

Sepsis Nursing Care Plan

Patient information	
Full name:	Date of birth:
Gender: Male Female Other:	
Patient ID:	
Contact number:	Email:
Infection and medical information	
Physical exams:	
Lab testing:	
Imaging:	
Symptoms of sepsis	
<input type="checkbox"/> Change in mental status	Lightheadedness
<input type="checkbox"/> Fast and shallow breathing	Shivering
<input type="checkbox"/> Sweating with no cause	
Decreased cardiac output	
<input type="checkbox"/> Tachycardia	Blood pressure reading <90/60 mmHg
<input type="checkbox"/> Central venous pressure < 8 mmHg	Changes in the level of consciousness
<input type="checkbox"/> Mean arterial pressure <65 mmHg	Cold and clammy hands
<input type="checkbox"/> Cyanosis	Presence of murmurs
<input type="checkbox"/> Prolonged capillary refill time	

Assessment	Intervention
<ul style="list-style-type: none"> • Assess for signs and symptoms of cardiac and circulatory compromise. • Monitor hemodynamic parameters such as Central Venous Pressure, Pulmonary Artery Diastolic Pressure, and Pulmonary Capillary Wedge Pressure. • Monitor laboratory data and look for elevated cardiac markers. 	<ul style="list-style-type: none"> • Administering fluid resuscitation and medications as prescribed (antibiotics and vasopressors). • Anticipate the need for adjunctive therapies as indicated. Mechanical support such as intraaortic balloon pumps are widely used in septic cardiomyopathy. • Meet oxygen demands.

Notes

Hyperthermia	
<input type="checkbox"/> High body temperature <input type="checkbox"/> Dehydration <input type="checkbox"/> Increased metabolic rate <input type="checkbox"/> Inflammation	Flushed skin Tachypnea Tachycardia Seizures

Assessment	Intervention
<ul style="list-style-type: none"> • Assess temperature rectally for the most accurate body temperature. • Assess the neurological state of the patient as uncontrolled hyperthermia can lead to brain damage. 	<ul style="list-style-type: none"> • Providing a cool environment and tepid baths. • Administering antipyretics such as acetaminophen.

Notes

Ineffective protection	
<input type="checkbox"/> Abnormal blood results <input type="checkbox"/> Immunosuppression <input type="checkbox"/> Poor nutrition	Change in levels of consciousness Insomnia Open wounds or pressure ulcers
Assessment	Intervention
<ul style="list-style-type: none"> • Xareful monitoring for signs of progressing sepsis, monitoring leukocytosis, and careful management of risk factors such as patients who suffer from immunosuppression from cancer, HIV, and related treatments, and careful management of patients who are immobile or have open wounds. 	<ul style="list-style-type: none"> • Encouragement of rest. • Avoiding invasive procedures like catheterization, injections, and rectal or vaginal procedures where possible. • Dietary changes involving high protein, nutrient-dense foods. • Education for family and patients around infection control and management.
Notes	
Attach daily care plans, related lab results, and infection control procedures.	
Physician's notes and recommendations	

Physician's signature: _____ Date: _____