Sepsis

Anne Hunt: Sepsis Lead Nurse
Kate Harding: Creative Practitioner

East and North Hertfordshire NHS Trust
What is Sepsis?

- Sepsis is when the body overreacts to infection.
- As well as fighting the infection, the body attacks itself.
- This can cause lasting damage or even death.
How do you get Sepsis?

- Always starts with an infection
- Most often a Chest Infection, then
  - Urine Infection
  - Tummy Infection
  - Skin Infection
- Some people’s bodies find it more difficult to fight infection
  - They may be more likely to get Sepsis
Early Stages of Sepsis

• Feels like
  • Flu
  • Tummy upset
  • Chest infection

• Call NHS 111 and say you are worried about Sepsis

• #SaySepsis
Danger signs that need urgent attention

- S Slurred speech or confusion
- E Extreme shivering or muscle pain
- P Passing no urine (in a day)
- S Severe breathlessness
- I It feels like I am going to die
- S Skin blotchy or discoloured

Call 999 #SaySepsis
How bad is Sepsis?

In one year, in the UK:

• At least 150 thousand people have sepsis
• 44 thousand people die of sepsis
• 13 thousand of these lives could possibly have been saved with the right treatment
What about people with a Learning Disability?

• People with Learning Disabilities die younger (Heslop et al, 2013)

• People with Learning Disabilities are five times more likely to be admitted to hospital with a chest or urine infection (Hosking et al, 2017)

• Chest Infections and Sepsis are the main causes of early death in people with Learning Disabilities (LeDeR, Feb 2018)
What are we doing about it?

- Multiagency working
  - ENH sepsis team
  - HCC health liaison team
  - HPFT Lead nurse for quality
  - UH/HPFT LD Consultant Nurse
  - Adult safeguarding team
  - Matrons
In Lister Hospital

• We do extra checks on People with Learning Disabilities to make sure they don’t get Sepsis
  • If we think they have Sepsis we treat them quickly
  • #ThinkSepsis

• We teach nurses & care assistants to take extra care when assessing people to find out how they are feeling
  • Listen carefully to person’s, family’s / carers’ worries
  • Look for changes from usual behaviour
  • Learning Disabilities nurses helping teach about reasonable adjustments
  • Promote the Purple folder
  • #ThinkSepsis
In Lister hospital continued...

• Sepsis symptom cards being given out with every prescription of antibiotics
  • Emergency department
  • Discharges from wards
  • Easy read for People with Learning Disabilities
In the Community

• Teaching people with Learning Disabilities, carers and nurses to recognise the early signs of Sepsis and when to get help
  • Top to Toe Sepsis Information
  • Easy Read Sepsis leaflet
  • Physical Health Conference (HPFT)
  • Better Health, Better Me conference (HCC)

• #ThinkSepsis
In the Community continued...

• Working on a song with Kate Harding, Creative Practitioner, to reach more independent People with Learning Disabilities who are well & not in regular contact with health services

• #SaySepsis