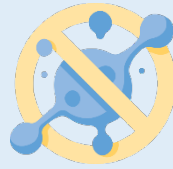




Prevent Sepsis: A Guide for Residents and Families

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How to prevent sepsis



Prevent infections



Spot and treat infections early



Communicate



Make healthy choices

Prevent Infections

Wash

Wash your hands well, especially before eating and after using the bathroom.

Heal

Keep wounds clean and covered until they heal.

Vaccinate

Be sure vaccinations are current, including flu, pneumonia, RSV, and COVID-19.

Listen

Take good care of chronic conditions: take prescribed medications and follow physician recommendations.

Spot and Treat Infections Early

Recognize the early signs of infection

- Fever, chills, or low body temperature
- Fast breathing
- Fast heartbeat
- Confusion
- Change in appetite
- Extreme pain or discomfort
- Clammy or sweaty skin



Seek your care team member if something feels wrong

Communicate



Tell the care team if you have any questions, worries, or symptoms of infection.



Ask questions about your medications. Request to see your healthcare provider if you are not feeling well.

Make Healthy Choices



Good health can reduce infection risk

- Eat a balanced diet
- Stay hydrated—unless you are on a fluid restriction
- Stay active
- Family and friends should stay home if they are not feeling well

Your Role as the Resident Council



Encourage fellow residents to follow infection prevention practices.



Help identify and report any health concerns or symptoms to the nursing staff.



Promote healthy lifestyle choices in the community.



Help residents communicate with care providers.



Sepsis Safety Packet

Sepsis Safety Packet: Resident/Family Letter

Sepsis Safety Packet and Your Skilled Nursing Facility Stay

Dear Residents and Families:

We want you to be safe during your stay. One way to be safe is to take every step possible to prevent infection—especially sepsis. Sepsis is a serious illness caused by the body's response to an infection. It can damage tissues and organs and even be life-threatening if not treated quickly.¹ We all can take steps to proactively identify and address sepsis risk factors to protect you. One of the many ways we can help prevent sepsis is to work together with you and your family using this Sepsis Safety Packet, which includes:

- Checklist—*Care Conference Questions and Discussion Points to Help Prevent Sepsis*
- Pocket card—*Four Ways to Get Ahead of Sepsis*
- Sepsis self-management zone tool—*Resident's Plan to Identify Infection and/or Sepsis*
- After sepsis information flyer—*Post Sepsis: What You as a Survivor Need to Know*
- Sepsis word search puzzle
- Sepsis crossword puzzle

We are dedicated to keeping everyone safe and healthy. Our staff is trained to identify and treat signs of infection and sepsis. We also work with your medical providers to communicate to reduce the risk of worsening symptoms.

Thank you for paying attention to this important issue. We want all residents and families to be active in their healthcare. Please talk to our staff with any questions or concerns.

Sepsis Safety Packet: Care Conference Tips

Care Conference Questions and Discussion Points to Help Prevent Sepsis

When being admitted to a skilled nursing facility (SNF), you and/or your family will participate in a care conference. Use this checklist to discuss details of your stay with the facility's care team.

General Questions/ Discussion Points



- Team players—who is sitting around the table?
- Visitation hours—are there any restrictions?
- Are podiatry/dental/optometry/psychiatric services available at the facility?
- Does the facility have a copy of my advance directives?
 - If I do not have advance directives, is there someone that can help me with this?

Care



- How often are baths/showers given?
- Will someone check my skin for sores, bruises, and tears?
- Who washes my clothes?
- How often:
 - Is oral care completed?
 - Is my room cleaned?
 - Will I be assisted to the bathroom?
 - Will my disposable briefs be checked/changed?
- Will my family member be able to help with my care?
 - Family member: “how can I help with my loved one’s care?”
- How long does it take for someone to answer my call light?

Medical



- Does the facility provide vaccinations?
- If there is a change in my condition, when will the physician be notified?
- What will be done to prevent me from going back to the hospital?
- If I have a do not resuscitate (DNR) order in place, will I still be sent to the hospital?
- Am I at risk for infection/sepsis?
 - What can the facility do to help protect me?
- Does the facility have my up-to-date medication list and vaccine status?
- If on antibiotics:
 - Why am I on antibiotics?
 - Has testing been done to confirm my infection?
 - How long will I be on the antibiotics?

Diet



- Will I be provided a choice of foods and beverages?
- Will I be offered fluids during the day to stay hydrated? (If not on a fluid restriction.)



