

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered on the slide.

FROM ICU RN TO SEPSIS SURVIVOR

KIRSTEN AKIN, RN, BSN




BEFORE SEPSIS

- WHO WAS I.....
- WYOMING BORN AND RAISED, MOTHER, WIFE, DAUGHTER, SISTER, GRANDDAUGHTER, AUNT, COUSIN, FRIEND, NURSE
- FAMILY-HUSBAND AND 1 DAUGHTER, MOTHER, FATHER, SISTER, NIECE, AND NEPHEW, AND MANY AUNTS, UNCLES, COUSINS, AND FRIENDS THAT ARE FAMILY
- HOBBIES-CAMPING, BOATING, HUNTING, FOUR WHEELING, SPENDING TIME WITH FAMILY AND FRIENDS AND ANIMALS
- JOBS-VET TECH, EMBRYO TECHNICIAN FOR CATTLE, CASE MANAGER, RN (MED/SURG, ICU, OR, CASE MANAGEMENT, UR

WHAT HAPPENED

2001-2 months after having my daughter, I had to have my gallbladder out due to horrible pain that made me lose consciousness



2004-pain randomly comes back, CT, ERCP-no findings



January 2020-pain comes back again, April 2020 the nightmare starts

NO MORE WORK

- APRIL 2020 ED VISIT
 - CT, BLOOD WORK, PAIN MEDICATION, HEART MONITOR
 - PAIN CAUSES VAGAL RESPONSE AND ON MONITOR HEART STOPS FOR 16 SECONDS
 - NO MORE WORK-IT'S HARD TO CARE FOR OTHERS WHEN YOU DON'T KNOW THE NEXT TIME THE PAIN WILL CAUSE A VAGAL HEART STOPPING RESPONSE
- WORK-UPS
 - CARDIAC-NO FINDINGS
 - NEURO-NO FINDINGS-IT IS PAIN CAUSING THE VAGAL RESPONSE-HAVE TO FIX PAIN
 - GASTROINTESTINAL.....



MAY 18TH 2020

- OUTPATIENT ERCP WITH SPHINCTEROTOMY
 - PAIN WHEN DISCHARGED
 - VOMIT ON WAY HOME (90-MINUTE DRIVE)
 - TAKEN TO ED AT ABOUT 1800
 - ED DOCTOR CALLED GI DOCTOR WHO DID ERCP
 - IF NOT BETTER BY MORNING, SHIP BACK TO HOSPITAL THAT PERFORMED ERCP
 - ADMITTED TO CRITICAL ACCESS HOSPITAL FLOOR
 - GI DOCTOR WAS NEVER CONSULTED AGAIN



FRIST TWO DAYS

- DAY 1-ADMIT TO HOSPITAL
 - LIVER LAB VALUES ELEVATED, LIPASE ELEVATED, CRP ELEVATED, CT SHOWED SMALL AMOUNT OF FREE FLUID
 - DIAGNOSIS-PANCREATITIS
- DAY 2
 - PAIN NOT CONTROLLED
 - LAB VALUES STILL NOT NORMAL
 - NO FURTHER CONSULTS WITH PROVIDER OF ERCP OR HOSPITAL THAT PERFORMS THOSE SERVICES
 - IN EVENING-THE CRASH BEGINS



DARKNESS

- BLOOD PRESSURE TANKING, LEVOPHED TO KEEP BP STABLE
CONTINUOUS DRIP OF KETAMINE FOR PAIN CONTROL, PAIN
STILL NOT CONTROLLED
- LIFE FLIGHT TO LARGER HOSPITAL-I FELT LIKE I COULD NOT
BREATHE THE WHOLE FLIGHT (FLASHBACKS ARE SO WEIRD-
REMEMBERED THIS A YEAR LATER)
- KNOWING ITS NOT GOOD WHEN THE ED DOCTOR CALLS
FOR MEDICATIONS TO INTUBATE-BEGGING ED DOCTOR NOT
TO LET YOU DIE (MORE OF THE FLASHBACK)

