



**Indiana Patient
Safety Center**

of the Indiana Hospital Association

SEPSIS

AWARENESS MONTH

TOOLKIT

SEE IT.

STOP IT.

SURVIVE IT.

SEPTEMBER 2021

SURVIVSEPSIS.COM

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Letter to Members

The Indiana Patient Safety Center (IPSC) thanks you for continuing to navigate the COVID-19 pandemic while maintaining your commitment to patient safety. The intensity of the pandemic's impact on sepsis care is undeniable. During Sepsis Awareness Month we are continuing to spread the sepsis message "See it. Stop it. Survive it." to emphasize the need for quick recognition of symptoms and treatment like we do for heart attacks and strokes.

Please use the 2021 Sepsis Toolkit to:

- Educate your community on sepsis awareness, prevention, treatment, and recovery with printable table tents
- Use NEW Sepsis Patient and Family Discharge Education in English and Spanish
- Share photos of sepsis outreach and use the "I am a sepsis champion" printable sign on social media
- Set hospital goal of 10% sepsis bundle compliance improvement from 2019, aiming for top decile 82% or greater than the 60% national average
- Promote World Sepsis Day on Sept. 13 with education in your community
- Participate in IHA's four September sepsis clinical webinars
- Participate in the social media campaign by sharing IHA's Facebook, Twitter, and Linked IN posts or creating your own using toolkit images and messages
- Strengthen partnerships with administrators, clinicians, and information systems staff to treat sepsis, reduce sepsis mortality, and improve bundle compliance. Use the Indiana sepsis survey template and Cynosure sepsis tools to drive improvements

This year your IPSC team:

- Educated hospitals on new sepsis data tracking in Datalink, including Covid-19 patient specific sepsis data
- Consulted with hospitals on specific sepsis care and data
- Sponsored bi-monthly sepsis office hours, two sepsis focused webinar series, and provided hospital specific consultations
- Added sepsis specific discharge education to our toolkit for patients and caregivers
- Emphasized the role of oral hygiene to prevent pneumonia, the #1 cause of sepsis

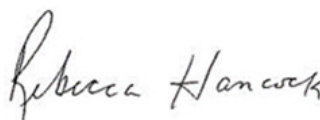
Among the leading sepsis comorbidities, diabetes and chronic pulmonary disease are the most common in Indiana. As we learn more about sepsis, we expect our future dissection of data to address maternal sepsis and social determinants of health affecting sepsis care and readmissions. We must continue to educate our communities for earlier diagnosis and treatment. Thank you for joining us in that mission.

You are our army of sepsis champions!

Sincerely,



Karin Kennedy
Vice President, Quality and Patient Safety



Rebecca Hancock, Ph.D., RN
IHA Quality Advisor and Sepsis Lead

Sepsis Fact Sheet

Sepsis is a global health care threat more common than heart attacks and claims more lives than any cancer. Sepsis is the body's overwhelming and life-threatening response to an infection.

2020 State of Indiana Facts (Indiana Hospital Association, 2021)

1. Sepsis is the most common discharge diagnosis for Indiana hospital patients who are readmitted within 30 days and the most frequent inpatient diagnosis, behind deliveries.
2. Over 4,400 hospitalized Hoosiers died from sepsis in 2020, followed by COVID-19 respiratory failure with 4,001 deaths (Datalink APR-DRG 720, Septicemia).
3. During the COVID-19 pandemic, Indiana hospital death rate from sepsis increased from 4.6% in 2019 to 6.0% in 2020 (APR-DRG 720, septicemia, excluding palliative care patients).
4. Sepsis originated outside the hospital for over 91% of cases in 2020 (Sepsis ICD-10 Codes).
5. In 2020 Indiana hospitals averaged 53% compliance with the sepsis bundles of care compared to 60% nationally.
6. In 2020, Indiana hospitals incurred sepsis average charges of \$61,781 per discharge, \$2.5 billion total charges, and 6.53 days average length of stay (Dimensions APR DRG 720).

