

Sepsis in pregnancy: Know the signs, know what to do

Sepsis is a 'life threatening condition that arises when the body's response to infection injures its own tissues and organs'. If sepsis is not recognised and treated promptly, it can lead to shock, multiple organ failure and death.

THE SYMPTOMS:



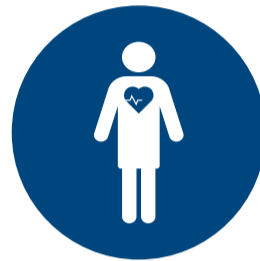
Temperature
≥ 38°C or < 36°C
Shivering, fever, or very cold



Altered mental state or behaviour
Confusion or disorientation



Respiratory rate
≥ 25 breaths/min
Short of breath



Heart rate
≥ 100 beats/min
High heart rate



Systolic blood pressure
< 90 mmHg
Clammy or sweaty skin



New onset of pain
Extreme pain or discomfort

Always be alert for symptoms of sepsis. Remember sepsis can be challenging to identify early on as the symptoms may be subtle and can mimic other symptoms of pregnancy.

Recognising the signs and responding promptly is critical.

Research shows that by doing these things within the first hour can double a woman's chance of survival.

Know the sepsis 6 + 2 to save lives

GIVE 3:

Give high-flow oxygen
Give a fluid challenge
Give IV antibiotics

TAKE 3:

Take appropriate cultures
Measure lactate
Measure urine output

CONSIDER 2:

Assess fetal state and consider delivery or evacuation of retained products of conception
Consider thromboprophylaxis

