### 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

#### 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

#### SYMPTOMS 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

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SEPSIS IN THE UNITED STATES

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 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]

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]

MATERNAL SEPSIS

Maternal sepsis is the second leading cause of maternal death in the United States. [xvii]

Women of color and significantly more likely to develop maternal sepsis than White women. [xviii]

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