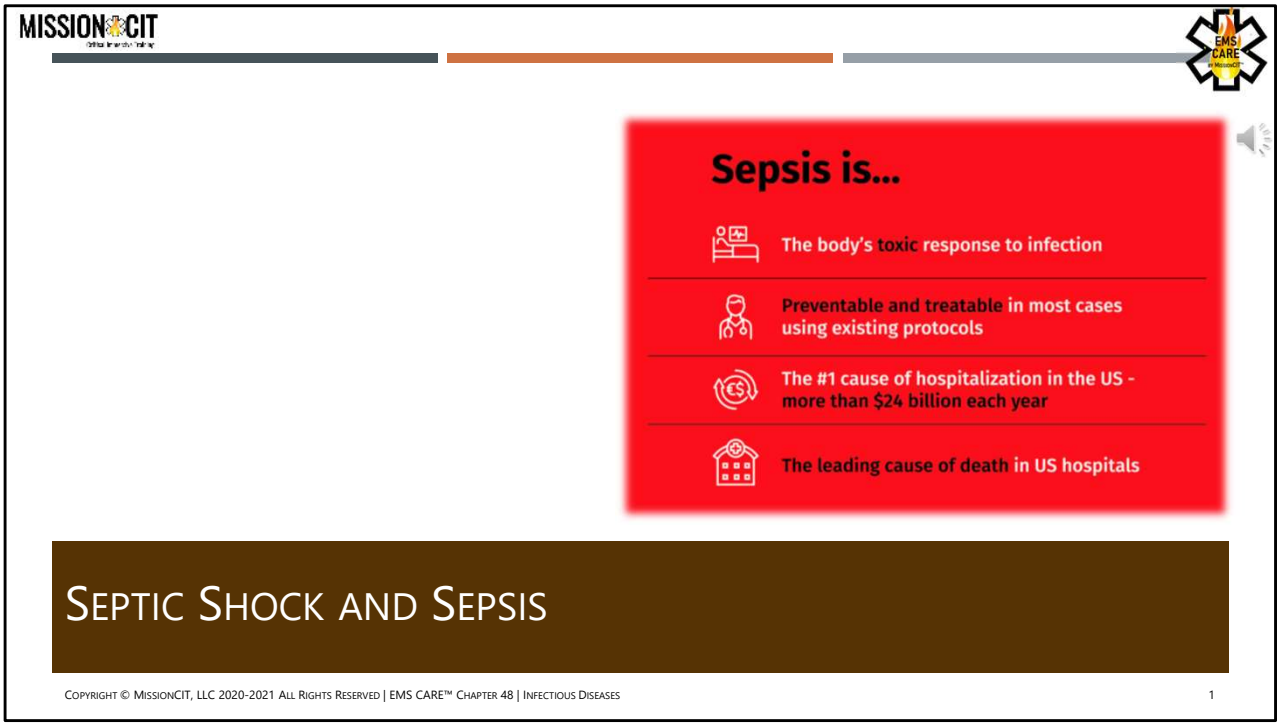



Thank you, Justin!

Welcome to this lesson where we talk about Septic shock and sepsis.

It is the result of an infection, and can have a drastic impact on the body, sometimes even becoming life-threatening. If not recognized early and managed promptly, it can lead to septic shock, multiple organ failure, and death.

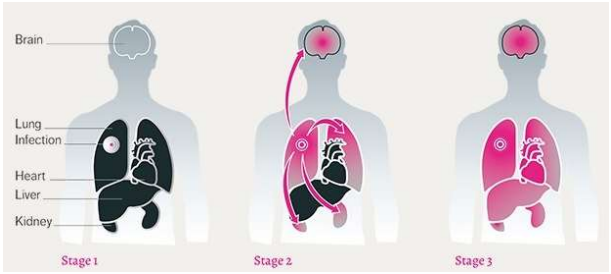
Let us learn all about it in this lesson.

