

September 20, 2016

Focus: Survive it.

Agenda

1500-1515 IHA Introduction & Re-cap of Sept. 13 *Stop it.* webinar with

Maryanne Whitney, Cynosure Health Improvement Advisor

1515-1540 *Survive it.*

Carl Flatley, DDS, Father & Sepsis Alliance Founder

Anita Keller, Chief Nursing Officer, Johnson Memorial Health

1540-1545 Maryanne Whitney-reflection & best practices

1545-1555 Open lines to share successes & challenges

1555-1600 IHA wrap-up & Next steps

Welcome & Learning Objectives

Learning Objectives

- Describe consequences of the failure to promptly recognize and treat sepsis
- List elements of crucial conversations when speaking with patients and families
- Examine opportunities to support patients and families

Housekeeping Items

- Slide deck and recording will be posted to INHEN.org under the News & Events tab
- Chat feature will be monitored throughout the hour
- All lines will be opened for discussion following the hospital feature.
 If not speaking, please mute your line and do not place on hold

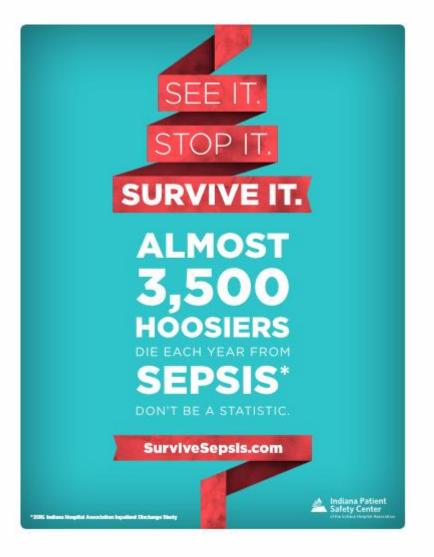
Indiana's Bold Aim



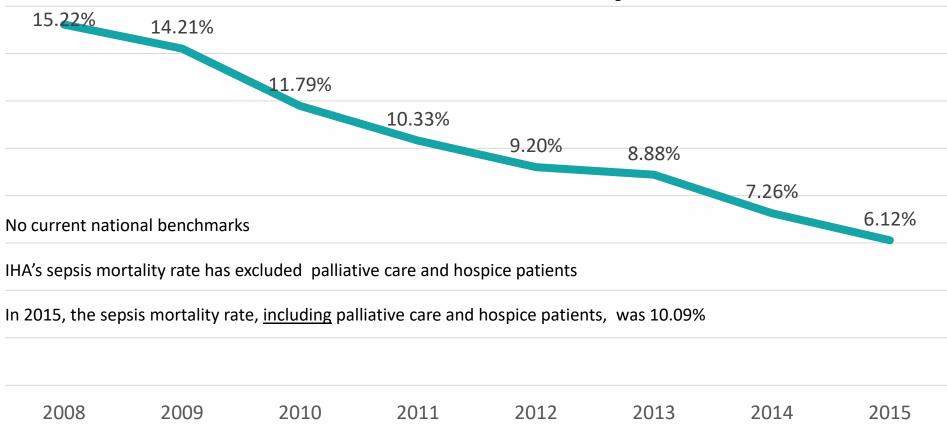
To make Indiana the safest place to receive health care in the United States... *if not the world*







Indiana Inpatient Hospital Sepsis Annual Mortality Rate



<u>NOTE:</u> Septicemia mortality is calculated using all discharges grouped to APR-DRG 720 Septicemia, excluding records with a diagnosis code V66.7 Palliative Care and ICD-10 code Z51.5 for Palliative Care starting with 4th quarter 2015.

IHA Inpatient Discharge Study

Sept. 13 Stop it Re-cap

- 117 attendees
- Slide deck & webinar recording available inhen.org - News & Events tab
 - ihaconnect.org Quality & Patient Safety tab

Key points from Franciscan Health - Indianapolis:

Physician champion, staff development and communication; team huddles, staff meetings, real-time coaching-focus on the positive, identify high risk unit to begin inpatient work (small test of change) then spread to other units. Don't be afraid to stop, step back and re-evaluate for opportunities to refine efforts!

