

## Sepsis (Critical Diagnosis)

1/22/2017

### Definitions:

**SIRS = four criteria => Temp >38C or <36C, HR >90, RR >20, WBC >12**

**Sepsis = SIRS + a source of infection (PNA, UTI, meningitis, skin infection etc)**

### Approach to patient with sepsis

- 1) Does patient have severe sepsis?
  - **severe sepsis = sepsis + organ dysfunction**
  - **Organ dysfunction (one of): ↑ Cr, Bili, INR, lactate (>2.0), AMS, hypotension**
- 2) Give **3hr ED bundle** to patients with severe sepsis
  - Measure lactate (if you haven't already)
  - Blood cultures
  - Antibiotics
- 3) Does the patient have septic shock?
  - **Septic shock = sepsis with hypotension (esp if already got fluids) or lactate >4.0**
- 4) Give patients with septic shock 30 mL/kg crystalloid
- 5) If blood pressure is still low start **vasopressors** (usually norepinephrine)

### Quick Facts

- You'll do well if you know cold the definitions of: SIRS, sepsis, severe sepsis, and septic shock
- Septic patients have high mortality, they are some of the sickest patients on your list
- Aggressive early resuscitation hit mainstream after the 2001 article by Rivers et al

### References:

Rivers, E., Nguyen, B., Havstad, S., Ressler, J., Muzzin, A., Knoblich, B., ... & Tomlanovich, M. (2001). Early goal-directed therapy in the treatment of severe sepsis and septic shock. *New England Journal of Medicine*, 345(19), 1368-1377.