



Patient Information Leaflet

Sepsis

Produced by:
Critical Care Outreach Service

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কতে জিজ্ঞাসা করুন এবং সাহায্য করুন

This leaflet aims to answer your questions about what the Sepsis is. It will explain the signs and symptoms of sepsis, treatment of sepsis and information around what the Isle of Wight NHS Trust is doing locally with sepsis management.

If you have any further questions, please speak to the nurse, doctor or paramedic caring for you.

What is Sepsis?

Sepsis is a potentially life threatening condition that arises when the body's response to an infection attacks the body's tissues and organs. Sepsis can lead to shock, multi-organ failure and death if not treated in an appropriate time frame.

An infection is caused by germs (micro-organisms) which can be either bacteria, viruses or fungi. This can be limited to a particular body region (i.e chest/abdomen) or can be more widespread in the bloodstream otherwise known as 'septicemia'.

Each year in the UK, it is estimated that more than 100,000 people are admitted to hospital with sepsis. Severe sepsis claims an estimated 44,000 lives in the UK every year – To put this in perspective this means that more people die annually of sepsis than from lung cancer or breast and bowel cancer combined.

Signs and symptoms

The symptoms of sepsis may develop in response to a local infection (i.e a skin infection) or in some cases symptoms may develop when you are already in hospital, either way the symptoms usually develop quickly.

Look for:

- A high respiratory (breathing) rate > 20rpm
- A fast/racing heart rate > 100bpm
- A very high temperature > 38°C or a very low temperature < 36°C
- Poor/no urine output
- New confusion
- New sign of infection – cough, abdominal pain, distension of abdomen, loose stools, skin infection

Treatment

A patient admitted to hospital and diagnosed or suspected to be septic will have full sepsis screening and administration of antibiotics. This screening process is known as the 'Sepsis 6' which should be completed within the first 1 hour of arrival to hospital and recognition of sepsis. This includes:

- Give high flow oxygen
- Give IV fluids
- Take blood cultures and full set of bloods
- Take blood gas (for lactate level)
- Give broad spectrum antibiotics
- Measure urine output (pt may need catheter)

This treatment method has proven to double the chances of survival. Patients will be admitted to hospital from the emergency department to receive the full course of antibiotics and be monitored by the medical teams and to receive further investigations such as scans/x rays/further blood tests and observations.

What we are doing locally

In late 2013 the Isle of Wight NHS Trust began a 'prepip' project in the community which enabled specially trained Paramedics to deliver, under strict guidelines intravenous antibiotic known as Tazocin (piperacillin and tazobactam). For example patients who have suspected sepsis and who are on or have recently had chemotherapy (known as neutropenic sepsis) or patients in the community that have a urinary catheter. Due to high success rates, in 2015 the project was expanded and is now used in all patient groups as long as they meet the sepsis criteria. This lifesaving treatment for patients in the community has in the past only been delivered in hospital.

Once admitted to hospital and sepsis has been identified the rapid sepsis management plan will be initiated. In addition to the sepsis 6 screening the patient will have a blue wristband highlighting them as a sepsis patient, and will be referred to the Critical Care Outreach Team who will complete sepsis liaison at 4 hours and 12 hours post referral to ensure no further deterioration.

Recovering from sepsis

There are a number of physical as well as psychological and emotional factors that can affect the recovery time after suffering from sepsis, some are listed below:

Physical

- Reduced mobility
- Reduced appetite
- Excessive tiredness
- Breathlessness

Psychological and emotional

- Anxiety
- Depression
- Poor concentration
- PTSD

Not all patients experience the problems listed above after suffering from sepsis. The length of stay in the hospital/severity of the sepsis episode as well as the general fitness of the patient have a large impact on how fast the recovery can be.

The UK Sepsis Trust now provides an 'In Touch' service which enables adults who have been affected by sepsis to communicate on a one to one basis either by email through the website and or telephone on 0845 606 6255.

Other resources

Sepsis Trust – www.sepsistrust.org

NHS Choices – www.nhs.uk

Surviving Sepsis Campaign – www.survivingsepsis.org

National Institute of Clinical Excellence – www.nice.org.uk

If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.