# **Sepsis 911** Sepsis and Aging



## **Suspect Sepsis. Save Lives.**

## 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.



## Sepsis and older adults

- Sepsis disproportionally 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



## 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



## **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

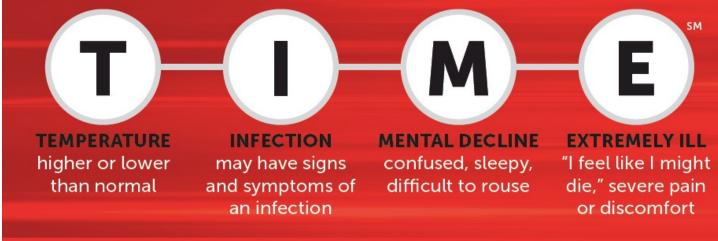




(Watch 5-minute Video)

## It's About TIME

#### When it comes to sepsis, remember IT'S ABOUT TIME<sup>TM</sup>. Watch for:



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



## 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.



# 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

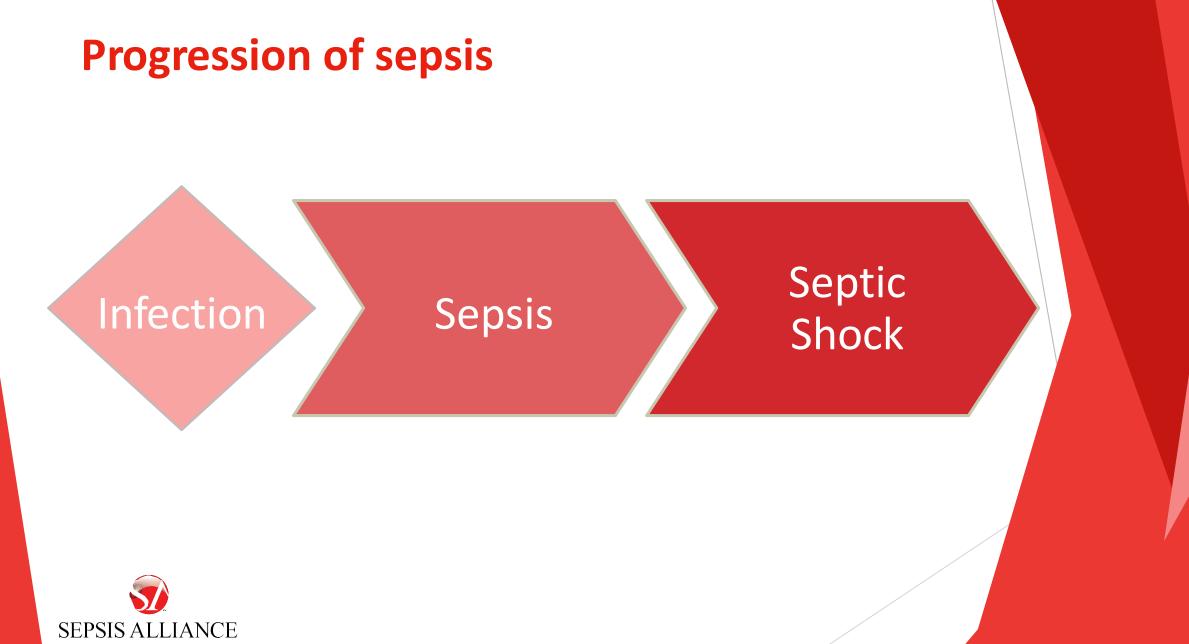
#### Fungal

 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





Suspect Sepsis. Save Lives.

### **Sepsis**

#### When it comes to sepsis, remember IT'S ABOUT TIME<sup>™</sup>. Watch for:

TEMPERATURE<br/>higher or lower<br/>than normalINFECTION<br/>may have signs<br/>and symptoms of<br/>an infectionMENTAL DECLINE<br/>confused, sleepy,<br/>difficult to rouseEXTREMELY ILL<br/>to rouse

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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# **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:

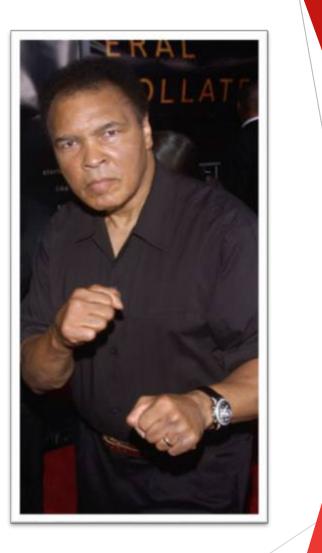
- With chronic illnesses, like COPD
- Who are very young
- Who are older
- Who are immunocompromised (weakened immune system)





## **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





# Thank you

Visit Sepsis.org for more information or email Sepsis Alliance at info@sepsis.org **Connect with us on:** Facebook.com/SepsisAlliance Twitter.com/SepsisAlliance Instagram: @sepsisalliance

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