2020 Worldwide/National Facts (Sepsis Alliance, 2020)

1. More than 1/4 of U.S. adults have NEVER heard of sepsis and just 15% can name the symptoms.
2. Sepsis is the leading cause of death in U.S. hospitals.
3. About 6% of hospitalizations are due to sepsis and 35% of all hospital deaths are due to sepsis.
4. Sepsis is the leading cause of readmissions, with as many as 19% rehospitalized within 30 days.
5. As many as 87% of sepsis cases originate in the community and not in the hospital.
6. The risk of mortality from sepsis increases by 4-9% for every hour treatment is delayed. As many as 80% of septic shock patients can be saved with rapid diagnosis and treatment.
7. Sepsis is the most common complication observed in severe cases of COVID-19.
8. Research reports that hospitalized COVID-19 patients are 22% more likely to develop sepsis than hospitalized influenza patients, and four times as likely to develop severe septic shock.
9. Sepsis takes 11 million lives around the world each year, contributing to 20% of all deaths globally and taking more lives than cancer. This is more than 20 deaths every minute.
10. More than 1.7 million people in the U.S. are diagnosed with sepsis each year - one every 20 seconds - and the incidents is rising.
11. 270,000 people die from sepsis every year in the U.S. - one every 2 minutes: more than from prostate cancer, breast cancer and opioid overdose combined.
12. Each year, more than 75,000 children in the U.S. develop severe sepsis and 6,800 of these die, more than from pediatric cancers.
13. Sepsis causes at least 261,000 maternal deaths every year worldwide and is driving increases in pregnancy-related deaths in the U.S.
14. Sepsis in the U.S. disproportionately affects the Black community; Blacks bear nearly twice the burden of sepsis deaths, relative to the Black population, as whites.
15. Missed infections are the third most common cause of diagnostic errors in medical malpractice cases. Sepsis is the most common condition among missed infections in diagnostic errors.
16. Costs for sepsis hospitalization and skilled nursing are estimated to be \$62 billion annually. This is only a portion of all sepsis-related costs since many have additional costs after discharge.
17. Sepsis is the #1 cause of readmission to the hospital, costing more than \$3.5 billion each year.

References

Indiana Hospital Association. (2021, July 27). Datalink. Retrieved from Tableau Datalink: <https://ihadatalink.org/>

Sepsis Alliance. (2020, December). Sepsis Fact Sheet 2020-12-22. Retrieved from Sepsis Alliance: <https://www.sepsis.org/education/resources/fact-sheets/>

SEPTEMBER: SEPSIS AWARENESS MONTH

Tools for Clinical Education



Columbus Regional



Top left: Community Munster, Top right: Marion General,
Bottom left: Franciscan Dyer, Hammond, Munster,
Bottom Right: Community South

For more information, visit SurviveSepsis.com

Patients at High Risk for Sepsis

[It's About TIME™](#) is a national initiative, created by Sepsis Alliance, to raise awareness of sepsis and the urgent need to seek treatment when symptoms are recognized.

1. Ask yourself: "Could it be sepsis?"

Sepsis can be confusing and hard to diagnose. It shares many symptoms, such as fever and difficulty breathing, with other conditions. What might seem like a simple run-of-the-mill, flu-like illness can actually be a silent killer.

2. Recognize patients at high risk for sepsis.

While sepsis can affect anyone, the Centers for Disease Control and Prevention highlights some patients are more at risk, including those who:

- Are under age 1 or over age 65
- Have a weakened immune system or chronic illness (diabetes, cancer, kidney, liver disease, splenectomy, dialysis, etc.)
- Have a severe burn or wound
- Have an indwelling catheter or IV
- Recently had surgery or have been hospitalized

3. Assess signs and symptoms.

There is no single sign or symptom of sepsis. Because sepsis stems from infection, symptoms can include common infection signs such as diarrhea, vomiting, and sore throat. Additionally, patients often complain of the following symptoms:

- **S**hivering, fever, feeling very cold
- **E**xtrême pain or feeling worse than ever
- **P**ale or discolored skin
- **S**leepiness, difficulty waking up, confusion
- **I** feel like I might die
- **S**hortness of breath

4. Assess clinical presentation.

If you suspect sepsis, check your patient for any of the following:

- Fever
- Hypothermia
- Fast respiratory rate
- Edema
- Heart rate >90 beats per minute
- Altered mental status (confusion/coma)
- High blood glucose without diabetes
- Feeling worse than he/she has ever felt before

5. When it comes to sepsis, act fast.

Being alert to the signs and symptoms of sepsis, and if sepsis is suspected, acting fast and seeking immediate medical attention 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.

