



**Indiana Patient
Safety Center**

of the Indiana Hospital Association

SEPSIS

AWARENESS MONTH

TOOLKIT

SEE IT.

STOP IT.

SURVIVE IT.

SEPTEMBER 2019

Sepsis Fact Sheet

Sepsis is a global health care problem. According to the Global Sepsis Alliance, it is more common than heart attacks and claims more lives than any cancer. Yet, in even the most developed countries, less than half of the adult population has heard of it. Sepsis is the body's overwhelming and potentially life-threatening response to an infection. It can lead to tissue damage, organ failure, and even death.

Worldwide/National Facts

1. Sepsis happens when an infection you already have – in your skin, lungs, urinary tract, or somewhere else – triggers a chain reaction throughout your body. ¹
2. Anyone can get an infection, and almost any infection can lead to sepsis. ¹
3. Every three to four seconds, someone around the world dies of sepsis. ²
4. Globally, sepsis is the leading cause of death by infection. ²
5. More than 80 percent of infections leading to sepsis are contracted outside of the hospital. ²
6. Sepsis affects over 27 - 30 million people worldwide each year and 7 to 9 million die – one death every 3.5 seconds. ²
7. 270,000 people die from sepsis every year in the U.S. – one every two minutes; this number is more than from prostate cancer, breast cancer, and AIDS combined. ³
8. The most recent poll, done in mid-2018, showed that while we are seeing progress in awareness, only 65 percent of adults in the U.S. have heard the word sepsis. Unfortunately, many who have heard the word still don't understand what it means. ³
9. More than 75,000 children develop severe sepsis each year and 6,800 of these children die; this number is more than from pediatric cancers. ³
10. Sepsis causes at least 75,000 maternal deaths every year worldwide and is driving increases in pregnancy-related deaths in the U.S. ³
11. Sepsis is the leading cause of death in U.S. hospitals. ³
12. Sepsis is the leading cause of readmissions to the hospital, with 1 in 5 patients hospitalized with sepsis needing to be readmitted within 30 days. ³
13. More than one million people get sepsis each year in the U.S., and 15 to 30 percent will die. ⁴

State of Indiana Facts ⁵

1. Over 3,500 Hoosiers died in hospitals from sepsis in 2018.
2. In 2018, there were more inpatient deaths from sepsis than any other diagnosis.
3. The average charges for an inpatient with a sepsis diagnosis in Indiana is more than \$51,000.
4. Sepsis is the most frequent inpatient discharge, aside from deliveries.
5. In 2018, sepsis as the primary diagnosis resulted in over \$472 million in inpatient care charges.

References

¹ CDC www.cdc.gov/sepsis/basic/index.html

² Global Sepsis Alliance www.world-sepsis-day.org/sepsis

³ Sepsis Alliance www.sepsis.org/education/patients-family

⁴ National Institute of General Medical Sciences www.nigms.nih.gov/education/pages/factsheet_sepsis.aspx

⁵ Facts for the state of Indiana come from the 2018 IHA Inpatient Discharge Study

SEPTEMBER: SEPSIS AWARENESS MONTH

Tools for Clinical Education

For more information, visit [SurviveSepsis.com](https://www.SurviveSepsis.com)

Patients at High Risk for Sepsis

1. Ask yourself: "Could it be sepsis?"

Sepsis can be confusing and hard to diagnose. It shares many symptoms, such as fever and difficulty breathing, with other conditions. What might seem like a simple run-of-the-mill, flu-like illness can actually be a silent killer.

