitis)
- Urinary Tract Infections
- Post-partum Endometritis
- Influenza
- *Clostridium difficile* (C.diff) Enteritis
- Tick-borne Infections especially in the immunocompromised
- COVID-19



Special Considerations for the Elderly

- Urinary tract infections (UTIs) are a common source of sepsis
 - Elderly are more at risk for UTIs
 - Especially those with indwelling urinary catheters
 - UTI symptoms can differ from those of younger people
 - Confusion
 - Agitation
 - Poor motor skills or dizziness
 - Falling
 - Other behavioral changes
- UTIs in elderly are often mistaken for early dementia or Alzheimer's Disease (NIH)

Early Signs of Sepsis

Sepsis *always* develops from a confirmed or suspected infection *with more than one of the following*:

- Fever, shivering, feeling very cold
- Cool extremities or mottling of skin
- Rapid heart rate
- Rapid breathing
- Shortness of breath
- Confusion or difficult to arouse
- Complaints of extreme pain
- Pale/discolored skin
- Clammy sweaty skin

Other Early Signs May Include...

- Decreased blood pressure
 - (SBP <90mmHg or SBP decrease >40mmHg)
- Signs of altered mental status
- Decreased urine output / dark, concentrated urine
- Abnormal lab tests
 - Increased lactate level
 - Increased creatinine
 - Decreased platelet count
 - Coagulation abnormalities
 - Hyperglycemia in absence of diabetes



Interventions: 100-100-100 Early Detection Tool



Is their
temperature
above 100?

Is their
heart rate
above 100?

Is their
blood pressure
below 100?

And does
the resident
just not look
right? Tell
the nurse,
**screen for
sepsis** and
notify the
physician
immediately.

Minnesota Hospital Association

Resources and details: <https://www.mnhospitals.org/quality-patient-safety/quality-patient-safety-initiatives/sepsis-and-septic-shock#/videos/list>

Skilled Nursing Facility Care Pathway - Symptoms of Sepsis and Septic Shock

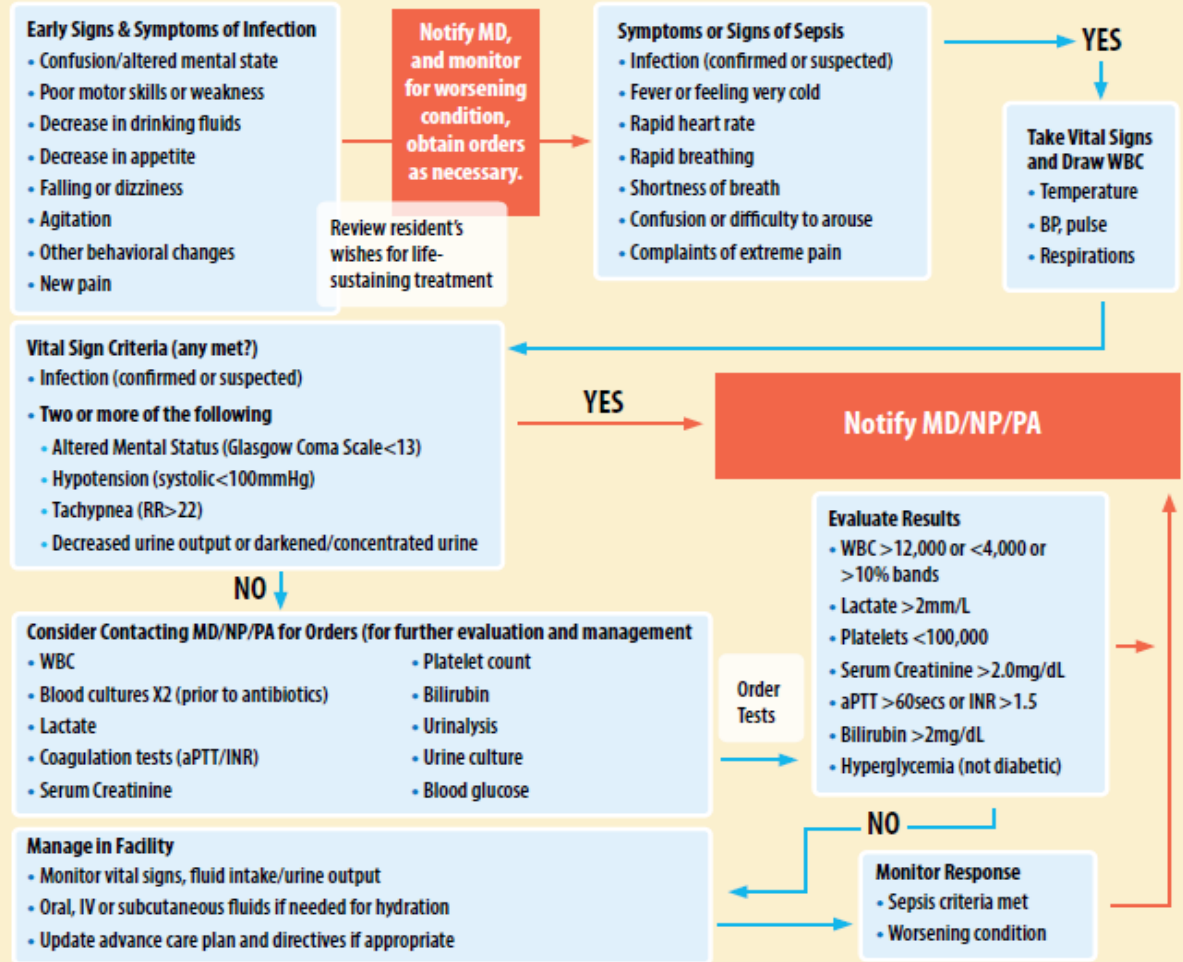
Sepsis = Infection + life-threatening organ dysfunction