## Body's Response to Infections

- Serious condition where the immune system attacks the body

Three stages:

- First stage – Infection reaches the bloodstream and causes inflammation
- Second stage – Affects the functioning of organs
- Third stage – Significant drop in blood pressure and can lead to organ failures



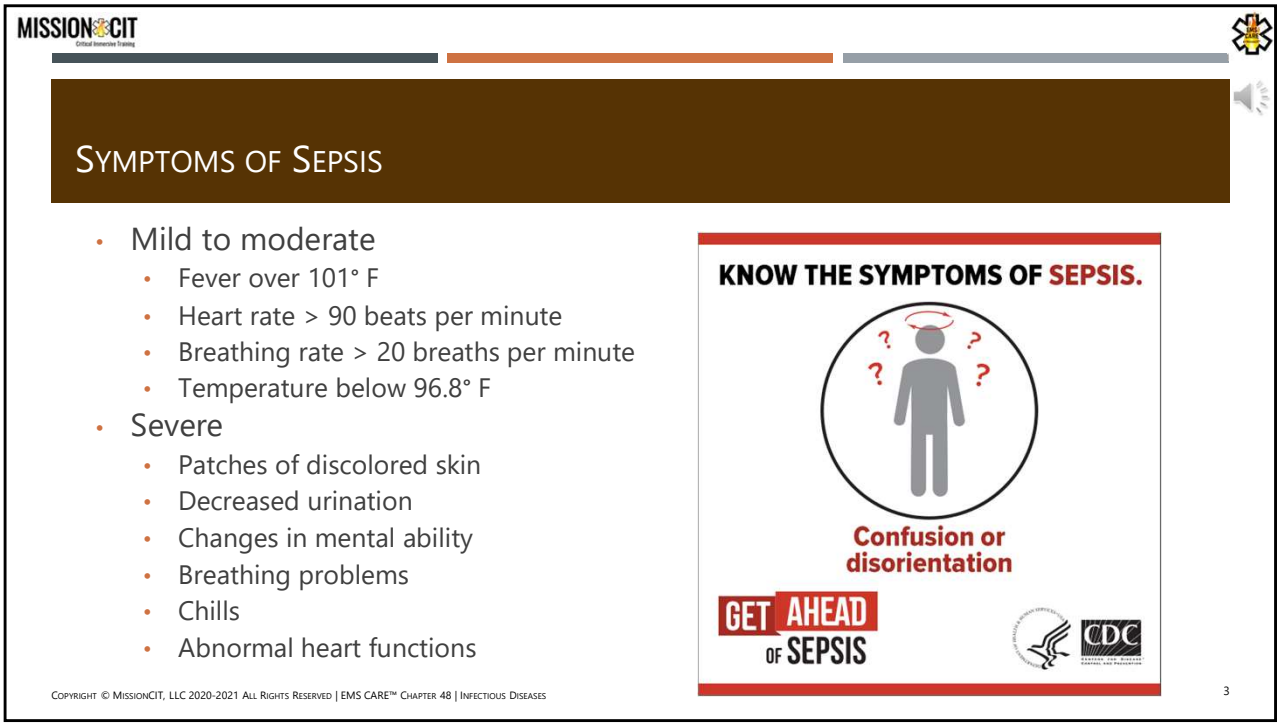

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Sepsis is a potentially serious condition where the immune system attacks your body. In other words, this condition occurs because of your body's response to an infection. Though it may sound strange, the immune system designed to protect you from infections, can go into an overdrive mode and release chemicals into the bloodstream.

There are three stages of sepsis. In the first stage, the infection reaches the bloodstream and causes inflammation in the body. In the second stage, the infection affects the functioning of organs such as the

heart and kidneys. And in the third stage, there is a significant drop in blood pressure and this could lead to stroke or organ failures. This stage is called Septic shock.




The symptoms during a moderate septic shock are:

- A fever with a temperature of over 101 degrees Fahrenheit.
- Heart rate with more than 90 beats per minute.
- A breathing rate that's higher than 20 breaths per minute.
- Temperature below 96.8 degrees Fahrenheit.

