



## Post Sepsis Syndrome (PSS) Assessment

*PSS is a condition that can affect sepsis survivors and includes physical and psychological long-term effects. Complete this assessment upon admission to the facility with a diagnosis of sepsis or at any time after the resident had a sepsis diagnosis. If any of the below are present, further assessment is suggested as there may be the need for further evaluation and treatment to prevent hospital admission/readmission.*



### Signs/Symptoms



- Insomnia, difficulty getting to sleep or staying asleep



- Muscle and joint pain



- Fatigue and lethargy



- Shortness of breath (SOB)



- Swelling of limbs



- Repeat infections



- Poor appetite



- Hair loss



- Skin rash



- Reduced organ function (kidney, liver, heart)



- Nightmares, hallucinations, panic attacks



- Flashbacks



- Unable to concentrate



- Decreased mental function



- Loss of self-esteem



- Depression



- Mood swings



- Memory loss



- Post traumatic stress disorder (PTSD)

Source: Sepsis Alliance. Post Sepsis Syndrome. Accessed Sept 23, 2024. <https://www.sepsis.org/sepsis-basics/post-sepsis-syndrome/>

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