

# Sepsis Awareness Member Toolkit 2024

SEE IT.

STOP IT.

**SURVIVE IT.**

## EXECUTIVE SUMMARY

Preventing harm and improving health outcomes for all Hoosiers is a cornerstone of the Indiana Hospital Association (IHA). Prompt detection, treatment, and recovery is a clinical priority every day for our members, however, each September, IHA highlights progress, strategies, and resources during Sepsis Awareness Month.

Progress includes process and outcome improvements:

- According to IHA’s DataLink, in 2023, sepsis mortality for patients with a primary diagnosis of sepsis APR DRG 720, excluding palliative care decreased to 4.12% from 5.60% in 2022.
- While the number of patients meeting SEP-1 criteria increased by 24.6% in CY 2023 as compared to CY 2022, the number of mortalities decreased by 7.44%.
- While opportunities to improve remain, Indiana’s Sepsis Bundle Compliance continues to make gains.  
Source: CMS Care Compare publicly available data.

Bundle	April 2024 Release National Average (7/1/22 – 6/30/23)	April 2024 Release Indiana Average (7/1/22 - 6/30/23)	April 2023 Release Indiana Average (7/1/21 - 6/30/22)
Septic Shock 3-hour	69	63	59
Septic Shock 6-hour	85	77	75
Severe Sepsis 3-hour	79	80	77
Severe Sepsis 6-hour	90	88	84

Ongoing opportunities:

- Awareness of sepsis has decreased. Per the 2023 Sepsis Alliance annual survey, public awareness dipped to 63% from 66% in 2022.
- Septicemia remains the most frequent cause of readmissions in Indiana per DataLink.
- Connecting patients and families with post-sepsis support is a challenge.

We ask our members to join us to **See It**, through early recognition, **Stop It**, by providing time-sensitive care so that Hoosiers can **Survive It**. Your call to action follows:

For clinical teams:

- **See It.** Ask, “Could it be sepsis?” Evaluate processes and leverage EHR technology for early recognition.
- **Stop It.** Evaluate sepsis bundle compliance and identify where improvement opportunities exist to accomplish time-sensitive interventions.
- **Survive It.** Provide sepsis-specific education for patients, family, and caregivers.

For communities:

- **See it.** Participate in community events and leverage social media to raise awareness.
- **Stop it.** Most sepsis cases are community acquired so educate on the importance of seeking prompt evaluation and treatment to stop the cascade from an existing infection to sepsis.
- **Survive it.** Educate patients, families, and caregivers on what to expect during recovery and link to local, regional, and state support programs.

Resources to advance clinical and community understanding, and action are found within this toolkit.

## CALENDAR DATES

- September is [Sepsis Awareness Month](#) (Sepsis Alliance)
- September 13 is [World Sepsis Day](#) (World Health Organization)
- February 9 – 15, 2025 is [Sepsis Survivor Week](#) (Sepsis Alliance)
- April 20 – 26, 2025 is [Pediatric Sepsis Week](#) (Sepsis Alliance)
- May 11 – 17, 2025 is [Maternal Sepsis Week](#) (Sepsis Alliance)

## SEPSIS IS PERSONAL

- [Sepsis Alliance: Faces of Sepsis Adult Video](#)
- [Sepsis Alliance - Sepsis - It's About Time with Angelica Hale Pediatric Video](#)
- [Pregnancy & Childbirth | Sepsis Alliance Maternal Video](#)

## KEY POINTS & TOOLS

### SEE IT. - Recognize patients at high risk for sepsis.

While sepsis can affect anyone, the Centers for Disease Control and Prevention highlight who is at risk:

- Adults 65 or older
- Children younger than one
- People who are pregnant or post-partum
- People who survived sepsis
- People with chronic conditions, such as diabetes, lung disease, cancer and kidney disease
- People with recent severe illness, surgery or hospitalization
- People with weakened immune systems



