



# Skilled Nursing Facility Sepsis Care Kit



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## A Look at Sepsis<sup>1</sup>

### What is sepsis?

The Centers for Disease Control and Prevention (CDC) defines sepsis as the body's extreme response to an infection. It is a life-threatening medical emergency.

Sepsis happens when an infection you already have—in your skin, lungs, urinary tract, or elsewhere—triggers a chain reaction throughout your body.

Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.<sup>1</sup>

### Who is at risk?

While anyone can get sepsis, certain populations are more at risk than others, including:

- Adults 65 and older.
- People with chronic medical conditions.
- People with weakened immune systems.
- Children younger than one.

Whereas most skilled nursing facility (SNF) residents meet at least one of the above-mentioned criteria, it is imperative that SNF residents be screened routinely for sepsis.

### What symptoms should I look for?

Sepsis may not look the same in every person. Symptoms can include:

- Confusion or disorientation.
- Fever/shivering/feeling cold.
- Shortness of breath.
- High heart rate.
- Extreme pain or discomfort.
- Clammy/sweaty skin.

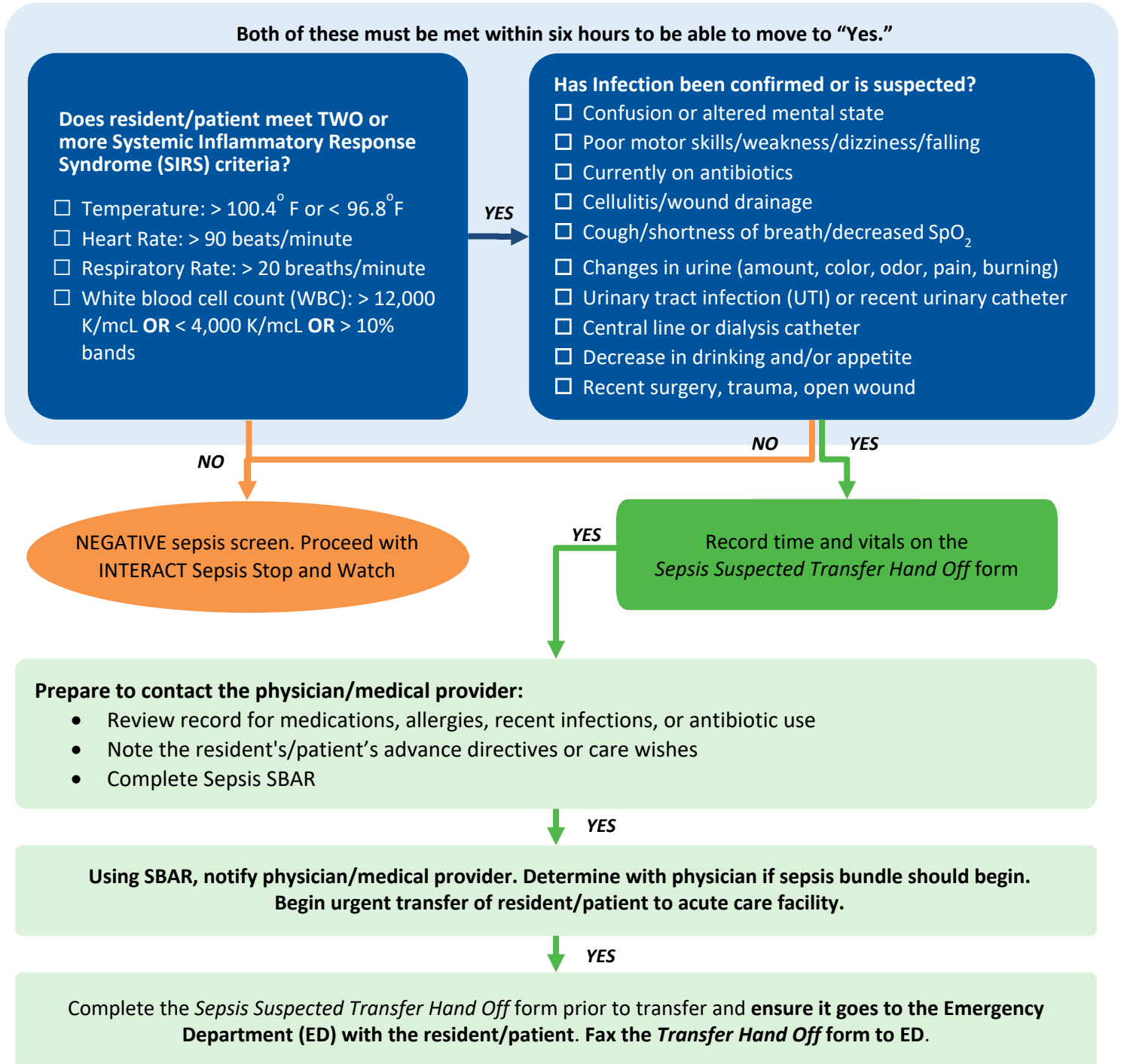
If a person has two or more Systemic Inflammatory Response Syndrome (SIRS) criteria and has a confirmed or suspected infection, he or she has screened positive for sepsis. Utilize the tools included in this care kit to act immediately for your residents!

