

2023 SEPSIS AWARENESS TOOLKIT

SEE IT.

STOP IT.

SURVIVE IT.



Indiana
Hospital
Association

SURVIVSEPSIS.COM

Contents

Letter to Members.....	3
Sepsis Fact Sheet.....	4
Tools for Clinical Education.....	5 - 10
• Patients at High Risk for Sepsis.....	6
• Clinical Tools & Resources.....	7
• 2023 Sepsis Events and Webinars.....	8
• IHA Clinical Webinar Library.....	9
• Sepsis & Social Media.....	10
• Sepsis Champion Social Media Photo Frame.....	11
Tools for Community Education.....	12 - 25
• Sepsis FAQ.....	13 - 14
• Patient & Family Sepsis Discharge Education.....	15
• Community Outreach & Education Library.....	16
• Social Media Images & Messaging.....	17 - 20
• Sepsis Poster Series.....	21 - 24
• Proclamation Template.....	25

Letter to Members

Indiana Hospital Association Members:

Since 2015, improved sepsis care has been a strategic priority for Indiana hospitals through our See It. Stop It. Survive It. Sepsis campaign. Indiana Hospital Association (IHA) annually highlights sepsis clinical updates and state goals during September's Sepsis Awareness Month. Progress includes:

- 67% reduction in Indiana sepsis mortality for patients with a primary diagnosis of sepsis since 2008 (APR DRG 720, excluding palliative care patients--15.2% to 5.02%)
- 247% increase in national awareness of sepsis as a diagnosis by Sepsis Alliance (19% to 66%)
- Focus on oral hygiene to reduce pneumonia, the most common cause of sepsis especially since Covid-19 increased susceptibility to pneumonia and respiratory illnesses

Indiana hospitals continue to be challenged by:

- Septicemia is the #1 cause of readmissions in Indiana with over 3500 patients readmitted after sepsis hospitalization in 2022 (IHA DataLink)
- Sepsis Bundle Compliance below the national average in CMS Hospital Compare, 3Q 2021 to 2Q 2022 (50% versus 58%)

Our "ask" is for hospitals to:

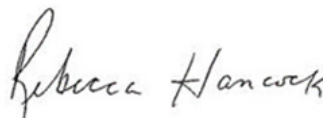
- Educate your communities, staff, and affiliated long term care facilities on sepsis signs and symptoms—numerous shared patient experiences highlight a delay getting to the Emergency Department leading to a mortality. Share Social Media posts in the Toolkit and from IHA's Facebook, LinkedIn, and Twitter posts. In Indiana, over 92% of sepsis cases are community-acquired so timely arrival to the ED can save a life
- Use the Sepsis Patient and Family Education at www.survivesepsis.com with strategies to improve recovery and reduce readmissions (English and Spanish versions)
- Provide oral hygiene for inpatients and discharge instructions to reduce infections, specifically pneumonia. Hand hygiene matters too
- Focus performance improvement on hospital sepsis bundle compliance with a goal of over 60% compliance at each hospital or a 10% improvement 2023 to September 2024

Educational programs for Sepsis Awareness Month 2023 are on the following pages, with updated clinical and community resources, hospital signage, and social media posts. Please send new Sepsis Month pictures to Casey Hutchens, chutchens@ihaconnect.org.

Sincerely,



Karin Kennedy
Vice President, Quality and Patient Safety



Rebecca Hancock, Ph.D., RN
Quality and Patient Safety Advisor
& 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.

2022 State of Indiana Facts (Indiana Hospital Association, 2023)

1. Over 4,300 hospitalized Hoosiers died from sepsis in 2022, followed by COVID-19 respiratory failure with over 1,300 deaths (IHA DataLink APR-DRGs 720, Septicemia; 137 Major Respiratory Infections).
2. Sepsis is the most common discharge diagnosis for Indiana hospital patients who are readmitted within 30 days and the fourth most frequent inpatient diagnosis.
3. Sepsis originated outside the hospital for over 92% of cases in 2022 (Sepsis ICD-10 Codes).