**Protect your patients from sepsis.**

**How can I get ahead of sepsis?**

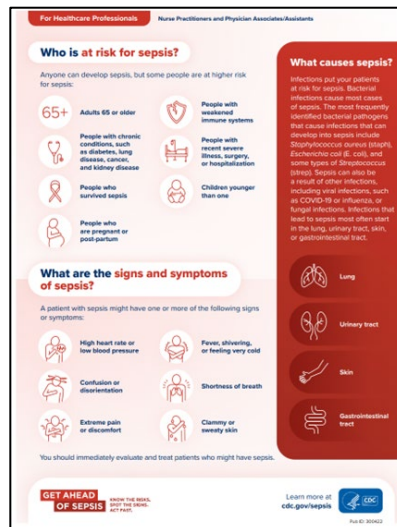
- Know sepsis signs and symptoms to identify and treat patients early.
- Act fast if you suspect sepsis.
- Prevent infections by following infection control practices (e.g., hand hygiene, appropriate catheter management) and ensuring patients receive recommended vaccines.
- Educate your patients and their families about:
  - Preventing infections.
  - Keeping skin and wounds clean and covered until healed.
  - Managing chronic conditions.
  - Recognizing early signs and symptoms of worsening infection and sepsis.
  - Seeking immediate care if signs and symptoms are present.

**What should I do if I suspect sepsis?**

- Know your facility's guidance for diagnosing and managing sepsis.
- Immediately alert the healthcare professional overseeing care of the patient if it is not you.
- Start antibiotics as soon as possible in addition to other therapies appropriate for the patient. If a specific bacterial cause of sepsis is known, therapy should be targeted to optimize treatment, and broad-spectrum antibiotics might not be needed.
- Check patient progress frequently. Treatment requires urgent medical care, usually in an intensive care unit in a hospital, and includes careful monitoring of vital signs and other antibodies. Early and frequent reassessment of patients with sepsis should be undertaken to determine the appropriate duration and type of therapy.

**Sepsis is a medical emergency. You play a critical role. Protect your patients by acting fast. With your fast recognition and treatment, most patients survive.**

**GET AHEAD OF SEPSIS** Learn more about sepsis at cdc.gov/sepsis



**Who is at risk for sepsis?**

Anyone can develop sepsis, but some people are at higher risk for sepsis.

- **65+** Adults 65 or older
- People with chronic conditions, such as diabetes, lung disease, cancer, and kidney disease
- People who survived sepsis
- People who are pregnant or post-partum
- People with weakened immune systems
- People with recent severe illness, surgery, or hospitalization
- Children younger than one

**What causes sepsis?**

Infections put your patients at risk for sepsis. Bacterial infections cause most cases of sepsis. The most frequently identified bacterial pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus* (strep). Sepsis can also be a result of other infections, including viral infections, such as COVID-19 or influenza, or fungal infections. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract.

**What are the signs and symptoms of sepsis?**

A patient with sepsis might have one or more of the following signs or symptoms:

- High heart rate or low blood pressure
- Fever, shivering, or feeling very cold
- Confusion or disorientation
- Shortness of breath
- Extreme pain or discomfort
- Chills or overly warm skin

You should immediately evaluate and treat patients who might have sepsis.

**GET AHEAD OF SEPSIS** Learn more about sepsis at cdc.gov/sepsis

Learn more at [cdc.gov/sepsis](https://www.cdc.gov/sepsis)

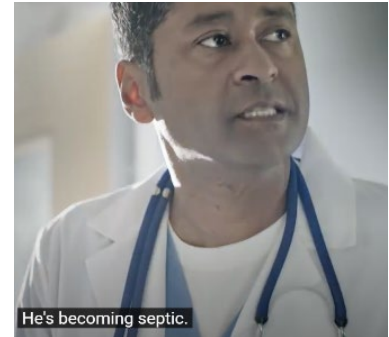
PA 40-30002

[Protect your patients from sepsis. \(cdc.gov\)](https://www.cdc.gov/sepsis)

## ASK, "COULD IT BE SEPSIS?"

Sepsis can be challenging to diagnose. It shares many symptoms with other conditions. What might seem like a routine illness can actually be deadly.