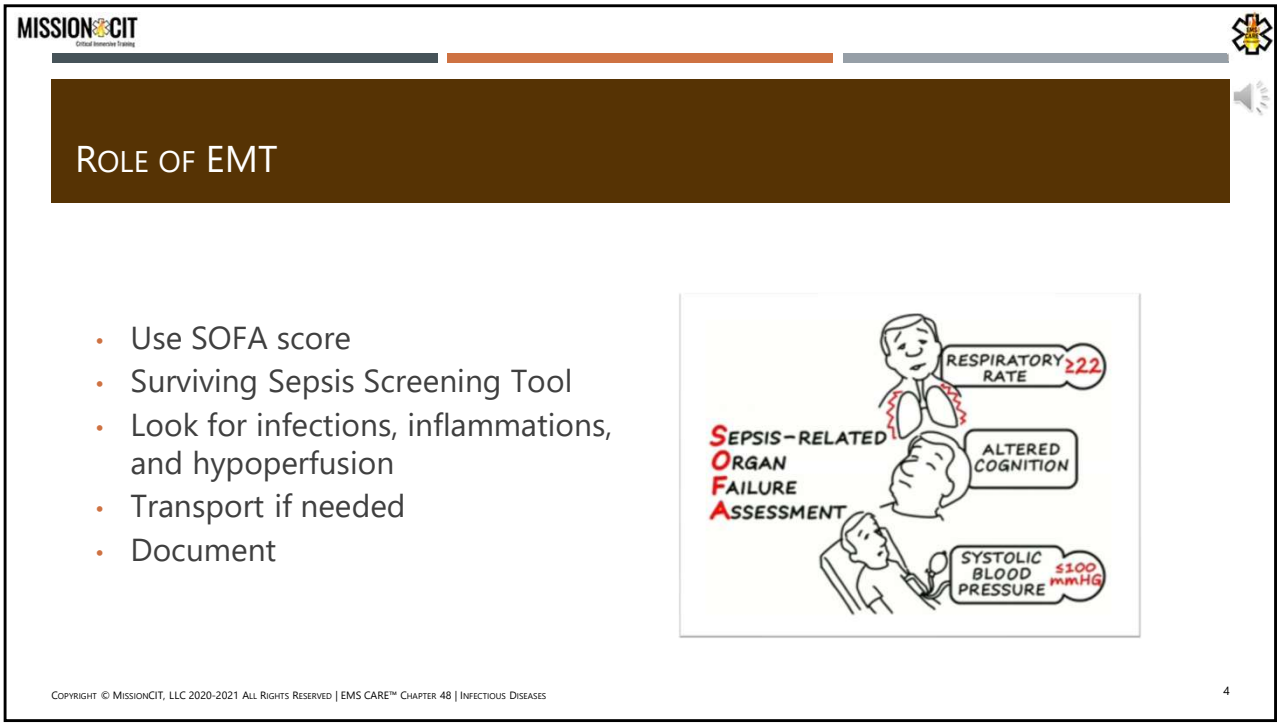
Out of these, the patient must have at least one of the two symptoms.

In severe cases, the patient will have one or more of

these symptoms.

- Patches of discolored skin.
- Decreased urination.
- Changes in mental ability.
- Breathing problems.
- Extreme weakness.
- Chills, and.
- Abnormal heart functions.

All symptoms are accompanied by low blood pressure.




A quick way to diagnose septic shock is to use the SOFA score. It is a three-point score, where one point is assigned for blood pressure that's lower than 100 mmHg, respiratory rate is greater than 22 breaths per minute, and the Glasgow coma scale is less than 15. The severity of the patient's condition and the possibility for septic shock increases with more points.

Additional tools such as the Surviving Sepsis screening tool can help evaluate the patient's history of infections and predict the sign of organ dysfunction.

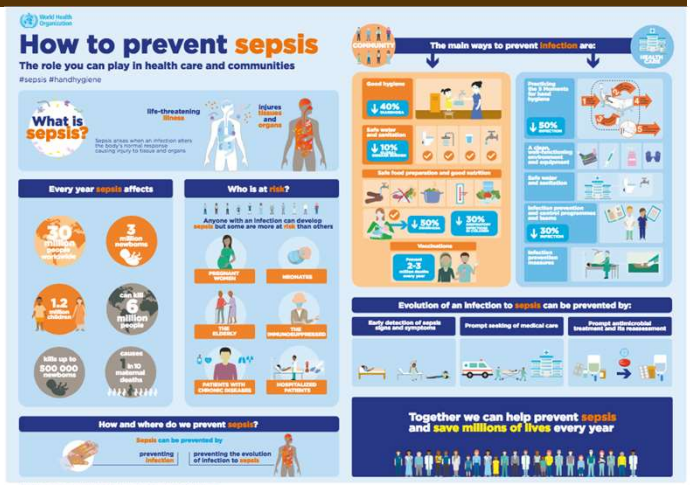
As an EMT, look for infections, inflammations, and

hypoperfusion. Depending on the patient's condition, start resuscitation and provide oxygenation if needed. Transport the patient to the hospital and document everything.

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## How to Prevent Sepsis

- Prevention of microbial transmission and infection
- Prevention of an infection evolving into sepsis




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Here is a handout from World Health Organization, WHO.

It explains:

- What sepsis is.
- What percentage of the community is affected by sepsis every year.
- The people at risk due to sepsis.
- How and where do we prevent sepsis.
- The main ways to prevent infection, and.

- How the evolution of a sepsis infection can be prevented.

Take some time to read the handout for detailed information.