



Department  
of Health &  
Social Care



The  
Queen's  
Nursing  
Institute

Care Home Nurses Network meeting

# SUMMARY

*'Sepsis'*

Tuesday 21 May 2024  
2 - 3.30pm, via Zoom

#CareHomeNursing

## Chair's Welcome

Dr Agnes Fanning MSc MA BSc DN RN QN, Fellow HEA, Care Home Nurse Network Lead

- The Care Home Nurses Network was created in 2020 and is a national network of nurses working in care home settings. It's a network for nurses to share ideas, innovations and research about care homes as well as raising the profile of care home nursing.
- It's now funded by the Department of Health and Social Care.
- There are currently 2158 members of the Care Home Nurses Network, 901 of these are on the QNI's dedicated Facebook group.
- To join the Care Home Nurses Network, please visit:

<https://qni.org.uk/nursing-in-the-community/care-home-nurses-network/>

- We have an excellent agenda today, thank you to all our speakers for giving their time and expertise
- To get in touch with me, please email me at [agnes.fanning@qni.org.uk](mailto:agnes.fanning@qni.org.uk)



## Introduction to Sepsis

Liz Grogan, Deputy Director of Infection Prevention & Control, Queen's Nurse, Leeds Community Healthcare NHS Trust

- I've been a nurse for 20 years this year, not sure where the time has gone!
- Here in Leeds we have a diverse community, we have pockets of deprivation, over 100 GP practices, 150 care homes, 3 big providers, 150 providers of domiciliary care, it's quite a big system.
- I'm here to talk to you about the basics of sepsis

### Facts

- Sepsis does not discriminate, regardless of age, gender, it can have a horrible impact on anyone's life.
- NICE definition: *'Sepsis is caused when the body's immune system becomes overactive in the response to an infection, causing inflammation which can affect how well other tissues and organs work.'*
- It's very broad, it starts with an infection but it can come from catheterisation, could be a dog bite, could be a pressure sore, it's very varied.
- Overall mortality rate for patients with severe sepsis 35%
- Every 3.5 seconds someone dies of sepsis in the world
- Sepsis is responsible for up to 52,000 deaths a year (more than breast, bowel and prostate cancer combined)
- Sepsis relates to 100,000 hospital admissions per year in UK
- Around 10 years ago it was 36,000 deaths a year, now it's higher yet IPC training has improved, lot more information and awareness, so sometimes it does feel like an uphill battle.





## Introduction to Sepsis

Liz Grogan, Deputy Director of Infection Prevention & Control, Queen's Nurse, Leeds Community Healthcare NHS Trust

- View a short video of sepsis introduction here: [https://www.youtube.com/watch?v=wwL\\_79sxTSs](https://www.youtube.com/watch?v=wwL_79sxTSs)
- If we achieve earlier identification, long term disability is reduced
- Sepsis remains the primary cause of death from infection despite advances in modern medicine, including vaccines, antibiotics and acute care.

### Challenges

- Education could be better than it is, it isn't a bespoke package, all broad training.
- Working in care homes you have a unique position, no one knows your resident like you do.
- With the advent of Martha's rule, it's about having that gut instinct, you know if something is off
- Sepsis is dangerous because of the speed with which it progresses and because it's not picked up early enough.
- Some people have a higher risk of getting sepsis: diabetics, chronic diseases like COPD, patients with chronic wounds or ulcers, patients undergoing chemotherapy, IV lines, catheters etc, but in reality it doesn't discriminate.

### Normal response to infection

- 3 phases: 1. vasodilation: increased blood flow to site, infusion of antibodies and cells to fight infection; 2. vessel permeability - antibodies and cells exit bloodstream and enter infected tissue; 3. once infection is controlled, tissue repairs itself.

## Introduction to Sepsis

Liz Grogan, Deputy Director of Infection Prevention & Control, Queen's Nurse, Leeds Community Healthcare NHS Trust

- Download the Sepsis poster below here:

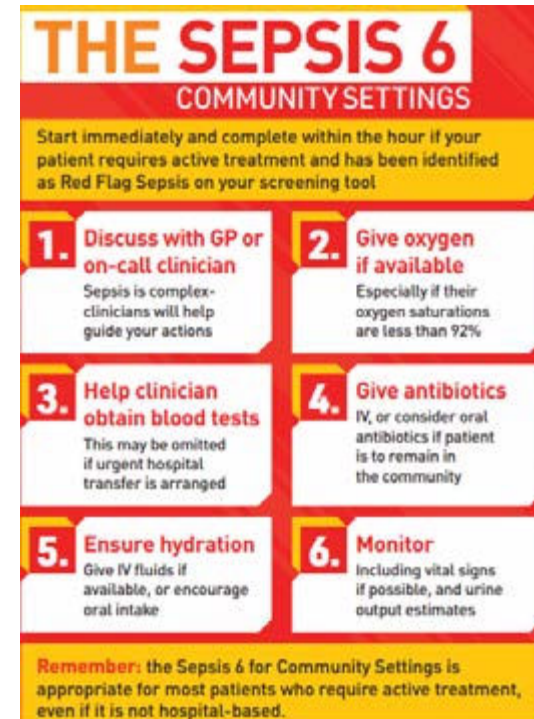
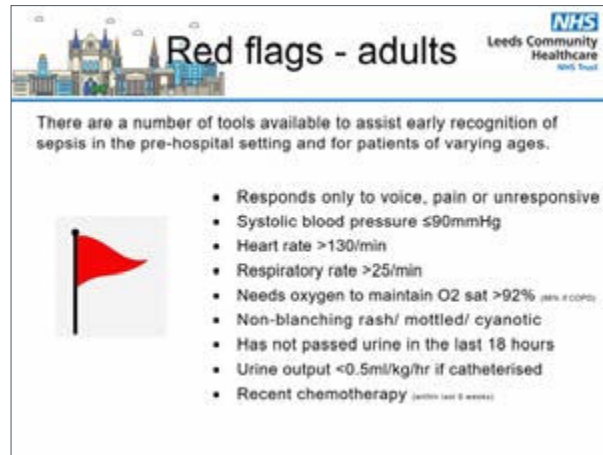
<https://sepsistrust.org/wp-content/uploads/2023/02/UKST-Marie-Curie-Poster-1.pdf>