Worldwide/National Facts (Sepsis Alliance, 2022)

1. Sepsis is the leading cause of death in U.S. hospitals.
2. About 6% of hospitalizations are due to sepsis and 35% of all hospital deaths are due to sepsis.
3. Sepsis is the leading cause of readmissions to the hospital, with as many as 19% of people originally hospitalized with sepsis re-hospitalized within 30 days and about 40% rehospitalized within 90 days.
4. As many as 87% of sepsis cases originate in the community and not in the hospital.
5. 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.
6. Sepsis is the most common complication observed in severe cases of COVID-19. Studies indicate that 78% of COVID-19 patients hospitalized in the intensive care unit have sepsis.
7. 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.
8. More than 1.7 million people in the U.S. are diagnosed with sepsis each year – one every 20 seconds – and the incidence is rising.
9. An estimated 350,000 adults die from sepsis every year in the U.S. – one every 90 seconds. This is more than those who die from stroke, prostate cancer, breast cancer, and opioid overdose combined.
10. 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.
11. Sepsis causes at least 261,000 maternal deaths every year worldwide and is driving increases in pregnancy-related deaths in the U.S.
12. 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.
13. 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.
14. Sepsis is the #1 cause of readmission to the hospital, costing more than \$3.5 billion each year.

References

Indiana Hospital Association. (2023 July). DataLink

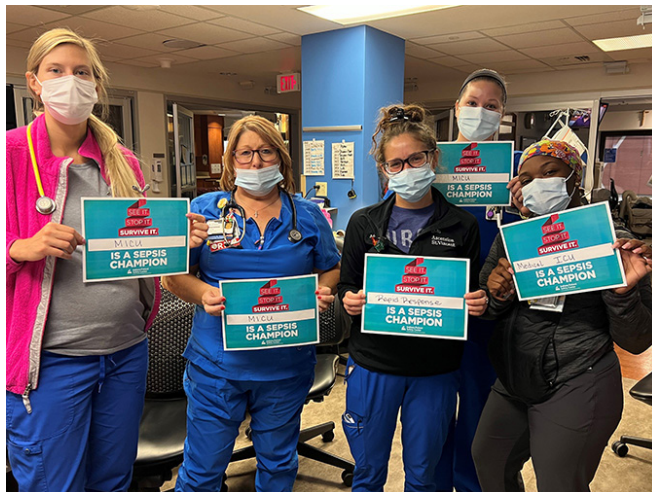
Sepsis Alliance. Sepsis Fact Sheet. 2022. https://www.sepsis.org/education/resources/fact_sheets/

Tools for Clinical Education

SEPTEMBER: SEPSIS AWARENESS MONTH



Acension St. Vincent Indianapolis



Adams Memorial Hospital



For more information, visit 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:

- 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

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

[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.](#)

[World Sepsis Day.org September 13, 2023](#)

[Sepsis Alliance Community Education](#)

[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](#)

[Performance Improvement Tools: 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](#)

Indiana Hospital Resources

[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 Sepsis Checklist](#)

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

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

[Society of Critical Care Medicine Resources](#)

2023 Sepsis Events and Webinars

Date	Time	Event (all events open to all Indiana hospitals)	Registration
Sept. 6	3 p.m. ET	Indiana State of the State	Reg Link
Sept. 7	1 p.m. ET	HQIC Sepsis Honor Roll-Excellence in Practice	Reg Link
Sept. 15	1 - 3 p.m. ET	*Sepsis Care Strategies Across Five States: A Collaborative Approach (full agenda & registration pending)	
Sept. 21	1 p.m. ET	HQIC Session #1: Sepsis Identification and Treatment Pearls	Reg Link
Sept. 27	3 p.m. ET	IHA I-HOPE American Lung Association Smoking Cessation Services	Reg Link
Sept. 28	1 p.m. ET	HQIC Session #2: Safety in Hand-offs & Crosscutting Organizational Strategies	Reg Link
Sept. 27 & 28 10:30 a.m. - 4:30 p.m. ET		*Sepsis Alliance Summit (full agenda pending)	Reg Link

