

ENDSEPSIS

It stops with us.

What is Sepsis?

Sepsis is a medical condition that can result from any type of infection. Instead of fighting the infection, the immune system attacks its own organs and tissues, releasing chemicals that cause widespread inflammation. If not diagnosed early, sepsis can rapidly lead to tissue damage, organ failure and death. Any kind of infection can lead to sepsis: a small wound, a urinary tract infection, pneumonia, a dental abscess. When diagnosed early, sepsis can be treated with broad spectrum antibiotics and IV fluids.

The Stats on Sepsis

- **Sepsis kills more than 270,000 Americans each year:** more than breast cancer, prostate cancer, opioid overdoses, and AIDS combined.
- There are **more than a million cases of severe sepsis diagnosed each year** in the United States.
- **Hundreds of thousands of sepsis survivors are left with life-changing disabilities**, including amputated limbs and cognitive damage.
- Sepsis is the **number one cause of death in hospitals**.
- Sepsis is the **most expensive condition treated in U.S. hospitals**, costing more than \$23 billion.

Why are protocols important?

More than a million Americans develop sepsis each year. Approximately 30% die from the condition, many of them needlessly due to fatal delays in diagnosis in treatment. Sepsis protocols ensure that hospital staff receive sepsis training and that sepsis is identified and treated rapidly, which is crucial to the survival of the patient. In fact, when a patient in septic shock becomes hypotensive (the medical term for low blood pressure), chance of survival decreased by nearly 8% each hour that antibiotics are delayed.

States and individual hospital systems that have enacted common-sense, evidence-based protocols have shown substantial reductions in mortality from sepsis, as well as reductions in the cost of care:

- In their first 30 months, sepsis protocols in New York State (Rory's Regulations), **reduced the odds of dying for adult sepsis patients by 21%, resulting in more than 5,000 lives saved.**
- **Mortality for pediatric patients was reduced by 40%** when protocols were correctly administered.

What do Rory's Regulations require?

Rory's Regulations were enacted in New York State in 2013. They require hospitals to adopt protocols that provide for:

- The training of all relevant hospital in staff in the identification and treatment of sepsis
- The screening and early recognition of patients with sepsis, severe sepsis and septic shock;
- Guidelines for treatment including for early delivery of antibiotics, essential to survival;
- A process to identify and document individuals appropriate for treatment through severe sepsis protocols;
- Guidelines for treatment including for early delivery of antibiotics.

The protocols must be submitted to the state health department for approval and periodically updated. Hospitals are required to train all relevant staff in the protocols and to collect and submit all sepsis data to the state for analysis so that challenges can be identified and protocols strengthened.