2. Recognize patients at high risk for sepsis.

While sepsis can affect anyone, the Centers for Disease Control and Prevention highlights some patients are more at risk, including those who:

- Are under age 1 or over age 65
- Have a weakened immune system or chronic illness (diabetes, cancer, kidney, liver disease, splenectomy, dialysis, etc.)
- Have a severe burn or wound
- Have an indwelling catheter or IV
- Recently had surgery or have been hospitalized

3. Assess signs and symptoms.

There is no single sign or symptom of sepsis. Because sepsis stems from infection, symptoms can include common infection signs such as diarrhea, vomiting, and sore throat. Additionally, patients often complain of the following symptoms:

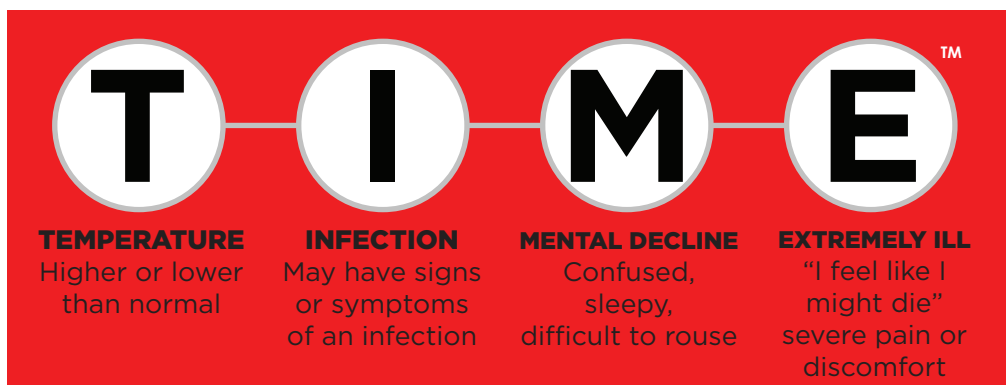
- **S**hivering, fever, feeling very cold
- **E**xtrême pain or feeling worse than ever
- **P**ale or discolored skin
- **S**leepiness, difficulty waking up, confusion
- **I** feel like I might die
- **S**hortness of breath

4. Assess clinical presentation.

If you suspect sepsis, check your patient for any of the following:

- Fever
- Hypothermia
- Fast respiratory rate
- Edema
- Heart rate >90 beats per minute
- Altered mental status (confusion/coma)
- High blood glucose without diabetes
- Feeling worse than he/she has ever felt before

5. When it comes to sepsis, remember - It's about TIME™



2019 Clinical Podcast Series

These podcasts are clinically focused and can be shared internally with your staff and medical staff.

Might My Infection Become Sepsis? with Dr. Lindsay Weaver

Lindsay Weaver, MD, Assistant Professor of Clinical Emergency Medicine, IU School of Medicine and Associate Director of Quality, IU Health Emergency Department, discusses the signs and symptoms of sepsis and when to seek emergency medical treatment.

Sepsis Bundle Compliance Success with Dr. Raymond Lee Kiser

Raymond Lee Kiser, M.D., MBA, Nephrologist and Hospitalist Medical Director at Columbus Regional Health, discusses the importance of sepsis bundle compliance.

Sepsis Treatment Successes and Joint Commission Certification with Kaycee Barnett

Kaycee Barnett, MSN, RN, Sepsis Coordinator at Terre Haute Regional Hospital, details their journey to become the first sepsis certified hospital by the Joint Commission in the state of Indiana.

Recognizing Pediatric Sepsis with Dr. Brian Wagers

Brian Wagers, M.D., FAAP, Physician Director of Pediatric and Maternal Quality and Safety at Riley Hospital for Children, and Assistant Professor of Clinical Emergency Medicine and Pediatrics at the Indiana University School of Medicine, discusses recognizing sepsis in pediatric patients.

Pediatric Sepsis Treatment with Dr. Tyler Arnold

Tyler S. Arnold, M.D., Assistant Medical Director, Riley Hospital Emergency Department and Assistant Professor of Clinical Emergency Medicine and Pediatrics, Indiana University School of Medicine, details current guidelines in the treatment of pediatric sepsis.

Sepsis Survivors' Rehabilitation Research with Dr. Babar Khan

Babar Khan, MD, MS, Pulmonologist, Intensivist, & Research Scientist at the Regenstrief Institute, Indiana University Center for Aging Research, and Eskenazi Health, focuses on rehabilitation of ICU survivors and delirium.