<sup>1</sup> Centers for Disease Control and Prevention (CDC) What Is Sepsis? (2019). <https://www.cdc.gov/sepsis/what-is-sepsis.html>.



## Sepsis Care Pathway for Skilled Nursing Facilities<sup>2</sup>

**Anyone who has an infection is at high risk for sepsis.** Potential causes of infection that can lead to sepsis include: pneumonia, pressure ulcers, urinary tract infections, and other chronic conditions.



<sup>2</sup> CDC. Vital signs and clinical tools. <https://www.cdc.gov/vitalsigns/pdf/2016-08-vitalsigns.pdf>, <https://www.cdc.gov/sepsis/clinicaltools/>, <https://www.cdc.gov/sepsis/pdfs/factsheet-longterm-care-sepsis-nurses-508.pdf>

Stop and Watch: <https://pathway-interact.com/wp-content/uploads/2021/08/12-INTERACT-Stop-and-Watch-Early-Warning-Tool-2021.pdf>



## Skilled Nursing Facility Sepsis Screening Tool<sup>3</sup>

Resident/Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Nurse Completing Screening: \_\_\_\_\_ Date/Time: \_\_\_\_\_

**1. Does resident/patient meet any of TWO of the following Systemic Inflammatory Response Syndrome (SIRS) criteria?**

- Temperature: > 100.4° F or < 96.8° F
- Heart rate: > 90 beats/minute
- Respiratory rate: > 20 breaths/minute
- White blood cell count (WBC): > 12,000 K/mcL OR < 4,000 K/mcL OR > 10% bands

**2. TWO SIRS criteria met?**

- Yes (move to question 3)  No (screening complete)

**Does resident/patient have a confirmed OR suspected infection?**

- |   |   |
|---|---|
| <input type="checkbox"/> Confusion or altered mental state                    | <input type="checkbox"/> Urinary tract infection (UTI) or recent urinary catheter |
| <input type="checkbox"/> Poor motor skills/weakness/dizziness/falling         | <input type="checkbox"/> Central line or dialysis catheter                        |
| <input type="checkbox"/> Currently on antibiotics                             | <input type="checkbox"/> Decrease in drinking and/or appetite                     |
| <input type="checkbox"/> Cellulitis/wound drainage                            | <input type="checkbox"/> Recent surgery, trauma, open wound                       |
| <input type="checkbox"/> Cough/shortness of breath/decreased SpO <sub>2</sub> | <input type="checkbox"/> Other: _____   |
| <input type="checkbox"/> Change in urine (amount, color, odor, pain)          |   |

**3. If NO—Stop (screening complete) —> Continue to monitor/Stop and Watch**

**4. If 2 and 3 are YES, then resident/patient has screened POSITIVE for possible SEPSIS. Continue to screen for severe sepsis below.**

