Sepsis Prevention: Three Part Series – Part Two

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Senior Quality Improvement Facilitator
Zoom Chat Function

Open Chat

To open chat, hover over the bottom of the meeting screen and click on the chat icon.

Be sure to enter your name, title, and organization into the chat box.
Sepsis Prevention Series: Part Two

In chat, type in the following:
- Organization name and state
- Who is in the group with you?

- Be engaged
- Limit multitasking
- Come prepared
- Be ready to share – use chat or press *6 to speak verbally
<table>
<thead>
<tr>
<th>Topic</th>
<th>Who</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>Gina</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Discussion of Action Period</td>
<td>Everyone</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Presentation – Early Detection of Sepsis</td>
<td>Gina</td>
<td>25 minutes</td>
</tr>
<tr>
<td>Discussion/Questions</td>
<td>Everyone</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Next Steps/Action Period</td>
<td>Gina</td>
<td>5 minutes</td>
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</tbody>
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Objectives

- Learn from each other while sharing your action
- Implement a program and tools to improve communication in change of condition and early identification of sepsis
- Challenge you to try out new resources and tools during the action period
Discussion of Action Period

Five steps to improving hand hygiene

1. Accessibility of hand hygiene
2. Assessment of facility policy
3. Assessment of training and competency
4. Assessment of staff performance
   - iScrub App
   - monitor 10 performances
5. Provide feedback

What other tools and resources did you find useful?
Early Identification of Infections is Key

- A number of infections, if caught early, may be treated in the nursing home
- Once sepsis is identified the patient should be transferred (unless advanced directives indicates otherwise)

“The only way to prevent sepsis is to prevent infections from occurring in the first place.”


Sepsis Facts

- Sepsis is the **#1** cause of hospital readmissions
- Costing more than $20 **BILLION** in 2018
- 1.7 **MILLION** adults develop sepsis annually
- Accounts for **270,000** deaths per year
- 19% of people hospitalized with sepsis need to be re-hospitalized within 30 days

http://www.cdc.gov/vitalsigns/sepsis/index.html
Sepsis Awareness Survey

- Each year in the US, sepsis takes more lives than opioids, breast cancer, and prostate cancer combined
- One-third of adults (91 million) do not know the symptoms
- Only 14% could correctly identify the symptoms of sepsis
- 1% have never heard of diabetes or stroke, whereas 22% never heard of sepsis

Sepsis Requires a Rapid Response

- Sepsis takes a life every two minutes
- For every hour delayed the risk of death increases as much as 8%
- As many as 80% of sepsis deaths could be prevented with rapid diagnosis of treatment

Sepsis Awareness Toolkit
https://www.sepsis.org/sepsis-awareness-month-toolkit/

https://www.sepsis.org/education/resources/posters-and-infographics/
S.E.P.S.I.S.

S: Shivering, fever, or very cold
E: Extreme pain or general discomfort ("worst ever")
P: Pale or discolored skin
S: Sleepy, difficult to rouse, confused
I: “I feel like I might die.”
S: Short of breath

Protect Your Patients from Sepsis
Examples of Sepsis Screening Tools

In the setting of suspected infection, **Systemic Inflammatory Response Syndrome (SIRS)** criteria are met if ≥2 are present:

- Heart Rate >90 beats/min
- Respiratory Rate >20 breaths/min
- Temperature >38 or <36 degrees Celsius
- White Blood Cells >12,000 or <4,000 cells/microliter or ≥10% bands


**Quick Sequential Organ Failure Assessment score (qSOFA)** criteria are met if the patient has ≥2 of the following:

- Respiratory Rate >22 breaths/min
- Altered Mental Status (Glasgow Coma Scale <15)
- Systolic Blood Pressure ≤ 100 mm


Early Identification and Management of Sepsis in Nursing Facilities: Challenges and Opportunities

[https://www.jamda.com/article/S1525-8610(18)30173-7/fulltext](https://www.jamda.com/article/S1525-8610(18)30173-7/fulltext)
What are potential long-term effects of sepsis?

- Insomnia, difficulty getting to or staying asleep
- Nightmares, vivid hallucinations, panic attacks
- Disabling muscle and joint pains
- Decreased mental (cognitive) function
- Loss of self-esteem and self-belief
- Organ dysfunction (kidney failure, lung problems, etc.)
- Loss of hands, arms, legs, or feet (limb amputation)

Assessment Tool

Goals:
- Improve quality of care
- Prevent unnecessary transfers
- Identify early changes in condition
- Improve communication

Benefits of a tool:
- Better resident outcome
- Improve communication, assessment and documentation
- Early Identification
Your Eyes Are Best

- Know the resident best
- See changes in condition first
- Should identify important changes in the resident’s condition during their normal care routine
- Must be empowered to communicate what they know and see; be taken seriously
Stop and Watch – Early Warning Tool

- Seems different than usual
- Talks less
- Overall needs more help
- Pain, Participates less
- Ate less
- No BM in 3 days
- Drank Less
- Weight change
- Agitated
- Tired
- Change in skin color or condition
- Help with walking more than usual

https://pathway-interact.com/
Implementation of the Tool

- Keep a supply of STOP and WATCH forms in the chart room/nurses' station/at point of care
- Complete when changes are identified
- Give the form to the nurse – immediately
- Nurse to do an assessment
- Place resident on a 24-hour monitoring list
§483.35 Nursing Services

