

Sepsis Nursing Care Plan

Patient Information

Full Name: Sarah Smith

Date of Birth: 09 / 09 / 180

Gender: F

Patient ID: /

Contact Number: +00 000 0000

Email Address: sarahsmith@email.com

Infection and Medical information:

Physical Exams:	Completed 0945, review every hour. change in mental status and breathing evident.
Lab Testing:	Blood testing and mucus retrieval from respiratory tract, Respiratory infection clear.
Imaging:	CT scan referral made for respiratory infection location.

Symptoms of sepsis:

- ☒ Change in mental status
- ☒ Fast and shallow breathing
- ☒ Sweating with no cause
- ☒ Lightheadedness
- ☐ Shivering

Decreased Cardiac Output

- ☐ Tachycardia
- ☐ Central venous pressure < 8 mmHg
- ☐ Mean arterial pressure <65 mmHg
- ☐ Cyanosis
- ☐ Prolonged capillary refill time
- ☐ Blood pressure reading <90/60 mmHg

- ☐ Changes in the level of consciousness
- ☐ Cold and clammy hands
- ☐ Presence of murmurs

Assessment	Intervention	Notes
- Assess for signs and symptoms of cardiac and circulatory compromise. - Monitor hemodynamic parameters such as Central Venous Pressure, Pulmonary Artery Diastolic Pressure, and Pulmonary Capillary Wedge Pressure. - Monitor laboratory data and look for elevated cardiac markers.	- Administering fluid resuscitation and medications as prescribed (antibiotics and vasopressors). - Anticipate the need for adjunctive therapies as indicated. Mechanical support such as intra-aortic balloon pumps are widely used in septic cardiomyopathy. - Meet oxygen demands.	N/A

Hyperthermia

- ☒ High body temperature
- ☒ Dehydration
- ☒ Increased metabolic rate
- ☒ Inflammation
- ☒ Flushed skin
- ☐ Tachypnea
- ☐ Tachycardia
- ☐ Seizures

Assessment	Intervention	Notes
- Assess temperature rectally for the most accurate body temperature - Assess the neurological state of the patient as uncontrolled hyperthermia can lead to brain damage.	- Providing a cool environment and tepid baths - Administering antipyretics such as acetaminophen	Hyperthermia symptoms present, body temp taken every hour. Room cooled and tepid bath administered. Antipyretic dosage reviewed

Ineffective Protection

- ☐ Abnormal blood results
- ☐ Immunosuppression
- ☐ Poor nutrition
- ☐ Change in levels of consciousness
- ☐ Insomnia
- ☐ Open wounds or pressure ulcers

Assessment	Intervention	Notes
Xareful monitoring for signs of progressing sepsis, monitoring leukocytosis, and careful management of risk factors such as patients who suffer from immunosuppression from cancer, HIV, and related treatments, and careful management of patients who are immobile or have open wounds.	- Encouragement of rest - Avoiding invasive procedures like catheterization, injections, and rectal or vaginal procedures where possible. - Dietary changes involving high protein, nutrient-dense foods. - Education for family and patients around infection control and management.	N/A

Attach daily care plans, related lab results, and infection control procedures.

Physician's Notes and Recommendations

Patient displays signs of sepsis from respiratory infection and all measures must be taken for care and management. Close monitoring and ICU transfer requested.

Physician's Signature: _____ **Date:** ____ / ____ / _____