### Care Home actions

- Immediate actions: dial 999, arrange blue light transfer, administer oxygen to maintain saturations >94%
- Communication: write a brief, clear handover including observations and antibiotic allergies where present
- Ensure paramedics pre-alert as 'Red Flag Sepsis'
- Things escalate very quickly - improve your safety culture

### Safety culture

- Listening lounges; supervision, safety huddles; celebrate great care examples, share learning. Psychological safety exists when you're not afraid to: be yourself, make mistakes, ask questions, take risks, raise problems, disagree, follow your instinct.



## Restore 2 project in Leeds

Carrie Mulvihill, Sepsis/Deterioration Nurse, Leeds Community Healthcare Trust

- Restore2 is a physical deterioration and escalation tool for care/nursing homes.
- It's designed to:
  - Recognise when a resident may be deteriorating or at risk of physical deterioration
  - Act appropriately according to the resident's care plan to protect and manage the resident
  - Obtain a complete set of physical observations to inform escalation and conversations with health professionals
  - Speak with the most appropriate health professional in a timely way to get the right support
  - Provide a concise escalation history to health professionals to support their professional decision making
- Find the poster here: <https://www.hantsiowhealthandcare.org.uk/your-health/schemes-and-projects/restore2>
- There are soft signs of deterioration (such as cold hands, worsening skin colour, puffiness of skin - basically any observations that are different from normal.)
- By early recognition, it will mean patients are detected, treated and escalated, preventing death.
- As carers you spend time with your residents and you get to know them very very well, sometimes it's obvious they're unwell, other times it's much harder to spot.
- National Early Warning Score (NEWS) is widely used in healthcare by GPs, healthcare staff, paramedics etc, it's a recognised language, NEWS can tell us how unwell someone is at the time



## Restore 2 project in Leeds

Carrie Mulvihill, Sepsis/Deterioration Nurse, Leeds Community Healthcare Trust

- It's based on 6 observations, the higher the NEWS score, the more unwell the patient is
- Find out more here:

<https://www.england.nhs.uk/ourwork/clinical-policy/sepsis/nationalearlywarningscore/>

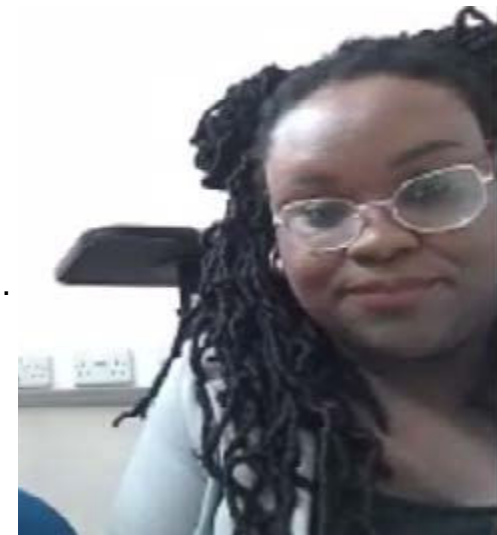
- Restore2 was launched in April 2022 and has demonstrated the importance of having a community-based resource to co-ordinate and deliver education and awareness around deterioration and sepsis.
- The training has been delivered to 50 care home settings in Leeds to approx 500 staff members
- Written pre and post training evaluations and verbal feedback following training has been positive with staff saying they feel more empowered and more confident.
- It demonstrates its intrinsic value and its potential to save lives and improve health outcomes.
- If Restore2 training to health and social care workers has helped save a single life in the people they care for from sepsis, then this project has been the happiest success story that we could ever have wished for.
- It's the best thing I've done in my career and I've been nursing for 29 years this year!



## IStumble and falls prevention awareness

*Danielle Miller, Quality Lead, The Leeds Office of The Integrated Care Board*

- I was previously a Care Home Nurse, and I'm very passionate about falls prevention awareness
- IStumble is post-fall assessment tool devised by paramedics, which is now trademarked
- We did a pilot in 2022 which lasted 3 months, 1 nursing home and 3 residential homes took part. We wanted to increase staff confidence when responding to a resident fall. The pilot went very well.
- Post pilot sessions: in February 2023, 3 care homes attended the virtual session and 10 care homes received in person training between March and December 2023.
- One of the aims was to provide addition support to care homes to reduce the number of unwarranted calls to 999
- Topics included: defining a fall; fear of falling; falls risk factors; falls risk assessment, how to help, themes of falls, medicines, assessment/ investigation and management, chronic conditions, exercise.
- Here's a link to IStumble:  
<https://mangarhealth.com/uk/by-winnicare/istumble-2/>
- Next steps: the steering group is looking at improvement in relation to falls.





Thank you to all delegates who attended today's meeting.

FEEDBACK:

Thank you very much!  
Very informative!

Thank you for an amazing afternoon

Really enjoyed the presentations, thank you

Liz thank you for an excellent presentation and for sharing your personal experience

Thank you Liz, really interesting presentation.

Very interesting presentations, thank you

Fantastic presentation Liz!