### CDC Videos: "The Domino Effect"



["The Domino Effect" short \[Video – 0:18\]](#)

["The Domino Effect" long \[Video – 0:33\]](#)

### Society of Critical Care Medicine (SCCM)

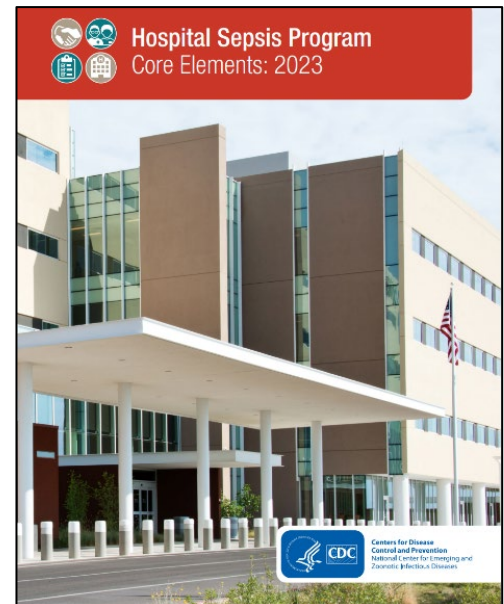
- [2021 Surviving Sepsis Campaign Surviving Sepsis Campaign: International Guidelines for Management of Sepsis and Septic Shock 2021](#)
- [Surviving Sepsis Campaign Adult Patient Infographics SSC Adult Patients | SCCM](#)

### Centers for Disease Control and Prevention (CDC)

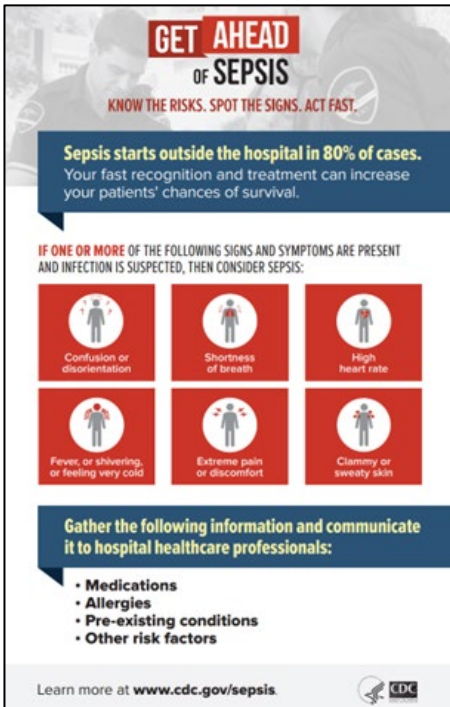


[About Get Ahead of Sepsis | Sepsis | CDC](#)

[Hospital Sepsis Program Core Elements | Sepsis | CDC](#)









## CDC Emergency Medical Services (EMS) Resources



**GET AHEAD**  
OF SEPSIS  
KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.


Sepsis starts outside the hospital in 80% of cases.  
Your fast recognition and treatment can increase your patients' chances of survival.

IF ONE OR MORE OF THE FOLLOWING SIGNS AND SYMPTOMS ARE PRESENT AND INFECTION IS SUSPECTED, THEN CONSIDER SEPSIS:

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

Gather the following information and communicate it to hospital healthcare professionals:

- Medications
- Allergies
- Pre-existing conditions
- Other risk factors

Learn more at [www.cdc.gov/sepsis](http://www.cdc.gov/sepsis). 

[Sepsis 2019 EMS Card \(cdc.gov\)](http://www.cdc.gov/sepsis)



[Sepsis: First Response - Educational Video \(youtube.com\)](https://www.youtube.com/watch?v=...)

**1.9 RN CE Contact Hours**  
**1.5 AMA PRA Category 1 Credits™**

[Sepsis Alliance Institute: Disaster Medicine: Sepsis](https://www.youtube.com/watch?v=...)



[Sepsis: Pediatric First Response - YouTube](https://www.youtube.com/watch?v=...)

