

The Signs of Sepsis & Self-Advocacy

How can students apply global health concerns to raise their self-awareness about their own infections, health and illnesses?



Abstract

Students will learn new vocabulary and information on the topic of sepsis. After a reading assignment and informal formative assessment, the students will be asked to play a reinforcement card game, further strengthening their understanding. This is a culmination of all previous scaffolded lessons. It reviews and builds self-advocacy, decision-making and communication skills.

Grade Level

9-12

Subject Area

Health, Communications, Decision Making

Time

Two 40-minute classes

Setting

Classroom

Skills

Evaluate a situation and choose a position; analyze issues; make inferences; identify appropriate evidence; understand causation and the effects of decision-making; identify the significance of an event.

Standards Addressed

New York State Health Education Standards

- **ORH.C.4** – Individuals understand and are able to apply universal precautions, first aid, CPR and other emergency procedures properly.
- **CM.C.5** – Demonstrates strategies for overcoming health-related communication barriers.
- **CM.C.6** – Demonstrates ways to communicate care, consideration, and respect of self and others.
- **CM.C.7** – Demonstrates effective refusal skills in real-life health-related situations.
- **DM.C.1** – Identifies personal health decisions and analyzes related internal and external influences.
- **DM.C.2** – Recognizes personal capabilities and limitations as they relate to possible healthy solutions.
- **DM.C.3** – Gathers, synthesizes, and evaluates available information to enhance health.
- **DM.C.4** – Personalizes health risk of decisions to self and others.
- **DM.C.5** – Applies a decision making model to real-life health-related situations.
- **DM.C.7** – Describes how personal health decisions may affect subsequent decisions.

Directions

1. Students will complete the background reading, "Signs of Sepsis."
2. Using the information in the passage, students should complete the crossword puzzle.
3. Students will then play the "Signs of Sepsis" card game to reinforce understanding of the different treatments and/or cures for various diseases, and to reinforce when and how antibiotics are effective.

Author

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Save a life today... know the signs of sepsis

How do you get sepsis?

Sepsis begins with an infection. An infection is an invasion of the body's tissues by disease-causing agents, such as bacteria, that multiply and produce toxins. Sepsis is a life-threatening illness caused by the body's reaction/response to this type of toxin-producing bacterial infection.

Sepsis kills

Did you know that 250,000 Americans die each year from sepsis? That's more than from AIDS, breast cancer and prostate cancer combined. (AIDS is a disease in which there is a severe loss of the body's cellular immunity, greatly lowering the resistance to infection; prostate cancer affects an exocrine gland directly under the male bladder; and breast cancer is a type of cancer that develops in the breast tissue cells of males and females.)

Anyone can get sepsis—but it is treatable

Sepsis is preventable and treatable. A small cut, a bug bite or an infected tooth can all lead to sepsis. Hospital emergency rooms provide immediate treatment for this acute illness. Antibiotics are medicines used to kill or inhibit the growth of bacteria in patients with infections that can lead to sepsis. Since adopted in 2013, regulations in New York state, known as Rory's Regulations, require hospitals to prescribe broad-spectrum antibiotic therapy immediately if three or more signs of sepsis are detected when a person enters the ER.

Do you know the signs of sepsis?

Sepsis has specific and easily detectable symptoms. What is a symptom? A symptom can be a physical or mental feature that is regarded as an indication of a condition or disease. One symptom of sepsis is rapid breathing, where the rate of breathing increases and is above normal. Some patients may also experience a fever, with an increased body temperature above 98.6 degrees Fahrenheit (37 degrees Celsius). Another sign of sepsis is an elevated heart rate, where the number of heartbeats per minute is higher than the normal range; elevated is a term used in hospitals to mean increased or above the normal level. In some cases, patients with sepsis may appear pale, and some will develop mottled skin that has blotches of different shades (sometimes purple or black in color) and/or streaks visible on the skin. They may also experience physical discomfort—and sometimes extreme pain. Another physical symptom is shivering, with anywhere from slight to uncontrollable shaking because the patient feels cold. They may also be extremely sleepy and difficult to wake up. Lastly, a sepsis patient can also experience mental confusion and/or impaired awareness and may be disoriented.