Clinical Tools & Resources

Awareness [Patient Center Care Narrative in Health Care Transitions](#) - Activity designed to listen to a narrative to identify improvement opportunities. To be used with the patient-focused podcast. [A Daughter's Concerns in Care Transitions with Karin Kennedy.](#)

[CDC Sepsis Tools](#)

[How can I get ahead of sepsis?](#)

Posters to print:

[Four Ways to Get Ahead of Sepsis](#)

[Protect Yourself from Sepsis](#)

[Start the Conversation Sepsis](#)

[World Sepsis Day September 13 Fact Sheets: Awareness, Prevention, Infographics](#)

Prevention [Sepsis Alliance Community Education](#)

[Sepsis Education for Children - Rory Staunton Foundation](#)

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

[Society of Critical Care Medicine Surviving Sepsis Campaign Covid-19 Guidelines](#)

[Surviving Sepsis One Hour Bundle Infographic](#)

[DART \(Detect. Act. Reassess. Titrate\) tool by American College of Emergency Physicians](#)

[Pediatric Treat Before Transfer Sepsis Screening Tool](#)

[Sepsis Alliance Sepsis 101 for Nurses](#)

[Cynosure Learning & Improvement Connection Educational Platform](#)

[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](#)

Recovery [Surviving Sepsis - Mayo Clinic](#)

2020 Indiana Hospital Resources

Awareness [Terre Haute Regional Nitty Gritty of Sepsis Flyer](#)

Treatment [Indiana Hospital Association Sepsis Care Processes Inventory by Domain Word Doc](#)

[Indiana Hospital Association Sepsis Care Processes Inventory by Domain Excel Doc](#)

[Terre Haute Regional One Hour Sepsis Checklist](#)

[Saint Joseph Fort Wayne Hospital Sepsis Screening Tool](#)

[Clark Memorial Medical Surgical Code Sepsis Algorithm](#)

[Society of Critical Care Medicine Resources](#)

IHA Clinical Webinar Library

2021 IHA Clinical Webinar Series - 2 - 2:30 p.m. ET (Click link to register)

- Sep. 8 [Work of Champions: Toolkit Resources and State of the State & COVID-19 Impact](#)
Rebecca Hancock, PhD, RN, CNS, IHA Patient Quality & Safety Advisor
- Sep. 15 [Voice of Leaders: Tools for Success](#)
Maryanne Whitney, RN,CNS, MSN, Cynosure Improvement Advisor
- Sep. 22 [Voice of Champions: Hospital Successes](#)
Invited Hospital Champions
- Sep. 29 [Voice of Sepsis Survivors: NEW Sepsis Discharge Education and Surviving Sepsis](#)

Additional Webinars

[Sepsis Alliance Summit](#) - Sep. 14 - 16

[Global Sepsis Alliance - World Sepsis Congress Recordings](#), April 2021

Archived 2020 Webinar Series

[Indiana State Sepsis Survey Results and State of the State](#) - Rebecca Hancock, Ph.D., RN

[Pediatric Sepsis](#) - Dr. Tyler Arnold and Dr. Brian Wagers

[September 2020 Sepsis Office Hours: Clinical Documentation Integrity](#)

Archived 2019 IHA Podcasts

[Might My Infection Become Sepsis? with Dr. Lindsay Weaver](#)

[Sepsis Bundle Compliance Success with Dr. Raymond Lee Kiser](#)

[Sepsis Treatment Successes and Joint Commission Certification with Kaycee Barnett](#)

[Recognizing Pediatric Sepsis with Dr. Brian Wagers](#)

[Pediatric Sepsis Treatment with Dr. Tyler Arnold](#)

[Sepsis Survivors' Rehabilitation Research with Dr. Babar Khan](#)

[A Daughter's Concerns in Care Transitions with Karin Kennedy](#)

[Lisa: A Widow's Journey: Grief to Advocacy](#)

[Sepsis Recovery - Suzanne's Story](#)

Archived 2018 IHA Webinars

[Qualitative Analysis of Older Adults' Experiences in Faces of Sepsis™](#) - Rebecca Hancock, Ph.D., RN

[See It: Sepsis & Biomarkers](#) - M. Laura Parnas, Ph.D. and Annie Stock, Pharm.D