* CEU's available

IHA Clinical Webinar Library

2022 IHA Clinical Webinar Series

- Sept. 1: [Indiana Sepsis 2022: Current State of the State and New Resources](#),
Rebecca Hancock PhD, RN, CNS, IHA Patient Quality & Safety Advisor
Chris Newkirk, BSN, RN, CCM, Clinical Quality Advisor, Columbus Regional Health
- Sept. 8: [Sepsis Back to Basics: Pathophysiology and Bundle Compliance](#),
Tom Ahrens, PhD, RN, FAAN, Viven Health
- Sept. 15: [Sepsis Future: Advances in Sepsis Diagnostics](#), Dr. Sandy Estrada, Pharm.D.
- Sept. 22: [Sepsis Future: Focus on Maternal Sepsis](#), Brittany Waggoner, RN, MSN
- Sept. 29: [Sepsis Future: Fluid Management](#),
Danielle Herr BSN, CCRN, Therapy Development Specialist
Vince Holly, MSN, RN, CCNS, ACNS-BC, CCRN, FCNS, IU Health-Bloomington
- Oct. 6: [Back to the Basics with Personal Hygiene for Infection Prevention](#),
Rebecca Hancock, Patient Quality & Safety Advisor, IHA
Annette Handy, Clinical Director, Patient Safety Center, IHA

Additional Webinars

[Sepsis Alliance Summit](#) - Sep. 27 - 28

[Global Sepsis Alliance - World Sepsis Congress 2023](#)

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

IHA Clinical Webinar Library cont.

Archived 2021 IHA Clinical Webinar Series

[Voice of Leaders: Tools for Success](#) - Maryanne Whitney, RN,CNS, MSN, Cynosure

[Voice of Champions: Hospital Successes](#)

[Voice of Sepsis Survivors: NEW Sepsis Discharge Education and Surviving Sepsis](#)

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

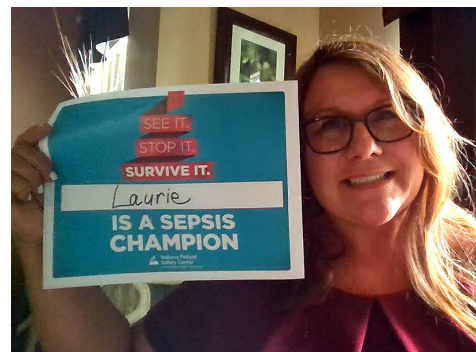
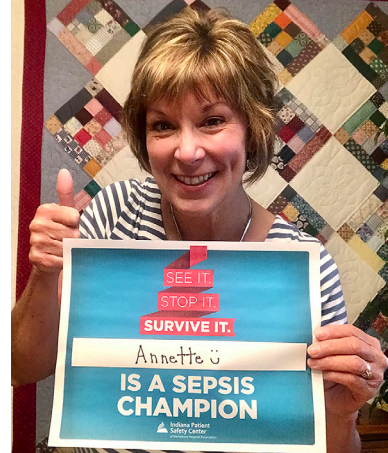
September 13 is World Sepsis Day - post pictures on social media of your hospital's sepsis champions.

SEPTEMBER: SEPSIS AWARENESS MONTH

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.

We have 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.

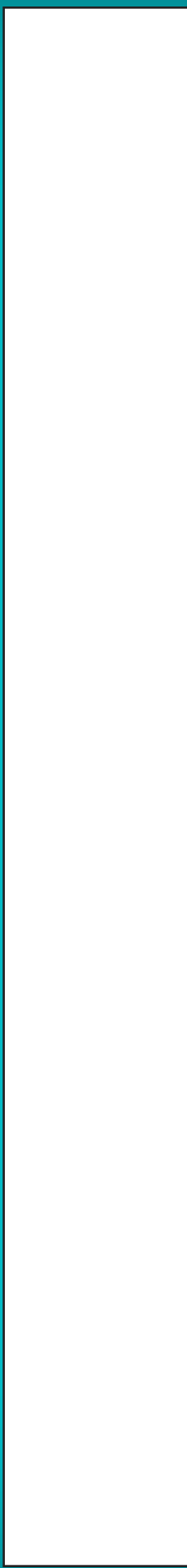


For more information, visit SurviveSepsis.com

SEE IT.

STOP IT.

SURVIVE IT.



