

## Info Kit

# World Sepsis Day 2020

Hello!

Thanks for supporting the **BC Sepsis Network** and the **Action on Sepsis Research Cluster** in promoting early recognition and treatment of sepsis in hospitals on World Sepsis Day (WSD), September 13. We invite you to join us and other organizations around the world in raising awareness of sepsis, and how rapid and timely interventions can reduce the risk of dying from the illness.

There are many ideas, inspiration and resources in this kit for you to share with your organization and help raise awareness for **Sepsis Awareness Week (September 11-15)** and **World Sepsis Day 2020 (September 13)**.

## COVID-19 and Sepsis

Evidence for the various therapies for preventing or treating COVID-19 is quickly emerging and can be difficult to keep track of.

The **BC COVID-19 Therapeutics Committee** provides guidance on the most current research on the use of therapies in the management of COVID-19. Click [here](#) for up to date clinical guidance and recommendations.

## Register for the World Sepsis Congress Spotlight: Sepsis, Pandemics and Antimicrobial Resistance – September 9, 2020.

Hosted by the World Health Organization and the Global Sepsis Alliance, the WSC Spotlight is a free online event that aims to review achievements, challenges and potential solutions to combat the threat of sepsis worldwide. Click [here](#) to register!

## “Sepsis Stories – From Survivors, Family Members, and Healthcare Workers”

Many people have had very personal encounters with sepsis, with many recent stories related to COVID-19. Some stories end on a positive note, and some paint a picture of the difficult road that many sepsis survivors face. We believe that shared experiences contribute to valuable education for other patients, families and health care providers.

Over Sepsis Awareness Week, visit [Action on Sepsis’s website](#) – to read firsthand from sepsis survivors and learn about their post sepsis symptoms.

## Infographics

Print, email or share infographics highlighting different aspects of sepsis on your website or social media profiles to spread awareness about sepsis and World Sepsis Day:

## Sepsis – What You Need to Know as a Patient – [Download](#)

**SEPSIS**  
What You Need to Know as a Patient

**What is Sepsis?**  
Sepsis is the body's extreme response to an infection. It is life-threatening and, without timely treatment, can rapidly lead to tissue damage, organ failure and, possibly, death.

**Who is at Risk of Developing Sepsis?**  
Anyone can get an infection. Any infection can lead to sepsis.

- Anyone with a weak immune system
- Anyone with chronic illness
- Adults who are 65 years of age and older
- Anyone who receives treatments that involve insertion of medical devices into the body like urinary catheters, including vascular lines and implanted devices

**What Are the Signs and Symptoms of Sepsis?**  
Think S.E.P.S.I.S.

<b>S</b> <b>SHIVERING</b> You might have chills, fever, clammy skin and feel like you have the flu.	<b>E</b> <b>ELEVATED HEART RATE</b> It might feel like your heart is racing.	<b>P</b> <b>PAIN</b> You might feel new or different pain or discomfort.
<b>S</b> <b>SLEEPY</b> You may feel confused, disoriented or like you have less energy than usual.	<b>I</b> <b>"I FEEL WORSE THAN EVER"</b> You might be sick and worried that you are not getting better.	<b>S</b> <b>SHORT OF BREATH</b> You might feel out of breath or have trouble breathing.

## World Sepsis Day Infographics - [Download the online versions](#) | [Download the printable versions](#)

Also available at: <https://www.worldsepsisday.org/toolkits>

**WORLD SEPSIS DAY INFOGRAPHICS**

**A GLOBAL HEALTH CRISIS**

- 47 000 000 - 50 000 000 cases per year
- At least 11 000 000 die - 1 death every 2.8 seconds
- Survivors may face lifelong consequences
- 1 in every 5 deaths worldwide is associated with sepsis

Global Sepsis Alliance | [www.worldsepsisday.org](http://www.worldsepsisday.org) | [www.global-sepsis-alliance.org](http://www.global-sepsis-alliance.org) | September 13, 2020 | World Sepsis Day

**WORLD SEPSIS DAY INFOGRAPHICS**

**THESE SYMPTOMS MIGHT INDICATE SEPSIS**

- Slurred Speech or Confusion
- Extreme Shivering or Muscle Pain/Fever
- Fainting No Pulse All Day
- Severe Breathlessness
- It Feels Like You're Going to Die
- Skin Mottled or Discolored

Global Sepsis Alliance | [www.worldsepsisday.org](http://www.worldsepsisday.org) | [www.global-sepsis-alliance.org](http://www.global-sepsis-alliance.org) | September 13, 2020 | World Sepsis Day

## Sample Newsletter Article

Here's a message about the campaign that you can include in your organization's communications:

### Join the Fight against Sepsis and COVID-19

September 13 is World Sepsis Day, an opportunity for people worldwide to unite in the fight against sepsis. Sepsis is the number one cause of death in hospitals, [killing 11 million people every year](#). Early recognition and treatment [reduces sepsis mortality by 50%](#).

Many patients affected by COVID-19 will die from sepsis and its complications ([Global Sepsis Alliance, 2020](#)). Signs of multi-organ injury typical of sepsis occur in approximately 2-5% of those with COVID-19 after approximately 8-10 days. Many survivors of COVID-19 are reporting physical, mental, and cognitive effects that have lasted months beyond their initial diagnosis, similar to the long-term symptoms experienced by many sepsis survivors.