## SPECIAL POPULATIONS

### Pediatrics

[Society of Critical Care Medicine Pediatric Sepsis Guidelines](#) (Surviving Sepsis Campaign)

[International Guidelines for the Management of Septic Shock and Sepsis-Associated Organ Dysfunction](#)

[Children's Hospital Association, Improving Pediatric Sepsis Outcomes \(IPSO\)](#)

[Kaiser Permanente, Neonatal Early-Onset Sepsis Calculator](#)

### Obstetrics

[Top 10 Pearls for the Recognition, Evaluation, and Management of Maternal Sepsis - PMC \(nih.gov\)](#)

[Pregnancy & Childbirth | Sepsis Alliance](#)

### **STOP IT. - When it comes to sepsis, act fast!**

Being alert to the signs and symptoms of sepsis, and if sepsis is suspected, acting fast, and engaging the care team is critical. According to the [CDC](#), health care professionals should:

- Know sepsis signs and symptoms.
- Identify and treat patients early.
- Act fast if you suspect sepsis.
- Know your facility's existing guidance for diagnosing and managing sepsis.
- Prevent infections by following infection control practices (e.g. hand hygiene, catheter removal) and ensuring patients receive recommended vaccines.

### **Hygiene, Hygiene, Hygiene.**

Ensure that your patient is receiving comprehensive hygiene while under your care.

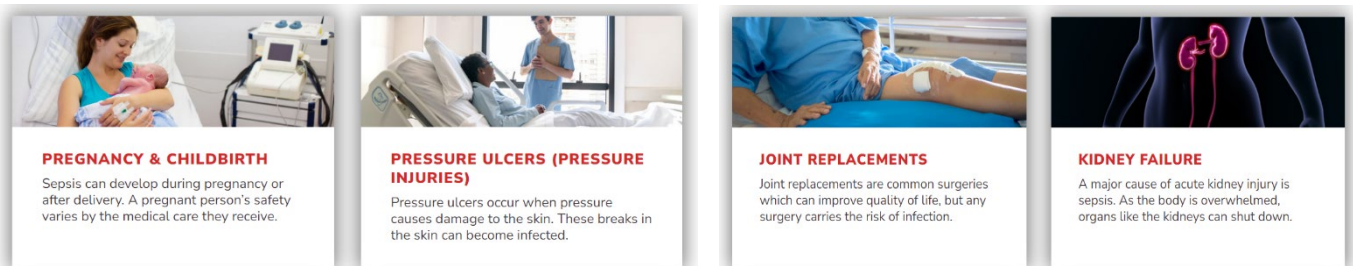
- This includes diligence with hand hygiene for all staff, visitors, and patients.
- Ensure every patient is receiving oral care as outlined in your organization's policy.
- With insertion or maintenance of invasive lines of any form, ensure proper technique is followed.



## [Brush Your Teeth to Prevent Pneumonia and Sepsis!](#)

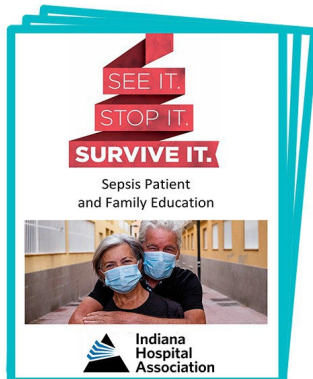
### **Making the Link with Other Diseases and Conditions**

Many conditions, diseases, and special populations are risk factors for developing sepsis. Sepsis Alliance has created topic specific resources found at [Sepsis and... | Sepsis Alliance](#). A few examples are shown below.

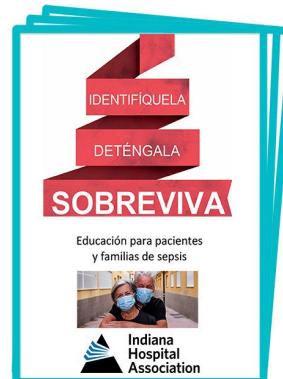
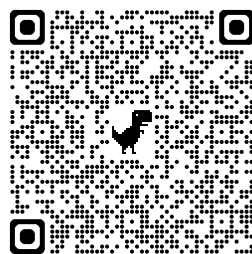


**SURVIVE IT.** – Download and share the IHA Sepsis Patient & Family Discharge Education with providers, discharge planners, nurses, and other members of the care team to share with patients and families.

