



**Health Quality &
Safety Commission**
Te Tāhū Hauora



Sepsis
Trust NZ



In hospital with sepsis

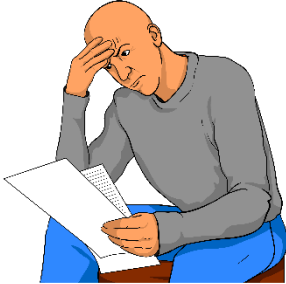


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**New Zealand
Government**
Te Kāwanatanga
o Aotearoa

Before you start



Some of the information in this document may make people:

- upset
- worried.

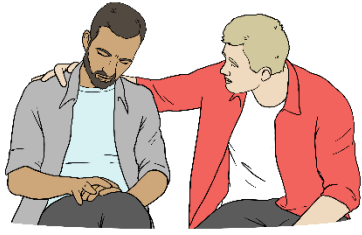


This information is not meant to scare anyone.



This information does not mean the things in this document will happen to:

- you
- people you know.



If you are worried you can talk to your:

- whānau / family
- friends
- doctor.



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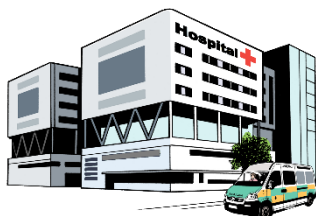
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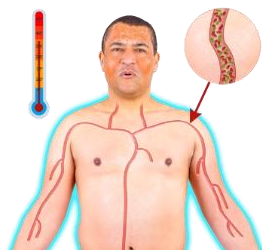
About this Easy Read



This Easy Read is about what happens if you are **admitted** to hospital with **sepsis**.



Here **admitted** is when a doctor decides you need to stay in the hospital for a while.



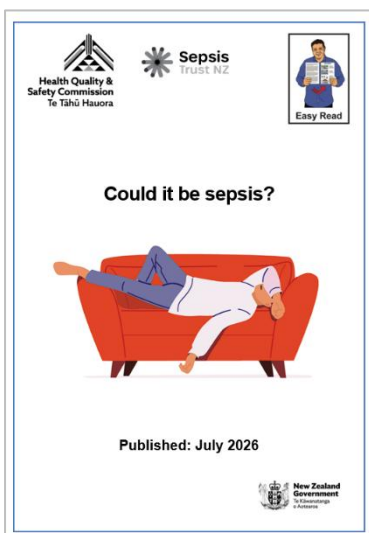
Sepsis can happen when your body reacts to an **infection**.



An **infection** is when you get sick from germs getting into your body.

Some infections that can lead to sepsis are:

- chest infections like pneumonia
- urine infections / UTIs
- skin infections or infected cuts / wounds.



There is Easy Read information about sepsis called:

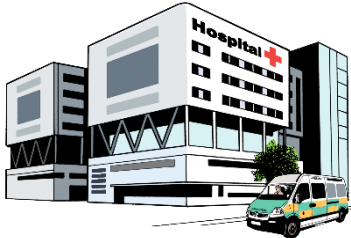
Could it be sepsis?

You can find this Easy Read at:

<https://hqsc-sepsis-whanau>

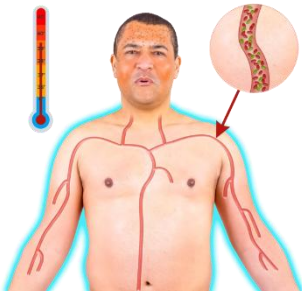


Going to hospital with sepsis



You need to go to hospital if you have:

- sepsis
- **septic shock.**



Septic shock is the worst stage of sepsis.



Early treatment will be things like:

- oxygen / air to help you breathe
- blood tests
- antibiotics / medicines to treat infections
- **intravenous fluids.**





Intravenous fluids are liquids given to you through a needle that is attached to a bag.

There are different kinds of intravenous fluids for different reasons like:

- saline if you do not have enough water in your body
- antibiotics which are a kind of medicine to get rid of an infection.



These treatments are usually enough to stop sepsis getting worse.



You will likely be sent to a **ward** if the treatment stops sepsis getting worse while you are in the emergency department.



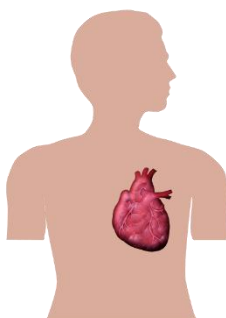
A **ward** is a place in a hospital where people who are very sick stay to:

- get better
- be cared for by nurses
- be seen by hospital doctors.



You might be sent somewhere else in the hospital for better care if:

- the treatment has not stopped the sepsis
- your **organs** are badly damaged.



Organs are important parts of your body that keep you alive like your:

- heart
- brain
- kidneys.