Host a Sepsis Awareness Event

This year, instead of having one central Indiana Sepsis Awareness Rally, we are asking you to hold a sepsis awareness event in your community and outreach to an extended care facility, home health provider, or physician office before the end of the year. IPSC staff is available as schedules allow to attend and be a part of your event. And please share your event pictures with us! Below are some ideas to help you plan your own event:

- Organize and host a public sepsis educational event
- Have a sepsis awareness booth at your own hospital or a community health fair
- Create and distribute a press release featuring a local sepsis survivor
- Distribute our Sepsis FAQ and Fact Sheet to visitors at your campus
- Plan a lunch and learn for a large physician practice or extended care facility
- Create and deliver a sepsis education package to a local extended care facility or home health agency
- Partner with a local extended care facility and present sepsis education to their residents and families



For more information, visit SurviveSepsis.com

Clockwise from top left: Columbus Regional Hospital, Community Hospital Munster, and St. Mary Medical Center

Clinical Tools & Resources

[Patient Center Care Narrative in Health Care Transitions](#)

Activity designed to listen to a narrative to identify improvement opportunities from the caregiver's perspective referencing readmissions and improving care transitions. To be used with the patient-focused podcast [A Daughter's Concerns in Care Transitions with Karin Kennedy](#).

[Society of Critical Care Medicine 3-hour bundle protocols and checklists](#)

[Sepsis Screening Tool for Hospitals \(SIRS Criteria\)](#)

[Early Identification of Sepsis on the Hospital Floors: Insights for Implementation of Hour-1 Bundle](#)

This reference is from the Society of Critical Care Medicine for the 1-hour bundle. This bundle has **not** been implemented by CMS at this time.

[DART \(Detect, Act, Reassess, Titrate\) tool by American College of Emergency Physicians](#)

[Sepsis Alliance Tools](#)

[CDC Sepsis Tools](#)

[How can I get ahead of sepsis?](#)

Posters to print:

[Four Ways to Get Ahead of Sepsis](#)

[Protect Yourself from Sepsis](#)

[Start the Conversation Sepsis](#)

[Sepsis Education for Children - Rory Staunton Foundation](#)

[Surviving Sepsis - Mayo Clinic](#)

[Pediatric Sepsis Recognition & Treatment](#)

[Kern Medical Bringing Sepsy Back](#)

Archived 2018 Clinical Webinars - IHA Sepsis Webinar Series:

[Qualitative Analysis of Older Adults' Experiences in Faces of Sepsis™ - Rebecca Hancock, Ph.D., RN](#)

[See It: Sepsis & Biomarkers - M. Laura Parnas, Ph.D. and Annie Stock, Pharm.D](#)

[Stop It: Hospital-Acquired Pneumonia: Research Update - JoAnn Brooks, Ph.D., RN](#)

[Survive It: Indiana Sep-1 Compliance: Life After Sepsis-Readmissions, Recovery, Community Outreach, and Sepsis Certification - Chris Newkirk, RN and Kaycee Barnett, RN](#)

For more information, visit **SurviveSepsis.com**

SEPTEMBER: SEPSIS AWARENESS MONTH

Tools for Community Outreach & Education

For more information, visit [SurviveSepsis.com](https://www.SurviveSepsis.com)

Sepsis FAQ

According to the Global Sepsis Alliance, sepsis is the leading cause of death following an infection, but with early detection and proper treatment, deadly consequences can be diminished. The following FAQ is according to the Centers for Disease Control and Prevention (CDC) and the Sepsis Alliance and aim to demystify the often misunderstood and unrecognized deadly complication to infection.

What is sepsis? Sepsis is the body's overwhelming and potentially life-threatening response to an infection. It can lead to tissue damage, organ failure, and even death.

