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HEALTH
 INFORMATION
 FOR NEW YORK
 STATE RESIDENTS



Improving Healthcare
 for the Common Good®

Do you know about Sepsis?

Knowing about sepsis can potentially save your life. Sepsis is preventable and treatable. When caught early, it can be treated with antibiotics and fluids.

What is sepsis?

- A potentially deadly outcome from an infection.
- A medical emergency.
- Difficult to diagnose because it happens quickly and can be confused with other conditions.



What causes sepsis?

Infections can lead to sepsis. An infection occurs when germs enter a person's body and multiply, causing illness and organ and tissue damage. Sepsis is often associated with infections of the lungs (e.g., pneumonia), urinary tract (e.g., kidney), skin, and gut.

Who gets sepsis?

Anyone can develop sepsis from an infection, especially when not treated properly. However, sepsis occurs most often in people who are aged 65 years or older or less than one year, have weakened immune systems, or have chronic medical conditions (e.g., diabetes).

Suspect sepsis? Watch out for these common symptoms.

There is no single sign or symptom of sepsis. It is, rather, a combination of symptoms. Since sepsis is the result of an infection, symptoms can include infection symptoms (diarrhea, vomiting, sore throat, etc.), as well as ANY of the following:

IPRO Healthy Insights is authored by Dr. Clare Bradley, IPRO's Senior Vice President/Chief Medical Officer, and a nationally recognized public health advocate.

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- Shivering, fever, or feeling very cold
- Extreme pain or discomfort
- Clammy or sweaty skin
- Confusion and disorientation
- Shortness of breath
- High heart rate

What should I do if I think I have an infection or sepsis?

- Call your doctor or go to the emergency room immediately if you have any signs or symptoms of an infection or sepsis. This is a medical emergency.
- It's important that you say, "I AM CONCERNED ABOUT SEPSIS."

What should I expect if I am diagnosed with sepsis?

Sepsis is usually treated in the hospital with antibiotics and IV fluids to keep your blood pressure stable.

How can I prevent sepsis?

- Get vaccinated against the flu and pneumococcal disease. Talk to your doctor for more information.
- Prevent infections that can lead to sepsis by
 - Cleaning scrapes and wounds
 - Practicing good hygiene (e.g., hand washing)
- Learn the signs and symptoms of sepsis. If sepsis is suspected, seek medical attention immediately.

Where can I learn more about sepsis?

- Centers for Disease Control and Prevention
cdc.gov/sepsis and
cdc.gov/cancer/preventinfections
- The Rory Staunton Foundation for Sepsis Prevention
rorystauntonfoundationforsepsis.org
- Sepsis Alliance® sepsis.org.
- Atlantic Quality Innovation Network®
StopSepsisNow.org.

About IPRO

Founded in 1984, IPRO is a New York based, national, not-for-profit organization. IPRO provides a range of healthcare improvement services that aim to improve the quality and value of healthcare provided to consumers across the country. For more information about IPRO, please visit our website <http://ipro.org>.

About the Author

Dr. Clare Bradley serves as IPRO's Senior Vice President/Chief Medical Officer. She is the past Chair of the Eastern Division (New York and New Jersey) of the ACS and has been an ACS Board Member since 2004. Dr. Bradley is President-Elect of the American Health Quality Association, which represents 14 Quality Improvement Organizations across the U.S. She is board certified in Internal Medicine and is an associate Professor in the Department of Preventative Medicine in the School of Medicine at the State University of New York, Stony Brook.



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