

What is Sepsis?

- **Life-Threatening Response to Infection:** Sepsis is the body's most extreme and life-threatening response to an infection. 
- **Organ Damage:** The body's immune response causes widespread inflammation, which can lead to tissue damage, organ failure, and death if not promptly treated. 
- **Wide Range of Causes:** Sepsis can result from any type of infection, including those affecting the lungs, urinary tract, or skin. 

Sepsis was previously known as "**blood poisoning**". In the past, it was also referred to by other terms like "hospital gangrene," "nosocomial fever," or "putrid fever" when related to wound infections, and "puerperal fever" when occurring after childbirth. The term "sepsis" itself, however, has roots in ancient Greek, meaning "putrefaction" or "decay". 

Here's a more detailed breakdown:

- **Blood poisoning:** This is the most common term used to describe sepsis, especially by earlier generations. 
- **Hospital gangrene, nosocomial fever, or putrid fever:** These terms were used historically, particularly in the context of war wounds or surgical infections. 
- **Puerperal fever:** This referred to infections after childbirth. 
- **Septicemia:** This term, sometimes spelled septicaemia, is closely related to sepsis and refers to the presence of microorganisms or their toxins in the blood. 

260,000 people develop
sepsis every year

44,000 people die from
sepsis every year



*Source: York Economic Health Consortium and The UK Sepsis Trust

Symptoms to Watch For

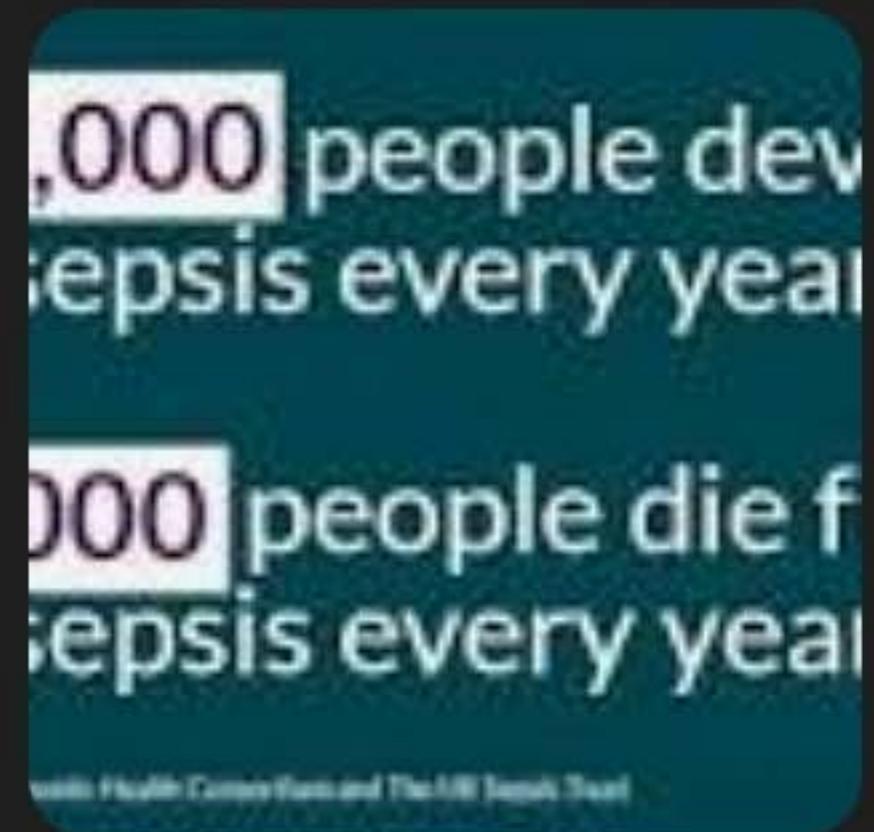
Recognizing the early symptoms of sepsis is key, and the acronym TIME can help: 

- **T: emperature:** Body temperature is higher or lower than normal. 
- **I: nfection:** May have symptoms of an infection, such as a cough or painful urination. 
- **M: ental decline:** May be confused, drowsy, or difficult to rouse. 
- **E: xtreme illness:** May be in severe pain, have shortness of breath, or feel generally unwell. 

What is the golden rule of sepsis?



NICE advice says that high-risk sepsis patients should **get antibiotics and IV fluid treatment within the hour**. If it takes longer than an hour to get someone to hospital, GPs or paramedics can also administer antibiotics.



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Septic Shock

- **A Severe Form of Sepsis:** Septic shock is a dangerous complication of sepsis characterized by extremely low blood pressure, which can lead to organ failure.
- **Symptoms:** In addition to sepsis symptoms, signs of septic shock include pale and cool arms and legs, and decreased urine output.

Why Public Awareness Matters

- **Early Detection Saves Lives:** Quick recognition of sepsis symptoms and prompt medical intervention are crucial for improving outcomes and survival. 
- **Bridging the Gap in Knowledge:** Despite ongoing awareness campaigns, public knowledge of sepsis symptoms and definition remains low, and there is a recognized need for more effective public education. 

A strong slogan for sepsis awareness is "Sepsis: Suspect it. Recognize it. Act on it."

This slogan effectively emphasizes the need for timely action

when sepsis is suspected. [Sepsis Alliance](#)

also uses the slogan "Suspect Sepsis. Save

Lives." which highlights the importance of

early recognition and treatment. Another ef-

fective slogan is "Sepsis: It's About TIME™",

which uses the acronym T.I.M.E. to help peo-

ple remember the key signs of sepsis:

Temperature, Infection, Mental decline, and

Extremely ill, [Sepsis Alliance](#).