What causes sepsis? Any type of infection, anywhere in the body, can cause sepsis. According to a CDC evaluation, over 90% of adults and 70% of children who got sepsis had a health condition that may have put them at risk. This can include seemingly minor infections. Four types of infections that are often linked with sepsis are:

- Lungs (pneumonia)
- Kidney (urinary tract infection)
- Skin (new or worsening injury)
- Abdomen/Gut

Who can get sepsis? Sepsis can affect any person of any age, from any type of infection, no matter how minor. While sepsis can affect anyone, you may be at a higher risk if you:

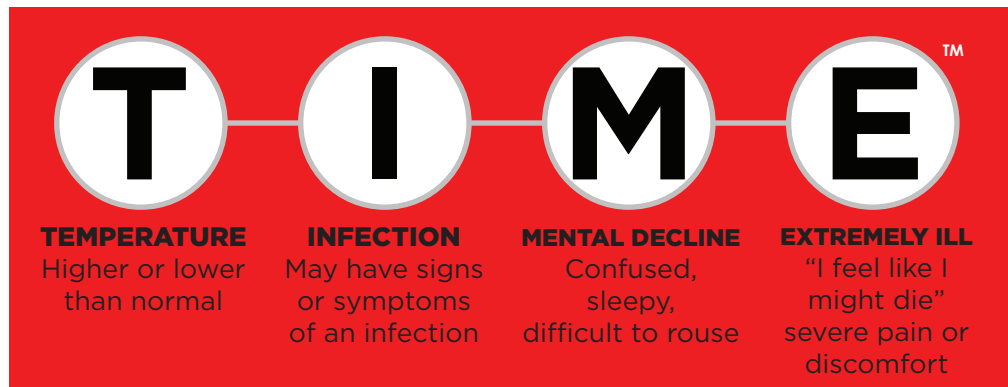
- Are under age 1 or over age 65
- Have a weakened immune system or chronic illness (diabetes, cancer, kidney, liver disease, splenectomy, dialysis, etc.)
- Have a severe burn or wound
- Have an indwelling catheter or intravenous (IV)
- Recently had surgery or have been hospitalized

What are the signs or symptoms of sepsis? There is no single sign or symptom of sepsis. Because sepsis stems from infection, symptoms can include common infection signs such as diarrhea, vomiting, and sore throat. Additionally, symptoms can include any of the following:

- **S**hivering, fever, feeling very cold
- **E**xtrême pain or feeling worse than ever
- **P**ale or discolored skin
- **S**leepiness, difficulty waking up, confusion
- **I** feel like I might die
- **S**hortness of breath

If you have an infection along with any of these symptoms, you should seek medical treatment immediately.

How is sepsis diagnosed? Sepsis can be difficult to diagnose because it shares many signs and symptoms with other conditions. Health care providers look for signs of sepsis like increased heart and breathing rates and temperature. They also rely on lab tests that check for signs of infection that may not be visible to the naked eye. When it comes to sepsis, remember - It's about TIME™



How is sepsis treated? Sepsis is a serious complication of infection that should be treated in a hospital. Health care providers typically administer antibiotics and work to treat the infection, keep vital organs healthy, and prevent a drop in blood pressure.

In some cases, other types of treatment may be required, including oxygen and intravenous (IV) fluids, or assisted breathing with a machine or kidney dialysis. In severe cases, surgery may be required to remove tissue damaged by infection.

How can I prevent sepsis? While there is no way to completely prevent the possibility of sepsis, there are many ways to reduce your risk including:

- **Be vaccinated.** Protect yourself against the flu, pneumonia, and other infections that could lead to sepsis. Talk to your health care provider for more information.
- **Be thorough.** Properly clean and treat scrapes and wounds and practice good hygiene - i.e. hand washing, bathing regularly, and brushing teeth regularly.
- **Be vigilant.** If you have an infection, look for signs like fever, chills, rapid breathing and heart rate, confusion, and disorientation.

Are there any long-term effects of sepsis? Many sepsis survivors recover completely, and their lives return to normal. However, some people may experience organ damage, tissue loss, or may require amputation of arms or legs.

Additionally, according to the Sepsis Alliance, post-sepsis syndrome is a condition that affects up to 50 percent of sepsis survivors. They are left with physical and/or psychological long-term effects, such as:

- Muscle weakness
- Fatigue
- Difficulty swallowing
- Cloudy thinking
- Difficulty concentration
- Poor memory
- Difficulty sleeping
- Sadness
- Anxiety

If you suspect that you or a loved one has post-sepsis syndrome, talk to a health care provider about resources for emotional and psychological assistance.