[Stop It: Hospital-Acquired Pneumonia: Research Update](#) - JoAnn Brooks, Ph.D., RN

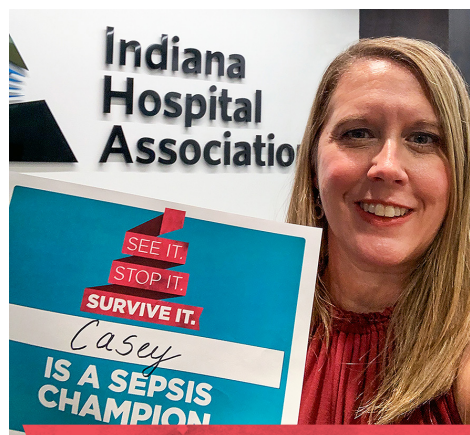
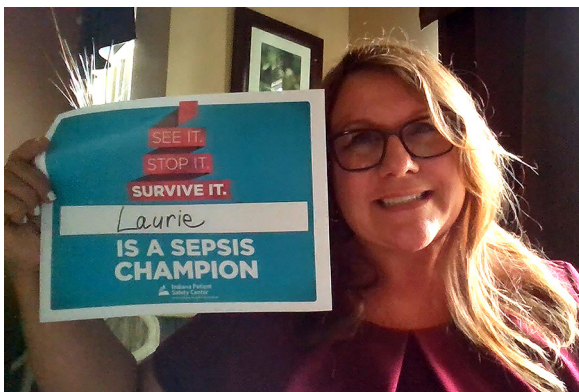
[Survive It: Indiana Sep-1 Compliance: Life After Sepsis-Readmissions, Recovery, Community](#)

[Outreach, and Sepsis Certification](#) - Chris Newkirk, RN and Kaycee Barnett, RN

Sepsis & Social Media

Sepsis champions, one way you can help spread the message and help the public learn more about sepsis is through sharing messages on social media. This toolkit includes social media messages and images for your organization to share on various social media platforms. Please make sure to follow your organization as well as IHA on Facebook, Twitter, and LinkedIn.

On the next page we have also included a new printable social media frame for you to use in your organization and personal social media posts help increase the awareness of sepsis in your community. Please print the sheet and fill in your name or organization and take a picture of yourself or your team and include in your personal and organization's social media posts.



For more information, visit SurviveSepsis.com

SEE IT.

STOP IT.

SURVIVE IT.

IS A SEPSIS CHAMPION



Indiana Patient
Safety Center

of the Indiana Hospital Association

SEPTEMBER: SEPSIS AWARENESS MONTH

Tools for Community Outreach & Education



For more information, visit [SurviveSepsis.com](https://www.SurviveSepsis.com)

Top row left to right: Franciscan Indianapolis,
Harrison County, IU Arnet, St. Catherine,
Bottom: St. Mary Medical Center

Sepsis FAQ

According to the Global Sepsis Alliance, sepsis is the leading cause of death following an infection, but with early detection and proper treatment, deadly consequences can be diminished. The following FAQ is according to the Centers for Disease Control and Prevention (CDC) and the Sepsis Alliance and aim to demystify the often misunderstood and unrecognized deadly complication to infection.

What is sepsis? Sepsis is the body's overwhelming and potentially life-threatening response to an infection. It can lead to tissue damage, organ failure, and even death.

What causes sepsis? Any type of infection, anywhere in the body, can cause sepsis. According to a CDC evaluation, over 90% of adults and 70% of children who got sepsis had a health condition that may have put them at risk. This can include seemingly minor infections. Four types of infections that are often linked with sepsis are:

- Lungs (pneumonia)
- Kidney (urinary tract infection)
- Skin (new or worsening injury)
- Abdomen/Gut

Who can get sepsis? Sepsis can affect any person of any age, from any type of infection, no matter how minor. While sepsis can affect anyone, you may be at a higher risk if you:

- Are under age 1 or over age 65
- Have a weakened immune system or chronic illness (diabetes, cancer, kidney, liver disease, splenectomy, dialysis, etc.)
- Have a severe burn or wound
- Have an indwelling catheter or intravenous (IV)
- Recently had surgery or have been hospitalized

What are the signs or symptoms of sepsis? There is no single sign or symptom of sepsis. Because sepsis stems from infection, symptoms can include common infection signs such as diarrhea, vomiting, and sore throat. Additionally, symptoms can include any of the following:

- **S**hivering, fever, feeling very cold
- **E**xtrême pain or feeling worse than ever
- **P**ale or discolored skin
- **S**leepiness, difficulty waking up, confusion
- **I** feel like I might die
- **S**hortness of breath

If you have an infection along with any of these symptoms, you should seek medical treatment immediately.