Sept. 13 Polling Results

Question #1

What percentage of patients receive antibiotics within an hour of a positive sepsis screen?

a) Greater than 90% 11%

b) Greater than 75% 25%

c) Greater than 50% 28%

d) Unknown 36%

Question #2

Do you use alerts (electronic or other) to facilitate the three and six-hour bundle implementation?

a) Yes 51%

b) No 49%

Welcome our Subject Matter Expert



Maryanne Whitney, RN CNS MSN

- Improvement Advisor with Cynosure Health
- Over 25 years of hospitals operations and nursing leadership at Kaiser Permanente
- Extensive Experience in Critical Care, Patient Safety, ABCDEF Bundle and Rapid Response Team implementation and Sepsis Mortality Reduction

Stop it. Reflections & Best Practices ~Maryanne Whitney~

- Engage front line staff
- Alerts
- Optimize Rapid Response Teams
- Monitoring: outcomes & compliance
- Small test of change
- Spread & sustainability

Indiana Awareness Campaign





See it. Stop it. Survive it.

SEPTEMBER: SEPSIS AWARENESS MONTH // SURVIVESEPSIS.COM

- How is your organization supporting patients and families who are impacted by sepsis?
- Community awareness
- Always ask, "Could it be sepsis?"

In 2014, 3,242 Hoosiers DIED from Sepsis What Does this Look Like?





















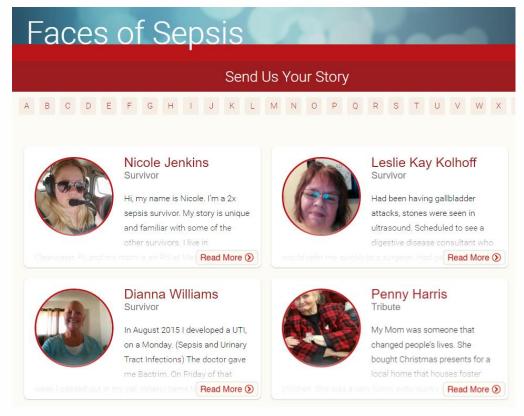








Powerful video from Sepsis Alliance may be accessed by visiting the IHA Sepsis Awareness page SurviveSepsis.com



Visit the Sepsis Alliance www/sepsis.org/faces for more stories

Survive it. Polling Question #1

Have you had first-hand experience with sepsis in your family or someone close to you?

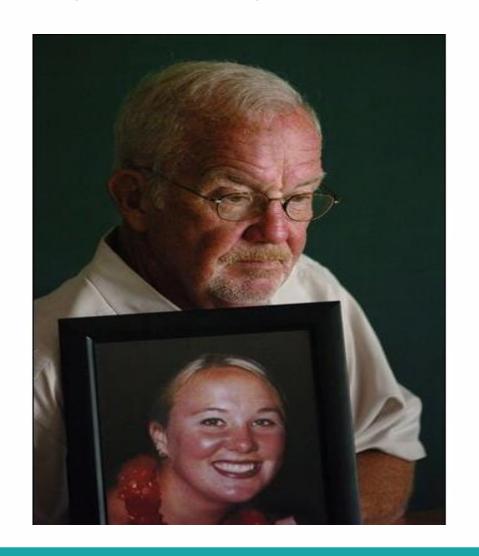
- a) Yes
- b) No

Survive it. Polling Question #2

Does your organization have a PFE (Patient/Person and Family Engagement) advisor on your sepsis committee?

- a) Yes
- b) No

Sepsis Champion-Sepsis Alliance Founder



I am a Survivor!



Anita Keller RN, MSN, CPHQ

- > Sepsis can happen to any of us
- Take infections seriously, even minor ones
- ➤ Know the signs of sepsis

Reflections-Maryanne Whitney

- Suspect sepsis until proven otherwise
- Trust your patient and trust your instinct
- Often we neglect patients post septic event
- Testimonials | HRET-HEN

http://www.hret-hen.org/topics/testimonials/testimonials.shtml

Best Practices-Maryanne Whitney

- Ensure PFE advisor has a seat on your sepsis committee
- Develop follow-up plans for patients and families
 - Support groups
- Adjust discharge teaching
 - 30% of patients readmitted within 30 days had sepsis as a primary or secondary diagnosis.

