

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 handwashing.
- 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 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, OH, 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 contents do not necessarily reflect CMS policy. 12SOW-IPRO-QIN-TA-A4-21-299



■ **Healthcentric
Advisors**
■ **Qlarant**



Sepsis: EVERY MINUTE COUNTS

**Knowing
the signs
could save
a life.**



■ **Healthcentric
Advisors**
■ **Qlarant**

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!**

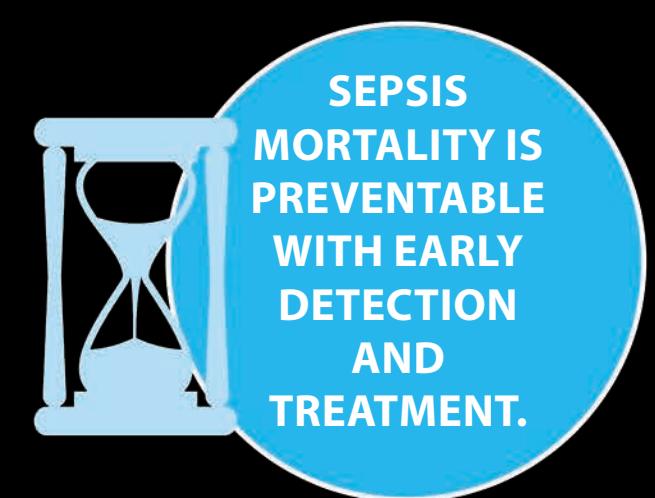


Why haven't I heard of sepsis?

- 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; and
- people with weakened immune systems.



How do I know if I have sepsis?

There is no single sign or symptom of sepsis. Early signs of sepsis involve a combination of symptoms that can include infection (suspect or confirmed) PLUS*...

- 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 IV fluids.
- You may be admitted to the hospital for ongoing care.