

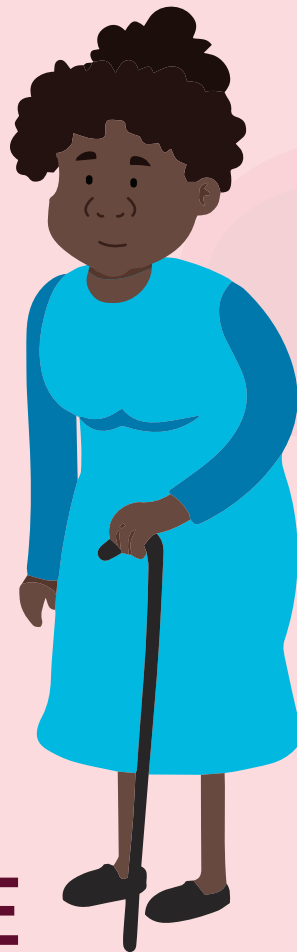


I'VE HAD SEPSIS, NOW WHAT?

PATIENT INFORMATION

**For further information,
speak with your GP,
primary health care provider
or local health clinic.**

POST SEPSIS SYNDROME



Post sepsis syndrome is when your long term health suffers after having sepsis.

There are common problems that can happen in up to 50% of sepsis survivors.

Talk to your doctor if you have any symptoms.



If you need an interpreter when reading this please ask a staff member



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WHAT IS POST SEPSIS SYNDROME?

Post sepsis syndrome (sickness) (PSS) is the physical or mental long-term effects of having sepsis. Many people who survive sepsis recover completely and return to normal life.

Some people with severe sepsis who have spent a long time in ICU are more likely to get PSS.

WHAT ARE THE LONG TERM EFFECTS OF SEPSIS?

Due to poor blood circulation, there may be damage to limbs, fingers or toes, or damage to lungs that can affect breathing, or other organs like the kidney or liver.

The long term effects of sepsis may include:

- Not being able to sleep well
- Having nightmares, panic attacks, flash backs or hallucinations (seeing things that aren't there)
- Muscle and joint pain which can stop you from being able to do your normal activities
- Feeling very tired all the time
- Hard, or unable, to concentrate
- Loss of confidence, not able to believe in yourself
- Brain changes (impaired mental functioning)

HOW CAN YOUR DOCTOR HELP?

Your doctor can help you find the right support when you leave hospital. This may be a physiotherapist, psychologist, or other specialist that can help you get better after sepsis.

You are given all this information in your discharge summary. This is so your GP knows what you have been through in hospital and what help you may need once you are home.

Your doctor may encourage you to talk to or join a sepsis support group. Support groups provide advice and support as they are people who have also lived through sepsis.

HOW CAN YOU STOP SEPSIS FROM HAPPENING AGAIN?

You can stop sepsis by:

- Keeping your body and hands clean
- Keeping wounds and cuts clean and covered
- Staying up to date with your vaccinations
- Looking after your chronic disease
- Knowing what to do if you see signs of sepsis
- Stopping smoking
- Reducing alcohol intake

SEPSIS SUPPORT GROUPS

Support groups include sepsis survivors, their families and carers, and families and friends who have lost loved ones to sepsis.

There are also groups who can be contacted for advice and support based on lived experiences.

These include:

- Australia and NZ Sepsis Support Group
- T for Thomas (NT)
- Australian Sepsis Network