Post Sepsis Syndrome

What is PSS? Post-sepsis syndrome is a condition that affects up to 50% of sepsis survivors. They are left with physical and/or psychological long-term effects, such as:

- Insomnia, difficulty getting to sleep or staying asleep
- Nightmares, vivid hallucinations and panic attacks
- Disabling muscle and joint pains
- Extreme fatigue
- Poor concentration
- Decreased mental (cognitive) functioning
- Loss of self-esteem and self-belief

http://www.sepsis.org/sepsis/post-sepsis-syndrome

Life After Sepsis



ABOUT SEPSIS

What is sepsis?

Sepsis is the body's overwhelming and life-threatening response to an infection, which can lead to tissue damage, organ failure, and death.

What causes sepsis?

Amy type of infection that is anywhere in your body can cause sepsis, including infections of the skin, lungs (such as pneumonia), urinary tract, abdomen (such as appendicitis), or other part of the body. An infection occurs when germs enter a person's body and multiply, causing illness, organ and tissue damage.

Are there different types of sepsis?

Many people can have 'mild' sepsis, which can make them feel sick, but they then get better without needing treatment in a hospital. However, other patients develop severe sepsis, which means they become seriously ill and need hospital treatment immediately.

SEPSIS INFORMATION GUIDE - LIFE AFTER SEPSIS

WHAT COMES NEXT?

What are the first steps in recovery?

After you have had sepsis, rehabilitation usually starts in the hospital by slowly helping you to move around and look after yourself: bothing, sitting up, standing, walking, taking yourself to the restroom, etc. The purpose of rehabilitation is to restore you back to your previous level of health or as close to it as possible. Begin your rehabilitation by building up your activities slowly, and resting when you are fired.

How will I feel when I get home?

You have been seriously ill, and your body and mind need time to get better. You may experience the following physical symptoms upon returning home:

- · General to extreme weakness and fatique
- · Broothlasmess
- · General body pains or aches
- Difficulty moving ground or sleeping
- . Weight loss, lack of appetite, food not tasting normal
- Dry and itchy skin that may peel
- Brittle nails
- Hair lass

It is also not unusual to have the following feelings once home:

- Unsure of yourself
- · Not caring about your appearance
- · Wanting to be alone, avoiding friends and family
- Flashbocks, bod memories
- . Confusing reality (e.g., not sure what is real and what isn't)
- Feeling anxious, more worried than usual
- · Poor concentration
- · Depressed, angry, unmotivated
- · Frustration at not being able to do everyday tasks

What can I do to help myself recover at home?

- Set small, achievable goals for yourself each week, such as taking a bath dressing yourself, or walking up the stairs
- Rest and rebuild your strength
- . Talk about what you are feeling to family and friends
- Record your thoughts, struggles, and milestones in a journal
- · Learn about sepsis to understand what happened
- Ask your family to fill in any gaps you may have in your memory about what happened to you
- Fat a balanced diet
- · Exercise if you feel up to it
- . Make a list of questions to ask your doctor when you go for a check up

Are there any long-term effects of sepsis?

Many people who survive sepsis recover completely and their lives return to normal. However, older people, people who have suffered more severe sepsis and those treated in an intensive care unit are at greatest risk of long-term problems, including suffering from post-sepsis syndrome.

What is post-sepsis syndrome (PSS)?

Post-sepsis syndrome is the term used to describe the group of longterm problems that some people with severe sepsis experience. These problems may not become apparent for several weeks (post-sepsis), and may include such long-term consequences as:

- · Insomnia, difficulty getting to or staying asleep
- · Nightmares, vivid hallucinations, paric attacks
- Disabling muscle and joint pains
- . Decreased mental (cognitive) functioning
- Loss of self-esteem and self-belief
- · Organ dysfunction (kidney failure, respiratory problems, etc.)
- Amputations

What's normal and when should I be concerned?

Generally, the problems described in this fact sheet do improve with time. They are a normal response to what you have been through. Some hospitals have follow-up dinics or staff to help patients and families once they have been discharged. Find out if yours does or if there are local resources ovailable to help you while you get better. However, if you fed that you are not getting better, or finding it difficult to cope, or continue to be exhausted call your doctor.

Where can I get more information?

