

Do you
know a
Sepsis
Survivor?

- September is Sepsis Awareness Month!!! To honor our Sepsis Survivors, we are looking for volunteers to share their Sepsis story.
- Are you or do you know someone who is a Sepsis Survivor?
- Would you be willing to share your story to bring Awareness to Sepsis?
- If yes, please contact

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Sepsis Story Questionnaire

1. Give a brief description of your sepsis experience.
2. Please highlight your health and wellness prior to your diagnosis of sepsis.
3. Please include your mental well-being before and after sepsis.
4. Also, did you have to add new medication post-sepsis, any cognitive changes, or any activities of daily living hindered d/t sepsis?
5. How has sepsis impacted your relationship with your family or friends?
6. What does your life look like after sepsis and what has sepsis taken from you?

I have included an example story.

Please also include a picture for bulletin board.

I appreciate your time to assist with this project 😊

Lucky To Be Alive



In mid-August, Jennifer's husband drove her to the Emergency Department (ED) of MedStar St. Mary's Hospital where she was diagnosed with sepsis, a deadly infection that can lead to tissue damage, organ failure and all too often, death.

"There was a point when I was in the Emergency Department and I remember feeling like I was not going to make it out of there. I have never felt so sick in all of my life," said Jennifer, 49, who survived a battle with breast cancer 13 years ago.

A few days before she was admitted to the hospital, she noticed an infected, ingrown hair on her leg. She treated it and thought nothing more of it, but that small infection would lead to much bigger problems. Still recovering from a flu-like illness the previous week, she started to feel sicker over the weekend and stayed home from work Monday.

"I could not get out of bed," Jennifer, a California, Md., resident said. "I stayed in bed all day Monday, and that's not like me." Tuesday, Jennifer went to work, but her symptoms worsened and she began having chills and uncontrollable shaking. Her coworkers called her husband who drove her to the hospital.

"The ED was full, but by the time my husband got back from parking the car, I was in a room and they were hooking up IVs," Jennifer said.

When Jennifer arrived in the ED and was being triaged, the nurse recognized her symptoms and a Code Sepsis was called. In September 2016, MedStar St. Mary's Hospital instituted the Code Sepsis, a treatment protocol designed to quickly diagnosis sepsis patients so that life-saving medications can be started. Antibiotics are effective in battling sepsis, but because the infection spreads rapidly delayed treatment increases the risk of death.

"My doctor said it would take a lot of time for my body to recover," she said. "And he told my husband, if I had stayed home by myself, my husband probably would have come home to find me in a coma or dead."

Although it has taken several months for Jennifer to regain her strength, she has made a full recovery. For Cheryl Douglas, of Chevy Chase, the outcome was very different.