For more information, visit [SurviveSepsis.com](https://www.SurviveSepsis.com)

2019 Patient-Focused Podcast Series

These podcasts are focused on personal patient experiences and community education, but can also be shared with your clinical staff. These podcasts are appropriate to share through your public social media channels.

Might My Infection Become Sepsis? with Dr. Lindsay Weaver

Lindsay Weaver, MD, Assistant Professor of Clinical Emergency Medicine, IU School of Medicine and Associate Director of Quality, IU Health Emergency Department, discusses the signs and symptoms of sepsis and when to seek emergency medical treatment.

A Daughter's Concerns in Care Transitions with Karin Kennedy

Karin Kennedy, Vice President of Quality & Patient Safety at the Indiana Hospital Association, shares her story as a daughter and caregiver for her mother.

Lisa: A Widow's Journey: Grief to Advocacy

Lisa details her journey after losing her husband at a young age to sepsis and how she turned her grief into advocacy.

Sepsis Recovery - Suzanne's Story

Suzanne's story through her journey beyond sepsis.

Community Awareness Tools & Resources

[Sepsis Awareness Printable Table Tent](#)

[When a Loved One Has Sepsis: A Caregiver's Guide](#)

[Post Sepsis Syndrome: I survived sepsis. What's next?](#)

[Sepsis Alliance Sepsis 911 Community Education Materials](#)

Public Education/Social Media Videos

[Sepsis Alliance: Faces of Sepsis](#)

[CDC - Four Ways to Get Ahead of Sepsis](#)

[World Sepsis Day - What Is Sepsis? \(sepsis explained in 3 minutes\)](#)

[Sepsis Alliance - Life After Sepsis](#)

[Sepsis Alliance - Sepsis - It's About Time with Angelica Hale](#)

Social Media Images and Messaging

IPSC has created a Sepsis Awareness Month social media plan to help you effectively communicate the risks of this deadly infection directly to your audiences via your social media platforms. This social media plan includes messaging, imagery, YouTube video links, and additional resources to be utilized throughout the month of September. The plan is primarily designed for Facebook, with the ability to be altered for use on Twitter, Instagram, and other platforms. You can also follow IHA on Facebook, Twitter, and LinkedIn and share our posts. IPSC asks you to partner with us to spread the word about sepsis and help our communities

See it. Stop it. Survive it.

Use these hashtags throughout the month:

#SurviveSepsis #SaferHoosiers #SepsisAwarenessMonth

Sample Messaging

IPSC has developed the following sample messaging for use on your social media channels. The plan is primarily designed for Facebook and LinkedIn, with the ability to be altered for use on Twitter, Instagram, and other platforms. Please feel free to customize this language, incorporating the efforts of your organization. An image is also included in the toolkit that corresponds to each sample message. Click on “Download Image” under each picture and right click on image in browser to “Save picture as.”

Message: Have you heard of sepsis? Only 65% have, according to the Sepsis Alliance. And while awareness is growing, many who have heard of sepsis still don't know what it means.

Learn more at survivesepsis.com
#SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have—in your skin, lungs, urinary tract, or somewhere else—triggers a chain reaction throughout your body. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death. Learn more at survivesepsis.com #SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: Over 3,500 Hoosiers died from sepsis last year according to the 2018 Indiana Hospital Association Inpatient Discharge Study. Knowing the signs and seeking immediate medical attention can help you or your loved ones Survive it. Learn more at survivesepsis.com #SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: When it comes to sepsis, remember - It's about TIME™

TEMPERATURE - Higher or lower than normal

INFECTION - May have signs or symptoms of an infection

MENTAL DECLINE - Confused, sleepy, difficult to rouse

EXTREMELY ILL - "I feel like I might die" severe pain or discomfort

Learn more at survivesepsis.com
#SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: Every two minutes, an American dies from sepsis, according to Sepsis Alliance. The first step in preventing death from sepsis is to See it. Learn to identify sepsis through its symptoms, including:

