

Sepsis 911

Sepsis and Aging



SEPSIS ALLIANCE®

Suspect Sepsis. Save Lives.™

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What sepsis is

- ▶ Sepsis is your body's toxic response to an infection. Instead of fighting the infection, the body turns on itself.
- ▶ Sepsis is a major killer in the U.S., killing more than a quarter of a million people every year.
- ▶ Sepsis is the #1 killer in hospitals in the U.S.
- ▶ About 87% of sepsis cases begin in the community, not in the hospital.



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Sepsis and older adults

- ▶ Sepsis disproportionately affects older adults.
- ▶ Older adults who go into septic shock are sicker than younger patients and they stay longer in the hospital than younger patients.
- ▶ Older adults who have had sepsis.
 - Have a higher risk of being left with long-term cognitive impairment and physical problems.
 - Are much more likely to not be able to return home or to their previous living conditions.



What sepsis is NOT

- ▶ Sepsis is not blood poisoning
- ▶ Sepsis is not an infection
- ▶ Sepsis is not contagious
- ▶ Sepsis is not rare



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Why have so few people heard of sepsis?

- ▶ Doctors tend not to use the word sepsis.
- ▶ Death certificates usually state the original infection or illness, not sepsis.
- ▶ What to do: Say SEPSIS



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Sepsis and Aging Video

Sepsis Alliance partnered with the Alliance for Aging Research to produce this 5-minute video

Sepsis in Older Americans: Saving Lives Through Early Recognition



[\(Watch 5-minute Video\)](#)

It's About TIME

When it comes to sepsis, remember
IT'S ABOUT TIME™. Watch for:



TEMPERATURE
higher or lower
than normal

INFECTION
may have signs
and symptoms of
an infection

MENTAL DECLINE
confused, sleepy,
difficult to rouse

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

Watch for a combination of these symptoms. If you suspect sepsis, see a doctor urgently, CALL 911 or go to a hospital and say, "I AM CONCERNED ABOUT SEPSIS."

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Sepsis is a medical emergency

If you or a loved one have sepsis, the chances of survival drop as much as 8% every hour treatment is delayed.

What to do:

1. Call 911
2. Tell the operator, **“I think it may be sepsis.”**
3. Use the word SEPSIS



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Why does sepsis occur?

- ▶ Sepsis is a toxic response to infection.
- ▶ Sepsis occurs when your body starts to attack itself rather than the infection.
- ▶ You must have an infection to have sepsis, but the type of infection is not always identified.



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Types of infections that can lead to sepsis

- ▶ **Bacterial** (most common type of infection that can lead to sepsis)
 - Can be spread many ways and result in illnesses like urinary tract infections, MRSA, and bacterial pneumonia
- ▶ **Viral**
 - Can be spread by touch, body fluid exchange, and in the air, and include illnesses such as the flu and viral pneumonia
- ▶ **Fungal**
 - Fungal infections most often appear on the skin, but can be caused by spores inhaled into the lungs or injected into the body
- ▶ **Parasitic**
 - Such as malaria, which is spread by mosquito



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Progression of sepsis



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Sepsis

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Septic Shock

- ▶ Septic shock is a severe and potentially fatal condition.
- ▶ Life-threatening low blood pressure is present.
- ▶ It is the most difficult to treat.



Who gets sepsis?

Anyone can get sepsis especially those:

- ▶ With chronic illnesses, like COPD
- ▶ Who are very young
- ▶ Who are older
- ▶ Who are immunocompromised (weakened immune system)



Sepsis and Celebrities

- ▶ Muhammad Ali – 2016
- ▶ Patty Duke - 2016
- ▶ Jim Henson – 2010
- ▶ Pope John Paul II – 2005
- ▶ Etta James – 2012
- ▶ Paul Allen (Microsoft founder) - 2018



Complications after treatment

- ▶ Post-sepsis syndrome
- ▶ PTSD (anxiety, depression, nightmares, flashbacks)
- ▶ Organ dysfunction (kidney failure, cognitive difficulties, etc.)
- ▶ Amputations



Infection prevention = Sepsis prevention

- ▶ Hand washing
- ▶ Caring for open wounds
- ▶ Taking antibiotics as prescribed
- ▶ Staying up-to-date with vaccinations



What you can do: Advocate

- ▶ Know the symptoms
- ▶ Say the word SEPSIS
- ▶ Express your concerns to the medical team
- ▶ If you don't understand what the doctor or nurse says, ask for clarification





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Thank you

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