How is sepsis diagnosed? Sepsis can be difficult to diagnose because it shares many signs and symptoms with other conditions. Health care providers look for signs of sepsis like increased heart and breathing rates and temperature. They also rely on lab tests that check for signs of infection that may not be visible to the naked eye. Being alert to the signs and symptoms of sepsis, and if sepsis is suspected, acting fast and seeking immediate medical attention is critical. According to the [CDC](#), it's important to get ahead of sepsis.

- Talk to your doctor or nurse about steps you can take to prevent infections. Some steps include taking good care of chronic conditions and getting recommended vaccines.
- Practice good hygiene, such as handwashing, and keeping cuts clean and covered until healed.
- Know the symptoms of sepsis.
- Act fast. Get medical care immediately if you suspect sepsis or have an infection that's not getting better or is getting worse.

How is sepsis treated? Sepsis is a serious complication of infection that should be treated in a hospital. Health care providers typically administer antibiotics and work to treat the infection, keep vital organs healthy, and prevent a drop in blood pressure.

In some cases, other types of treatment may be required, including oxygen and intravenous (IV) fluids, or assisted breathing with a machine or kidney dialysis. In severe cases, surgery may be required to remove tissue damaged by infection.

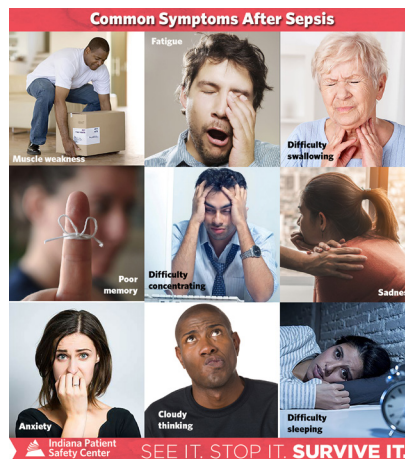
How can I prevent sepsis? While there is no way to completely prevent the possibility of sepsis, there are many ways to reduce your risk including:

- **Be vaccinated.** Protect yourself against the flu, pneumonia, and other infections that could lead to sepsis. Talk to your health care provider for more information.
- **Be thorough.** Properly clean and treat scrapes and wounds and practice good hygiene - i.e. hand washing, bathing regularly, and brushing teeth regularly.
- **Be vigilant.** If you have an infection, look for signs like fever, chills, rapid breathing and heart rate, confusion, and disorientation.

Are there any long-term effects of sepsis? Many sepsis survivors recover completely, and their lives return to normal. However, some people may experience organ damage, tissue loss, or may require amputation of arms or legs.

Additionally, according to the Sepsis Alliance, post-sepsis syndrome is a condition that affects up to 50% of sepsis survivors. They are left with short or long term physical and/or psychological effects such as:

- Muscle weakness
- Fatigue
- Difficulty swallowing
- Cloudy thinking
- Difficulty concentration
- Poor memory
- Difficulty sleeping
- Sadness
- Anxiety



[Download Image](#)

If you suspect that you or a loved one has post-sepsis syndrome, talk to a health care provider about resources for emotional and psychological assistance. You can also access the [IHA Suicide Awareness & Prevention Toolkit](#).

For more information, visit [SurviveSepsis.com](https://www.SurviveSepsis.com)

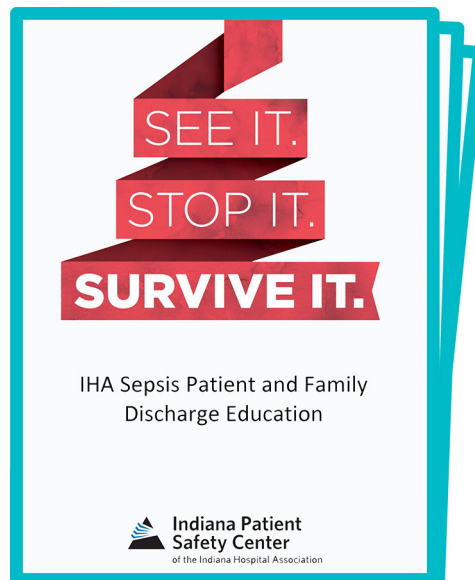
New

Patient & Family Sepsis Discharge Education

Download and share the new IHA Sepsis Patient & Family Discharge Education with discharge planners and nurses in ICU and other units to share with patients and families. Use patient and family engagement bedside huddles as time 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! Be sure to download both the English and Spanish versions!

