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Resource Guide for Nurses: Educational Pamphlet on Pediatric Sepsis

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Background:

- Sepsis is a life-threatening condition that results from an infection in the body that consumes the immune system in a way that it causes damage to the body's tissues and organs (Karikari-Boateng, 2017).
- Sepsis presents differently in pediatric patients than it does in adult patients; it is important for nurses in the emergency department to have the information available to recognize a child experiencing the early stages of sepsis.
- "The rate of sepsis in the pediatric population has increased from 92.8 per 100,000 in 2006 to 158.7 per 100,000 in 2012" (Emr, Alcamo, Carcillo, Aneja, & Mollen, 2018, p. 176).
- One study looked at a group of 27 hospitals and only 59% of these hospitals had a pediatric specific sepsis protocol in place (Odetola, *et al.*, 2017). This is a surprising statistic that needs to be addressed; it is concerning because of the increased rate of pediatric sepsis that the pediatric population has experienced from 2006-2012.
- Each year, 6 million children die across the globe from sepsis (Duckworth, 2016).

Goal:

The implemented project is a pamphlet that highlights the key indicators in pediatric sepsis; the goal of the project is to provide nurses with a quick reference guide so that when faced with a possible sepsis diagnosis they can effectively carry out their roles in the management of pediatric sepsis. Through the use of the pediatric sepsis pamphlet, nurses can provide accurate and effective teaching for parents and new graduate nurses. In addition to aiding nurses in understanding pediatric sepsis, the pamphlet can be used as a teaching tool for parents who care concerned about this condition and would like accurate, handy information about pediatric sepsis.

Implementation of Project:

- Our pediatric sepsis informational pamphlet was presented in at unit meeting in the Stamford Hospital Emergency Department. A Spanish version of the pamphlet was provided, as was a pediatric vital sign reference card.
- Our presentation included: why pediatric sepsis is an important topic to focus on, suggested uses of the pamphlet, and how nurses are vital to the management and treatment of pediatric sepsis.

Age	Heart Rate (Bradycardia or Tachycardia)	Respiratory Rate, Breaths/Min	Systolic Blood Pressure, mmHg
0 days to 1 wk	< 100 or > 180	> 50	< 65
1 wk to 1 mo	< 100 or > 180	> 40	< 75
1 mo to 1 yr	< 90 or > 180	> 34	< 100
2-5 yrs	> 140	> 22	< 94
6-12 yrs	> 130	> 18	< 105
13 to < 18 yrs	> 110	> 14	< 117

(“Current Management of Sepsis”, 2014)

Nursing Role/Responsibilities:

Nurses are consistently at the bedside monitoring the patient and assessing for subtle changes in status. It is the nurse's role to closely monitor patients suspected with early sepsis to prevent further deterioration and reaching the point irreversible sepsis (Byrne, 2014). With the use of the pediatric sepsis pamphlet, nurses can provide accurate and effective teaching for parents and new graduate nurses. In addition to aiding nurses in understanding pediatric sepsis, the pamphlet can be used as a teaching tool for parents who care concerned about this condition and would like accurate, handy information about pediatric sepsis.

References available as a handout

Family-Centered Care:

- The pediatric sepsis pamphlet was written to be used as a teaching tool for nurses, but can double as a teaching tool for families.
- On discharge, parents are often anxious taking a child home in fear of a recurring illness. The pediatric sepsis pamphlet provides information that will let the parent know if the child needs to be brought to the emergency department.
- Patients are always at the center of care; it is the responsibility of the nurse to also involve the family in the care of the child. Sepsis is an emergent condition and it is vital for a nurse to advocate for the patient with suspected sepsis to ensure proper management and survival of this condition. A nurse can confidently advocate for the correct and vital treatment of his/her patient through the use of the pediatric sepsis pamphlet.

Evaluation:

- Nurses were given the opportunity to ask questions about the pamphlet after the information was presented to the emergency department unit.
- Nurses verbalized their understanding of the multiple uses of the pediatric sepsis informational pamphlet.

Conclusion:

The pediatric sepsis informational pamphlet is a local intervention implemented in the Emergency Department at Stamford Hospital. The intended goal to educate nursing staff on pediatric sepsis and stress the importance of recognizing sepsis and performing time-sensitive interventions was successful as evidenced by evaluating the staff's knowledge of pediatric sepsis post-presentation of the project.



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