Sepsis Alliance (www.sepsis.org) was created to raise sepsis awareness among both the general public and healthcare professionals. Sepsis Alliance offers information on a variety of sepsis-related topics. To view the full series of Sepsis Information Guides, visit sepsis.org/library

To learn more about sepsis, or to read stories of survivors, visit us online at Sepsis.org



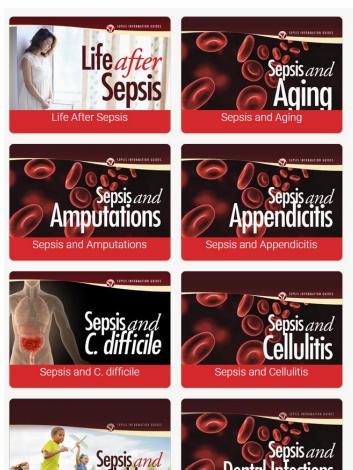
Sepsis Information Guides are supported in part by an educational grant from Merck & Co., Inc.

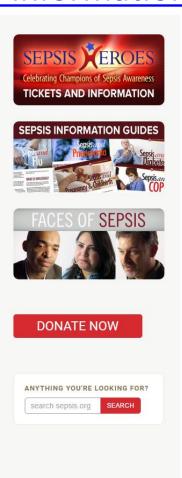
CD2015 SEPSIS ALLIANCE | 619-232-0300 | WWW.SEPSIS.ORG

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Sepsis Information Guides

www.sepsis.org/resources/sepsis-information-guides/





Open Lines/Chat In *Survive it*: Successes & Challenges

- 1. Do you currently have a system in place to support those impacted by sepsis? If not, what do you believe are the barriers?
- 2. Do you have grief/survivor programming resources for those impacted by sepsis?

Call to Action-Survive it.













Sepsis Awareness Month Resources

- Aug. 9 Deployment of IHA Sepsis Awareness Toolkit
- Sept. 1 Launch of IHA sepsis site: SurviveSepsis.com
- Sept. 22 Empowering Nurses for Early Sepsis Recognition
 - 2pm ET Register: https://cc.readytalk.com/r/jgtxnnpp9bw2&eom
- Other web resources:

IHA: ihaconnect.org

IHA HEN 2.0 microsite: inhen.org

HRET(Health Research & Educational Trust): hret-hen.org

CDC: cdc.gov/sepsis

Sepsis Alliance: sepsis.org

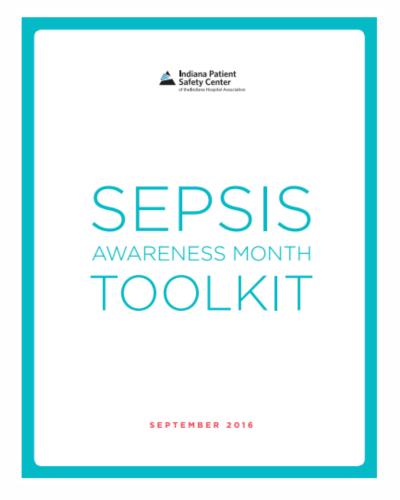
The Rory Staunton Foundation: rorystauntonfoundationforsepsis.org

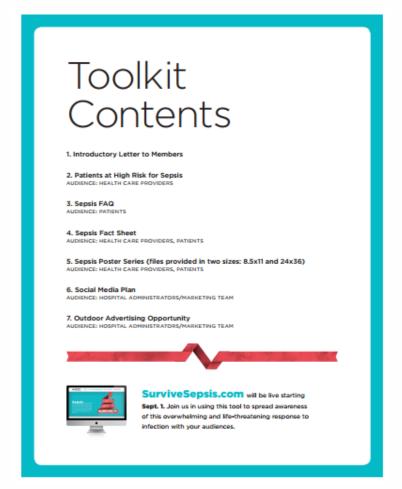
Surviving Sepsis Campaign: survivesepsis.org