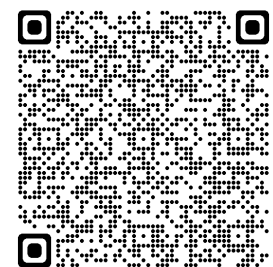
Use bedside shift change reports, team huddles, and care conferences to educate on sepsis awareness, recovery, prevention, and treatment. Help your patients and families know what to expect during the post-acute continuum of care!



[Patient & Family Sepsis Education \(English\)](#)



[Patient & Family Sepsis Education \(Spanish\)](#)



Share “[Four Ways to Get Ahead of Sepsis](#)” to help others understand sepsis risk factors, signs and symptoms and how to prevent infections that can lead to sepsis. Full length video in [English](#) and [Spanish](#).

## 4 WAYS TO GET AHEAD OF SEPSIS

**GET AHEAD  
OF SEPSIS**

KNOW THE SIGNS. SPOT THE SIGNS. ACT FAST.

**Infections put you and your family at risk for a life-threatening condition called sepsis.** Sepsis is the body's extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death. Sepsis happens when an infection you already have—in your skin, lungs, urinary tract or somewhere else—triggers a chain reaction throughout your body.

Anyone can get an infection, and almost any infection can lead to sepsis.

### 1 PREVENT INFECTIONS

Talk to your doctor or nurse about steps you can take to prevent infections.



### 2 PRACTICE GOOD HYGIENE

Remember to wash your hands and keep cuts clean and covered until healed.



### 3 KNOW THE SYMPTOMS

Symptoms of sepsis can include any one or a combination of these:



### 4 ACT FAST

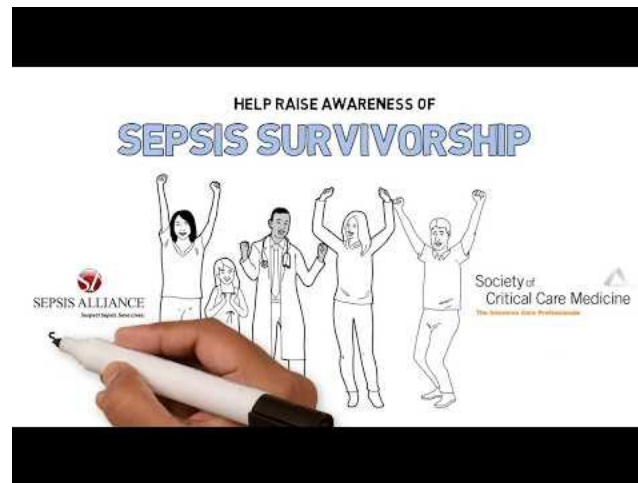
Get medical care IMMEDIATELY if you suspect sepsis or have an infection that's not getting better or is getting worse.

Sepsis is a medical emergency. Time matters.

To learn more about sepsis and how to prevent infections, visit [www.cdc.gov/sepsis](http://www.cdc.gov/sepsis).



Learn more about health care's role in sepsis survivorship by viewing this video created in partnership with The Society of Critical Care Medicine and Sepsis Alliance. <https://youtu.be/Hlk64wdy44Q>



## Community Learning

Raise awareness and be involved with community events. A comprehensive curriculum is available from Sepsis Alliance. To learn more, visit [Sepsis Alliance Sepsis 911 Community Education Materials](#)

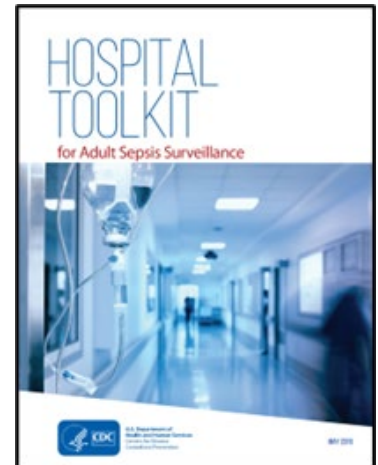


### Quality Improvement

Resources are available to aid with improving efficiencies and outcomes through identification of gaps and steps to address primary and secondary drivers for meaningful change.

