

What should I do if I am concerned about having sepsis?

Early recognition and treatment of sepsis saves lives. If you or the person you are caring for is/are showing any of these signs and symptoms which are not usual, you should seek help.

Call **999** if you are very concerned.

If you are concerned, but don't think you or the person you are caring for need to go straight to hospital, call your doctor immediately.

If there is any delay in talking to your doctor call the **111** service for further advice.

Remember, call **999** if you are very concerned.

Where can I get more information?

The UK Sepsis Trust

sepsistrust.org

0808 800 0029

NHS UK

nhs.uk/conditions/sepsis

You can receive help with queries about Bromley Healthcare services from our Care Coordination Centre. Call **0300 330 5777**.

**Bromley
Healthcare**
better together

Bromley Healthcare, is an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley and its neighbouring boroughs.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

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1b Knoll Rise
Orpington BR6 0JA

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bromleyhealthcare.org.uk

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NHS



Could it be sepsis?

**Information and advice
for patients and carers**

Why have I been given this leaflet?

You have been given this leaflet because you or someone in your care has been unwell and has signs of an (possible) infection.

Because of this we need you to know about sepsis, which is a dangerous complication that can arise from any type of infection.

This leaflet is provided to help you decide whether you need further healthcare or assessment if your condition, or the condition of the person you are caring for, has changed since seeing a doctor.



What is sepsis?

Sepsis is a life-threatening condition and needs emergency treatment, usually in hospital.

The symptoms of sepsis may be vague and not specific so seek medical advice immediately if you have concerns.

The UK Sepsis Trust says that around 250,000 people a year develop sepsis in the UK and of these about 52,000 die.

You should always seek help if you, or anyone you're with, develops the following signs and/or symptoms.

How do I recognise sepsis?

- S** Shivering, fever, very cold or sweaty skin.
- E** Extreme pain or discomfort.
- P** Pale, mottled or discoloured skin.
- S** Sleepy, confused or slurred speech.
- I** "I feel really unwell."
"I don't feel right."
- S** Shortness of breath.

Other signs/symptoms which could suggest sepsis include:

- Very high or low body temperature.
- Feeling very sleepy or about to lose consciousness.
- Severe tummy (abdominal) pain.
- Feeling very dizzy or faint, or having a fit (seizure).
- A rash which does not fade with pressure.
- Not eating any food or drinking any fluid.
- Being sick (vomiting) repeatedly.
- Diarrhoea.
- A flu-like illness with a cough, muscle aches and joint pains.

Please remember:

It's not just adults who can develop sepsis. Children are vulnerable too.