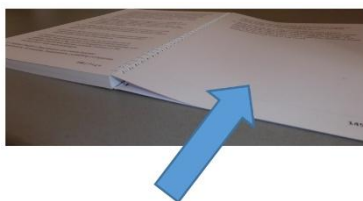
The places you might be sent to in the hospital if the treatment does not work / you have organ damage are:

- the **High Dependency Unit / HDU**
- the **Intensive Care Unit / ICU**.



High Dependency Units / HDUs are where hospitals send very sick people who:

- need to be checked on a lot
- need treatments that cannot be done on a ward.



You can find more information about Intensive Care Units / ICUs on pages **10 to 11**.

What happens if you need to go to the ICU?



You will need to be treated in the **Intensive Care Unit / ICU** if sepsis damages your body.



Intensive Care Units / ICUs are places where hospitals send people who:

- are at risk of dying
- need treatment that cannot be done anywhere else in the hospital
- need access to a nurse all the time
- need specially trained **medical staff**.





Medical staff in this document means:

- doctors
- nurses
- other medical professionals like pharmacists.



The ICU has special support to treat the sickest people in the hospital.



The medical staff there can treat damaged organs with special:

- equipment / tools
- medications.



ICU nurses usually look after no more than 2 patients at a time.

What happens after leaving the ICU?



The main reason you would be treated in the ICU is to get you well enough to be sent to either:

- the HDU

or

- a hospital ward.



You will be sent to 1 of these places once you are well enough to get care outside the ICU.



Moving out of the ICU can:

- be a big change
- make some people nervous.



Treatment on the ward is about:

- making sure you do not get sicker again
- getting you back to doing the things you used to do before you got sick.



Being on the ward is different to being in the ICU.



Nurses on the wards look after more than 2 people at a time.



Doctors do not see people as much as they do in the ICU.



People are usually not attached to machines that check how they are all the time like they are in the ICU.



It is important the ICU staff talk to you about things to do with the move like:

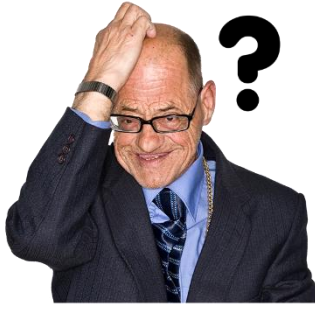
- what is happening
- what kind of care you should get on the ward.



This is important because people often still:



- feel scared
- are not sure about what to expect on the ward
- worry about what happens if they get really sick again.



You might still be confused / find it hard to think because of the:

- sepsis
- treatment in the ICU.



You might also have trouble sleeping.



Moving from the ICU means you are getting better.



You can talk to the staff if you are feeling:

- scared
- nervous.

Other supports



There are different groups that can support you when dealing with sepsis.

If you are worried about health

Call **111** if you:

- are worried about someone with sepsis / who has had sepsis
- think that someone might have sepsis.



111:

- can be called at any time
- does not cost any money to call.





Taking an ambulance to the hospital might cost you money.



If you need to talk to someone now

These next 2 places:



- can be contacted at any time
- do not cost any money.



Anyone in Aotearoa New Zealand can contact **Need to Talk** by **text / phone call on:**

1737



You can contact **Youthline** to talk if you are:

- a young person
- supporting a young person.



You can contact Youthline by:

- **phone:**

0800 376 633

- **text:**

234

- **WhatsApp message:**

09 886 56 96

- **webchat** on their website:



<https://youthline.co.nz/web-chat-counselling>



Support for mental health

If you have a family member who is having mental health challenges you can contact **Yellow Brick Road**.



Yellow Brick Road gives mental health support to whānau / families of people experiencing mental distress.



You can find out more about how to contact your local Yellow Brick Road office on their **website** at:

<https://bit.ly/49DqSzx>



This website is **not** in Easy Read.



Support for life after being in the ICU

MyLifeAfterICU is a website that has information / tools for:



- people who have been in ICU
- whānau / families
- caregivers.



You can find out more on their website at:

www.mylifeaftericu.com



This website is **not** in Easy Read.

Support for sepsis



Sepsis Trust NZ has information / tools about sepsis on their **website** at:

www.sepsis.org.nz



Sepsis Australia also has information / tools about sepsis on their **website** at:

www.australiansepsisnetwork.net.au



The **Health Quality & Safety Commission** also has information / tools about sepsis on their **website** at:

www.hqsc.govt.nz/sepsis-patient-resources

Where to find more Easy Read information about sepsis



There are 2 other Easy Read documents about sepsis called:

- **Could it be sepsis?**
- **Recovering from sepsis.**



You can find these Easy Read at:

<https://hqsc-sepsis-whanau>



This information has been written by Health Quality & Safety Commission Te Tāhū Hauora.



The Health Quality & Safety Commission is part of the New Zealand Government.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



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