Staff Competencies in Identifying Changes in Condition

- The ability to identify and address a resident’s change in condition
- Be aware of each resident’s current health status and regular activity
- Be able to promptly identify changes that may indicate a change in health status
- Demonstrate effective actions to address a change in condition - Apply interventions to prevent condition from worsening or becoming acute

https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Nursing-Homes.html
Nursing Assessment

Physical Changes
- Walking
- Urination and bowel pattern
- Skin
- Weakness
- Falls
- Vital Signs

Behavioral Changes
- Demeanor
- Appetite
- Sleeping
- Speech
- Confusion or agitation
- Complains of pain

https://www.ahrq.gov/patient-safety/settings/long-term-care/resource/facilities/ltc/mod1sess2.html#following

Signs of Sepsis in Older Adults May be Difficult to Detect

- Mental status changes
  - Many factors can affect: Dementia, medication side effects, other causes

- Respiratory rate changes
  - Respiratory symptoms may be due to common conditions such as COPD, asthma

- Hypotension (low blood pressure)
  - May be due to cardiovascular meds, poor oral intake, age-related changes

- Tachycardia (increased heart rate)
  - Older adults may not exhibit due to cardiac conduction disease, beta-blockers, other causes

- Fever - May be absent

SBAR Communication Form

- **Situation** - what’s going on?
- **Background** – what has happened in the past?
- **Assessment** – what are your senses telling you?
- **Recommendation** – what does the doctor want to do?
INTERACT® Resources

- Communication tools
  - SBAR Communication Form
  - Stop and Watch
- Decision support tool
  - Change in Condition File Cards
  - Care Paths
- QI tools
  - Tracking logs
  - Root cause analysis

INTERACT™ Quality Improvement Program
https://pathway-interact.com/
Before You Call the Medical Provider

- Evaluate and complete the SBAR form
- Track and trend vital signs
- Review recent progress notes, labs and MD orders
- Have relevant information available – end of life preferences, allergies, medication list
- No transfer out doesn’t mean NO treatment
Four Ways to Get Ahead of Sepsis

1. Prevent infections
2. Practice good hand hygiene
3. Know the symptoms
4. Act fast

Get Ahead of Sepsis
Healthcare Providers Are Key

- Prevent infections – hand hygiene and vaccines
- Educate residents/patients and families about early symptoms of severe infection and sepsis and when to seek care
- Be sure antibiotic type, dose, and duration are correct
- Reassessment management – check resident/patient progress, reassess antibiotic therapy 24-48 hours or sooner and change therapy as needed

http://www.cdc.gov/vitalsigns/sepsis/index.html
Next Steps for Action Period

- **Continue to meet as a team** - meet one or two times per week for discussion during action periods of the three-part series
- **Review INTERACT link** - look for new opportunities for learning and tools
- **Implement the SBAR communication tool** - with 4 nurses to use over the next action period and gain feedback
- **Implement the Stop and Watch tool** - on one unit to use over the next action period and gain feedback
- **Seek new opportunities** — promote sepsis prevention and early detection to residents, their families, volunteers, and your staff using the resources provided in the slides
- **Be prepared to share** your action items during Sepsis Series part 3
Sepsis Early Detection Resources


- Sepsis 911 – Sepsis Alliance Video [https://www.youtube.com/watch?v=0KtR93zhkhU&feature=youtu.be](https://www.youtube.com/watch?v=0KtR93zhkhU&feature=youtu.be)
Sepsis Resources

- Sepsis Among the Elderly Toolkit

- Telligen Sepsis Resources
  https://www.telligenqinqio.com/?s=sepsis

- Test Your Knowledge: Sepsis Quiz

- CHA Sepsis Training Suite

- Stop Sepsis Now
  https://atlanticquality.org/initiatives/sepsis-initiative/

- The Rory Staunton Foundation for Sepsis Prevention
  https://rorystauntonfoundationforsepsis.org/

- Sepsis Alliance
  https://www.sepsis.org/itsabouttime/

- Agency for Healthcare Research and Quality
  https://www.ahrq.gov
Join Telligen QI Connect™

Benefits:

▪ Exclusive access to learning collaboratives, workshops, data tracking tools
▪ Optimize your improvement efforts to achieve your goals
▪ Free resources

Affinity Groups:

▪ Nursing Home Quality
▪ Care Transitions
▪ Opioid & Behavioral Health
▪ Chronic Disease Management
▪ Patient & Family Engagement

Telligen QI Connect™
https://www.telligenqinqio.com/join-us/
Upcoming Events

Save the Date!

- **Sepsis Prevention: Three Part Series – Part 3**
  - **March 3, 2020 @ 1:30pm - 2:30pm CST/12:30am – 1:30pm MST**
  - Sepsis Prevention Part 1 and 2 recordings

[https://www.telligenqinqio.com/events/](https://www.telligenqinqio.com/events/)
#HandHygiene  #Sepsis

IT'S IN YOUR HANDS

PREVENT SEPSIS IN HEALTH CARE

Thank You!

Please complete the evaluation coming to you by email!

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