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

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



For more information, visit SurviveSepsis.com

Sepsis Community Outreach & Education Library

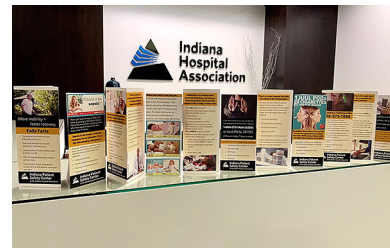
[Sepsis Awareness Printable Table Tent](#)

[When a Loved One Has Sepsis: A Caregiver's Guide](#)

[Post Sepsis Syndrome: I survived sepsis. What's next?](#)

[Sepsis Alliance Sepsis 911 Community Education Materials](#)

[Global Sepsis Alliance Life After Sepsis Guide](#)



Public Education/Social Media Videos

[Sepsis Alliance: Faces of Sepsis](#)

[CDC - Four Ways to Get Ahead of Sepsis](#)

[World Sepsis Day - What Is Sepsis? \(sepsis explained in 3 minutes\)](#)

[Sepsis Alliance - Life After Sepsis](#)

[Sepsis Alliance - Sepsis - It's About Time with Angelica Hale](#)

Social Media Images and Messaging

IPSC has created a Sepsis Awareness Month social media plan to help you effectively communicate the risks of this deadly infection directly to your audiences via your social media platforms. This social media plan includes messaging, imagery, video links, and additional resources to be utilized throughout the month of September. You can also follow IHA on Facebook, Twitter, and LinkedIn and share our posts. IPSC asks you to partner with us to spread the word about sepsis and help our communities **See it. Stop it. Survive it.**

Use these hashtags throughout the month: #SurviveSepsis #SaferHoosiers #SepsisAwarenessMonth

Sample Messaging: IPSC has developed the following sample messaging for use on your social media channels. The plan is primarily designed for Facebook and LinkedIn, with the ability to be altered for use on Twitter, Instagram, and other platforms. An image is also included in the toolkit that corresponds to each sample message. Click on “Download Image” under each

Message: Have you heard of sepsis? Only 65% have, according to the Sepsis Alliance. And while awareness is growing, many who have heard of sepsis still don't know what it means.

Learn more at survivesepsis.com
#SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: Sepsis is the body's 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
#SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: Over 4,400 Hoosiers died from sepsis last year according to the 2020 Indiana Hospital Association Inpatient Discharge Study. Knowing the signs and seeking immediate medical attention can help you or your loved ones Survive it. Learn more at survivesepsis.com
#SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: Sepsis is a medical emergency. Time matters.

- Prevent infections
 - Practice good oral and hand hygiene
 - Know the signs and symptoms
 - Act fast. Seek medical care
- Learn more at survivesepsis.com

#SurviveSepsis #SaferHoosiers

Message: Every two minutes, an American dies from sepsis, according to Sepsis Alliance. The first step in preventing death from sepsis is to See it. Learn to identify sepsis through its symptoms, including:

- Shivering, fever, feeling very cold
- Extreme pain or feeling worse than ever
- Pale or discolored skin
- Sleepiness, difficulty waking up, confusion
- “I feel like I might die”
- Shortness of breath

Learn more at survivesepsis.com
#SurviveSepsis #SaferHoosiers

Message: Over 4,400 Hoosiers died from sepsis last year according to the 2020 Indiana Hospital Association Inpatient Discharge Study. Knowing the signs and seeking immediate medical attention can help you or your loved ones Survive it. Learn more at survivesepsis.com
#SurviveSepsis #SaferHoosiers

Message: According to the Global Sepsis Alliance, sepsis is more common than heart attacks and claims more lives than cancer. If detected in time, sepsis can be treated at a hospital.

