

Early Goal-Directed Therapy for Severe Sepsis & Septic Shock

SEPSIS is the presence or presumed presence of Infection *Plus* Systemic Inflammatory Response Syndrome (SIRS); ie. 2 or more of these symptoms:-

- Temperature > 38.0°C or < 36°C
- HR > 90
- Respiratory Rate > 20 or PaCO₂ < 4.3
- WBC > 12,000 or < 4,000

SEVERE SEPSIS is Sepsis with one or more of the following organ system dysfunctions:-

- Altered Mental Status
- Acute respiratory, renal, cardiac, or liver failure
- New-onset coagulopathy or thrombocytopenia
- Global Tissue Hypoperfusion = lactate ≥ 4.0 mmol/l

SEPTIC SHOCK is

Sepsis with MAP < 65 or SBP < 90mm Hg
Unresponsive to a crystalloid bolus of 20 - 40 ml/kg IV.

Start at Step 1. Where any step offers alternative outcomes, a green result means move on, a red result - take the action as directed and then move on.

Timing is important. Step 2 should immediately follow Step 1, and the first 3 steps completed within an hour. The full resuscitation should be completed within 6 hours.