**5. Are ANY of the following organ dysfunction criteria present that are NOT a chronic condition?**

<input type="checkbox"/> <b>Neurological:</b> <ul style="list-style-type: none"> <li>• ANY change in mental status</li> </ul>	<input type="checkbox"/> <b>Metabolic:</b> <ul style="list-style-type: none"> <li>• Serum lactate &gt; 2.0 mmol/L</li> </ul>	<input type="checkbox"/> <b>Pulmonary:</b> <ul style="list-style-type: none"> <li>• RR &gt; 20 OR need to increase O<sub>2</sub> to maintain SpO<sub>2</sub> &gt; 90%</li> </ul>
<input type="checkbox"/> <b>Cardiac:</b> <ul style="list-style-type: none"> <li>• Systolic blood pressure (SBP) &lt; 90mmHg</li> <li>• Mean arterial pressure (MAP) &lt; 60 mmHg</li> <li>• &gt; 40 mmHg decrease in SBP from baseline</li> <li>• Capillary refill &gt; 3 seconds</li> </ul>	<input type="checkbox"/> <b>Renal:</b> <ul style="list-style-type: none"> <li>• Urine Output &lt; 0.5ml/kg/hr for 2 hours (or &lt; 30 ml/hr for 2 hours)</li> <li>• Serum creatinine increased by 0.3gm/dl in past 48 hours</li> </ul>	<input type="checkbox"/> <b>Gastrointestinal:</b> <ul style="list-style-type: none"> <li>• Absent bowel sounds</li> <li>• Diarrhea</li> </ul>
<input type="checkbox"/> <b>Hematologic:</b> <ul style="list-style-type: none"> <li>• Platelet count &lt;100,000</li> <li>• INR &gt; 1.5 or PTT &gt; 60 seconds</li> </ul>	<input type="checkbox"/> <b>Hepatologic:</b> <ul style="list-style-type: none"> <li>• Total bilirubin &gt; 4mg/d</li> </ul>	

**6. If NO, then complete Sepsis SBAR, and call MD to inform of positive sepsis screening and implement sepsis guidelines. Continue to assess/monitor for severe sepsis.**

**7. If YES, the resident/patient has screened POSITIVE for SEVERE SEPSIS. Complete Sepsis SBAR and call MD to inform of positive severe sepsis screening and prepare for transfer to acute care setting.**

<sup>3</sup> Gyang E, Shieh L, et al. A Nurse-Driven Screening Tool for the Early Identification of Sepsis in an Intermediate Care Unit Setting. J Hosp Med, 2015, Feb. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4816455/>  
INTERACT. <https://pathway-interact.com/wp-content/uploads/2021/08/15-INTERACT-SBAR-Communication-Form-2021.pdf>



## Skilled Nursing Facility (SNF) Situation-Background-Assessment-Recommendation (SBAR) for Sepsis<sup>4</sup>

Communicate immediately with attending provider when a resident/patient screens positive for sepsis.

**SITUATION:**

\_\_\_\_\_ has screened positive for sepsis. He/she has met two or more of the following Systemic Inflammatory Response Syndrome (SIRS) criteria and has a confirmed or suspected source of infection.

**Two or more SIRS criteria met** (check all that apply):

- Temperature: > 100.4° F or < 96.8° F
- Heart rate: > 90 beats/minute
- Respiratory rate: > 20 breaths/minute
- White blood cell count (WBC): > 12,000 K/mcL **OR** < 4,000 K/mcL **OR** > 10% bands

**Infection is confirmed or suspected** (check all that apply):

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Confusion or altered mental state</li> <li><input type="checkbox"/> Poor motor skills/weakness/dizziness/falling</li> <li><input type="checkbox"/> Currently on antibiotics</li> <li><input type="checkbox"/> Cellulitis/wound drainage</li> <li><input type="checkbox"/> Cough/shortness of breath/decreased SpO<sub>2</sub></li> <li><input type="checkbox"/> Change in urine (amount, color, odor, pain)</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Urinary tract infection (UTI) or recent urinary catheter</li> <li><input type="checkbox"/> Central line or dialysis catheter</li> <li><input type="checkbox"/> Decrease in drinking and/or appetite</li> <li><input type="checkbox"/> Recent surgery, trauma, open wound</li> <li><input type="checkbox"/> Other: _____</li> </ul> |
|--|--|

