Skilled Nursing Facility Care Pathway
Symptoms of Sepsis and Septic Shock

**Symptoms or Signs of Sepsis**
- Infection (confirmed or suspected)
- Fever or feeling very cold
- Rapid heart rate
- Rapid breathing
- Shortness of breath
- Confusion or difficulty to arouse
- Complaints of extreme pain
- Pale/discolored skin

**Vital Sign Criteria (any met?)**
- Infection (confirmed or suspected)
- Two or more of the following:
  - Altered Mental Status (Glasgow Coma Scale <13)
  - Hypotension (systolic <100mmHg)
  - Tachypnea (RR >22)
  - Decreased urine output or darkened/concentrated urine

**Take Vital Signs and draw WBC**
- Temperature
- BP, pulse
- Respiration

**Sepsis** = Infection + life-threatening organ dysfunction

**Septic Shock** = Sepsis + persistent hypotension despite fluid resuscitation and need for vasopressors to keep MAP >65mmHg.

**Notify MD/NP/PA**
- Review resident’s wishes for life-sustaining treatment

**Consider Contacting MD/NP/PA for orders (for further evaluation and management)**
- WBC
- Blood cultures X2 (prior to antibiotics)
- Lactate
- Coagulation tests (a PTT/INR)
- Serum Creatinine
- Platelet count
- Bilirubin
- Urinalysis
- Urine culture
- Blood glucose

**Evaluate Results**
- WBC >12,000 or <4,000 or >10% bands
- Lactate >2mm/L
- Platelets <100,000
- Serum Creatinine >2.0mg/dL
- aPTT 60 secs or INR >1.5
- Bilirubin >2mg/dL
- Hyperglycemia (not diabetic)

**Manage in Facility**
- Monitor vital signs, fluid intake/urine output
- Oral, IV or subcutaneous fluids if needed for hydration
- Update advance care plan and directives if appropriate

**Monitor Response**
- Sepsis criteria met
- Worsening condition

Adapted from: Third International Consensus Definitions for Sepsis and Septic Shock- Singer et al. JAMA 2016;315(8) 801-810

This resource is not all inclusive and may not apply to all patients/residents and/or situations. It is intended for educational purposes only and as guidance to support investigation for performance improvement—not as a substitute for treatment or advice from a physician or healthcare provider.

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