

SEPSIS

What is Sepsis?

Sepsis is when your body reacts badly to an infection. It can make you very ill and even kill you.

What are the signs and symptoms of Sepsis?

1. Feeling very hot or very cold and shivering.
2. Having a very fast heart beat.
3. Breathing fast or feeling out of breath even if you are sitting still.
4. Feeling confused.
5. Feeling sick or vomiting.
6. Fainting or collapsing.
7. Not being able to pass urine all day.

What should you do if you suspect someone has Sepsis?



The person may need to go to hospital straight away.

Learning Points



- 1) Consider what you are doing to ensure the people we support access the full range of health services.
- 2) Think of some local initiatives with residents to promote exercise. Some suggestions include:
 - Daily step challenges using mobile phones.
 - Daily walks
 - Join your local parkrun on a Saturday morning at 9am. It is free and you can walk it all if you want.
- 3) Ensure people have access to fresh fruit on a daily basis.
- 4) Brief all staff on the signs of sepsis.

Reminder: Ensure you have printed out this edition of #QualityMatters and have placed it around your services and in your evidence folders.

To access every edition, visit our staff intranet: <https://ncgintranet.com/quality-matters/>

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Quality Matters

Health



The importance of governance within National Care Group

By Mike Cleasby, Quality Director of NCG

Passion | Empowerment | Respect | Collaboration

Supporting Good Health—things to consider?

Do the people you support have:

- 1) A health check at least annually?
- 2) Eye sight checks at least every 2 years?
- 3) Access to a dentist?
- 4) Access to podiatrists?
- 5) Audiology?
- 6) Dieticians?

Question for Managers

If you don't have a keyworking system in place, who is advocating for the needs of individual residents, how do you ensure the key messages do not get lost?

Did you Know?

General Practitioners in England & Wales get paid by the NHS to carry out a detailed annual health check for people who have a primary diagnosis of a learning disability.

Do you know when the last annual health check was and when the next is due?

Living a Healthy Lifestyle



Did you know?

Research tells us that that adults should be drinking between 2-3 litres of water per day.

Why?

1. Drinking water helps maintain the balance of body fluids. Your body is composed of about 60% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.

2. Water can help control calories. For years, dieters have been drinking lots of water as a weight loss strategy. While water doesn't have any magical effect on weight loss, substituting it for higher calorie beverages can certainly help.

3. Water helps energise muscles. Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue.

4. Water helps keep skin looking good. Your skin contains plenty of water, and functions as a protective barrier to prevent excess fluid loss.

5. Water helps your kidneys. Body fluids transport waste products in and out of cells. The main toxin in the body is blood urea nitrogen, a water-soluble waste that is able to pass through the kidneys to be excreted in the urine.

6. Water helps maintain normal bowel function.

Adequate hydration keeps things flowing along your gastrointestinal tract and prevents constipation. When you don't get enough fluid, the colon pulls water from stools to maintain hydration -- and the result is constipation.

Healthy Diets

Do you promote healthy eating options within your service? Are meals generally prepared using fresh ingredients or from the freezer?

Do the people you support have access to fruit on a daily basis?

Question for Managers

- 1) Do you think you promote healthy eating within your service?
- 2) Do you brief staff on what good nutrition looks like?
- 3) What positive changes could you make today?