**BACKGROUND:**

Resident/patient was admitted to SNF with: \_\_\_\_\_

Allergies: \_\_\_\_\_

Pertinent lab values: \_\_\_\_\_

Advance directives: \_\_\_\_\_

**ASSESSMENT:**

Resident's/patient's mental status compared to baseline is: normal/abnormal

Temperature: \_\_\_\_\_ Pulse: \_\_\_\_\_ Respiration: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

SpO<sub>2</sub>: \_\_\_\_\_ Urine output: \_\_\_\_\_ mL/hour or \_\_\_\_\_ mL over the last 8 hours

Most recent weight: \_\_\_\_\_ kg

**RECOMMENDATIONS:**

1. Request STAT orders for lactate level and blood cultures (x2).
2. Request orders for broad spectrum antibiotic(s) and 30mL/kg of normal saline or lactated ringers with rapid infusion.
3. Consider transfer to an acute care facility based on resident/patient presentation and response to interventions.
  - a. Complete SNF to Emergency Department (ED) Transfer Form.

<sup>4</sup> Dellinger RP, Levy MM, Rhodes A, et al. Surviving Sepsis Campaign: International guidelines for management of severe sepsis and septic shock: 2012. Critical Care medicine. 2013;41(2): 580-637.  
Dinger M, Deutschman, CS Seymour CW, et al. The third international consensus definitions for sepsis and septic shock: 2016. JAMA. 2016;315(8): 801-810.doi:10.1001/jama.2016.0287.



# SEPSIS SUSPECTED

## Skilled Nursing Facility (SNF) to Emergency Department (ED) Transfer Handoff Form<sup>5</sup>

SNF/Facility: \_\_\_\_\_ Date: \_\_\_\_\_

SNF Contact Person: \_\_\_\_\_ Time First Criteria Met: \_\_\_\_\_

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Advance Directive: \_\_\_\_\_

Comorbidities: \_\_\_\_\_

**Check all that apply:**

**Two or more Systematic Inflammatory Response Syndrome (SIRS) criteria AND infection confirmed/suspected within a 6-hour window**

**Two or more SIRS criteria have been met:**

- Temperature: > 100.4° F or < 96.8°F
- Heart Rate: > 90 beats/minute
- Respiratory Rate: > 20 breaths/minute
- White blood cell count (WBC): > 12,000 K/mcL **OR** < 4,000 K/mcL **OR** > 10% bands

**Infection is confirmed or suspected:**

- Confusion or altered mental state
- Poor motor skills/weakness/dizziness/falling
- Currently on antibiotics
- Cellulitis/wound drainage
- Cough/shortness of breath/decreased SpO<sub>2</sub>
- Change in urine (amount, color, odor, pain)
- Urinary tract infection (UTI) or recent urinary catheter
- Central line or dialysis catheter
- Decrease in drinking and/or appetite
- Recent surgery, trauma, open wound
- Other: \_\_\_\_\_

**Fluids and/or Antibiotics Started at SNF**

FLUIDS	ANTIBIOTICS
Type of fluid:	Antibiotics given:
Time started:	Time given:
Amount given:	

**Other pertinent information:**

\_\_\_\_\_  
\_\_\_\_\_

<sup>5</sup> CDC. Vital signs and clinical tools. <https://www.cdc.gov/vitalsigns/pdf/2016-08-vitalsigns.pdf>, <https://www.cdc.gov/sepsis/clinicaltools/>, <https://www.cdc.gov/sepsis/pdfs/factsheet-longterm-care-sepsis-nurses-508.pdf>  
Cleveland Clinic. Sepsis Warning Transfer Log.



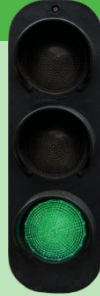
# My Plan to Identify Infection and/or Sepsis

Name \_\_\_\_\_

Date \_\_\_\_\_

## Green Zone: No Signs of Infection

- ✓ My heartbeat and breathing feel normal for me.
- ✓ I don't have chills or feel cold.
- ✓ My energy level is normal.
- ✓ I can think clearly.
- ✓ Any wound or IV site I have is healing well.



