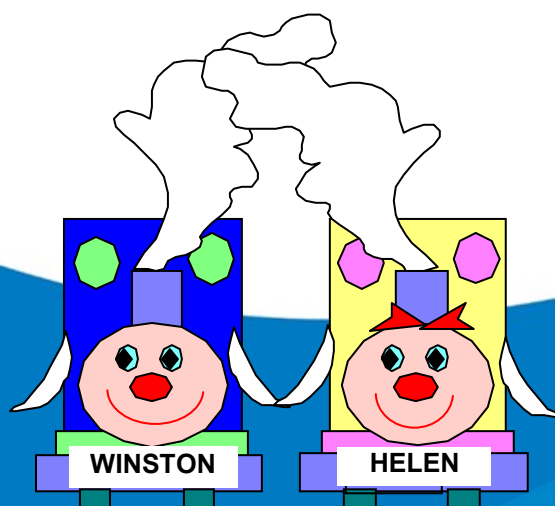


Paediatric Sepsis Care Leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.



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Introduction

This leaflet has been produced to provide more understanding to patients, their parents and/or carers affected by sepsis.

What is sepsis?

Sepsis is a common and potentially life threatening condition that arises when the body's response to infection causes injury to its own tissues and organs. Sepsis is serious but diagnosing it quickly and giving antibiotics early can help prevent it becoming more severe.

What causes sepsis?

Sepsis is caused by infection in the body and some of the common sources are:

- ◆ Chest infection
- ◆ Urinary infection
- ◆ Brain infection
- ◆ Abdominal infection
- ◆ Skin, soft tissue or infection
- ◆ Bone or joint Infection

Sepsis can arise from any infection. Sepsis is the reaction to an infection in which the body attacks its own organs and tissues. If left untreated sepsis can lead to shock, multi-organ failure and death.

Neonatal sepsis?

When a child develops sepsis within a few months of birth (up to 28 days), it is called neonatal sepsis. If the sepsis develops within 24 hours of birth, it is likely that the baby was infected during the delivery.

The risk of neonatal sepsis is increased if:

- ◆ The mother has group B streptococcus infection while pregnant
- ◆ The baby is premature
- ◆ The mother's membranes rupture (water breaks) more than 24 hours before the baby is delivered.

Sepsis in older children

As children get older, their exposure to illness can increase as they attend day care, go to school, and participate in activities such as sports.

Symptoms

Symptoms in Neonatal - birth up to 28 days

- ◆ High temperature
- ◆ Breathing problems
- ◆ Diarrhoea
- ◆ Reduced movements
- ◆ Reduced feeds
- ◆ Seizures
- ◆ Low blood sugar
- ◆ Swollen belly
- ◆ Vomiting
- ◆ Slow heart rate
- ◆ Yellowing of skin and whites of the eyes (jaundice).

Symptoms in children under 5 years

- ◆ Very lethargic difficult to wake
- ◆ Weak, high pitched or continuous cry
- ◆ Grunting when breathing
- ◆ Blue lips
- ◆ Reduced urine output
- ◆ High temperature
- ◆ Rash that does not fade away when you touch it.

Symptoms in children aged 5 – 11 years

- ◆ Very lethargic difficult to wake
- ◆ Change in behaviour
- ◆ Difficult to keep awake
- ◆ Fast heart rate
- ◆ Reduced urine output
- ◆ Blue skin, lips or tongue
- ◆ High temperature
- ◆ Breathing quickly
- ◆ Rash that does not fade away when you touch it.

Symptoms in children aged 12 – 18 years

- ◆ Very lethargic difficult to wake
- ◆ Confusion
- ◆ Breathing quickly
- ◆ Blue skin, lips or tongue
- ◆ Reduced urine output
- ◆ Rash that does not fade away when you touch it.

If your child has any of the above symptoms and you are concerned, visit your GP or attend the A&E department.

In an emergency call 999.

How is sepsis diagnosed?

Sepsis is diagnosed when a doctor or nurse thinks your child may have an infection, then by looking at observations like blood pressure, temperature, heart rate, breathing rate and oxygen levels.

Sometimes your child will need to have blood tests and x-rays to confirm infection and how serious it is.

What treatment is given in hospital for sepsis?

If sepsis is identified by your GP you may need to bring your child to hospital. If you are at home and think your child may have sepsis and feel unwell you should attend hospital or call 999 in an emergency.

Treatment in hospital is commenced rapidly which includes administration of antibiotics and fluids through a drip, blood tests, and other tests like x-rays.

Sepsis can be very serious if not treated quickly and children may require close monitoring and some may need to go to intensive care.

Are there any long term effects of Sepsis?

Usually a full recovery is expected from sepsis given timely treatment. Sometimes some organs may not function as well as they did before. This should be discussed by the discharging doctor in each individual's case.

How do I avoid my child getting sepsis in the future?

There are a number of steps you can take to try and prevent your child from developing sepsis, these include:

- ♦ Vaccinating your child to prevent some infections that may lead to sepsis. Your child's healthcare provider will tell you what vaccines your child needs at each age.
- ♦ Practice good hand hygiene with your child. Have your child wash his or her hands before they eat and after using the bathroom. Also making sure people wash their hands before handling your new born baby.
- ♦ Completing the full course of antibiotics if your child has been prescribed them.
- ♦ You should seek medical attention if your child's symptoms worsen during or after prescribed antibiotic therapy.
- ♦ If your baby or child has a medical device in place such as a catheter or a cannula it is important to follow your doctor's instructions about how to keep it clean and sterile.
- ♦ If your child has a wound/ dressing in situ it is important to keep it clean and dry. Look out for signs around the wound such as redness, warmth, swelling or pus.

Sources of information and support

Sepsis is recognised as a significant cause of mortality and morbidity in the NHS, at least 52,000 deaths in UK attributed to sepsis annually. This is more than stroke, heart attack, lung disease and lung cancer.

There are a number of organisations that provide support and advice for people and their families, who have had a diagnosis of sepsis, including:

The Sepsis Trust

0800 389 6255

<http://sepsistrust.org/>

Acknowledgments

Surviving Sepsis Campaign:

<http://www.survivingsepsis.org/>


The Nursing Times:

<http://www.nursingtimes.net/clinical-subjects/infection-control/early-identification-and-treatment-of-sepsis/5067163.fullarticle>

If you have any further questions please contact your child's consultant via their secretary via the hospital switchboard. The secretaries are available Monday to Friday 9.00 am to 5.00 pm.

If you need to contact the Department outside of these hours please phone either:

Ward 3F	0151 430 1616
Ward 4F	0151 430 1791



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