

Sepsis Treatment and Recovery

Infections of any kind can lead to serious health problems. Sepsis is one of them.

"Sepsis is an overwhelming infection in the bloodstream. Something has happened, a source of infection is present in your body somewhere. The end result is your body has been unable to control that and now your bloodstream has microorganisms in there to the point that your body's defense mechanisms are not able to control it."

Sepsis can make you sick very quickly. It can damage or shut down multiple organs in your body and lead to death. If your health care providers suspect sepsis, they will act right away.

"You will be quickly moved into an intensive care setting. You will have a special team that is working with you to try to diagnose and treat sepsis quickly. You may be placed in isolation, depending on the source of that sepsis or the organisms that are identified."

Doctors will first treat the infection, while keeping your vital organs working and maintaining your blood pressure.

"You might be placed on multiple antibiotics at first until we're able to get back some laboratory tests that can help us target more specifically the microorganisms that are causing that illness."

Doctors will work quickly to pinpoint the specific cause of the infection.

"The most important thing that we do is try identify what's the organism causing it so we can treat it. And then, find out where might that group of organisms have come from. Then we're going to treat or try to fix that problem. Treatment first while we're trying to figure out the cause."

If you have had Sepsis, you may have been very sick. Once you are discharged from the hospital, recovery can be long and slow. You may go to rehab before going home. Build a support system at home to help you recover. You may not be able to work normally or at all at first, and some people have difficulty doing everyday tasks such as getting dressed and taking a shower.

You may notice you still have: Shortness of breath; Fatigue; Mental and emotional challenges – nightmares / anxiety / depression / confusion; Weight loss from loss of appetite; And Muscle or joint pain. These symptoms most often improve over time with continued care.

Here are some tips to help with your recovery at home. Rest. Sleep. Eat small meals. If you feel up to it, be active. Regular activity helps build strength. Prevent infection – wash your hands often – stay up to date on vaccinations – and stay away from others who are sick Watch for symptoms of complications and infections and get medical help when needed Take all antibiotics as prescribed even if you feel better.

For more information about treatment and recovery of sepsis, visit [cdc.gov](https://www.cdc.gov).