STATISTICS

- DAYS INTUBATED-10
- DAYS IN ICU-14
- DAYS IN LARGER HOSPITAL 61
- DAYS IN SWING BED-30
- DAYS NOT ABLE TO SEE MY DAUGHTER 55
- SURGERIES ON ABDOMEN-16 (ALL IN THE 61 DAYS IN LARGER HOSPITAL)
- SURGERIES GOING THROUGH MY BACK TO CLEAN OUT INFECTION-2
- MEDICAL EQUIPMENT-CENTRAL LINE, ARTERIAL LINE, G TUBE, J TUBE, T TUBE (BILE DRAIN), 3 DRAINS FOR INFECTION, DIGNICARE DRAIN, PICC LINE, FOLEY CATHETER, PERIWICK CATHETER, WOUND VAC, EPIDURAL FOR PAIN CONTROL, FEEDING PUMP, AIR ASSIST TRANSFER MAT





OVERVIEW OF WHAT HAPPENED



**THE BLUE
FOAM IS A
WOUND VAC
USED WHEN
THE ABDOMEN
IS NOT ABLE
TO BE CLOSED-
IT IS CALLED
AN ABTHERA**

ICU

- DELUSIONS, LIKE NOTHING I HAVE EVER IMAGINED
 - MY PERCEPTION OF WHAT WAS HAPPENING
- MY FAMILY'S PERCEPTION OF WHAT WAS GOING ON
 - OH SOOOOO HOT
- HORRIBLE NURSE-THE LITTLE THINGS REALLY DO MATTER
 - HOW WEAK CAN YOU BECOME IN JUST 10 DAYS?
 - FINALLY SEEING FAMILY
 - FIRST TIME OUT OF BED-PT/OT ANGELS
 - ICU FRIENDS BECOME MY NURSES
- GI DOCTOR FINALLY FINDS OUT WHAT HAPPENED

SURGICAL FLOOR

- NO MORE ICU
- TINY ROOM, HOW DID I FIND THE BOTTOM OF THE BED
- HERMAN-A BLESSING DISGUISED AS A MALE NURSE
- SURGERY AFTER SURGERY-WERE YOU ABLE TO CLOSE ME YET????
- FINALLY MOVED TO A LARGER ROOM-I HAD TOO MUCH STUFF AND NEEDED A VIEW
- KEEGAN, BRITTON, DIANE, CARLY, AARON, DAWN C, MICHAEL H, MARTIN P, AND SOOOOO MANY MORE
- MICHAEL F-YOU CAN'T KEEP APOLOGIZING
- TO OPERATE THROUGH THE BACK OR NOT
- THE NUTRITION DILEMMA-PLEASE LET ME DRINK AND EAT-YOU WERE SUCKING IT ALL OUT THE WHOLE TIME???
- FLOAT POOL NURSES
- FEEDING PUMP-TUBE FEED AND EXTRA PROTEIN=NO GOOD
- CAN WE PLEASE GET A TEAM MEETING TOGETHER-INFECTIOUS DISEASE VS GENERAL SURGERY
- HOW CAN YOU ADVOCATE WHEN YOU DON'T HAVE THE ENTIRE PICTURE
- I HAVE TO GET STRONGER, BUT IT IS A CHORE TO GET ALL MY EQUIPMENT UP TO WALK



**WOUND VAC DRESSING CHANGES
MWF
THE PAIN-THE DILAUDID**



**THE AMAZING BODY-HOW CAN IT
HEAL LIKE THIS**



THE POWER OF FRIENDSHIP





THE POWER OF FAMILY



THE BACK SURGERY AND PAIN CRISIS

THE BACK SURGERY AND PAIN CRISIS

- IT WAS FINALLY DECIDED THEY COULD GO THROUGH MY BACK WITHOUT REMOVING A RIB OR TWO AND SCRAPE OUT MORE IF THE INFECTION
- PLAN FOR TWO SURGERIES WITH A DAY IN BETWEEN-ONLY PARTIALLY CLOSE INCISION
- EPIDURAL FOR PAIN CONTROL
- LOW BLOOD PRESSURE
- PAIN LIKE NEVER BEFORE, GOD PLEASE TAKE ME NOW
- THE LACK OF COMMUNICATION