**Centers for Disease Control and Prevention (CDC)**

[Hospital Toolkit for Adult Sepsis Surveillance \(cdc.gov\)](https://www.cdc.gov/hospital-toolkit/)



### Convergence Health

[Post Op Sepsis Chart Discovery Tool](#)

[Sepsis Screening & Transfer Tool](#)

[Sepsis Mortality Reduction Overview](#) [Sepsis Change Package](#)

[Sepsis Mortality Reduction Change Package](#)

[Sepsis Process Improvement Chart Discovery & Tracking Tool](#)

[Sepsis Driver Diagram](#)

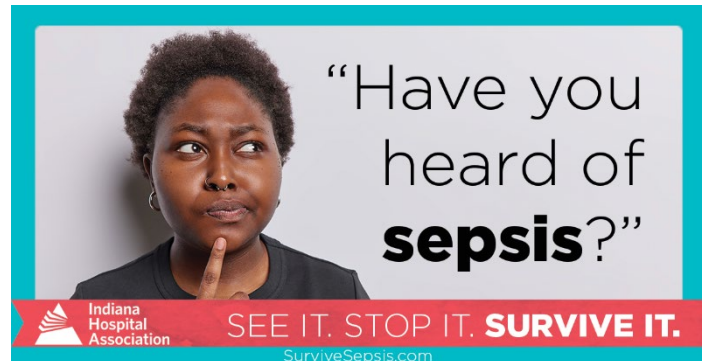
[Sepsis Transfer Process Improvement Chart Discovery & Tracking Tool](#)

## COMMUNITY ENGAGEMENT VIA SOCIAL MEDIA

### SEE IT.

**Message:** Have you heard of sepsis? According to a 2023 Sepsis Alliance survey, more than 1/3 of U.S. adults are not aware of the term “sepsis,” a leading cause of death. Learn more by visiting [survivesepsis.com](https://survivesepsis.com) #SurviveSepsis #Safer Hoosiers (38 words)

[Download image](#)



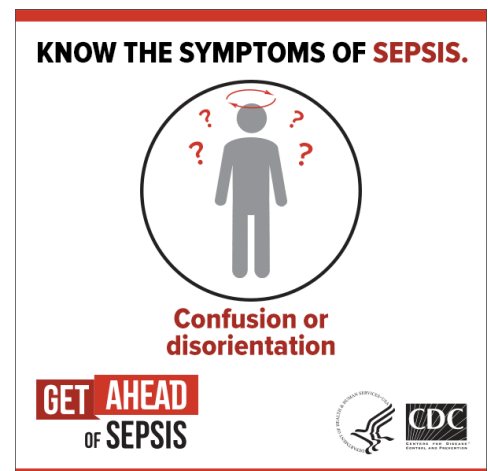
**Message:** Sepsis is the body’s extreme and life-threatening response to an infection you already have - in the skin, lungs, urinary tract, or somewhere else. Sepsis can lead to tissue damage, organ failure, and death. Learn more at [survivesepsis.com](https://survivesepsis.com) #SurviveSepsis #SaferHoosiers (40 words)

[Download MP4](#)



**Message:** The CDC wants you to Get Ahead of Sepsis. The first step is to See it. Know the symptoms of sepsis and seek medical attention immediately. (26 words)

[Download GIF](#)



**Message:** Growing your family is an exciting time! Pregnant and postpartum persons are not exempt from sepsis. If you experience these symptoms, call 911 or seek emergency care immediately and say, “I am concerned about sepsis!”