Septic Shock = Sepsis + persistent hypotension despite fluid resuscitation and need for vasopressors to keep MAP >65mmHg.

Anyone with an infection is at high risk for sepsis.

Potential causes of infection that can lead to sepsis include the following:

- Pneumonia
- Pressure Ulcers
- C.Difficile Infection
- Urinary Tract Infection
- Prolonged Use of Catheters
- Chronic Conditions



Sepsis Care Pathway

Symptoms of Sepsis and Septic Shock

<https://qi.ipro.org/wp-content/uploads/12SOW-Sepsis-Care-Pathway-Final.pdf>

Talking with Patients, Residents & Families

- Start the discussion by asking if they have heard of sepsis
(If they have, let them tell you what they know)
- Share key points about sepsis:
 - The body's overactive/often life-threatening response to an infection anywhere (skin, urine, respiratory etc.)
 - Anyone with an infection may be at risk for developing sepsis
 - Early signs and symptoms; fever/feeling cold, sleepy/confused, short of breath, rapid heart rate, decreased /dark urine
 - It's important that you let your caregiver know if you experience any of the above
 - Sepsis is a *MEDICAL EMERGENCY!*

Sepsis Zone Tool

- Patient information sheet to self-monitor for the early signs and symptoms of sepsis
- Provide to patients/residents that have either been diagnosed with an infection or are at high risk for developing an infection

Available in English & Spanish

https://qi.ipro.org/wp-content/uploads/12SOW-EarlySignsSymptoms-Sepsis_v1.pdf English

https://qi.ipro.org/wp-content/uploads/12SOW-Sepsis-Zone-Tool_SPA_v1.pdf Spanish

EARLY SIGNS AND SYMPTOMS OF SEPSIS



Has your healthcare provider diagnosed you with an **INFECTION**?
You could be at risk for **SEPSIS**. Know the signs!

What is Sepsis? Sepsis is your body's life-threatening response to an infection anywhere in your body. Anyone can get sepsis!

Signs and Symptoms of Sepsis

Watch for a combination of **INFECTION** and fever or feeling chilled, confusion/sleepiness, fast heart rate, fast breathing or shortness of breath, extreme pain and pale/discolored skin.

SEPSIS IS A MEDICAL EMERGENCY

GREEN Zone: ALL CLEAR - Feeling well

- No fever or feeling chilled
- No fast heart rate
- No increase in pain
- No confusion or sleepiness
- Easy breathing

RED Zone: Call your doctor or nurse immediately if you have INFECTION and...

- Fever or feeling chilled
- Fast breathing or shortness of breath
- Confusion/sleepiness (recognized by others)
- Extreme pain
- Fast heart rate
- Pale or discolored skin

If you are unable to reach your doctor or nurse,
CALL 911 OR HAVE SOMEONE TAKE YOU TO THE EMERGENCY DEPARTMENT.

Key Contacts:






This material was prepared by the IPRO QIN-QIO, a collaboration of Healthcentric Advisors, Qlarant and IPRO, serving as the Medicare Quality Innovation Network-Quality Improvement Organization for the New England states, NY, NJ, CT, DE, MD, and the District of Columbia, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The content does not necessarily reflect CMS policy. 12SOW-IPRO-QIN-IA-AA-21-00



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Interventions



When it comes to sepsis, remember
IT'S ABOUT TIME™ Watch for:

T	I	M	E
TEMPERATURE higher or lower than normal	INFECTION may have signs and symptoms of an infection	MENTAL DECLINE confused, sleepy, difficult to rouse	EXTREMELY ILL "I feel like I might die," severe pain or discomfort

Watch for a combination of these symptoms. If you suspect sepsis, see a doctor urgently, CALL 911 or go to a hospital and say, "I AM CONCERNED ABOUT SEPSIS."

<https://www.sepsis.org/about/its-about-time/>



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What Can You Do



- Educate colleagues, patients, family and friends:
 - About the signs of sepsis and who is at risk
 - About need to seek immediate care and use the words “I suspect sepsis”
 - About how to prevent infections
 - With use of patient education materials (Sepsis Zone Tool) and Teach Back Method
- Take precautions to prevent infections and sepsis
- If you suspect sepsis- Act immediately and initiate care

Additional Resources

**CDC “[Get Ahead of Sepsis Campaign](#)”:
[Hospital Toolkit for Adult Sepsis Surveillance](#)**

[Sepsis Alliance](#)

[Rory Staunton Foundation](#)

[Best Practices in the Diagnosis and Treatment of Sepsis](#)

[IPRO Sepsis Initiative-Stop Sepsis Now](#) –Zone Tool, Sepsis Care Pathway

[Surviving Sepsis Campaign](#)

[Sepsis and Health Equity Fact Sheet](#)



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Our Challenge to You!