ALL THAT I MISSED

- HAYLEE'S SOFTBALL SEASON-STARTING PITCHER
- VACATION TO CA TO SEE FAMILY
- FRIST TIME JUMPING HORSES FOR HAYLEE
- THE DEATH/FUNERAL OF A DEAR FRIEND
- HAYLEE SHOOTING HER FIRST ELK
- HAYLEE HUNTING HER SECOND SEASON
- MY BENEFIT
- MY BEST FRIENDS TWINS GRADUATING HIGHT SCHOOL
- THE DAY I WAS FIRED FROM MY JOB
- COUNTLESS OPPORTUNITIES TO ENJOY MY FAMILY AND FRIENDS DOING THINGS WE LOVE AND



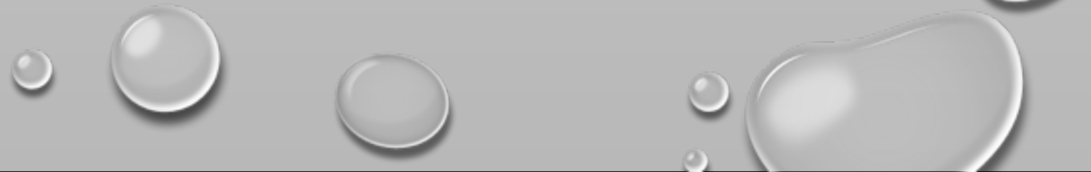
SWING BED AND HOME HEALTH

- GOOD THING I WAS A CASE MANAGER AND STILL HAD CONNECTIONS
- GETTING BACK CLOSER TO HOME
- PICNICS OUTSIDE THE HOSPITAL
- WHEELCHAIR WALKS
- WINDOW VISITORS
- FINALLY, HOME AFTER 91 DAYS
- LET HOME HEALTH AND WOUND CARE START
- DAILY DRESSING CHANGES/HOSPITAL VISIT
- KYLA IS AN ANGEL
- BABYSITTERS
- MANAGING 6 TUBES STILL IN MY ABDOMEN



ALL THAT I GAINED

- APPRECIATION FOR LIFE, FAMILY, FRIENDS, STRANGERS WHO BECAME FRIENDS
- CLOSER TO GOD, BELIEVE IN POWER OF PRAYER
- HUMBLLED BY THE AMAZING PEOPLE IN MY COMMUNITY-BENEFIT
- I AM A BETTER PERSON ALL AROUND
- KNOWLEDGE TO HELP IN MY CAREER
- SO MUCH TIME WITH FAMILY AND FRIENDS I WOULD NOT HAVE HAD-OVER 2 YEARS OUT OF WORK



