

# STAY AHEAD OF SEPSIS

It's an urgent, life-threatening medical emergency

Sepsis is the body's overwhelming response to infection.

## Signs of Sepsis:

- Confusion or disorientation
- Shortness of breath
- High heart rate
- Fever, shivering, or feeling very cold
- Extreme pain or discomfort
- Clammy or sweaty skin



## SIRs Criteria (must meet two):

- Temperature  $> 38.3$  C or  $< 36$  C ( $>100.9$  or  $< 96.8$ )
- Heart rate  $> 90$
- Respiration rate  $> 20$
- White blood cell count  $> 12$  or  $< 4$  or  $> 10\%$  bands

## Organ Dysfunction Criteria (must have at least one):

- Increased lactate
- Decreased blood pressure
- Increased oxygen demand
- Increased creatinine
- Increase bilirubin
- Decreased platelets or increase in PTT or INR

**When it comes to sepsis, remember the 3 Rs:**

### Recognize

Critically evaluate for possible infection and signs and symptoms of sepsis.

### Respond

Rapidly initiate and carry out sepsis treatment.

### Reassess

Continuously re-examine and quickly adjust treatment.