

Resident's Plan to Identify Infection and/or Sepsis

Name _____

Date _____

Green Zone: No Signs of Infection (all below)

- ✓ My heartbeat and breathing feel normal for me.
- ✓ I don't have chills or feel cold.
- ✓ My energy level is normal.
- ✓ I can think clearly.
- ✓ Any wound or IV site I have is healing well.



Green Means I Should:

- ✓ Watch every day for signs of infection.
- ✓ Take my medicine as ordered, especially if I'm recovering from an infection or illness.
- ✓ Wash my hands and avoid anyone who is ill.
- ✓ Stay up to date on vaccinations.

Yellow Zone: Caution (any below)

- ✓ My heartbeat feels faster than usual.
- ✓ My breathing is fast.
- ✓ I feel warmer than usual.
- ✓ I feel cold and am shivering—I can't get warm.
- ✓ I am having a hard time finding my words.
- ✓ I don't feel well—I'm too tired to do things.
- ✓ I haven't urinated in 5 hours or it's painful or burning when I do.
- ✓ Any wound or IV site I have looks different.



Yellow Means I Should:

- ✓ Contact my nurse.
- ✓ Ask if I might have an infection or sepsis.

Red Zone: Medical Alert! (any below)

- ✓ I feel sick, very tired, weak, and achy.
- ✓ My heartbeat or breathing is very fast.
- ✓ I feel very hot.
- ✓ My fingernails are pale or blue and I am very cold.
- ✓ I'm not making sense with my words.
- ✓ My wound or IV site is painful, red, smells, or has pus.



Red Means I Must:

- ✓ ***Act fast ... Sepsis is serious!***
- ✓ **Notify the nurse now, so I can be evaluated immediately.**
- ✓ *"I'm concerned I might have sepsis."*

Centers for Disease Control and Prevention. Sepsis. Basic Information. How Can I Get Ahead of Sepsis? Available at: <https://www.cdc.gov/sepsis/basic/index.html>. Accessed on November 20, 2020.

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Sepsis Alliance. Prevention. Available at <https://www.sepsis.org/sepsis-basics/prevention/>. Accessed on November 20, 2020.

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