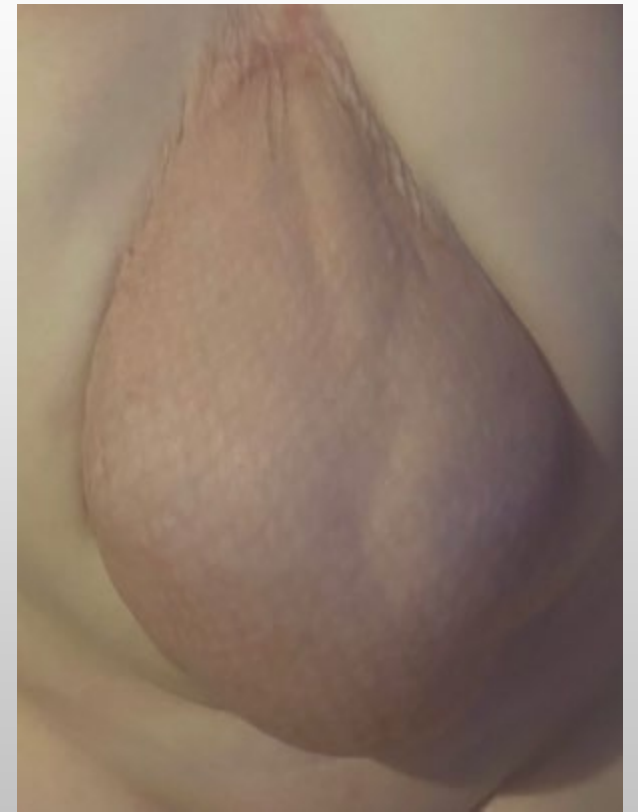


SKIN GRAFT

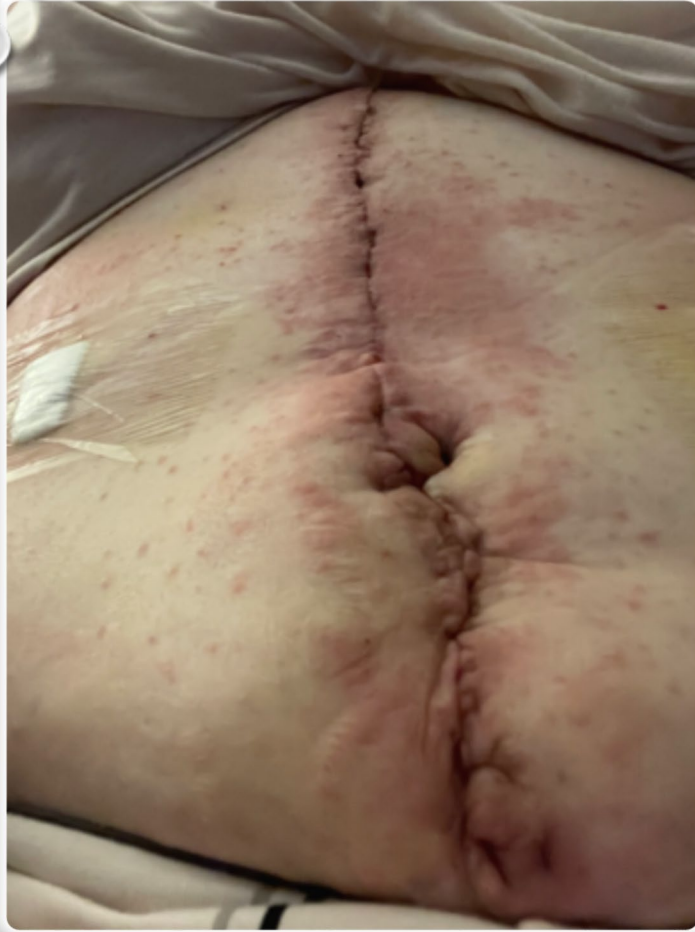
- NOVEMBER 2020 SKIN FROM MY THIGH USED TO COVER THE REST OF MY ABDOMINAL WOUND



HERNIA PROGRESSION



MAYO WAS MY SAVIOR



- 10 HOUR SURGERY
- SO MANY ADHESIONS
- 6 CM SMALL BOWEL REMOVED
- 3 DAYS IN HOSPITAL
- MISSED THANKSGIVING WITH ALLEN AND HAYLEE
- THE BEST PARENTS EVER
- 2 WEEKS IN AZ AFTER SURGERY
- NEW ALLERGY-SKIN GLUE

WHO AM I NOW AND WHAT GOT ME THROUGH AND WHAT I STILL GO THROUGH

- Wyoming born and raised, Mother, Wife, Daughter, Sister, Granddaughter, Aunt, Cousin, Friend, Nurse (better than before), sepsis survivor
- Two bunnies, babysitters, following Haylee in sports, family and friends keep me going
- Struggle/trauma for everyone who watched me go through this-not sure if some of the damage will ever go away
- Daily pain, fatigue, frustration from what I've lost but grateful for what I've gained
- Original pain still comes and goes
- One hospitalization for small bowel obstruction
- Many other partial obstructions, just stay home and “breathe” through it-when will this end
- New job after more than 2 years out of work
- New friends and old friends
- Flashbacks, racing heart every time life flight comes in, fear of patients being kept in a hospital that is too small when they are sick-are we missing something

Thank You 😊