



Sepsis Prevention

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Facts about Sepsis

Sepsis is the #1 cause for hospital readmissions, costing more than \$2 billion each year nationwide.

258,000 people die from sepsis every year in the U.S. This equates to one person every 2 minutes; more than from prostate cancer, breast cancer, and AIDS combined.

Sepsis survivors have a shortened life expectancy, and are more likely to suffer from impaired quality of life. They are 43% more likely to commit suicide.

Over 80% of patients develop sepsis in a non-healthcare setting, and 42% of sepsis patients are discharged to the home. So it is important that clinic staff understand the signs and symptoms of sepsis when working with hospital follow-up patients.

How to Help Prevent Sepsis in the Outpatient Setting

1. Know your high-risk population:

- Patients over 65 years old (accounts for 60-80% of sepsis cases)
- Immunosuppressed / frequent hospitalizations
- Occurs more frequently in winter, with respiratory infections
- Patients with comorbidities (diabetes, COPD, CKD, CHF, etc.)

2. Know the signs and symptoms:

- Infection with purulent wound drainage
- Pneumonia (cough, shortness of breath)
- Temperature (>100.9° F or <98.6° F) / heart rate >90 bpm
- Altered mental status
- End-organ dysfunction
 - ◆ Warm, flushed skin / decreased capillary refill / cyanosis
 - ◆ Decreased or no urine output and absent bowel sounds

Patient and Caregiver Education is critical for prevention!