

Joydens Wood Pharmacy

2 Birchwood Parade, Wilmington, Kent, DA2 7NJ

Tel & Fax: 01322 522711

Email: joydenswoodpharmacy@aah-n3.co.uk

Opening Times

Monday 9am - 6.30pm
Tuesday 9am - 6.30pm
Wednesday 9am - 6.30pm
Thursday 9am - 6.30pm
Friday 9am - 6.30pm
Saturday 9am - 4.00pm
Closed for Lunch 1pm - 2pm

Your FREE Healthy Living Leaflet for April 2019

1. What is sepsis?
2. How many cases are there in the UK each year?
3. Who is most at risk of getting sepsis?
4. What are the symptoms in older children and adults?
5. When should you call 999 for possible sepsis symptoms in under 5 year olds?
6. What happens if my condition becomes worse?
7. What does this mean?
8. Where is serious sepsis treated?
9. How is sepsis treated?
10. How long would I have to stay in hospital?



Answers on the bottom of page two

What is sepsis?

Sepsis was previously known as septicaemia or blood poisoning. It is the body's reaction to an infection and means your body attacks its own organs and tissues. At least 250,000 people get sepsis in the UK each year with at least 46,000 dying from the condition.

Sepsis can move from a mild illness to a serious one very quickly which is extremely frightening for patients and their relatives.

Sepsis is caused by an infection that may start in any part of your body like a chest infection, a urine infection, a burst ulcer or an infected cut or wound.

risk?

Often people who get sepsis are in good health but there are some groups who are more likely to be susceptible including people who are

- Very young or very old
- Diabetics
- On long term steroids or chemotherapy
- Have had an organ transplant
- Are malnourished
- Have serious liver disease
- Have a serious illness which affects their immune system
- Have an infection or complication after an operation
- Are pregnant or just had a baby

Who is most at



What are the symptoms in older children and adults?

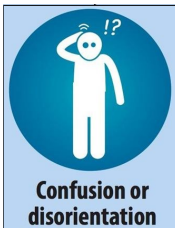
The early symptoms of sepsis may include:

- ♦ A high temperature (fever) or low temperature
- ♦ Chills and shivering
- ♦ A fast heartbeat
- ♦ Fast breathing

As the condition worsens your blood pressure may drop to a dangerously low level which means:

- ♦ your organs will not be getting enough blood and oxygen so they could fail
- ♦ you won't have needed to urinate
- ♦ you find it difficult to breathe
- ♦ you may become confused
- ♦ you may swell with fluid.

By this time, you will need urgent medical care and hopefully have been taken to intensive care in hospital



antifungals or antivirals depending on the type of infection you are suffering from. It may take your care team some time to find the drug that is best for you.

The team will also support your organs by helping your blood pressure through extra fluids and/or strong drugs and taking over some of their functions like dialysis to help your kidneys recover and help with your breathing.

They will also make sure you have enough food and liquid by putting a thin tube up your nose and down into your stomach or putting a tube in your hand to drip feed you. You will be given painkillers if you need them to make you more comfortable.

How long will I have to stay in hospital?

The length of time you stay in hospital will depend on how ill you are and how long you take to get better. You will only leave intensive care when you no longer need special drugs and machines to support your body and you are strong enough to cope in a general ward. Even after you leave hospital you will only slowly get better and it may take up to 18 months to feel strong and well again.

For under 5-year olds when should I go straight to A&E or call 999?

You should go straight to A&E or call 999 if your child

- * Looks mottles, bluish or pale
- * Is very lethargic or difficult to wake
- * Feels abnormally cold to touch
- * Is breathing very fast
- * Has a rash that does not fade when you press it
- * Has a fit or convulsion.

How is sepsis treated?

Sepsis is treated by giving strong antibiotics,

ALWAYS SEEK MEDICAL HELP URGENTLY IF YOU DEVELOP ANY OF THE FOLLOWING

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine in a day
- S**evere breathlessness
- I**t's the worst you've ever felt
- S**kin mottled or discoloured

JUST ASK "COULD IT BE SEPSIS?"

If you would like more information on this or any health-related topic, please talk to a member of our trained team.

Answers: Q1, It is the body's reaction to an infection and means your body starts attacking its own organs and tissues. Q2, 250,000. Q3, The very young or old, diabetics, people who are malnourished, have serious liver disease, an illness that affects their immune system, an infection after an operation, are on long term steroids, are pregnant or have just given birth. Q4, High temperature, chills and shivering, fast heartbeat and fast breathing. Q5, If the child is looking mottled/bluish, lethargic, cold to touch, breathing very fast, has a rash that does not fade, has a fit. Q6, Your blood pressure may become very low. Q7, Your organs will not get enough blood and oxygen, you won't have needed to urinate, you might find it difficult to breathe, you may become confused, and swell up with fluid. Q8, In critical care wards or hospitals. Q9, Giving you strong drugs, supporting your body's organs, helping you breathe, making sure you have enough food and liquid, painkillers. Q10, This will depend on how ill you are and how long you take to get better.