If you have an infection, along with shivering, extreme pain, shortness of breath, increased heart rate, or a general terrible feeling, seek medical attention immediately to Stop it. Learn more at survivesepsis.com #SurviveSepsis #SaferHoosiers



“How can I get ahead of **sepsis?**”

Indiana Patient Safety Center
of the Indiana Hospital Association

SEE IT. STOP IT. **SURVIVE IT.**

SurviveSepsis.com

[Download Image](#)



“What are the symptoms of **sepsis?**”

Indiana Patient Safety Center
of the Indiana Hospital Association

SEE IT. STOP IT. **SURVIVE IT.**

SurviveSepsis.com

[Download Image](#)




“Could it be **sepsis?**”

Indiana Patient Safety Center
of the Indiana Hospital Association

SEE IT. STOP IT. **SURVIVE IT.**

SurviveSepsis.com

[Download Image](#)



“Could it be **sepsis?**”

Indiana Patient Safety Center
of the Indiana Hospital Association

SEE IT. STOP IT. **SURVIVE IT.**

SurviveSepsis.com

[Download Image](#)

Message: Did you know that sepsis can occur from even a minor infection?

- **Be vaccinated** - Protect yourself against flu, pneumonia, and other infections.
- **Be thorough** - Properly clean and treat scrapes and wounds, and practice good hygiene.
- **Be vigilant** - If you have an infection, look for signs like fever, chills, rapid breathing and heart rate, rash, confusion, and disorientation.

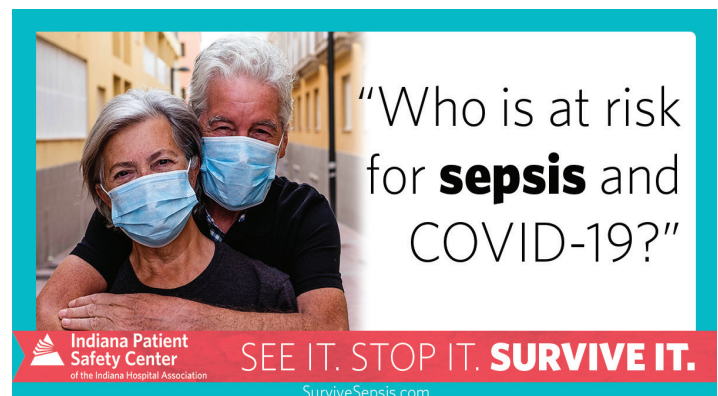
Learn more at survivesepsis.com.
#SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: Like sepsis, anyone can get COVID-19. The risk for severe illness from both increases with age. Those with a weakened immune systems or chronic illnesses such as diabetes, cancer, kidney or liver disease, or other chronic conditions should take steps to protect themselves by practicing good hand hygiene, avoiding close contact with people, and covering your nose and mouth with a cloth face cover when around others.

Learn more at survivesepsis.com.
#SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: COVID-19 is a viral infection transmitted by respiratory droplets. Sepsis occurs as a reaction to an existing viral, bacterial, or fungal infection. Prevent infections by using good hand and oral hygiene, taking good care of chronic conditions, and acting fast if you experience signs or symptoms of infection. Also, practice social distancing and wear face masks to prevent transmission of COVID-19.

Learn more at survivesepsis.com.
#SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: In the U.S., more than 75,000 children develop severe sepsis each year and almost 7,000 of these children die – this is more than those who die of pediatric cancers according to Sepsis Alliance.

Learn more at survivesepsis.com.
#SurviveSepsis #SaferHoosiers

Message: According to the Centers for Disease Control and Prevention, infection or sepsis caused 12.7% of pregnancy-related deaths in the U.S. between 2011 and 2013. Pregnancy-associated sepsis requires early detection, accurate diagnosis, and aggressive treatment.

Learn more at survivesepsis.com.
#SurviveSepsis #SaferHoosiers

Message: Many sepsis survivors recover completely, however, according to the Sepsis Alliance, post-sepsis syndrome affects up to 50% of survivors and are left with long-term effects, such as:

- Muscle weakness
- Fatigue
- Difficulty swallowing
- Cloudy thinking
- Difficulty concentration
- Poor memory
- Difficulty sleeping
- Sadness
- Anxiety

Learn more at survivesepsis.com.
#SurviveSepsis #SaferHoosiers

Message: Join the fight against sepsis by arming yourself with information and sharing it with your loved ones. Visit survivesepsis.com to learn more and share your survival story. Together, we can See it. Stop it. Survive it. #SurviveSepsis #SaferHoosiers



“Are kids at risk for **sepsis?**”

Indiana Patient Safety Center
of the Indiana Hospital Association

SEE IT. STOP IT. **SURVIVE IT.**

SurviveSepsis.com

[Download Image](#)



“Are pregnant women at risk for **sepsis?**”

Indiana Patient Safety Center
of the Indiana Hospital Association

SEE IT. STOP IT. **SURVIVE IT.**

SurviveSepsis.com

[Download Image](#)



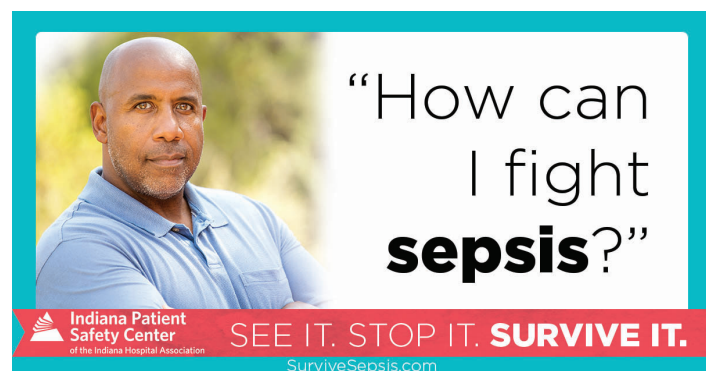
“What about life after **sepsis?**”

Indiana Patient Safety Center
of the Indiana Hospital Association

SEE IT. STOP IT. **SURVIVE IT.**

SurviveSepsis.com

[Download Image](#)



“How can I fight **sepsis?**”

Indiana Patient Safety Center
of the Indiana Hospital Association

SEE IT. STOP IT. **SURVIVE IT.**

SurviveSepsis.com

[Download Image](#)

SEE IT.

STOP IT.

SURVIVE IT.

**OVER
4,400
HOOSIERS**

DIED IN 2020 FROM

SEPSIS*

DON'T BE A STATISTIC.

SurviveSepsis.com

SEE IT.

STOP IT.

SURVIVE IT.

sepsis

[sep-sis] • n. Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have—in your skin, lungs, urinary tract, or somewhere else—triggers a chain reaction throughout your body. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

Know how to spot it and how to stop it.

[SurviveSepsis.com](https://www.SurviveSepsis.com)



**Indiana Patient
Safety Center**

of the Indiana Hospital Association

SEE IT.

STOP IT.

SURVIVE IT.

What are the signs or symptoms of sepsis? There is no single sign or symptom of sepsis. Symptoms can include any of the following:

- S** hivering, fever, feeling very cold
- E** xtreme pain or feeling worse than ever
- P** ale or discolored skin
- S** leepiness, difficulty waking up, confusion
- I** feel like I might die
- S** hortness of breath

If you have an infection along with any of these symptoms, you should seek medical treatment immediately.

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Proclamation Template

For the past several years, IPSC has requested a proclamation from the Governor's office recognizing September 13 as World Sepsis Day in Indiana. We have included a template that you can send to your local officials in recognition of World Sepsis Day in conjunction with your own sepsis awareness activities and events. Copy the text below onto your own letterhead and fill in the highlighted words and it is ready to submit to local government.

Title of Proclamation: Sepsis Awareness Day

Purpose of Proclamation: The purpose of this proclamation is to increase sepsis awareness in the state of Indiana and reduce sepsis-related deaths.

To All To Whom These Presents May Come, Greetings:

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, 2021 as

SEPSIS AWARENESS DAY

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



Outdoor Advertising Opportunity

An impactful billboard design has been developed for use by your organization if you choose to dedicate a selection of your advertising space to the promotion and prevention of sepsis. You can also work with your foundation or other community groups to obtain funding.

Billboard placement often requires final graphics to be submitted two weeks in advance, so if you are interested, please plan accordingly. Sepsis billboard files can be found on our sepsis homepage at SurviveSepsis.org. If you have further questions, please contact Casey Hutchens at chutchens@IHAconnect.org.

