



ORANGE COUNTY EMERGENCY MEDICAL SERVICES  
BASE HOSPITAL TREATMENT GUIDELINES  
SEPSIS (ADULT/ADOLESCENT)

#: BH-M-55  
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Org. Date: 12/2006  
Date: 04/01/17

**BASE GUIDELINES**

1. Determine ALS Standing Order treatments/procedures rendered prior to base hospital contact. Use ALS standing order as guidelines for treatments/procedures not initiated prior to base hospital contact.
2. For systolic blood pressure less than 90 in the non-traumatic hypovolemic patient:
  - ▶ If NO signs of congestive heart failure (lungs clear to auscultation), administer 250 mL Normal Saline bolus, repeat up to three times.
  - ▶ If BP still  $\leq 90$  and lung clear, consider a second liter of Normal Saline while prepping for push dose Epinephrine.
  - ▶ If no response to initial 1000 mL Normal Saline or signs of congestive heart failure (pulmonary rales):
    - ▶ If available, push dose Epinephrine (per Procedure #230)

**Mixing instructions:**

- Take Epinephrine 1 mg of 0.1 mg/mL preparation (cardiac Epinephrine) and expel 9 mL of Epinephrine.
- Into that syringe, withdraw 9 mL of normal saline from the patient's IV bag. Shake well.
- Mixture now provides 10 mL of Epinephrine at a 10 mcg/mL concentration.

**Push Dose:**

- Epinephrine 0.5 mL (5 mcg) IV/IO, every 3 minutes titrate to a SBP  $> 90$ .

**ALS STANDING ORDER**

- If patient presents with **known or suspected source of infection**, such as:
  - Cough suggestive of pneumonia
  - Complaint of urinary tract problems in past or present
  - Skin infection
  - Known to be immune suppressed (Refer to Treatment Guidelines below)

**AND**

- If any two of the following three symptoms are present:
  1. Altered Mental Status (GCS  $< 13$ ) and/or
  2. Systolic Blood Pressure  $< 100$  mm Hg and/or
  3. Respiratory rate  $> 22$  / minute

**THEN**

- Treat as suspected sepsis as follows:
  - Cardiac monitor.
  - Pulse oximetry, if oxygen saturation less than 95%, provide:
    - ▶ High flow oxygen by mask or nasal cannula at 6 l/min flow rate as tolerated.
  - Establish venous access:
    - ▶ For BP  $\leq 100$  systolic and lungs clear to auscultation (no evidence CHF), *infuse 250 mL Normal Saline bolus.*
    - ▶ For BP  $\leq 90$  systolic and lungs clear to auscultation (no evidence CHF), *infuse 250 mL Normal Saline bolus, may repeat (if lungs remain clear to auscultation) up to maximum 1 liter to maintain adequate perfusion.*
    - ▶ If BP still  $< 90$  and lung clear, hang second liter and contact the Base Hospital.
- If BP  $< 90$  after 1 liter of NS or if evidence of CHF, contact Base Hospital.
- ALS escort to nearest ERC and with early notification of receiving facility that patient may be septic or contact Base Hospital as needed.

Approved:

Reviewed: 11/16  
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**BASE GUIDELINES**

**ALS STANDING ORDER**

**TREATMENT GUIDELINES:**

1. Suspected sepsis circumstances
  - Frequent sites for sources of infection are pulmonary, urinary tract, and skin/soft tissue.
  - Persons who have suppressed immune systems are at risk for sepsis, these may include persons:
    - Taking oral steroids (such as prednisone) for chronic diseases such as asthma and arthritis.
    - Who have received organ transplants.
    - With a history of cancer
    - With history of diabetes
    - With history of renal failure
    - With history of HIV infection/AIDS
  - Other considerations increasing the risk of sepsis include:
    - Age > 50
    - Acute or chronic altered mental status
    - History of stroke
    - Abdominal pain with fever
    - Resident of long-term healthcare facility
    - Dispatched as Nonspecific Illness/Sick Person
    - Nonspecific weak/dizzy presentation
2. The absence of fever does not rule out the possibility of infection or sepsis, particularly in the elderly or immunosuppressed patient.
3. Consider history of heart failure or renal disease to avoid fluid overload in the decision to administer an IV fluid bolus.

**NOTE:**

The above 3 indicators of sepsis are the “quick Sequential (sepsis related) Organ Failure Assessment (qSOFA) tool. In a February 2016 article in JAMA, it showed that if a patient had  $\geq 2$  indicators, 70 % would die, if a patient had  $< 2$ , 78 % survived.

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