Sepsis Safety Packet: Sepsis Pocket Card

Get Ahead of Sepsis

Anyone can get an infection, and almost any infection can lead to sepsis.

1



Prevent Infections

Talk to your doctor or nurse about steps you can take to prevent infections.

- Take good care of chronic conditions.
- Get recommended vaccines.

2



Practice Good Hygiene

Remember to wash your hands and keep cuts clean and covered until healed.

3



Know the Symptoms

Symptoms of sepsis can include any one or a combination of these:

- Confusion or disorientation.
- Shortness of breath.
- High heart rate.
- Fever, or shivering, or feeling very cold.
- Extreme pain or discomfort.
- Clammy or sweaty skin.

4



Act Fast

Get medical care **immediately** if you suspect sepsis or have an infection that's not getting better or is getting worse.

**Sepsis is a medical emergency.
Time matters.**

Infections put you and your family at risk for a life-threatening condition called sepsis.

Sepsis is the body's extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death. Sepsis happens when an infection you already have—in your skin, lungs, urinary tract or somewhere else—triggers a chain reaction throughout your body.

Symptoms of Sepsis

- Confusion or disorientation.
- Shortness of breath.
- High heart rate.
- Fever, or shivering, or feeling very cold.
- Extreme pain or discomfort.
- Clammy or sweaty skin.

To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis

Source: Centers for Disease Control and Prevention (CDC). 4 Ways to Get Ahead of Sepsis. www.cdc.gov/sepsis/media/pdfs/Consumer-infographic-four-ways-to-get-ahead-of-sepsis-P.pdf



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Sepsis Safety Packet: Zone Tool

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."*

Sepsis Safety Packet: Post Sepsis—What to Expect

Post Sepsis:

What You as a Survivor Need to Know



What is sepsis? Sepsis is a complication caused by the body's overwhelming and life-threatening response to an infection, which can lead to tissue damage, organ failure, and death.

How will I feel at the SNF?



You have been seriously ill, and your body and mind need time to get better. Upon admission to the SNF you may experience physical symptoms such as:

- General to extreme weakness and fatigue.
- Breathlessness.
- General body aches or pains.
- Difficulty moving around.
- Difficulty sleeping.
- Weight loss, lack of appetite, food not tasting normal.
- Dry and itchy skin.
- Brittle nails.
- Brittle hair.
- Unsure of yourself (difficulty making decisions).
- Not caring about your appearance.
- Wanting to be alone, avoiding friends and family.
- Flashbacks, bad memories.
- Confusing reality (e.g., not sure what is real and what is not).
- Feeling anxious, more worried than usual.
- Having a hard time concentrating.
- Depressed, angry, unmotivated.
- Frustration at not being able to do what you normally can do (e.g., not able to bathe yourself).

Recovery steps



After you have had sepsis, rehabilitation usually starts in the hospital. The purpose of rehabilitation is to restore you back to your previous level of health or as close to it as possible. Begin your rehabilitation by building up your activities slowly, and rest when you are tired. You have been seriously ill, and your body needs time to get better.

- Your healthcare provider will prescribe a treatment plan.
- During your care planning conference, set small, achievable goals for each week with the staff.
- Follow activity restrictions that your healthcare provider recommends.
- Rest and rebuild your strength. Try to get at least 7 to 9 hours of sleep each night.
- Eat a healthy diet.
- Drink enough fluids to keep your urine light yellow in color, unless you are told to limit fluids.
- Always feel free to ask any questions you have to your doctor, nurses, or any staff member.

When should I or my family member call for my nurse or certified nursing assistant (CNA)?

Notify your caregiver if you:

- Feel warm or hot.
- Are very cold or shivering.
- Have skin that is pale or discolored.
- Have pain and body aches that are worse than normal.
- Have nausea or vomiting.
- Have a fast or skipping heartbeat.
- Feel dizzy when you stand up or feel like you are going to faint.
- Are sleepy, hard to wake up.
- Feel confused or have difficulty finding words.
- Have shortness of breath.
- Have redness, swelling, pain, warmth, or drainage of pus from any wounds or intravenous (IV) site.
- Feel like you might die.



Appointments

- The SNF will make sure you have follow-up appointments scheduled with your healthcare provider.
- Talk with your provider about any questions or fears you or your family members have.



