



**Indiana Patient  
Safety Center**

of the Indiana Hospital Association

# SEPSIS

AWARENESS MONTH

# TOOLKIT

SEE IT.

STOP IT.

**SURVIVE IT.**

SEPTEMBER 2020

# Contents

## **Letter to Members**

## **Sepsis Fact Sheet**

## **Tools for Clinical Education**

- **Patients at High Risk for Sepsis**
- **Clinical Tools & Resources**
- **Clinical Webinars & Podcasts**

## **Tools for Community Education**

- **Sepsis FAQ**
- **2019 Patient-Focused Podcast Series**
- **Community Awareness Tools & Resources**
- **Social Media Images & Messaging**
- **Sepsis Poster Series**
- **Proclamation Template**
- **Outdoor Advertising Options**

# Letter to Members

In 2020, our world changed with the COVID-19 pandemic. We thank the dedicated health care heroes that are leading, caring for, and educating our fellow Hoosiers during this unprecedented time. Patients with COVID-19 can get sepsis so we must remain vigilant.

September is Sepsis Awareness Month, and the Indiana Patient Safety Center (IPSC), of the Indiana Hospital Association (IHA), is continuing to spread the message of “See it. Stop it. Survive it.” to emphasize the need for quick recognition of symptoms and treatment for sepsis – like how we respond to heart attacks or strokes.

Because up to 93% of sepsis in Indiana is acquired prior to hospitalization, sepsis is a public health issue, not just a hospital problem. The most recent poll showed that while we have increased awareness, only 65% of adults in the U.S. have heard of the word sepsis and many still don't understand what it means the most recent poll by Sepsis Alliance showed. The campaign to increase awareness is working, but it is our responsibility to continue to educate our families, patients, and communities. Seeking medical attention for a patient with sepsis is as urgent as seeking care for a heart attack or stroke. Earlier diagnosis and treatment can reduce mortality rates, shorten intensive care unit and hospital stays, and reduce costs and other negative patient outcomes from sepsis. If you or a family member has been affected by sepsis, share your story at [SurviveSepsis.com](http://SurviveSepsis.com).

You are on the front lines. We ask you to use your sepsis and marketing teams as leaders in educating your staff and the community, using our fifth annual sepsis toolkit with updated materials to raise awareness and help staff, patients, and the community better understand sepsis. We also encourage you to follow IHA's Facebook and Twitter pages and share our social media messages on your personal and hospital social media.

Please use these tools to:

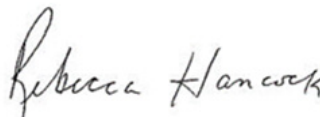
- Participate in the month-long public awareness campaign by sharing the clinical and community social media posts
- Engage staff, administrators, and your marketing/communications team by sharing the printable materials, governor's proclamation for World Sepsis Day, and social media posts
- Distribute community education messages through your social media channels
- Share a photo and caption of sepsis prevention with IHA

Sepsis remains the most frequent inpatient discharge, aside from deliveries. While fewer Hoosiers died from sepsis in 2019 than 2018, still almost 3,500 people died of sepsis in Indiana. With the concentrated quality improvement work of our hospitals, progress has been made. Improved emergency room screening has allowed earlier diagnosis and treatment. We must continue to educate our communities for earlier diagnosis and treatment.

Sincerely,



Karin Kennedy  
Vice President, Quality and Patient Safety



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

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

# Sepsis Fact Sheet

Sepsis is a global health care problem. According to the Global Sepsis Alliance, it is more common than heart attacks and claims more lives than any cancer. 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.