IS A SEPSIS CHAMPION



Tools for Community Outreach & Education

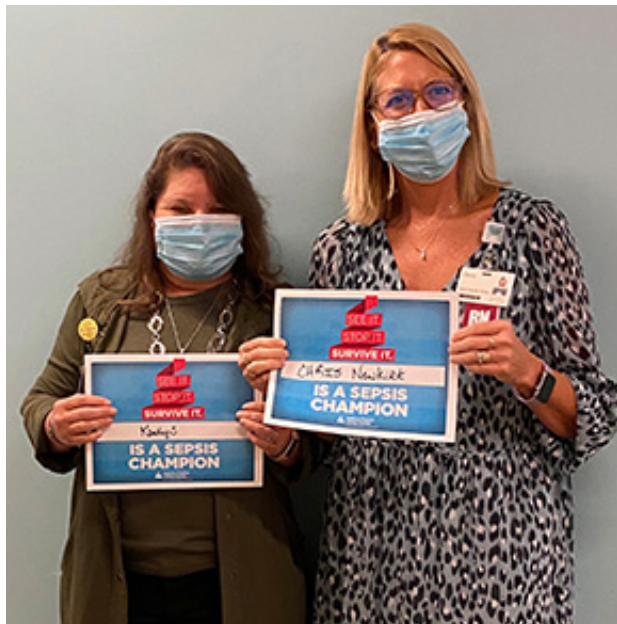
SEPTEMBER: SEPSIS AWARENESS MONTH



St. Mary's Medical Center



Harrison County Hospital



Columbus Regional Health



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.

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.

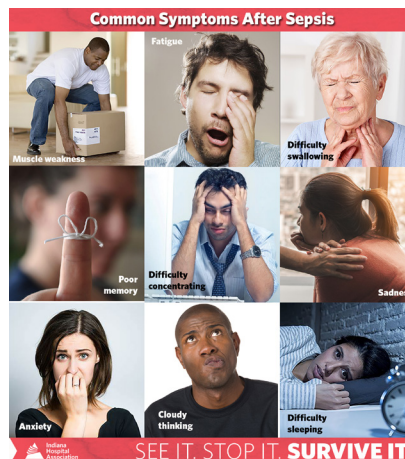
How can I prevent sepsis? While there is no way to completely prevent the possibility of sepsis, there are many ways to reduce your risk including:

- **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



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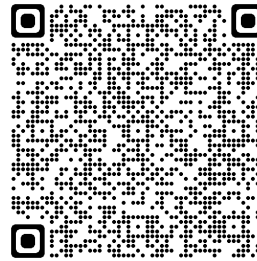
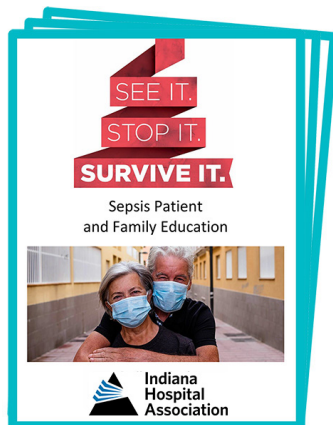
If you suspect that you or a loved one has post-sepsis syndrome, talk to a health care provider about resources for emotional and psychological assistance. You can also access the [IHA Suicide Awareness & Prevention Toolkit](#).

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

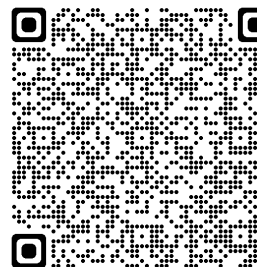
Patient & Family Education

Download and share the 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 Education \(English\)](#)



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



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

Community Outreach & Education Library

[Sepsis Awareness Printable Table Tent \(pictured right\)](#)

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

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

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

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

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

[Sepsis Alliance: Faces of Sepsis \(Video\)](#)

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

[CDC Sepsis Educational Tools](#)

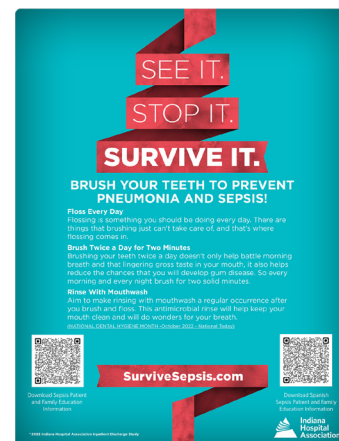
[How can I get ahead of sepsis?](#)

