

Infection Control

Sepsis: General Information

What is Sepsis?

Sepsis is the body's reaction to an infection which causes damage to the tissues and the organs to fail. It has previously been known as septicemia or blood poisoning.

Sepsis can be caused by any type of infection in the body, such as a chest infection which may lead to pneumonia, a urine infection, an infected cut or bite, or a wound infection following surgery.

In some patients Sepsis can be treated with antibiotics alone however, in others, it may become more severe requiring advanced treatment in an Intensive Care Unit.

Who is at risk of Sepsis?

Anyone can get Sepsis, however some people are more at risk, these include:

- Those who are having or who have recently had treatment for cancer;
- People with diabetes (Type 1 and Type 2);
- Women who are pregnant or have just given birth;
- Those who have recently had an operation;
- People on long-term steroids;
- Those with a wound, cut or bite;
- The very young or very old;
- The immunosuppressed for any other reason (the body has difficulty fighting an infection).

Symptoms of Sepsis to look for:

Shivering, fever or very cold

Extrême pain or general discomfort

Passed no/ very little urine in a day

Skin mottled, discoloured or pale

"I feel like I might die"

Shortness of breath



Patient Information

It is important that if you notice any of the symptoms listed in this leaflet that you seek advice from a medical professional.

In the event of a life threatening emergency always call 999 or attend your nearest Accident and Emergency Department as soon as possible.

For advice on non-life threatening symptoms call 111 **or** make an appointment with your GP.

Sepsis Support Group

Sepsis Support Groups are held across the country for those who have had a personal experience with and/or know of a friend/family member who has experienced Sepsis.

For further details on these support groups, and to identify where your local support group is held, please contact The UK Sepsis Trust via one of the options below:

Tel: 0800 389 6255

Email: info@sepsistrust.org

Web: <https://sepsistrust.org/get-support/my-local-group/>

For further information on Sepsis we recommend the following websites:

<http://Sepsistrust.org/>

<http://www.nhs.uk/Conditions/Blood-poisoning/Pages/Introduction.aspx>

<http://www.Sepsis.org/>

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5132 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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