

World Sepsis Day – September 13th 2024



World Sepsis Day – Information for Adult Health and Social Care Providers

Sepsis is a global health crisis. It affects between 47 and 50 million people every year, at least 11 million die – one death every 2.8 seconds. 20% of all deaths worldwide are associated with sepsis. Depending on country, mortality varies between 15 and more than 50%. 5 people die with sepsis every hour in the UK. Many surviving patients suffer from the consequences of sepsis for the rest of their lives.

What is sepsis?

Sepsis is the immune system's overreaction to an infection or injury. Normally our immune system fights infection – but sometimes, for reasons we do not yet understand, it attacks our body's own organs and tissues. If not treated immediately, sepsis can result in organ failure and death. Yet with early diagnosis, it can be treated with antibiotics. Sepsis is a complex condition associated with poor outcomes when the diagnosis is delayed, and treatment is not started promptly. If not treated immediately, sepsis can result in organ failure and death, or lead to disability or other life changing effects.

Symptoms

Sepsis can initially look like flu, gastroenteritis or a chest infection. There is no one sign, and symptoms present differently between cases. Most infections and viral illness can lead to sepsis, including pneumonia, urinary Infections, skin and wound infections, Covid-19 and flu. The following **symptoms might indicate sepsis in an adult:**

WORLD SEPSIS DAY INFOGRAPHICS

THESE SYMPTOMS MIGHT INDICATE SEPSIS

- Slurred Speech or Confusion
- Extreme Shivering or Muscle Pain/Fever
- Passing No Urine All Day
- Severe Breathlessness
- It Feels Like You're Going to Die
- Skin Mottled or Discolored

Infographic 4/21 Experiencing any of these symptoms? Contact your local hospital or physician immediately.

Global Sepsis Alliance | www.worldsepsisday.org | September 13, 2020 | World Sepsis Day

www.global-sepsis-alliance.org

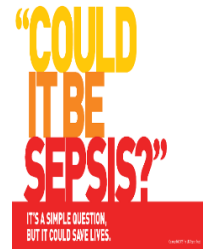
**If you spot any of these signs, call 999
Just ask: "Could it be sepsis?"**

Who's at risk?

Everybody can get sepsis, no matter how good a shape you are in, or where you live. Certain people are at an even higher risk. Those include:

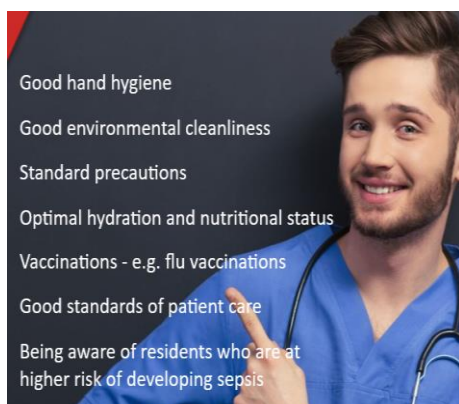
- Children under 1
- Adults over 60
- People with no spleen
- People with chronic diseases, e.g. lung, liver, heart
- People with weakened immune systems, e.g. AIDS, Diabetes

For those staff working in nursing homes the NEWS2 score should be in use to monitor your residents, if you suspect sepsis commence the sepsis pathway and contact 999. In other settings ensure your staff are aware of what to look out for or when they need to seek help urgently.



What you can do to help prevent sepsis

Sepsis is the number one cause of preventable death worldwide. The best way to prevent sepsis is to prevent infection.



Although there are no specific vaccines to prevent sepsis, vaccines are available for certain organisms that can cause sepsis, such as pneumococci. People over 65 are particularly susceptible to pneumococcal infection.

Maintain a healthy lifestyle with nutritious food, exercise, and rest.

People who are prescribed steroids and immunosuppressant drugs are at increased risk

What can you do?

Check residents eligibility with their GP for vaccinations such as Flu, Covid-19, Pneumococcal and shingles vaccines.

Early identification and prompt referral for treatment is important with sepsis.

Seek medical help if an illness is not improving or is getting worse.

Practice appropriate infection prevention and control measures.

Click here: [Sepsis Fact Sheet](#)

RESOURCES & REFERENCES

Link to Frequently asked questions on sepsis

worldsepsisday.org/sepsisfaq

A short introductory video for the public:

[Global Sepsis Alliance/Sepsis in 3 minutes](https://www.youtube.com/watch?v=8j8j8j8j8j)

E-learning for health for health and social care staff:

e-lfh.org.uk/programmes/sepsis/

Sepsis educational game for health and social care staff:

[TheSepsisChallenge/HEE and Focus Games](#)

A useful resource for e-learning modules to purchase:

[Sepsis e-learning - The UK Sepsis Trust](#)

Fact sheets, tool kits and posters can be found:

Worldsepsisday.org - toolkits

Sepsis trust.org/about-sepsis

england.nhs.uk/sepsis

england.nhs.uk/sepsis/national_early_warning_score_NEWS

Sepsis FACTS

Sepsis arises when the body's response to an infection injures its own tissues and organs. It may lead to shock, multi-organ failure, and death - especially if not recognized early and treated promptly. Sepsis is the final common pathway to death from most infectious diseases worldwide, including viruses such as SARS-CoV-2.

47 - 50 million cases per year¹

At least **11 million** deaths per year²

1 in 5 deaths worldwide is associated with sepsis³

Sepsis is the number 1 Cause of death in hospitals⁴
Cause for hospital readmissions⁵
Healthcare cost⁶

Up to **50%** of sepsis survivors suffer from long-term physical and/or psychological effects⁸

40% of cases are children under 5⁹

80% of sepsis cases occur outside of a hospital¹⁰

SEPSIS is always caused by an **infection** like pneumonia or diarrheal illness¹¹

SEPSIS is a medical **emergency** - if you or someone you know shows signs of sepsis, seek medical care immediately. Every hour counts.¹²

These signs may indicate sepsis:

- Shurred Speech or Confusion
- Extreme Shivering or Muscle Pain / Fever
- Passing No Urine All Day
- Severe Breathlessness
- It Feels Like You're Going to Die
- Skin Mottled or Discolored

September 13
You can help #StopSepsis and #SaveLives Get involved at worldsepsisday.org

References

1. S. S. et al. (2017) Sepsis: A Global Health Problem. *Journal of Intensive Care Medicine*, 32(1), 3-10.
2. S. S. et al. (2017) Sepsis: A Global Health Problem. *Journal of Intensive Care Medicine*, 32(1), 3-10.
3. S. S. et al. (2017) Sepsis: A Global Health Problem. *Journal of Intensive Care Medicine*, 32(1), 3-10.
4. S. S. et al. (2017) Sepsis: A Global Health Problem. *Journal of Intensive Care Medicine*, 32(1), 3-10.
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12. S. S. et al. (2017) Sepsis: A Global Health Problem. *Journal of Intensive Care Medicine*, 32(1), 3-10.



Don't forget to send us your photos of how you are supporting and helping to raise awareness of World Sepsis Day 2024