Global Sepsis Alliance: global-sepsis-alliance.org

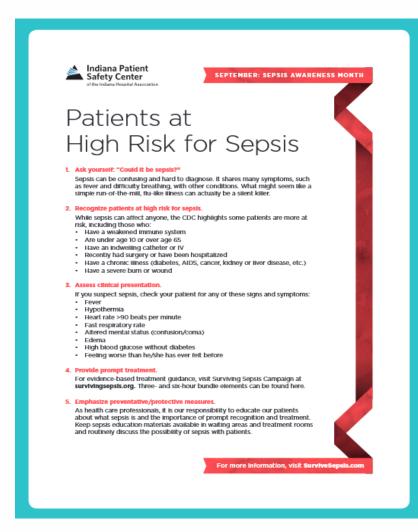
To access the toolkit, visit:

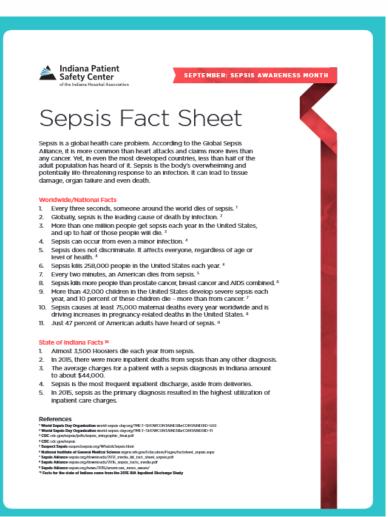
https://www.ihaconnect.org/Quality-Patient-Safety/Pages/Sepsis.aspx



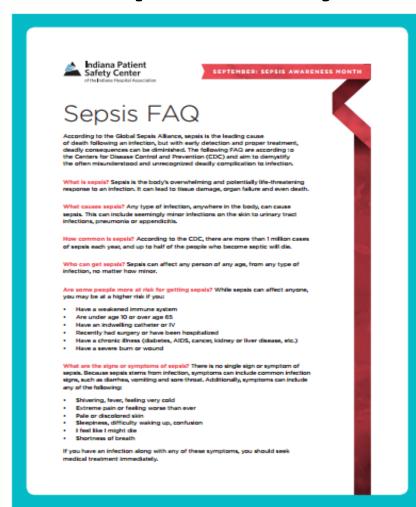


High Risk Patients & Fact Sheet





Frequently Asked Questions



Now is spell disgnosed? Sepsis can be difficult to diagnose because it shares many signs and symptoms with other conditions. Neath 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.

How is sepals treated? Sepais is a serious complication of infection that should be treated in a hospital Health care providers typically administer artibiotics and 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 demanded to infaction.

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).
- Be vigilant. If you have an infection, look for signs like fever, chills, rapid breathing and heart rate, confusion and disprientation.

Are there any long-term effects of sepain? Many sepais 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 Sepais Alliance, post-sepais syndrome is a condition that affects up to 50 percent of sepais survivors. They are left with physical and/or psychological long-term effects, such as:

- Insomnia, difficulty getting to sleep or staying asleep
- Nightmares, vivid hallucinations and panic attacks
- Disabling muscle and joint pains
- Extreme fatigue
- Poor concentration
- Decreased mental (cognitive) functioning
- Loss of self-esteem and self-belief

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.

For more information, visit SurviveSepsis.com

Community Awareness-Survive it.





Billboard Template-Outdoor Advertising



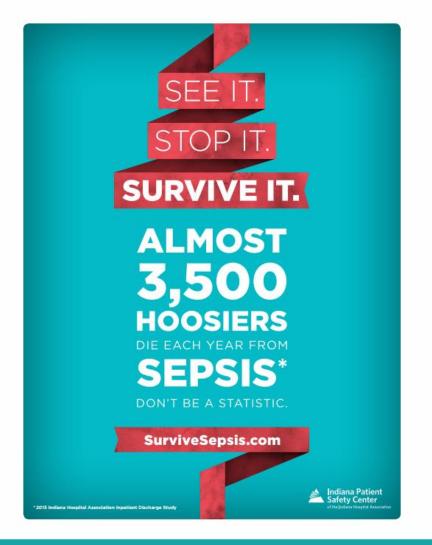
Central Southwest Indiana Patient Safety Coalition

Survive it. Social Media & Posters



Use these hashtags throughout the month:

#SurviveSepsis #SaferHoosiers #SepsisAwarenessMonth



As the Series Continues . . .

September 27 Pulling It All Together

- Recap the series
- See it. and Stop it. hospital features return for Q & A
- Look to the future

Please share and invite your colleagues

Your IPSC Team



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