



Confident Care In Aged Care



CONFIDENT BITE ISSUE 2

SEPSIS



Recognise it. Respond quickly. Save lives.

WHAT IS SEPSIS?

Sepsis is a life-threatening condition caused by the body's response to infection damaging its own tissues and organs.

- It can lead to organ failure, shock, and death if not treated quickly.
- Sepsis is a medical emergency - **act fast.**

CAUSES OF SEPSIS

Sepsis develops from infections such as:



Lung infection



Urinary tract infections



Abdominal infections



Skin infections

Often starts as a common infection that worsens quickly.

WHO IS AT RISK?



Anyone with an infection that is not improving



People with chronic diseases



People with weakened immune systems



Infants and young children

S

Slurred speech or confusion



E

Extreme shivering, fever, or muscle pain



P

Passing no urine all day



S

Severe breathlessness



I

I feel like I might die



S

Skin mottled, pale, or discoloured



i In older individual, confusion, weakness, or sudden decline may be the only signs.

WHAT TO DO - ACT FAST

HOW IS SEPSIS TREATED?

PREVENTION

- 1 RECOGNISE**
Know the signs of sepsis
- 2 ESCALATE**
Escalate immediately if sepsis is suspected.
- 3 CALL 000**
Call Triple Zero (000) in an emergency
- 4 SEEK CARE**
Seek urgent medical care

- ✓ Antibiotics to treat infection
- ✓ Fluids to stabilise the body
- ✓ Tests to identify the source of infection
- ✓ Possible surgery in some cases
- ✓ Severe cases may require ICU care

- ✓ Hand hygiene and infection control
- ✓ Vaccination
- ✓ Early treatment of infections
- ✓ Clean wounds and safe care practices

KEY TAKEAWAYS



Sepsis is common and serious- but it is treatable



Symptoms may be subtle in older people



Confusion is a major red flag



Escalate early- your action can save a life.