Posters to print:

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

[Protect Yourself from Sepsis](#)

[Start the Conversation Sepsis](#)



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

[Sepsis Alliance - Life After Sepsis](#)

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

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

[Surviving Sepsis - Mayo Clinic](#)

For more information, visit SurviveSepsis.com

Social Media Images and Messaging

IHA has created a Sepsis Awareness Month social media plan to help you communicate the risks of sepsis on your social media platforms. This plan includes messaging, imagery, video links, and resources to be utilized throughout the month of September. You can also follow IHA on Facebook, Twitter, and LinkedIn and share our posts. IPSC ask you to help 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: The plan is 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 picture and right click on image in browser to “Save picture as.”

Message: Have you heard of sepsis? According to a 2022 Sepsis Alliance survey only 66% have. 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



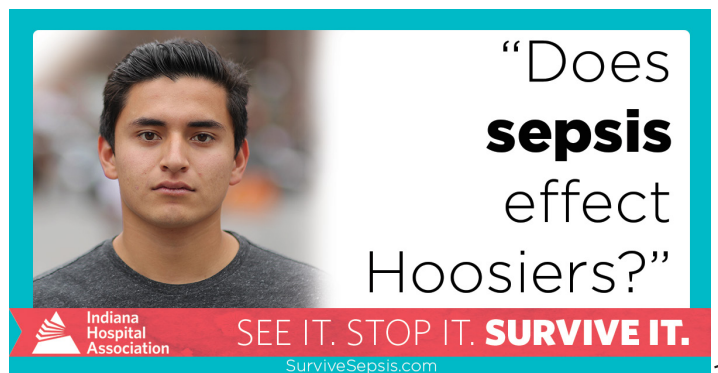
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Message: Sepsis is the body's life-threatening response to an infection you already have - in the skin, lungs, urinary tract, or somewhere else. Sepsis can lead to tissue damage, organ failure, and death. Learn more at survivesepsis.com
#SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: Over 4,300 Hoosiers died from sepsis last year according to the 2023 IHA DataLink. 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: One in every four hospital acquired infections is pneumonia and pneumonia is the leading cause of sepsis. Germs in your mouth replicate five times in 24 hours. Brush your teeth regularly to prevent pneumonia and sepsis. Learn more at survivesepsis.com #SurviveSepsis #SaferHoosiers



[Download Image](#)

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 and seek medical attention for:

- 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



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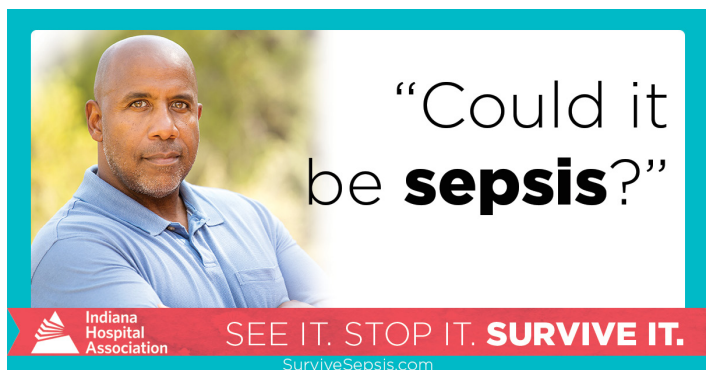
Message: Over 4,300 Hoosiers died from sepsis last year according to the 2023 IHA DataLink. Knowing the signs and seeking immediate medical attention can help you or your loved ones Survive it. Learn more at survivesepsis.com #SurviveSepsis #SaferHoosiers



[Download Image](#)

Message: 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



[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 for new & worsening infections

Learn more at survivesepsis.com

#SurviveSepsis #SaferHoosiers

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

• **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. #SurviveSepsis #SaferHoosiers

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 extra 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

Message: COVID-19 is a viral infection transmitted by respiratory droplets. Sepsis occurs as a reaction to an existing infection. Prevent infections by getting vaccinated, using good hand and oral hygiene, taking 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 COVID-19 when appropriate. Learn more at survivesepsis.com. #SurviveSepsis #SaferHoosiers



“How can I get ahead of **sepsis**?”

