



Sepsis Train the Trainer: Family, Caregivers & Ancillary Personnel

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≡ **Insights from IOM Sepsis Workshop**

- **Focus on family and caregiver role in recognition**
- **Covid-19 may teach us things that could improve sepsis diagnosis**
- **Early sepsis diagnosis and intervention can improve patient outcomes.**
- **Quality improvement initiatives can drive behavior change to improve patient care**



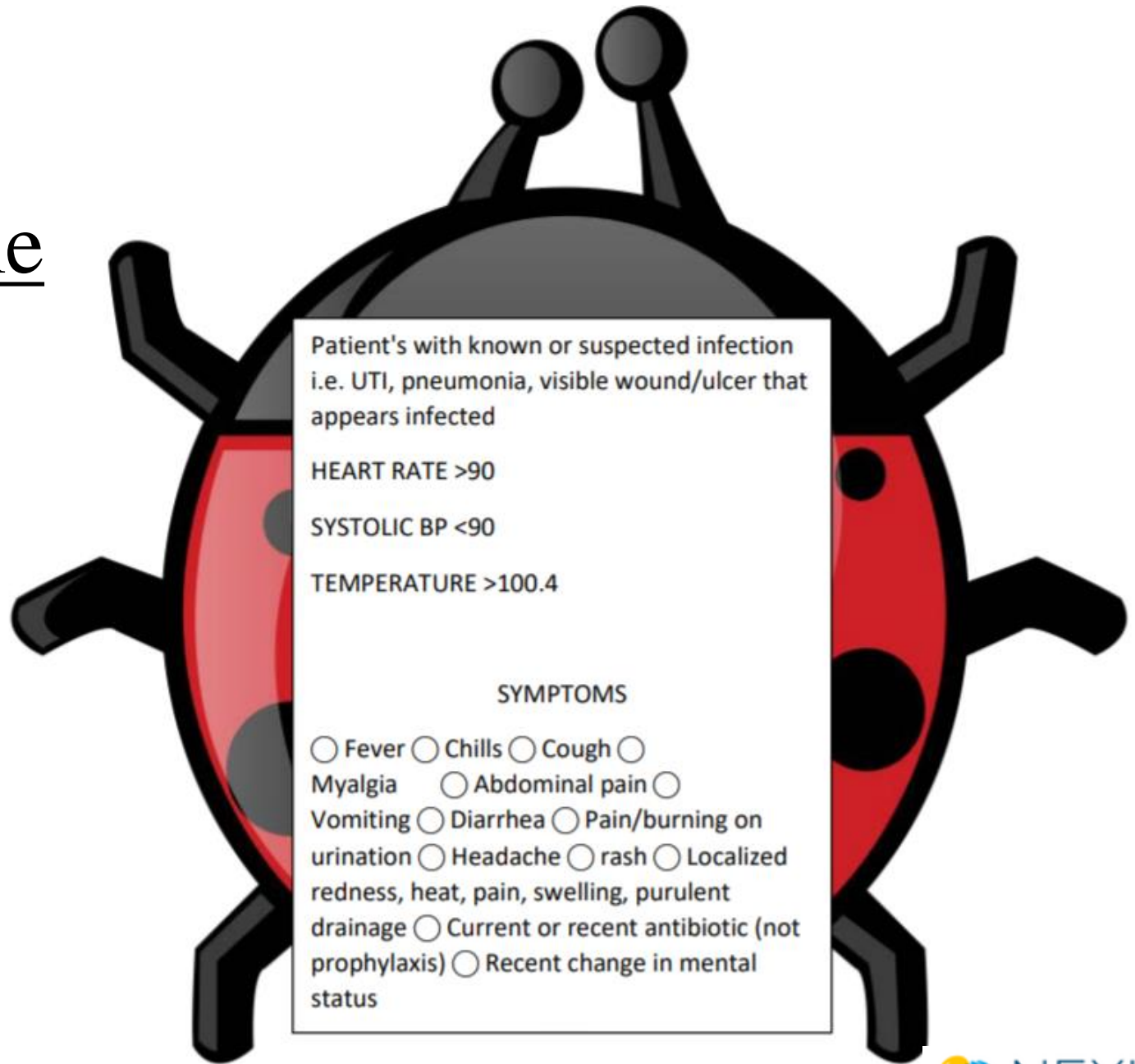
STOP AND WATCH

- S** Seems different than usual
- T** Talks or communicates less
- O** Overall needs more help
- P** Pain – new or worsening; Participated less in activities

- a** Ate less
- n** No bowel movement in 3 days; or diarrhea
- d** Drank less

- W** Weight change
- A** Agitated or nervous more than usual
- T** Tired, weak, confused, or drowsy
- C** Change in skin color or condition
- H** Help with walking, transferring, toileting more than usual

Systemic
Inflammatory
Response Syndrome
(SIRS) CRITERIA
(STARFORUM
BUG)





Patient Safety Movement: Roles for All

- Family
- Certified Nursing Assistant
- Nursing supervisor
- Medical Director
- On Call Physicians
- Sepsis Coordinators
- Laboratory

≡ Patient Safety Movement: Patient & Family Engagement

Create materials or resources (website, classes, pamphlets, videos, etc.) for residents and families regarding :

A. Sepsis: what it is, risks, prevention, early detection, management, possible trajectory (ICU, post-ICU), outcomes

i. How you, as the patient or family member, can participate in prevention and early detection

B. The SNF's sepsis program –what, when, who, etc.? e.g., screening, code sepsis, etc.

C. Who and how to contact if the family suspects sepsis

≡ Patient Safety Movement: Communication

Implement standardized protocols for patient/family engagement/communication

- Coordinate with family or caregiver to reduce sepsis risk factors and identify clinical indicators at first sign
- Disclose all sepsis related events
- Provide an explanation as to why/how the sepsis occurred;
- Explain how the effects of sepsis will be minimized; and
- Discuss/state steps that the caregiver or organization will take to prevent recurrences of sepsis

SEPSIS PNEMONIC FOR FAMILY MEMBERS

S = Slurred Speech/ or Confusion

E = Extreme Pain in Joints

P = Passing little urine

S = Severe breathlessness

I = “It feels like I am going to die”

S = Skin that’s mottle, pale or discolored

≡ Signs & Symptoms of Sepsis



**Shivering, fever,
or very cold**



**Extreme pain
or discomfort**



**Clammy, or
sweaty skin**



**Confusion or
disorientation**



Short of breath



High heart rate