- Shivering, fever, feeling very cold
- Extreme pain or feeling worse than ever
- Pale or discolored skin
- Sleepiness, difficulty waking up, confusion
- "I feel like I might die"
- Shortness of breath

Learn more at survivesepsis.com
#SurviveSepsis #SaferHoosiers



[Download Image](#)

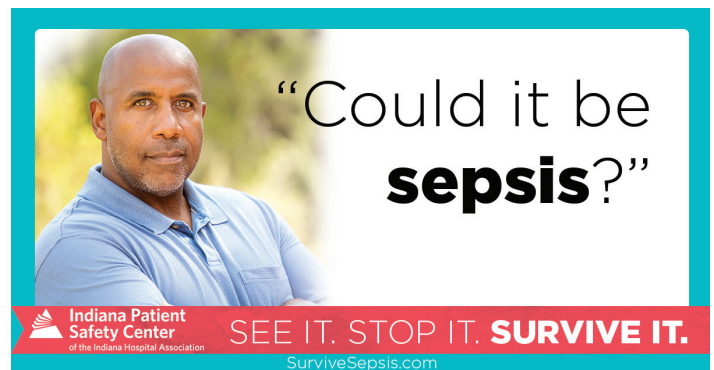
Message: Over 3,500 Hoosiers died from sepsis last year according to the 2018 Indiana Hospital Association Inpatient Discharge Study. Knowing the signs and seeking immediate medical attention can help you or your loved ones Survive it. Learn more at survivesepsis.com #SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: According to the Global Sepsis Alliance, sepsis is more common than heart attacks and claims more lives than cancer. If detected in time, sepsis can be treated at a hospital.

If you have an infection, along with shivering, extreme pain, shortness of breath, increased heart rate, or a general terrible feeling, seek medical attention immediately to Stop it. Learn more at survivesepsis.com #SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: Did you know that sepsis can occur from even a minor infection?

- **Be vaccinated** - Protect yourself against flu, pneumonia, and other infections.
- **Be thorough** - Properly clean and treat scrapes and wounds, and practice good hygiene.
- **Be vigilant** - If you have an infection, look for signs like fever, chills, rapid breathing and heart rate, rash, confusion, and disorientation.

Learn more at survivesepsis.com.
#SurviveSepsis #SaferHoosiers




[Download Image](#)

Message: In the U.S., more than 75,000 children develop severe sepsis each year and almost 7,000 of these children die – this is more than those who die of pediatric cancers according to Sepsis Alliance.

Learn more at survivesepsis.com.
#SurviveSepsis #SaferHoosiers



“Are kids
at risk for
sepsis?”

 Indiana Patient
Safety Center
of the Indiana Hospital Association

SEE IT. STOP IT. **SURVIVE IT.**

SurviveSepsis.com
[Download Image](#)

Message: According to the Centers for Disease Control and Prevention, between 2011 and 2013 infection or sepsis caused 12.7% of pregnancy-related deaths in the U.S. Pregnancy-associated sepsis requires early detection, accurate diagnosis, and aggressive treatment.

Learn more at survivesepsis.com.
#SurviveSepsis #SaferHoosiers



“Are pregnant
women at risk
for **sepsis?**”

 Indiana Patient
Safety Center
of the Indiana Hospital Association

SEE IT. STOP IT. **SURVIVE IT.**

SurviveSepsis.com
[Download Image](#)

Message: Many sepsis survivors recover completely, however, according to the Sepsis Alliance, post-sepsis syndrome affects up to 50% of survivors and are left with long-term effects, such as:

- Muscle weakness
- Fatigue
- Difficulty swallowing
- Cloudy thinking
- Difficulty concentration
- Poor memory
- Difficulty sleeping
- Sadness
- Anxiety

Learn more at survivesepsis.com.
#SurviveSepsis #SaferHoosiers



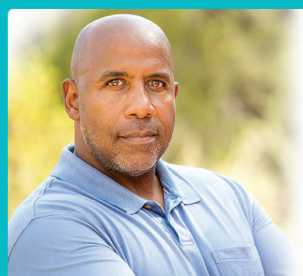
“What about
life after
sepsis?”

