

Providence

Providence Digital Commons

All Sepsis Education Materials

Providence Sepsis Education

2024

English: SEPSIS What You Need to Know

Providence

Follow this and additional works at: https://digitalcommons.providence.org/all_sepsis_education



Part of the [Infectious Disease Commons](#)

Recommended Citation

Providence, "English: SEPSIS What You Need to Know" (2024). *All Sepsis Education Materials*. 5.
https://digitalcommons.providence.org/all_sepsis_education/5

This Infosheet is brought to you for free and open access by the Providence Sepsis Education at Providence Digital Commons. It has been accepted for inclusion in All Sepsis Education Materials by an authorized administrator of Providence Digital Commons. For more information, please contact digitalcommons@providence.org.

SEPSIS

What You Need to Know

At Providence, we follow the best science to care for you. We are here to help. Please ask us any questions about your care.

What is Sepsis?

Sepsis is a serious condition caused by infection. The body sometimes overreacts as it fights infection. The body's overreaction can damage organs like the kidneys or lungs.

Not all infections lead to sepsis. However, if an infection goes untreated, bacteria can enter the blood stream and cause an overwhelming toxic response. Without treatment, sepsis can cause organ failure and death.

Common Sources of Infection:

- Pneumonia
- Urinary tract infections
- Wounds
- Abdominal infections including appendicitis or diverticulitis

Who is at Risk for Sepsis?

Although anyone with an infection is at risk for sepsis, the following groups are at increased risk:

- Older patients
- Patients with kidney, liver, or chronic lung disease
- Patients with cancer or weak immune systems
- Patients with recent surgery
- Patients with medical devices, such as catheters or replaced joints

Recovery from Sepsis			
	Sepsis	Sepsis with Organ Injury	ICU Sepsis
Usual Hospital Stay	3-4 Days	4-5 Days	10-12 Days
Care after Hospital Stay	Most recover at home	30% need a skilled nursing facility	50% need a skilled nursing facility

Treating Your Sepsis

All sepsis patients will receive IV fluids, antibiotics, and tests to find and treat the infection. For serious cases, life support may be offered.

- You will be monitored closely by your team.
- We will talk with you and your loved ones about life support such as a breathing machine if needed.
- Even with the best care, some patients do not recover from sepsis. For these patients, we focus on treating your symptoms. We offer support to minimize suffering and maximize quality of life.

Talking with Your Care Team

Our goal is for patients and their loved ones to be involved in care choices. We will help you know what to expect during and after the hospital stay. We welcome patients and their loved ones to:

- Identify a family spokesperson/power of attorney for healthcare.
- Review Advance Directive information and/or goals of treatment.
- Request meetings with your care team including physician, care management, palliative care, and others.

Your Road to Recovery

After leaving the hospital you will continue your recovery at another facility or at home. Discharge planners and care managers will work with patients and families to coordinate a smooth transition out of the hospital.

- Finish all your antibiotics, even if you are feeling better.
- To rebuild strength, stay active even when you're not feeling well. It is important to get out of bed.
- You may not feel back to yourself at discharge. You will continue your recovery at home and will need support.
- It can take weeks or even months to recover. We call this post-sepsis syndrome.
- See your primary care provider within 1-2 weeks of leaving the hospital.

Sepsis Resources

For general information about sepsis, visit: Sepsis Alliance at www.sepsisalliance.org

Video: What is Sepsis?

What is Sepsis on Vimeo
<https://vimeo.com/929673265/06a4e3723f?share=copy>



Video: Recovering from Sepsis

Recovering from Sepsis on Vimeo
<https://vimeo.com/929677436/7502be26f7?share=copy>