## Worldwide/National Facts

1. Sepsis happens when an infection you already have – in your skin, lungs, urinary tract, or somewhere else – triggers a chain reaction throughout your body. <sup>1</sup>
2. Anyone can get an infection, and almost any infection can lead to sepsis. <sup>1</sup>
3. Every three to four seconds, someone around the world dies of sepsis. <sup>2</sup>
4. Globally, sepsis is the leading cause of death by infection. <sup>2</sup>
5. More than 80 percent of infections leading to sepsis are contracted outside of the hospital. <sup>2</sup>
6. Sepsis affects over 27 - 30 million people worldwide each year and 7 to 9 million die – one death every 3.5 seconds. <sup>2</sup>
7. 270,000 people die from sepsis every year in the U.S. – one every two minutes. <sup>3</sup>
8. Only 65% of adults in the U.S. say they know the word sepsis, and 39% incorrectly believe sepsis is contagious. <sup>3</sup>
9. Sepsis is the leading cause of death in U.S. hospitals, the leading cause of hospital readmissions and the single biggest cost to hospitals. <sup>3</sup>
10. Around 72% of American can identify stroke symptoms, yet only 12% can identify the most common sepsis symptoms. <sup>3</sup>
11. Each year at least 1.7 million people get sepsis in the U.S. The number of sepsis cases per year has been on the rise in the U.S. This is likely due to several factors:
  - There is increased awareness and tracking of sepsis.
  - People with chronic diseases are living longer, and the average age in the U.S. is increasing. Sepsis is more common and more dangerous in older adults and in those with chronic diseases.
  - Some infections can no longer be cured with antibiotic drugs. Such antibiotic-resistance can lead to sepsis.
  - Medical advances have made organ transplant operations more common. People are at higher risk for sepsis if they have had an organ transplant or have undergone any other procedure that requires the use of medications to suppress the immune system. <sup>4</sup>

## State of Indiana Facts <sup>5</sup>

1. Almost 3,500 Hoosiers died from sepsis in 2019.
2. In 2019, there were more inpatient deaths from sepsis than any other diagnosis.
3. Sepsis is the most frequent inpatient discharge, second to newborn deliveries.

## References

<sup>1</sup> CDC [www.cdc.gov/sepsis/basic/index.html](http://www.cdc.gov/sepsis/basic/index.html)

<sup>2</sup> Global Sepsis Alliance [www.world-sepsis-day.org/sepsis](http://www.world-sepsis-day.org/sepsis)

<sup>3</sup> Sepsis Alliance [www.sepsis.org/education/patients-family](http://www.sepsis.org/education/patients-family)

<sup>4</sup> National Institute of General Medical Sciences [www.nigms.nih.gov/education/pages/factsheet\\_sepsis.aspx](http://www.nigms.nih.gov/education/pages/factsheet_sepsis.aspx)

<sup>5</sup> Facts for the state of Indiana come from the 2018 IHA Inpatient Discharge Study



SEPTEMBER: SEPSIS AWARENESS MONTH

# Tools for Clinical Education

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

# Patients at High Risk for Sepsis

## 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.

[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.

# Clinical Tools & Resources

[Patient Center Care Narrative in Health Care Transitions](#) - Activity designed to listen to a narrative to identify improvement opportunities from the caregiver's perspective referencing readmissions and improving care transitions. To be used with the patient-focused podcast. [A Daughter's Concerns in Care Transitions with Karin Kennedy.](#)

[Surviving Sepsis One Hour Bundle Infographic](#)

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

[Sepsis Alliance Tools](#)

[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](#)

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

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

[Surviving Sepsis - Mayo Clinic](#)

[Kern Medical Bringing Sepsy Back](#)

## **2020 Indiana Hospital Resources**

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

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

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

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

Additional Society of Critical Care Medicine resources available at

[www.sccm.org/SurvivingSepsisCampaign/Guidelines](http://www.sccm.org/SurvivingSepsisCampaign/Guidelines)

- [Surviving Sepsis Campaign Children's Guidelines](#)
- [Adult Treat Before Transfer Sepsis Screening Tool](#)
- [Patient Units Severe Sepsis Screening Tool](#)
- [Perinatal Screening Tool](#)
- [Early Identification of Sepsis on the Hospital Floors](#)

# Clinical Webinars & Podcasts

**2020 Clinical Webinar Series - Join using this [link](#)**

**September 1, 2-3 p.m. ET**

**Indiana State Sepsis Survey Results and State of the State  
Rebecca Hancock, Ph.D., RN**

**September 15, 2-3 p.m. ET**

**Pediatric Sepsis  
Dr. Tyler Arnold  
Dr. Brian Wagers**

**September 22, 2-3 p.m. ET**

**COVID-19 and Sepsis  
Dr. Lindsay Weaver**

**September 29, 2-3 p.m. ET**

**Post-Sepsis Syndrome and Rehabilitation  
Dr. Sikandar Khan**

## **Archived 2018 IHA Clinical 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](#)

## **Archived 2019 IHA Clinical 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](#)

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

SEPTEMBER: SEPSIS AWARENESS MONTH

# Tools for Community Outreach & Education

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

# 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.

[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. Sepsis Alliance has created a [video](#) about timely treatment.