- Know sepsis signs and symptoms.
- Fever above 100.4 F
- Foul smelling discharge from a wound or vagina
- Difficulty breathing or shortness of breath
- Chest pain
- Feeling confused or just “not right”
- Non-specific or general abdominal pain that appears, or gets much worse suddenly



[Download image](#)

Learn more at [survivesepsis.com](http://survivesepsis.com). #SurviveSepsis #SaferHoosiers (79 words)

**Message:** In the U.S., more than 75,000 children develop severe sepsis each year and almost 7,000 of these children die which is more than those who die from pediatric cancers according to Sepsis Alliance. Frequent infections in children are pneumonia, urinary tract, and cuts & scrapes. Learn more at [survivesepsis.com](http://survivesepsis.com). #SurviveSepsis #SaferHoosiers (51 words)



[Download image](#)

## STOP IT.

**Message:** Did you know that sepsis can occur from even a minor infection? Your best protection is prevention!

- **Be vaccinated** - Protect yourself against flu, pneumonia, COVID - 19, and other infections.
- **Be thorough** - Properly clean and treat scrapes and wounds, and practice good oral, hand, & body 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](http://survivesepsis.com). #SurviveSepsis #SaferHoosiers. (78 words)



[Download image](#)

**Message:** DYK - Germs in your mouth reproduce five times in 24 hours! Brushing your teeth regularly helps to prevent pneumonia and sepsis. Learn more at [survivesepsis.com](http://survivesepsis.com) #SurviveSepsis #SaferHoosiers (28 words)



[Download image](#)



[Download image](#)

### **SURVIVE IT.**

**Message:** Many sepsis survivors recover completely, however, according to Sepsis Alliance, post-sepsis syndrome affects up to 50% of survivors and may include physical and/or emotional effects such as;

- Muscle weakness
- Joint pain
- Fatigue
- Repeat infections
- Difficulty concentrating
- Poor memory
- Difficulty sleeping
- Anxiety



[Download image](#)

Talk with your provider if you experience these symptoms. Learn more at [survivesepsis.com](http://survivesepsis.com) #SurviveSepsis #SaferHoosiers (56 words)

## PROCLAMATION TEMPLATE

Help raise awareness by engaging local and state leaders. Sepsis Alliance provides a Sepsis Awareness Month proclamation template and instructions for completion available [here](#).

### **A PROCLAMATION RECOGNIZING SEPTEMBER 2024 AS SEPSIS AWARENESS MONTH**

Whereas, September has been nationally recognized as Sepsis Awareness Month by Sepsis Alliance to bring awareness to sepsis, the body's life-threatening response to infection, which can lead to tissue damage, organ failure, and death; and

Whereas, sepsis affects 1.7 million Americans and takes 350,000 adult lives every year in the United States; and

Whereas, each year, more than 75,000 children in the United States develop severe sepsis and 6,800 of these children die; and

Whereas, sepsis is the number one cost of hospitalization in the U.S., with costs for acute sepsis hospitalization and skilled nursing estimated to be \$62 billion annually; and

Whereas, on average, sepsis survivors have a shortened life expectancy, are more likely to suffer from an impaired quality of life, and often experience after-effects such as amputations (14,000 per year in the United States) and post-sepsis syndrome; and

Whereas, communities that have historically lacked access to high-quality healthcare experience a disproportionate burden of sepsis-related suffering; and

Whereas, sepsis is the second-leading cause of pregnancy-related mortality in the United States; and

Whereas, the growing problem of antimicrobial resistance is steadily increasing the frequency of sepsis cases; and

Whereas, despite the severe danger and widespread occurrence of this illness, a survey conducted by Sepsis Alliance found that less than 15% of U.S. adults can identify the symptoms of sepsis; and

Whereas, the signs of sepsis can be remembered with the mnemonic "TIME," which stands for "Temperature," "Infection," "Mental decline," and "Extremely ill"; and

Whereas, awareness of the signs and symptoms of sepsis along with rapid diagnosis and treatment of sepsis can save lives and improve outcomes for sepsis survivors; now, therefore, be it

Resolved, that we hereby recognize September as Sepsis Awareness Month.

**IHA IS PROVIDING A LOCAL PROCLAMATION TEMPLATE FOR SEPSIS AWARENESS DAY**

**A PROCLAMATION RECOGNIZING SEPTEMBER 13 AS SEPSIS AWARENESS DAY**

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, many Hoosiers die each year from sepsis; 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, 2024 as SEPSIS AWARENESS DAY

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