## Green Means I Should:

- ✓ Watch every day for signs of infection.
- ✓ Continue to take my medicine as ordered, especially if I'm recovering from an infection or illness.
- ✓ Keep my doctor and other appointments.
- ✓ Follow instructions if I'm caring for a wound or IV site.
- ✓ Wash my hands and avoid anyone who is ill.

## Yellow Zone: Caution

- ✓ My heartbeat feels faster than usual.
- ✓ My breathing is fast, or I'm coughing
- ✓ I have a fever between 100.0°F and 101.4°F.
- ✓ I feel cold and am shivering—I can't get warm.
- ✓ My thinking is slow—my head is "fuzzy."
- ✓ I don't feel well—I'm too tired to do things.
- ✓ I haven't urinated in 5 hours or it's painful or burning when I do.
- ✓ Any wound or IV site I have looks different.



## Yellow Means I Should:

- ✓ Contact my doctor, especially if I've recently been ill or had surgery.
- ✓ Ask if I might have an infection or sepsis.

Physician Contact:

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

## Red Zone: Medical Alert!

- ✓ I feel sick, very tired, weak, and achy.
- ✓ My heartbeat or breathing is very fast.
- ✓ My temperature is 101.5°F or greater.
- ✓ My temperature is below 96.8°F.
- ✓ My fingernails are pale or blue.
- ✓ People say I'm not making sense.
- ✓ My wound or IV site is painful, red, smells, or has pus.



## Red Means I Must:

- ✓ **Act fast ... Sepsis is serious!**
- ✓ **Call 9-1-1** and say, "I need to be evaluated immediately. I'm concerned about sepsis."

Journal of the American Medical Association (JAMA) Network, JAMA Patient Page: Sepsis. October 2010. Available at: <https://jamanetwork.com/journals/jama/fullarticle/186795>. Accessed on June 8, 2018.

Centers for Disease Control and Prevention. Sepsis. Basic Information. How Can I Get Ahead of Sepsis? Available at: <https://www.cdc.gov/sepsis/basic/index.html>. Accessed on June 8, 2018. Mayo Clinic. Mayo Foundation for Medical Education and Research: Disease Conditions Information: Sepsis. Available at: <https://www.mayoclinic.org/diseases-conditions/sepsis/symptoms-causes/syc-20351214?p=1>. Accessed on June 8, 2018. The Sepsis Alliance. General Information and Resources. Sepsis Symptoms. Available at: <https://www.sepsis.org>. Accessed on June 8, 2018.

Adapted from "Evaluation for Severe Sepsis Screening Tool" <https://www.journalofhospitalmedicine.com/jhospmed/article/128173/severe-sepsis-screening-tool>





## Additional Resources

### Centers for Disease Control and Prevention: Sepsis?

- <https://www.cdc.gov/sepsis/what-is-sepsis.html>
- <https://www.cdc.gov/sepsis/pdfs/factsheet-longterm-care-sepsis-nurses-508.pdf>
- <https://www.cdc.gov/sepsis/clinicaltools/>
- <https://www.cdc.gov/vitalsigns/pdf/2016-08-vitalsigns.pdf>

### Centers for Disease Control and Prevention: Nursing Homes and Assisted Living Resources

- <https://www.cdc.gov/longtermcare/index.html>

### INTERACT (Interventions to Reduce Acute Care Transfers)

- <https://pathway-interact.com/wp-content/uploads/2021/08/12-INTERACT-Stop-and-Watch-Early-Warning-Tool-2021.pdf>
- <https://pathway-interact.com/wp-content/uploads/2021/08/15-INTERACT-SBAR-Communication-Form-2021.pdf>

### Merck Manual

- <https://www.merckmanuals.com/professional/critical-care-medicine/sepsis-and-septic-shock/sepsis-and-septic-shock>

### Minnesota Hospital Association—Seeing Sepsis Tools

- <https://www.mnhospitals.org/quality-patient-safety/quality-patient-safety-improvement-topics/sepsis#/videos/list>

### Surviving Sepsis Campaign

- <http://survivingsepsis.org/Pages/default.aspx>

### Sepsis Alliance

- <https://www.sepsis.org/>