

SEPSIS FACT SHEET

WHAT IS SEPSIS?

- A medical emergency
- An extreme reaction to an infection in which the body attacks its own organs and tissues
- Can lead to tissue damage, organ failure, and death

CAUSES



- Sepsis results from any kind of infection, most commonly bacterial infections
- Cuts and scrapes
- Urinary tract infections (UTI)
- Pneumonia
- Post-operative infections
- Insertion of catheters, feed tubes, and IV's, which increase the likelihood of infection

DIAGNOSIS



- Physical evaluation
- Examination of the patient's medical history
- Blood tests

TREATMENT



- Early diagnosis and treatment significantly increase a patient's chance of survival
 - Research shows that every hour delay in treatment increases mortality by eight percent
- Antibiotics and IV fluids
- In most cases, broad-spectrum antibiotics are administered
- Once the specific strain of bacterium is identified, targeted antibiotics may be administered

RISK FACTORS



- Sepsis can impact anyone—young or old, sick or healthy
- However, some groups are more likely to be affected:
 - Those with chronic illnesses, such as diabetes
 - Those with weakened immune systems
 - The elderly
 - Infants

SYMPTOMS



IN ADULTS

- Rapid breathing and fast heartbeat
- Pale or mottled skin
- Confusion or sleepiness
- Fever and chills
- Feeling the sickest you've ever felt
- Extreme pain



IN CHILDREN

- Rapid breathing
- Very pale, bluish, or mottled skin
- Rash that does not fade when you press it
- Lethargy, irritability, sleepiness
- Cold to touch
- A fit or convulsion
- Severe muscle pain, pain in joints



IN CHILDREN UNDER 5

- Disinterest in feeding
- Vomiting
- Has not passed urine for more than twelve hours



PREVENTION

- By quickly identifying and managing infections
- Practicing good hygiene, including washing hands regularly
- Staying up to date with vaccinations
- Caring for cuts, scrapes, and wounds by cleaning and covering

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CRITICAL FACTS



SEPSIS IN THE UNITED STATES



SEPSIS AROUND THE WORLD

- Sepsis affects, at minimum, an estimated **49 million people** around the world each year and results in at least **11 million deaths**. [ix]
- In the developing world, sepsis accounts for **60-80%** of lost lives per year, affecting more than **6 million newborns and children** annually. [x]

MATERNAL SEPSIS



- Maternal sepsis is the second leading cause of maternal death in the United States. [xvii]
- Women of color are significantly more likely to develop maternal sepsis than White women. [xviii]

- More than **1.7 million** people in the United States develop sepsis each year. [i]
- At least **350,000** people in the United States die each year from sepsis. [ii]
- **Sepsis is the leading cause of death** in U.S. hospitals. As many as half of all patients who die in U.S. hospitals have sepsis. [iii]
- One in five severe sepsis patients are readmitted to hospital within 30 days. Among those readmitted within 30 days, **66.9%** had an infection and **40.3%** had severe sepsis on readmission. [iv]
- Approximately **30%** of patients diagnosed with severe sepsis do not survive, while up to 50% of survivors suffer from post-sepsis syndrome. [v]
- Sepsis begins outside the hospital for the vast majority (87%) of sepsis patients. [vi]
- Sepsis is the most expensive condition treated in U.S. hospitals, costing nearly **\$38 billion annually**. Sepsis is also the most expensive condition billed to Medicare. [vii]
- The cost of sepsis is increasing annually by a rate of **11.9%**. [viii]

SEPSIS AND CHILDREN



- Sepsis is the leading cause of death for infants and children worldwide, resulting in **2.9 million deaths annually**. [xi]
- **75,000 children** in the United States are hospitalized each year with sepsis. [xii]
- Approximately **7,000 children** in the United States die each year from sepsis. [xiii]
- Every hour delay in treating a child with sepsis increases mortality by **8%**. [xiv]
- The economic cost of treating pediatric sepsis in the United States cost **\$7.3 billion in 2016**. [xv]
- **38% of children** who survive sepsis sustain lifelong disabilities. [xvi]

SEPSIS

FACT SHEET

SOURCES

[i] www.cdc.gov/sepsis/what-is-sepsis.html

[ii] www.cdc.gov/sepsis/datareports/index.html

[iii] www.cdc.gov/sepsis/datareports/index.html

[iv] jamanetwork.com/journals/jama/fullarticle/1873131

[v] www.sepsis.org/sepsis-basics/what-is-sepsis/

[vi] www.ncbi.nlm.nih.gov/pubmed/28903154

[vii] <https://hcup-us.ahrq.gov/reports/statbriefs/sb261-Most-Expensive-Hospital-Conditions-2017.pdf>

[viii] <https://pubmed.ncbi.nlm.nih.gov/32633762/>

[ix] <https://www.who.int/news/item/08-09-2020-who-calls-for-global-action-on-sepsis--cause-of-1-in-5-deaths-worldwide#>

[x] www.ncbi.nlm.nih.gov/pubmed/24199255

[xi] <https://www.who.int/news/item/08-09-2020-who-calls-for-global-action-on-sepsis--cause-of-1-in-5-deaths-worldwide#>

[xii] www.ncbi.nlm.nih.gov/pubmed/21897156

[xiii] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5581233/>

[xiv] <https://www.childrenshospitals.org/content/quality/fact-sheet/what-is-sepsis>

[xv] <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2748380>

[xvi] <https://www.childrenshospitals.org/content/quality/fact-sheet/what-is-sepsis>

[xvii] <https://www.commonwealthfund.org/publications/issue-brief-report/2020/dec/maternal-mortality-united-states-primer>

[xviii] health.data.ny.gov/browse?q=maternal%20sepsis&sortBy=relevance