



HUDDLE UP

Sepsis

Use **S.E.P.S.I.S.** as a quick reference for signs of sepsis:

S.E.P.S.I.S.	What to Look For
<u>S</u> lurred speech or confusion	New or worsening mental status
<u>E</u> xtreme shivering or muscle pain	Rigors, body aches
<u>P</u> assing no urine	Decreased or no urine output
<u>S</u> evere shortness of breath	Respiratory distress or low oxygen
<u>I</u> t feels like you're going to die	Patient looks or feels very unwell
<u>S</u> kin mottled/discolored	Pale, clammy, or blotchy skin

Huddle Objective

Improve staff ability to recognize early signs of sepsis in dialysis patients to ensure immediate action and reduce the risk of severe illness, hospitalization, or death.

Key Teaching Points

- What is Sepsis? A life-threatening organ dysfunction caused by the body's extreme response to an infection.
- Dialysis patients are high-risk due to vascular access, immunosuppression, and comorbidities.

Team Discussion Prompt

Ask the team: *Can you think of a time when sepsis signs were caught early—or missed—and what we can learn from it?*

Takeaway Message

Time = Life. Sepsis can progress rapidly—trust your gut and escalate concerns immediately.

Additional Signs in Dialysis Patients:

- Fever $>100.4^{\circ}\text{F}$ (38°C) or hypothermia
- Hypotension (SBP < 100 mmHg) or sudden drop from baseline
- Tachycardia (HR > 100 bpm)
- Increased respiratory rate (>22)
- Access site signs of infection (warmth, pus, pain)

What To Do Immediately

If sepsis is suspected: STOP and ACT FAST

- Notify charge nurse and nephrologist IMMEDIATELY
- Recheck vital signs – especially BP, HR, RR, Temp
- Administer oxygen if needed (per protocol)
- Follow facility Sepsis protocol (if facility has one):
- Rapid transport to ED if indicated
- Document clearly and completely in EMR

Prevention Starts Here

Strict adherence to hand hygiene and access care protocols
Monitor for subtle changes – you know your patients best
Educate patients to report feeling “off” or any symptoms right away.

References: National Institute of Health (nia.nih.gov) and The Chicago School (thechicagoschool.edu)

Sepsis

Date: _____ **Huddle Leader:** _____

Staff Signatures (Print & Sign):

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