Measures you can take to reduce the risk of infections and sepsis:

- Vaccinate against preventable infections such as flu, pneumonia, respiratory syncytial virus (RSV), and COVID-19.
- Have a healthy lifestyle and practice good hygiene.
- Regularly and thoroughly wash hands with soap (e.g., after using the toilet, after cleaning your nose, or after coming in contact with animals or raw meat).
- Pay attention to insect bites and skin injuries.



Sepsis Safety Packet: Word Search and Crossword Puzzle

Sepsis Word Search

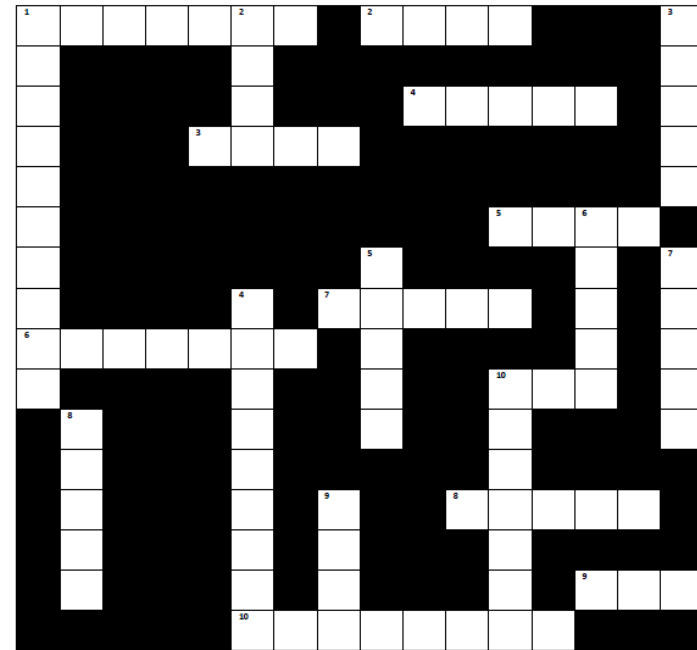
Sepsis is the body's extreme response to an infection. It is a life-threatening emergency. People at high risk for sepsis are over age 65 and those with a serious medical condition or weakened immune system. Find the common signs and symptoms of sepsis in the word search below.

A S C V O M I T I N G T E T W
 V K L R T K A R E N G H R I V
 E B F E V E R X Q A S D R R N
 R A C I N G H E A R T F G E U
 W P Z F K B M I N R N O P D K
 E A R W S W V N A I P C R F T
 W I X V W E M T U B C H D R Y
 Q N N M K A Y E S E P I L I D
 E F H J U K M E E L H L N O I
 H W H O T X V B A H E L T S Z
 I H E L E N M I S S Y S R R Z
 W S L E E P Y F T U I B F R Y
 W Q S W C O N F U S E D R W B
 J K P A L E S K I N H Y U I O
 S H I V E R I N G P R B S Z V

Signs and Symptoms of Sepsis

Fever	Pain	Racing Heart	Tired
Shivering	Hot	Weak	Dizzy
Sleepy	Confused	Vomiting	
Chills	Nausea	Pale Skin	

Sepsis and Post Sepsis Syndrome Signs and Symptoms Crossword Puzzle



ACROSS

- Tired
- Opposite of hot
- Opposite of strong
- Having a feeling of spinning or losing balance
- An irritation on the skin; may be red and raised
- Upset stomach
- A high body temperature
- Sleepy
- Opposite of moist skin
- Disoriented

DOWN

- When I am cold I am _____
- Lightness of skin color
- Pain or _____
- Very sleepy; hard to wake up
- My _____ is beating fast
- When I am hot I _____
- Mad
- You do this to push air out of your throat/a tickle in my throat makes me _____
- Ache or _____
- Cleaning of hands, hand _____

Sepsis Safety Packet: Stay Home When Sick Flyer

Stay Home When Sick

Protect our residents, staff, and visitors if you are experiencing symptoms of cold, flu, RSV, or COVID. If you are having these symptoms, please delay your visit until you are feeling better and your symptoms are gone.

Stuffy or runny nose, sneezing

Shortness of breath, wheezing, difficulty breathing

Sore throat

Decreased appetite

Fever 100°F or chills

Diarrhea

Cough, congestion

Body aches

Headache

COVID-19 positive

Fatigue, weakness

Stay Home

Visitors: If you have tested positive for COVID-19 or have been in contact with someone with COVID-19, please hold off your visit for 10 days.





For questions or concerns,
please contact any member
of your facility's staff.



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