



IHPI BRIEF:

WHAT YOU NEED TO KNOW ABOUT

Sepsis



WHAT IS SEPSIS?

Sepsis is a life-threatening, extreme immune response to infection. Without early detection and appropriate treatment, sepsis can rapidly lead to tissue damage, organ failure, and death. More than 1 million Americans develop sepsis each year, and 250,000 will die. Sepsis most often occurs in people over the age of 65, infants less than one year of age, and those who have other chronic diseases or weakened immune systems. It is also one of the most expensive conditions to treat in U.S. hospitals.

TAKEAWAYS FROM OUR RESEARCH ON SEPSIS

SEPSIS IS A MAJOR PUBLIC HEALTH CONCERN



Sepsis remains significantly underrecognized, and contributes to 1/3 of all deaths in hospitals.



Complications and rehospitalizations among sepsis patients are common.



Sepsis causes cognitive impairment and/or disability in 3 out of 5 older survivors.

OUR EVIDENCE SHOWS HOW TO IMPROVE SEPSIS CARE ACROSS THE DELIVERY SYSTEM



More rapid sepsis identification and treatment saves lives.



More intensive sepsis treatment in intensive care units (ICUs) can save lives without increased costs.



Requirements for hospitals to adopt evidence-based sepsis response plans (such as New York's "Rory's Regulations") have contributed to reduced deaths from sepsis, lengths of stay, and average time to treatment.



Better follow-up care is needed to improve outcomes and prevent rehospitalizations.



Post-ICU clinics and peer support can help patients and families recover from sepsis.

EVIDENCE-BASED POLICIES ARE NEEDED TO IMPROVE SEPSIS CARE

Our research indicates that states should consider reforms such as New York's "Rory's Regulations" to support hospitals in developing protocols for early diagnosis and treatment of sepsis.

Hospital response plans should:

- Develop ways that work for their hospital to promptly identify patients with sepsis and quickly deliver antibiotics, and, as appropriate, intravenous fluids.
- Distinguish patients for whom standard therapy should be customized.
- Ensure post-discharge support and follow-up care.
- Use the CDC-recommended definition of sepsis for benchmarking and ongoing quality improvement.



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SEPSIS CARE STUDIES BY IHPI MEMBERS:

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