Select and implement one of today's recommended intervention tools ***within the next 30 days*** to support improved awareness of sepsis signs and symptoms for patients at risk for or who have sepsis.



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Benefits of Boosters

Recent evidence shows that among healthcare and other frontline workers, COVID 19 vaccine effectiveness has decreased over time, especially in those 65 and older, at preventing infection or milder illness with symptoms.

- Boosters shots increase immune response
- Boosters shots provide improved protection against becoming infected with COVID-19
- Booster shots help prevent COVID-19 with symptoms

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>



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Chat In

Please unmute yourself or use the chat feature to share questions, ideas, success strategies, and/or lessons learned



**Improvement is a Team
Support**



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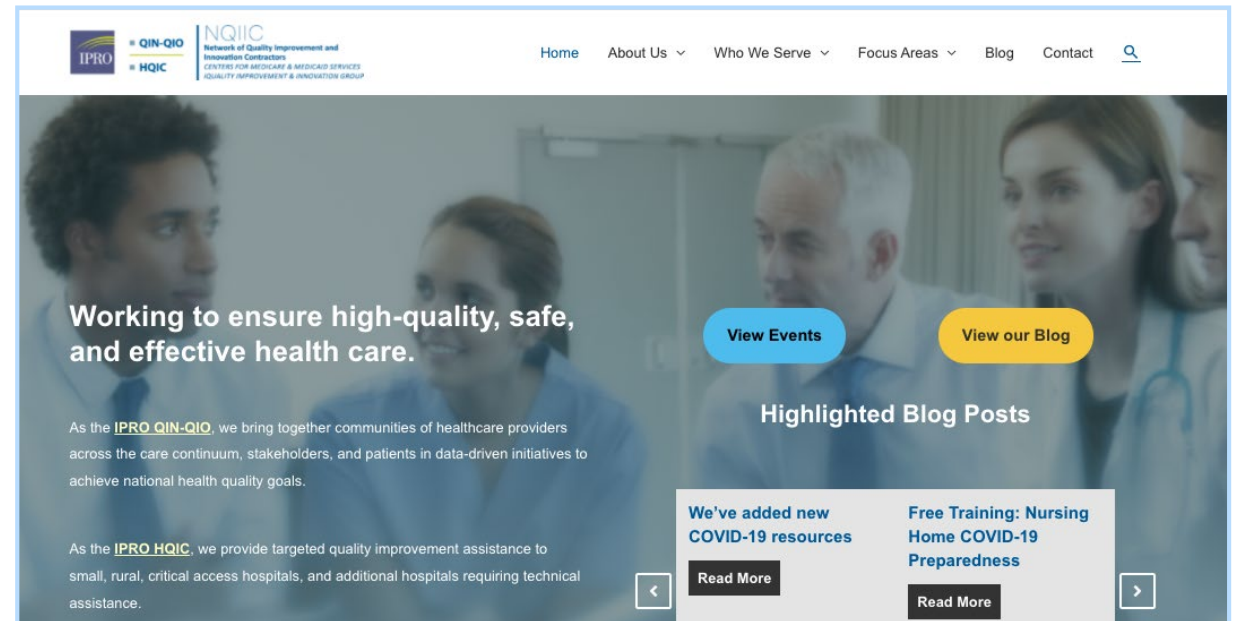
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Leaving in Action

Tips for success:

- Access these tools from the IPRO QIN-QIO Resource : <https://qi-library.ipro.org/>; <https://qi.ipro.org/sepsis/>
- Small steps of change: for example, start implementing the new process on one unit for two weeks, then evaluate and adjust as needed
- Reach out to our IPRO QIN-QIO team with questions or needs

Learn More & Stay Connected



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Let Us Know More...



Your feedback is critically important and will help guide us as we prepare future Small Talks and other educational events.

Please take just a few minutes to complete our session evaluation (link is in chat).

Mark your calendar for upcoming sessions



Sepsis: Early Identification is a Cross Continuum Opportunity: [3/2](#)

Making Sense & Staying on Track: CMS Vaccine Mandates - Nursing Homes: [3/10](#) & [3/16](#)

Chronic Kidney Disease Awareness & Prevention Programs: [3/24](#) & [3/30](#)

Health Equity at End-of-Life: Enhancing Access to Advance Directives & Palliative Care: [4/7](#) & [4/13](#)

Check in with the QIO - Office Hours

- Share how it's going with your new intervention(s)
- Ask questions
- Learn from your peers

Monthly Opportunity, next session: March 10 @ 12pm

Access our calendar of events to view upcoming

sessions: <https://qi.ipro.org/upcoming-events/>



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Thank You

Thank you for your continued partnership and commitment to quality improvement.

