



Sepsis Bundle | Risk Factors and Action Tool

Sepsis is the body's extreme response to an infection. It happens when an infection you already have triggers a chain reaction throughout your body and can be a life-threatening medical emergency. If a resident has had an infection and one or more of these risk factors, an assessment of sepsis may be advised.

✓	Risk	Action
<input type="checkbox"/>	Compromised Immune System	<ul style="list-style-type: none"> • Consistently perform hand hygiene. <ul style="list-style-type: none"> – Wash with soap and water or use an alcohol-based sanitizer. • Encourage vaccinations. • Wear appropriate personal protective equipment (PPE).
<input type="checkbox"/>	Diabetes	<ul style="list-style-type: none"> • Consistently perform hand hygiene. • Encourage vaccinations. • Conduct routine skin checks for ulcers. • Maintain stable blood sugar levels. <ul style="list-style-type: none"> – Adhere to a proper diet. – Take all medications as ordered.
<input type="checkbox"/>	Chronic Kidney/Renal Disease (Excluding End Stage Renal Disease)	<ul style="list-style-type: none"> • Consistently perform hand hygiene. • Encourage vaccinations. • Utilize the urinary tract infection (UTI) bundle for prevention.
<input type="checkbox"/>	Cancer	<ul style="list-style-type: none"> • Consistently perform hand hygiene. • Encourage vaccinations. • Employ reverse isolation and wear appropriate PPE, as needed.
<input type="checkbox"/>	Chronic Liver Disease	<ul style="list-style-type: none"> • Consistently perform hand hygiene. • Encourage vaccinations.
<input type="checkbox"/>	Pulmonary Disease	<ul style="list-style-type: none"> • Consistently perform hand hygiene. • Encourage vaccinations. • Utilize the pneumonia bundle for prevention.
<input type="checkbox"/>	Previous Use of Antibiotics or Corticosteroids	<ul style="list-style-type: none"> • Consistently perform hand hygiene. • Encourage vaccinations. • Wear appropriate PPE. • Utilize the UTI/pneumonia bundles, If applicable.
<input type="checkbox"/>	Increased Age	<ul style="list-style-type: none"> • Encourage responsibility for staff to protect residents. • Consistently perform hand hygiene. • Practice standard precautions—assume all blood, body fluids, and environmental surfaces could be contaminated with germs.
<input type="checkbox"/>	Functional Limitations	<ul style="list-style-type: none"> • Utilize the UTI/pneumonia bundles, as applicable, for mobility issues. <ul style="list-style-type: none"> – Provide regular opportunities for resident to empty his or her bladder. – Check incontinent pads frequently. – Avoid extended periods of skin exposure to urine and/or feces. – Ensure proper perineal care—cleaning females from front to back/cleaning males' foreskin, if present.



<input checked="" type="checkbox"/>	Risk	Action
<input type="checkbox"/>	Functional Limitations (cont.)	<ul style="list-style-type: none"> • Encourage mobility. <ul style="list-style-type: none"> – Improve range of motion. – Turn every 2 hours. – Get out of bed, as tolerated/ordered by physician. – Ambulate, as tolerated/ordered by physician. – Elevate head of bed (HOB), as tolerated. • Encourage deep breathing exercises.
<input type="checkbox"/>	Recurrent Hospitalizations	<ul style="list-style-type: none"> • Isolate infected residents. • Monitor residents for Post Sepsis Syndrome.
<input type="checkbox"/>	Opioid Addition/Large Dose of Loperamide	<ul style="list-style-type: none"> • Monitor bowel habits closely. • Provide adequate hydration. • Encourage mobility, as tolerated/ordered by physician. • Promote a well-balanced diet
<input type="checkbox"/>	Neglecting Signs of Infection	<ul style="list-style-type: none"> • Utilize the UTI/pneumonia bundles for high-risk residents. • Monitor skin integrity. • Monitor and report any changes in resident’s condition. <ul style="list-style-type: none"> – Physical/mental changes.

References:

- Frank A, Bates C, et.al. The Impact of the Drug Epidemic on the Incidence of Sepsis in West Virginia. National Center for Biotechnology Information (NCBI). National Library of Medicine (NLM). *Cureus*. 2018; Oct 30. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6318118/>
- Kesler K, Langdorf MI, Burns MJ. Opioid Dependent Maligner with Self-Induced Sepsis. NCBI. NLM. *West J Emerg Med*. 2016; Nov 17. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5102610/>
- Sepsis Alliance. *Sepsis and IV Drug Use*. 2023. <https://www.sepsis.org/sepsisand/iv-drug-use/>
- Sepsis Alliance. *Sepsis and Perforated Bowel*. 2023. <https://www.sepsis.org/sepsisand/perforated-bowel/>