Signs of Sepsis

R I P T E M Y T S Y X B D E T A V E L E
 H O M G M K B R E A S T C A N C E R N J
 V O X N E X T R E M E P A I N W C W I G
 K H M I R H N E T A R T R A E H F L K N
 A K Q H G M N B S O Z B S E L K F H S I
 N B U T E T E J V M S Q Y L V X B J D R
 T C I A N X N F L O O K Y O B E X B E E
 I W R E C N A C E T A T S O R P T Z L V
 B F K R Y J M E N W J A P M D J G Q T I
 I O K B R H K A O A E E X M I N P G T H
 O A L D O N M Y I C T P B A Y Y I L O S
 T P V I O V P V T Z V D H A N S Y B M W
 I M U P M K J B C U Q W S U Q F J I S Q
 C E U A P S G D E T N E I R O S I D Q Z
 S D B R H A A S F Z O G P F S Q I P L U
 G L J S U K C A N F J D Y D I A G E S U
 Z I R B Q K R J I K E I L F A H O R Y S
 E V H H A Q B M K B J V X J Q A K X X K
 A E T C X Z L Q S I S P E S Y S N U Z E
 R M E Z T A O E B S O A I R H I R Q R W

Symptoms

Emergency Room

Antibiotics

Fever

Heart Rate

Rapid Breathing

Prostate Cancer

Sepsis

AIDS

Elevated

Shivering

Breast Cancer

Infection

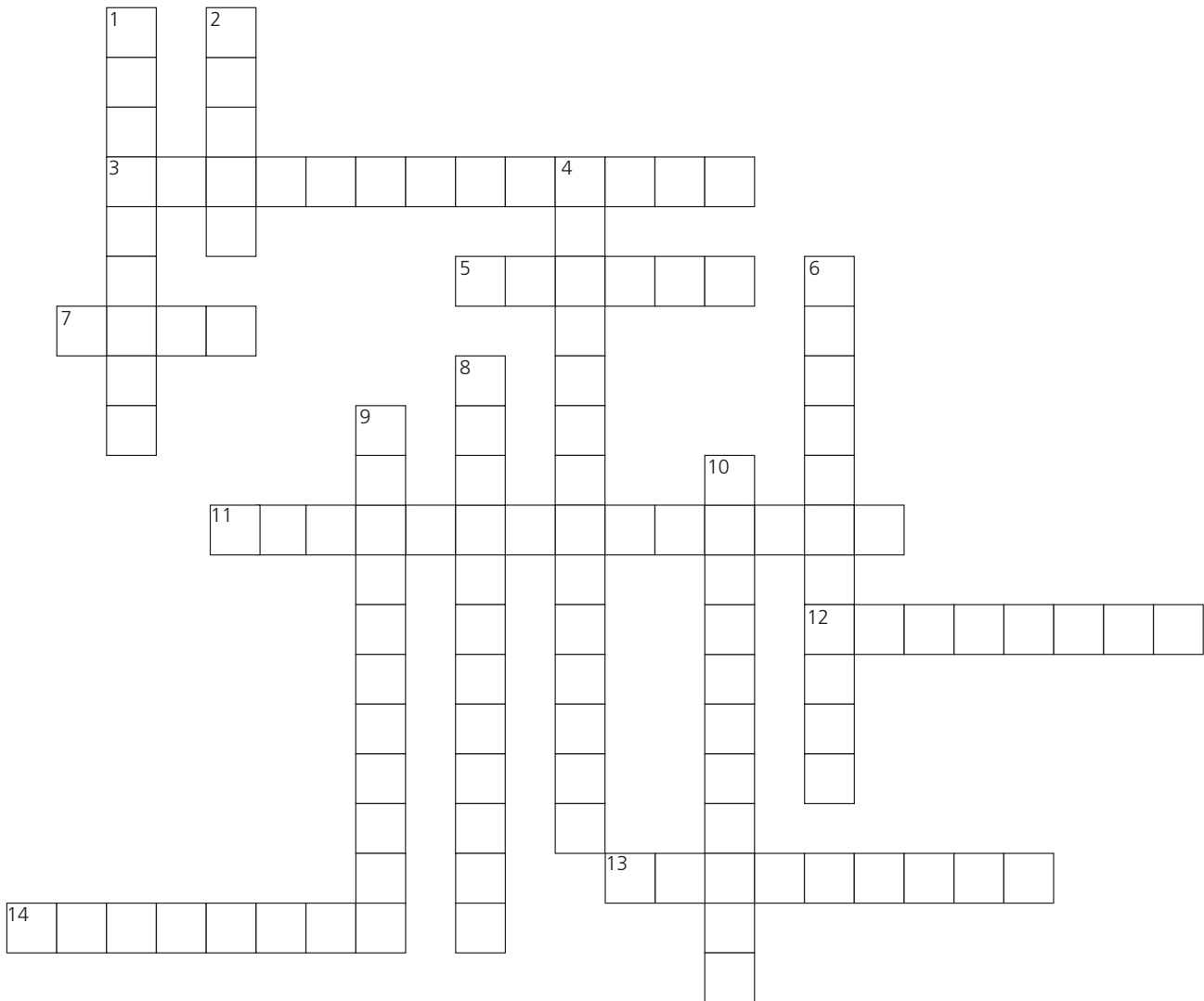
Mottled Skin

Disoriented

Extreme Pain

Signs of Sepsis

There are no spaces between two word answers.



Elevated Fever Emergency Room Sepsis AIDS Disoriented Shivering Prostate Cancer Symptoms
 Rapid Breathing Antibiotics Breast Cancer Infection Mottled Skin

Across

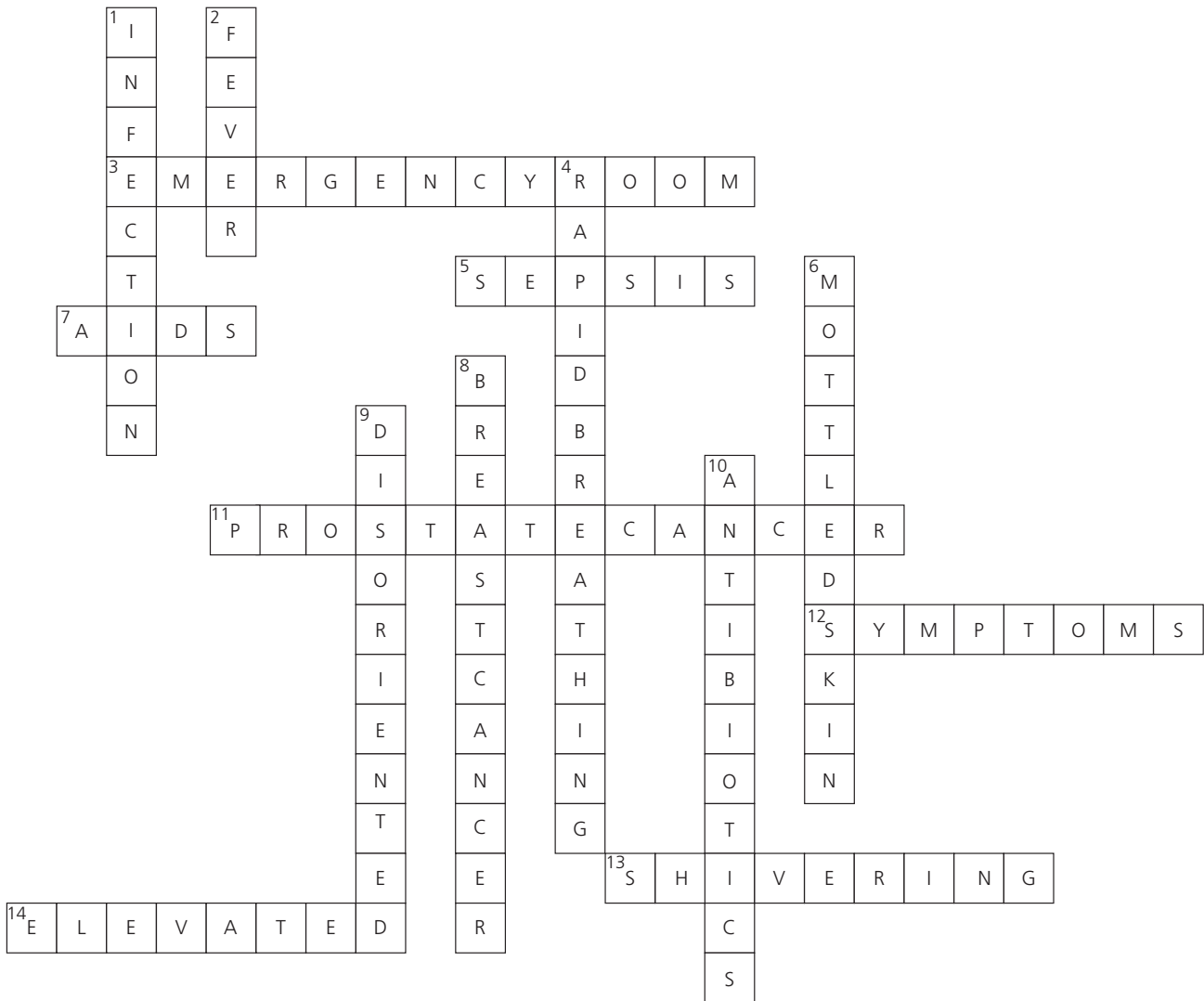
3. The department of a hospital that provides immediate treatment for acute illness
5. Life threatening illness caused by the body's response to bacterial infection
7. A disease in which there is a severe loss of the body's cellular immunity, greatly lowering the resistance to infection
11. Abnormal cell growth affects an exocrine gland directly under the male bladder
12. Physical or mental indications of a condition or disease
13. Slight or uncontrollable shaking as a result of being cold
14. Adjective meaning "increased, above normal level"

Down

1. Invasion of the body's tissues by disease causing agents that multiply and produce toxins
2. An increase in average body temperature (above 98.6)
4. Tachypnea or hyperventilation; quick, shallow lung movements
6. Blotches of different shades, streaks on epidermis
8. A type of cancer that typically develops in the mammary glands
9. A feeling of mental confusion or impaired awareness
10. Medicines used to kill or inhibit the growth of bacteria

Signs of Sepsis

There are no spaces between two word answers.



Elevated Fever Emergency Room Sepsis AIDS Disoriented Shivering Prostate Cancer Symptoms
 Rapid Breathing Antibiotics Breast Cancer Infection Mottled Skin

Across

3. The department of a hospital that provides immediate treatment for acute illness (**EMERGENCYROOM**)
5. Life threatening illness caused by the body's response to bacterial infection (**SEPSIS**)
7. A disease in which there is a severe loss of the body's cellular immunity, greatly lowering the resistance to infection (**AIDS**)
11. Abnormal cell growth affects an exocrine gland directly under the male bladder (**PROSTATECANCER**)
12. Physical or mental indications of a condition or disease (**SYMPTOMS**)
13. Slight or uncontrollable shaking as a result of being cold (**SHIVERING**)
14. Adjective meaning "increased, above normal level" (**ELEVATED**)

Down

1. Invasion of the body's tissues by disease causing agents that multiply and produce toxins (**INFECTION**)
2. An increase in average body temperature (above 98.6) (**FEVER**)
4. Tachypnea or hyperventilation; quick, shallow lung movements (**RAPIDBREATHING**)
6. Blotches of different shades, streaks on epidermis (**MOTTLEDSKIN**)
8. A type of cancer that typically develops in the mammary glands (**BREASTCANCER**)
9. A feeling of mental confusion or impaired awareness (**DISORIENTED**)
10. Medicines used to kill or inhibit the growth of bacteria (**ANTIBIOTICS**)