

Septicemia / Sepsis:

Septicemia, commonly called **sepsis**, is a **serious bloodstream infection**. It happens when germs enter the blood and cause the body to develop a **severe, life-threatening reaction**.

Sepsis is a **medical emergency** and requires immediate treatment.

What Causes Sepsis?

Sepsis can begin from infections such as:

- **Pneumonia**
- **Urinary tract infections**
- **Skin infections or wounds**
- **Abdominal infections**
- **Contaminated IV lines or catheters**
- Organisms that commonly cause sepsis:
- **Bacteria** (most common)
- **Viruses**
- **Fungi**
- Anyone can get sepsis, but risk is higher in:
- Elderly adults
- Infants
- People with diabetes
- Patients with kidney/liver disease
- Those with weak immune systems

Common Symptoms of Sepsis

- Symptoms may start mild and progress quickly:
- High fever or very low temperature
- Rapid heartbeat
- Fast breathing
- Severe chills
- Low blood pressure
- Confusion, dizziness, or disorientation
- Extreme weakness
- Decreased urine output
- Cold, clammy, pale skin
- Severe body pain or discomfort
- If not treated early, sepsis can lead to organ failure.



How is Sepsis Diagnosed?

Your doctor may perform:

- **Blood tests** (blood culture to identify germs)
- **Complete blood count**
- **Lactate level** (to assess severity)
- **Urine tests**
- **Chest X-ray**
- **Ultrasound or CT scan** - to locate infection

Treatment Options:

Sepsis requires **emergency hospitalization**.

1. Intravenous (IV) Antibiotics

Given immediately after diagnosis.

Type depends on likely cause and culture results.

Common options include:

- Ceftriaxone
- Piperacillin–tazobactam
- Meropenem
- Vancomycin (for resistant infections)

2. IV Fluids

To maintain blood pressure and improve organ function.

3. Medications

- Vasopressors (to raise blood pressure if needed)
- Antipyretics (to reduce fever)

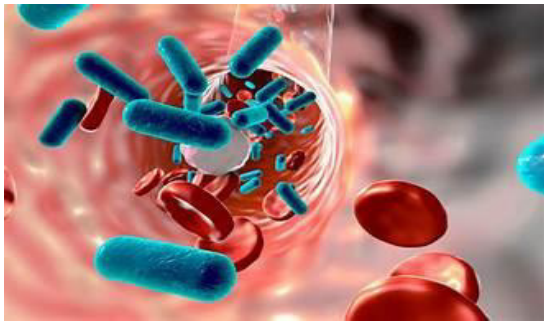
4. Treatment of the Source

- Drainage of abscess
- Removal of infected catheter
- Surgery if needed for deep infections

Possible Complications:

If not treated early:

- Septic shock
- Kidney failure
- Liver dysfunction
- Lung failure
- Heart problems
- Multiple organ failure
- Death
- Early treatment greatly reduces these risks.

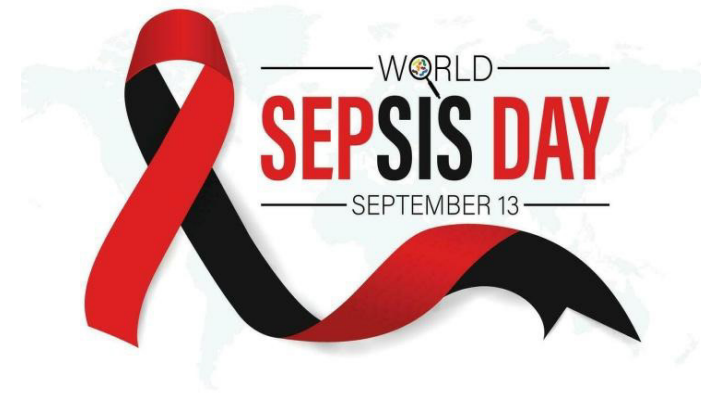


When to Seek Medical Help:

- Get urgent help if you notice:
- Fever with chills
- Confusion or altered behavior
- Very fast heartbeat or breathing
- Low urine output
- Persistent vomiting
- Bluish or cold skin
- Feeling extremely unwell

**Remember: Sepsis is an emergency.
Early treatment saves lives.**

- Septicemia is serious but treatable with early hospital care. Recognizing symptoms early and acting fast can prevent complications and save life.



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Prevention:

- Treat infections promptly
- Complete full course of antibiotics
- Maintain good hygiene
- Keep wounds clean and covered
- Stay updated with vaccinations
- Manage conditions such as diabetes properly
- Avoid unnecessary use of invasive devices (catheters, IV lines)