World Sepsis Day is a moment to increase public awareness and remind health care practitioners that there is an urgent need to increase and improve education and the quality of care for sepsis patients. It's also an important occasion to show support and solidarity with those who have lost loved ones or, as sepsis survivors, suffer from long-term consequences of the disease.

There are many ways to support World Sepsis Day! Start by joining the [BC Sepsis Network](#) - a collaborative created by the BC Patient Safety & Quality Council, a highly visible member of the global sepsis community and early adopter of the new Centre for Disease Control sepsis resources. The Network connects physicians and nurses in the province to champion sepsis improvement locally, with the aim of reducing morbidity and mortality associated with sepsis.

Learn more about sepsis and how to identify the early symptoms in [this infographic](#), [download the World Sepsis Day toolkit](#), and use **#WorldSepsisDay** and **#StopSepsis** to spread the word about the disease. Read the surviving COVID-19 / sepsis stories on the [Action on Sepsis's website](#).

## Twitter

Help us spread the word about sepsis on social media! Please feel free to share the infographics, use **#WorldSepsisDay** and **#StopSepsis**; and tag [@BCSepsis](#), and [@WorldSepsisDay](#) in your posts. Here are some suggestions:

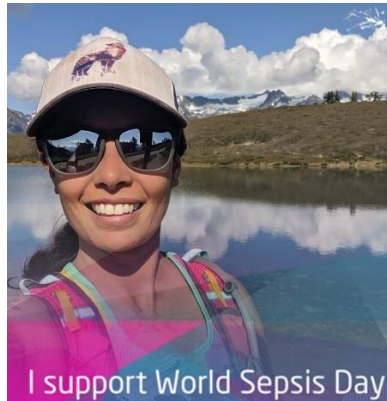
- September 13 is #WorldSepsisDay. Learn about the disease and download resources to spread awareness - together we can #StopSepsis! <https://www.worldsepsisday.org>
- Sepsis [kills 11 million people every year](#), but early recognition and treatment can reduce mortality by 50%. Learn to identify the symptoms to #StopSepsis. <http://ow.ly/YXgC5oBeVIM> #WorldSepsisDay
- Slurred speech, fever, muscle pain and breathlessness are some of the symptoms of #Sepsis. Early recognition and treatment improve chances of survival – together we can #StopSepsis! <http://ow.ly/YXgC5oBeVIM> #WorldSepsisDay
- #Sepsis kills 11 million people every year. Knowing the symptoms and getting early treatment is crucial to increase chances of survival. Learn to recognize sepsis and help spread the word to #StopSepsis! <https://www.worldsepsisday.org> #WorldSepsisDay

## Interested in other sepsis-related social media accounts?

Follow [@ActionOnSepsis](#), [@CICHinfo](#) and [@BCCResearch](#) for more information.

## Facebook

You can add a WSD frame to your profile picture on Facebook. It's simple: Go to your Facebook profile, click on your profile picture, click on "add frame" and search for the World Sepsis Day frame:



## Photo Challenge

Take a picture of yourself or your team with one of the WSD infographics and share it on social media using the hashtag #WorldSepsisDay, or tweet the picture directly to [@BCSepsis](#) and [@WorldSepsisDay](#).

## Email Signature

Add the following tagline to your email signature to help spread the word to your contacts:

*September 13 is World Sepsis Day – Stop Sepsis, Save Lives*  
[Download resources from the BC Sepsis Network](#)

## BC Sepsis Network Clinical Resources

Have you joined the BC Sepsis Network?

The [BC Sepsis Network](#) is a collaborative created by the BC Patient Safety & Quality Council to provide support for health care providers around BC to share resources, improve consistency of care, spread innovation and improvement ideas, and collaborate on change. [Join the Network](#) to stay up-to-date on sepsis care in BC!

### The Inpatient Sepsis Toolkit

Provides BC inpatient hospital wards with information, resources and tools to successfully initiate, implement and spread best practices for sepsis across BC.

<https://bcpsqc.ca/improve-care/bc-sepsis-network/inpatient-units/>

## BC Emergency Department Sepsis Guidelines

The guidelines help emergency departments offer the best sepsis care for patients across the province, reducing mortality.

<https://bcpsqc.ca/improve-care/bc-sepsis-network/emergency-departments/>

## Action on Sepsis Research Cluster at the University of British Columbia

Action on Sepsis Research Cluster is a trans-disciplinary group tackling the complex issue of sepsis prevention, diagnosis, and management across the human lifespan. To truly achieve excellence we need everyone: clinicians, researchers, public end users, and health care policymakers, and you. Learn more about the cluster and how you can join us in the fight against sepsis at [Action on Sepsis](#).

**We appreciate your help with promoting World Sepsis Day and thank you for your valuable contribution in the fight against sepsis!**

Please let us know if you require any further information or have any questions.

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THE UNIVERSITY  
OF BRITISH COLUMBIA

Action on Sepsis  
Research Excellence Cluster



**BC Sepsis Network**

BC PATIENT SAFETY & QUALITY COUNCIL