

Sepsis Nursing Care Plan

PATIENT INFORMATION

Full name: _____ Date of birth: _____ dd / mm / yyyy

Gender:

☐ Male ☐ Female ☐ Other

Patient ID: _____ Contact number: _____

Email: _____

INFECTION AND MEDICAL INFORMATION

Physical exams:

Lab testing:

Imaging:

SYMPTOMS OF SEPSIS

Check all that apply:

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

DECREASED CARDIAC OUTPUT

Check all that apply:

- | | |
|--|---|
| ☐ Tachycardia | ☐ Central venous pressure < 8 mmHg |
| ☐ Mean arterial pressure | ☐ Cyanosis |
| ☐ Prolonged capillary refill time | ☐ Blood pressure reading |
| ☐ Changes in the level of consciousness | ☐ Cold and clammy hands |
| ☐ Presence of murmurs | |

Assessment

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.

Intervention

Administering fluid resuscitation and medications as prescribed (antibiotics and vasopressors). Anticipate the need for adjunctive therapies as indicated. Mechanical support such as intraaortic balloon pumps are widely used in septic cardiomyopathy. Meet oxygen demands.

Notes:

HYPERTHERMIA

Check all that apply:

- ☐ High body temperature
- ☐ Dehydration
- ☐ Inflammation
- ☐ Flushed skin
- ☐ Tachypnea
- ☐ Tachycardia
- ☐ Seizures

Assessment

Assess temperature rectally for the most accurate body temperature. Assess the neurological state of the patient as uncontrolled hyperthermia can lead to brain damage.

Intervention

Providing a cool environment and tepid baths. Administering antipyretics such as acetaminophen

Notes:

INEFFECTIVE PROTECTION

Check all that apply:

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

Assessment

Careful 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.

Intervention

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.

Notes:

PHYSICIAN'S NOTES AND RECOMMENDATIONS

Specify below:

Physician's signature:

Date: dd / mm / yyyy