**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 percent of sepsis survivors. They are left with physical and/or psychological long-term effects, such as:

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

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](#)

# 2019 Patient-Focused Podcast Series

These podcasts are focused on personal patient experiences and community education, but can also be shared with your clinical staff. These podcasts are appropriate to share through your public social media channels.

## **Might My Infection Become Sepsis? with Dr. Lindsay Weaver**

Lindsay Weaver, MD, Assistant Professor of Clinical Emergency Medicine, IU School of Medicine and Associate Director of Quality, IU Health Emergency Department, discusses the signs and symptoms of sepsis and when to seek emergency medical treatment.

## **A Daughter's Concerns in Care Transitions with Karin Kennedy**

Karin Kennedy, Vice President of Quality & Patient Safety at the Indiana Hospital Association, shares her story as a daughter and caregiver for her mother.

## **Lisa: A Widow's Journey: Grief to Advocacy**

Lisa details her journey after losing her husband at a young age to sepsis and how she turned her grief into advocacy.

## **Sepsis Recovery - Suzanne's Story**

Suzanne's story through her journey beyond sepsis.

# Community Awareness Tools & Resources

[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](#)

## **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](http://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](http://survivesepsis.com)  
#SurviveSepsis #SaferHoosiers



[Download Image](#)

**Message:** Over 3,500 Hoosiers died from sepsis last year according to the 2018 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](http://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](http://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](http://survivesepsis.com)  
#SurviveSepsis #SaferHoosiers

**Message:** Almost 3,500 Hoosiers died from sepsis last year according to the 2019 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](http://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](http://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](http://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](http://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](http://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](http://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.

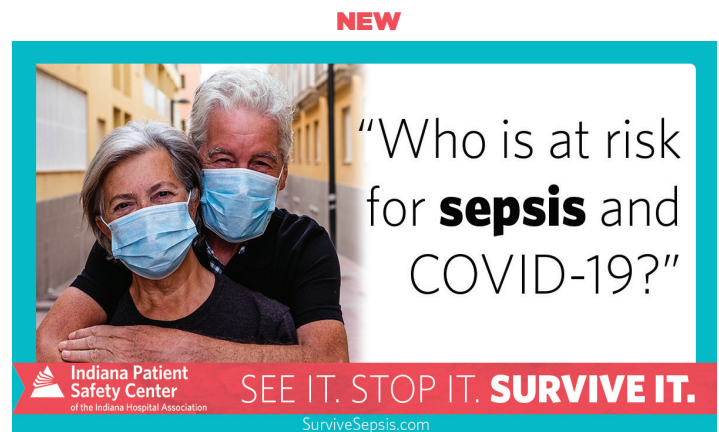
Learn more at [survivesepsis.com](https://survivesepsis.com).  
#SurviveSepsis #SaferHoosiers



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

[Download Image](#)



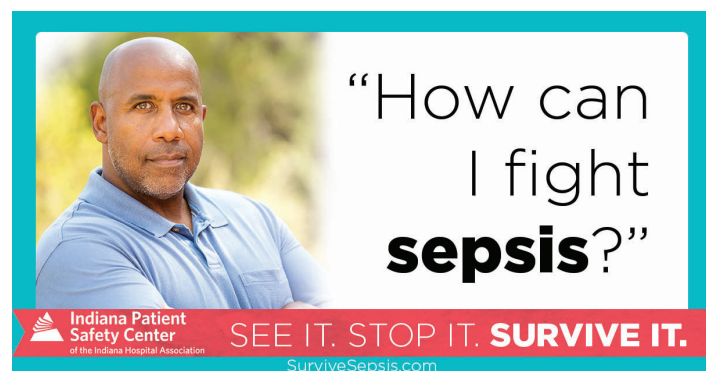
“What about life after **sepsis?**”

Indiana Patient Safety Center  
of the Indiana Hospital Association

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

[SurviveSepsis.com](http://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](http://SurviveSepsis.com)

[Download Image](#)

SEE IT.

STOP IT.

**SURVIVE IT.**

**ALMOST  
3,500  
HOOSIERS**

DIED IN 2019 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.

**SurviveSepsis.com**



**Indiana Patient  
Safety Center**  
of the Indiana Hospital Association



# 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, almost 3,500 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, 2020 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](http://SurviveSepsis.org). If you have further questions, please contact Casey Hutchens at [chutchens@IHAconnect.org](mailto:chutchens@IHAconnect.org).