Indiana Hospital Association
SEE IT. STOP IT. **SURVIVE IT.**
SurviveSepsis.com

[Download Image](#)



“How can I prevent **sepsis**?”

Indiana Hospital Association
SEE IT. STOP IT. **SURVIVE IT.**
SurviveSepsis.com

[Download Image](#)



“Who is at risk for **sepsis** and COVID-19?”

Indiana Hospital Association
SEE IT. STOP IT. **SURVIVE IT.**
SurviveSepsis.com

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How can **sepsis** and COVID-19 be prevented?

Indiana Hospital Association
SEE IT. STOP IT. **SURVIVE IT.**
SurviveSepsis.com

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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. Frequent causes of infection in children are: pneumonia, urinary tract, and cuts & scrapes. Learn more at survivesepsis.com. #SurviveSepsis #SaferHoosiers



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Message: If you experience a combination of these symptoms, call 911 or seek emergency care and say, “I am concerned about sepsis!”

- 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

Learn more at survivesepsis.com.
#SurviveSepsis #SaferHoosiers



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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 possible long-term effects, such as:

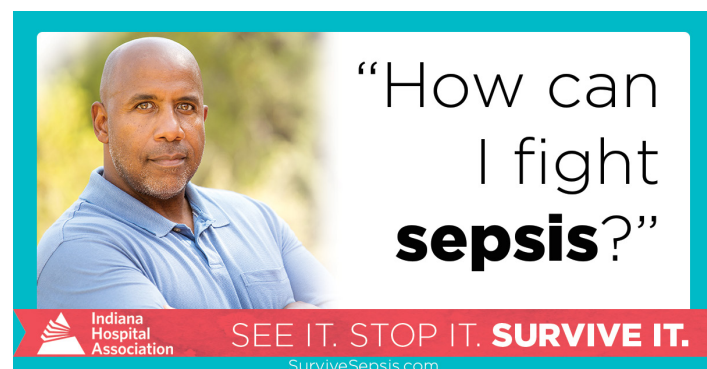
- Muscle weakness
- Fatigue
- Difficulty swallowing
- Cloudy thinking
- Difficulty concentration
- Poor memory
- Difficulty sleeping
- Sadness
- Anxiety

Talk with your doctor if these symptoms continue. Learn more at survivesepsis.com
#SurviveSepsis #SaferHoosiers



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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



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SEE IT.

STOP IT.

SURVIVE IT.

**OVER
4,300
HOOSIERS**

DIED IN 2022 FROM

SEPSIS*

DON'T BE A STATISTIC.

SurviveSepsis.com



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and Family Education
Information



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* 2022 Indiana Hospital Association DataLink



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.



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Know how to spot it and how to stop it.

SurviveSepsis.com



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 **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**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.



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Education Information



SEE IT.

STOP IT.

SURVIVE IT.

BRUSH YOUR TEETH TO PREVENT PNEUMONIA AND SEPSIS!

Floss Every Day

Flossing is something you should be doing every day. There are things that brushing just can't take care of, and that's where flossing comes in.

Brush Twice a Day for Two Minutes

Brushing your teeth twice a day doesn't only help battle morning breath and that lingering gross taste in your mouth, it also helps reduce the chances that you will develop gum disease. So every morning and every night brush for two solid minutes.

Rinse With Mouthwash

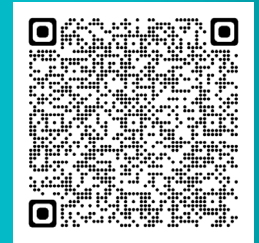
Aim to make rinsing with mouthwash a regular occurrence after you brush and floss. This antimicrobial rinse will help keep your mouth clean and will do wonders for your breath.

(NATIONAL DENTAL HYGIENE MONTH -October 2022 - National Today)



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Proclamation Template

For the past several years, IHA 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, 2023 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 custom graphics to be submitted in advance, so please plan accordingly. If you are interested in the billboard artwork, please contact Casey Hutchens at chutchens@IHAconnect.org.

