

Fast Facts		
Sepsis		
<p>-Complication that can occur when body is fighting any infection (bacterial, viral or fungal)</p> <p>-An inflammatory response caused by release of chemicals to fight the infection leads to a cascade of changes that damage multiple organ systems which leads to them failing</p> <p>-3 stages: sepsis, severe sepsis, septic shock</p>		
Symptoms	Treatment	Prevention
<p><i>Sepsis:</i> a probable or confirmed infection with at least two of the following:</p> <ul style="list-style-type: none"> -Temperature >101°F or <98.6°F -Heart rate > 90 -Respiratory rate > 20 <p><i>Severe Sepsis:</i></p> <ul style="list-style-type: none"> -Symptoms of sepsis and signs of organ failure: -Significant decreased urine output -Sudden mental status changes -Difficulty breathing -Abdominal pain -Abnormal heart pumping function -Decreased platelet count <p><i>Septic Shock:</i></p> <ul style="list-style-type: none"> -Signs of severe sepsis -Exceptionally low blood pressure 	<p><i>Goal:</i> Treat aggressively during early stage</p> <ul style="list-style-type: none"> -Get blood cultures -Start broad-spectrum antibiotics and then switch to specific antibiotics once type of bacteria is known -IV fluid replacement -Oxygen therapy as needed -Vasopressors (medications that are given when your blood pressure is dangerously low and to constrict blood vessels which causes your blood pressure to increase) 	<p>Take care of yourself when you are sick:</p> <ul style="list-style-type: none"> -Drink plenty of fluids (water) -Rest -Take the appropriate over-the-counter medications for symptoms <p>If you are not getting any better after several days, seek treatment from doctor</p> <p>Know symptoms for sudden onset of sepsis to get appropriate treatment quickly:</p> <ul style="list-style-type: none"> -Sudden confusion/drowsiness/dizziness -Inability to walk -Difficulty breathing -Increased heart rate -Decreased temperature

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