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*The content was reviewed in September 2021 and remains current.*
INTRODUCTION

The Centers for Disease Control and Prevention (CDC) describes sepsis as “the body’s extreme response to infection.” Health care personnel know it is a life-threatening medical emergency requiring timely intervention to prevent tissue damage, organ failure, and death. The likelihood of dying from sepsis increase by 8 percent for every hour treatment is delayed:

- Sepsis is the leading cause of death in hospitals in the U.S.
- More people die from sepsis (approximately 258,000 every year or one person dying every two minutes) than from prostate cancer, breast cancer and Acquired Immune Deficiency Syndrome (AIDS) combined.
- Consider more than 1.6 million people are diagnosed with sepsis every year in the U.S.; that is one every two seconds. Unfortunately, the incidence is rising by 8 percent every year.
- It is estimated up to 80 percent of sepsis deaths could be prevented with rapid diagnosis and treatment.

Hospitals are required to report on the percentage of patients who received appropriate care for severe sepsis and septic shock (source: hospital compare). Emergency department and hospital providers work very hard to identify the signs and symptoms of sepsis and initiate treatment within a tiny window of time to minimize the risks of complications and death.

To improve the clinical outcomes for their patients and based on research shows admissions from nursing homes are more likely to be for septicemia, hospitals are beginning to partner with skilled nursing (SN) and long-term care (LTC) to improve the early recognition and intervention for signs and symptoms of sepsis.

This toolkit is a result of those partnerships developing in Nevada when sepsis coordinators from a hospital system reached out to a small group of nursing homes they receive transfers from to provide education to the clinical staff. Since the sepsis coordinators are familiar with hospital practices rather than SN or LTC practices, Comagine Health joined the collaboration to provide tools and resources which could be used to implement changes aimed at improving early recognition and intervention for signs and symptoms of sepsis.

To find out more, watch this video on how we introduce the sepsis toolkit to the nursing home community: https://youtu.be/mwWc9JC8Yu0.
STAFF EDUCATION

This section contains tools and resources to assist in building knowledge and assessing comprehension of content related to sepsis.

Sepsis: What do we need to know? Registered Nurse (RN) Education Presentation

Description: Clinical presentation designed to provide nurses with knowledge about the scope and severity of sepsis morbidity and mortality. The content covers:

- Risk factors for developing sepsis
- Differences between sepsis, severe sepsis and septic shock
- Pathophysiology behind sepsis
- Sepsis treatment (elements of the hospital core measure)
- RNs role in the treatment of the septic patient

Available at: https://comagine.org/resource/2080
Source: Marlena Gonzales, sepsis coordinator, MountainView Hospital
Intended audience: Licensed nurses

Sepsis: What do we need to know? RN Education Post-Test and Answer Key

Description: Ten-item test to evaluate comprehension of the content covered in the Sepsis: What do we need to know? RN Education Presentation.

Available at: https://comagine.org/resource/2082
Source: Marlena Gonzales, sepsis coordinator, MountainView Hospital
Intended audience: Licensed nurses

Certified Nursing Assistant (CNA) Sepsis Education Presentation

Description: Presentation designed to increase knowledge and understanding about:

- What sepsis is and what causes sepsis
- Who is at risk for developing sepsis
- Signs and symptoms to be aware of while caring for residents
- Importance of early recognition
- Their role in prevention and recognition

Available at: https://comagine.org/resource/2087
Source: Marlena Gonzales, sepsis coordinator, MountainView Hospital
Intended audience: CNAs
CNA Sepsis Education Post-Test and Answer Key

Description: Five-item test to evaluate comprehension of the content covered in the CNA Sepsis Education Presentation.

Available at: https://comagine.org/resource/2083

Source: Marlena Gonzales, sepsis coordinator, MountainView Hospital

Intended audience: CNAs

Sepsis Screening Flowchart

Description: A tool designed to provide a visual road map for early recognition and intervention for signs and symptoms of sepsis. It outlines the actions of the CNA in monitoring a resident’s vital signs and communicating any values that indicate a systemic inflammatory response syndrome (SIRS) to the nurse. SIRS is followed by an outline of actions the nurse takes to contact the physician and assess organ dysfunction. A Situation, Background, Assessment and Recommendation (SBAR) format for communication to the physician is included when notifying the physician of suspected sepsis.

Available at: https://comagine.org/resource/2084

Source: Comagine Health

Intended audience: CNAs, licensed nurses

Severe Sepsis Screening Tool for Nursing Homes

Description: A checklist for SIRS to be completed by the CNA and a list for the nurse to follow when assessing for severe sepsis.

Available at: https://comagine.org/resource/2085

Source: Comagine Health

Intended audience: CNAs, licensed nurses

Sepsis Nursing Protocol – Sample

Description: This document provides a basic structure for SN and LTC facilities to develop a nurse-driven sepsis protocol. The purpose is to create and use a standardized, physician-approved approach to identifying and intervening with sepsis as early as possible. The outline follows the actions presented in the sepsis screening flowchart.

Available at: https://comagine.org/resource/2086

Source: Comagine Health

Intended audience: CNAs, licensed nurses
HANDOUTS AND POSTERS

Sepsis Infographic (CDC)

Description: A visual presentation of information about how to prevent sepsis, common infections that can lead to sepsis, and the signs/symptoms of sepsis developed by the CDC. It can be printed and posted throughout the organization to provide education, as well as to engage everyone in the prevention and recognition of sepsis.

Available at: https://stacks.cdc.gov/view/cdc/59352

Source: CDC

Intended audience: All staff, residents, patients, family members and visitors

Sepsis Fact Sheet (CDC)

Description: This fact sheet was developed by the CDC to communicate important information about sepsis, signs/symptoms, diagnosis, treatment and actions to help prevention. Resources for more details are also provided.

Available at: https://www.cdc.gov/sepsis/pdfs/Consumer_fact-sheet_protect-yourself-and-your-family-P.pdf

Source: CDC

Intended audience: Residents, patients, family members and visitors. It may also be used with all staff.

Signs of Infection and Sepsis at Home – “Stoplight” flyer

Description: This is a two-page (front and back) document using the green-yellow-red zone format to support the identification of changes in health status and prompt action by a person recovering from or at-risk for sepsis or (their caregiver). The second page encourages the development of a plan for how the person will prevent infection.

Available at: https://www.tmfnetworks.org/Portals/0/Resource%20Center/Sepsis%20Stoplight%20flyer_Eng%20508.pdf

Source: TMF Quality Innovation Network

Intended audience: Residents, patients, family members recovering from or at-risk for sepsis

Life After Sepsis Fact Sheet (CDC)

Description: This fact sheet was developed by the CDC to communicate important information about recovery from sepsis. The fact sheet helps set expectations for how the healing will progress (what is normal) and actions that can be taken to support recovery when at home. Potential long-term effects are covered, as well as resources for more information.

Available at: https://www.cdc.gov/sepsis/pdfs/life-after-sepsis-fact-sheet.pdf

Source: CDC

Intended audience: Residents, patients, family members recovering from sepsis
COMAGINE HEALTH
CONTACT INFORMATION

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