 Indiana Patient
Safety Center
of the Indiana Hospital Association


SEE IT. STOP IT. **SURVIVE IT.**

SurviveSepsis.com
[Download Image](#)

Message: Join the fight against sepsis by arming yourself with information and sharing it with your loved ones. Visit survivesepsis.com to learn more and share your survival story. Together, we can See it. Stop it. Survive it. #SurviveSepsis #SaferHoosiers



“How can
I fight
sepsis?”

 Indiana Patient
Safety Center
of the Indiana Hospital Association

SEE IT. STOP IT. **SURVIVE IT.**

SurviveSepsis.com
[Download Image](#)

SEE IT.

STOP IT.

SURVIVE IT.

**OVER
3,500
HOOSIERS**

DIED IN 2018 FROM

SEPSIS*

DON'T BE A STATISTIC.

SurviveSepsis.com





SEE IT.

STOP IT.

SURVIVE IT.

sepsis

[sep-sis] • n. Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have—in your skin, lungs, urinary tract, or somewhere else—triggers a chain reaction throughout your body. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

Know how to spot it and how to stop it.

[SurviveSepsis.com](https://www.SurviveSepsis.com)



**Indiana Patient
Safety Center**

of the Indiana Hospital Association

SEE IT.

STOP IT.

SURVIVE IT.

What are the signs or symptoms of sepsis? There is no single sign or symptom of sepsis. Symptoms can include any of the following:

Shivering, fever, feeling very cold
Extrême pain or feeling worse than ever
Pale or discolored skin
Sleepiness, difficulty waking up, confusion
I feel like I might die
Shortness of breath

If you have an infection along with any of these symptoms, you should seek medical treatment immediately.

SurviveSepsis.com



**Indiana Patient
Safety Center**

of the Indiana Hospital Association

Proclamation Template

For the past several years, IPSC has requested a proclamation from the Governor's recognizing September 13 as World Sepsis Day in Indiana. We have included a template that you can send to your local officials in recognition of World Sepsis Day in conjunction with your own sepsis awareness activities and events. Copy the text below onto your own letterhead and fill in the highlighted words and it is ready to submit to local government.

Title of Proclamation: Sepsis Awareness Day

Purpose of Proclamation: The purpose of this proclamation is to increase sepsis awareness in the state of Indiana and reduce sepsis-related deaths.

To All To Whom These Presents May Come, Greetings:

Whereas, sepsis is a life-threatening illness with more than one million cases each year according to the Centers for Disease Control and Prevention; and

Whereas, sepsis impacts many Hoosiers each year; and

Whereas, sepsis is very common and also very deadly, but is unknown to much of the public; and

Whereas, sepsis is the body's toxic reaction to infection that injures its own tissues and organs and can lead to organ failure and death, especially if sepsis is not recognized early and treated promptly; and

Whereas, people with sepsis can be in extreme pain, experiencing symptoms that can include fevers, shivering, discolored skin, and shortness of breath among others; and

Whereas, **Name of your Hospital** and other organizations have joined together to advocate for sepsis awareness, education, and a better future through early diagnosis and treatment;

NOW THEREFORE, I, **First and Last Name, Mayor of City**, do hereby proclaim September 13, 2019 as

SEPSIS AWARENESS DAY

in the **City of City**, and invite all citizens to duly note this occasion.



Outdoor Advertising Opportunity

An impactful billboard design has been developed for use by your organization if you choose to dedicate a selection of your advertising space to the promotion and prevention of sepsis. You can also work with your foundation or other community groups to obtain funding.

Billboard placement often requires final graphics to be submitted two weeks in advance, so if you are interested, please plan accordingly. Sepsis billboard files can be found on our sepsis homepage at SurviveSepsis.org. If you have further questions, please contact Casey Hutchens at chutchens@IHAconnect.org.

