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: