

# SAM

## Sepsis Assessment & Management



What to look for if your child has a temperature and you are concerned

Notes

## Red (high risk: take immediate action)

Many (but not all) children with these features are seriously unwell and need to be assessed straight away in hospital. Dial '999' for an ambulance if necessary.

### Skin, lips and tongue

- Very pale or blue skin and sunken eyes
- Rash that does not fade when pressed firmly (use a clear glass)

### Activity

- Not responding to carers
- Very difficult to wake up
- Weak, high-pitched or continuous cry in younger children
- Older children are confused or unusually irritable

### Breathing

- Finding it much harder to breathe than normal
- Grunting breathing
- Very fast breathing: more than 60 breaths a minute
- Noticeable pauses in breathing

### Circulation

- Very cold hands and feet

### Temperature and body

- Under 3 months with raised temperature over 38°C
- The soft spot on an infant's head is bulging
- Stiff neck, especially when trying to look up and down
- The child has a seizure

### Vomiting, diarrhoea and hydration

- Very thirsty and not able to keep fluids down
- Bloody or black 'coffee ground' vomit
- Not had a wee for 12 hours

# Look out for the signs of sepsis

A raised temperature (fever) in children is common, but can be worrying. Almost all children will recover quickly and without problems. However, a very small proportion may have a serious infection with sepsis (bloodstream infection) that requires urgent treatment in hospital.

This information is designed to help you monitor your child's condition if they have a raised temperature, so you know when to ask for help and can describe the symptoms.

Just tick off any of those symptoms that you observe with a note of the date and time, and follow the advice at the top of the page.

For ease of use, the symptoms are split into:

- Amber, where medical advice should be asked for
- Red, which means you should get the child to hospital quickly – dial '999' if necessary and ask for an ambulance.

Again, we must stress that the great majority of children do not have sepsis. **But if you do have concerns and your child seems to be getting worse, even if their temperature falls, act swiftly just in case.**

## Find out more

Detailed information can be found on the NICE website: [www.nice.org.uk/Guidance/CG160](http://www.nice.org.uk/Guidance/CG160)

The UK Sepsis Trust also has a lot of helpful material at: [www.sepsistrust.org](http://www.sepsistrust.org)

**Email:** [info@sepsistrust.org](mailto:info@sepsistrust.org)

**Phone:** 0845 606 6255

## Amber (intermediate risk: ask for advice)

Some (but not all) children with these symptoms are seriously unwell. If you have any concerns, a trained health professional needs to assess them promptly. Contact your GP, NHS 111 or minor injuries unit.

	time/date	time/date	time/date	Notes
<b>Skin, lips and tongue</b>				
Unusually pale	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Rash that fades when pressed firmly (use a clear glass)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Activity</b>				
Not responding normally to family or carers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Not smiling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Difficult to wake up or unusually sleepy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Not wanting to do very much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Breathing</b>				
Nostrils are flaring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fast breathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Unusually noisy or crackly breathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Cough that sounds like a seal barking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Circulation</b>				
Cold hands and feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Temperature and body</b>				
Shivering or shaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Raised temperature for 5 days or more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Swelling of a limb or joint	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Not using/putting weight on an arm, leg, hand or foot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Aged 3-6 months with temperature of 39°C or above	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Vomiting, diarrhoea and hydration</b>				
Under 1 year of age – vomiting and/or diarrhoea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
More than 5 watery poos in the last 24 hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Has vomited more than twice in last 24 hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Not feeding or eating much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dry mouth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Only one wet nappy or wee in 12 hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	