



脓毒症后的生活 你需要知道的

本讲义旨在帮助脓症患者了解在康复过程中期望，如何照顾自己，可能出现的长期影响，和何时须就医。

什么是脓毒症？

脓毒症是一种非常严重的健康问题，必须立即治疗。当身体感染引发的炎症反应过于强烈，就会发生脓毒症情况。

脓毒症反应是如此强烈，以至于身体会伤害自己。脓毒症可导致脓毒症、器官衰竭和死亡。



如果您在康复过程中有任何疑问，请咨询您的医生。

什么是脓毒症的危险因素？

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康复的第一步是什么？

在您患有脓毒症后，您的康复通常从医院开始。当您慢慢开始四处走动并照顾自己时，您的护理人员会为您提供支持。他们会帮助您洗澡、起身、站立、行走和去洗手间。康复的目的是让您恢复到以前的健康水平，或尽可能接近它。通常慢慢增加活动量来开始您的康复。累了就休息。

当我回到家时，我会有什么感觉？

你病得很重。你的身心需要时间来恢复。回家后，您可能会出现以下症状：

- 虚弱和疲倦（感脓很累）
- 气喘吁吁
- 身体疼痛或酸痛
- 四肢走脓的脓脓
- 睡眠脓脓
- 体重减脓、食欲不振、食物味道不正常
- 可能会脱皮的干痒的皮肤
- 脆弱的指甲
- 脱脓

回家后，通常会有以下感脓：

- 脓自己的不确定
- 不在乎自己的外表
- 想独脓，避开朋友和家人
- 脓回、不好的回脓
- 注意力不集中、困惑、不确定什么是真脓的
- 感到焦脓，比平脓更担心
- 抑郁、脓怒、缺乏脓力
- 无法完成日常任脓而感到沮脓

我怎脓才能帮助自己在家康复？

- 为自己设定可以轻松实现的每周目标。这些可能包括洗澡、穿衣或上楼梯。
- 休息并恢复体力。
- 向家人和朋友谈论您的感受。
- 在日记中写下您的想法、奋斗和里程碑。
- 了解脓毒症以了解发生了什么。
- 吃健康、均衡的饮食。
- 如果您有记忆空白，请让您的家人告诉您生病期间发生的事情。
- 如果您觉得可以锻炼。慢慢开始并根据需要休息。
- 列出要去检查时询问医生的问题清单。

脓毒症有长期影响吗？

脓多人在脓毒症后会完全康复，恢复正常的生活。脓于其他患者，会有脓期影响。

有些脓脓可能会在您出院几周后出脓。他脓包括：

- 失眠（入睡或保持睡眠问题）
- 噩梦、看似真实的白日梦、惊恐发作
- 强烈的肌肉和关节疼痛
- 思路不清晰
- 丧失自尊和自信
- 器官问题，例如肾衰竭或肺部问题
- 失去肢体（截肢）

我应该什么时候打电话给医生？

大多数脓毒症会随着脓毒症的推移而改善。它是脓毒症恢复的正常部分。

如果您脓得自己没有好转或脓以脓症，脓致脓您的医生。

我在哪里可以了解更多？

脓症网站以了解有关脓血症的更多信息：

- o **疾病控制和预防中心（CDC）**

[d.gov/sepsis.cdc.gov/cancer/preventinfections](https://www.cdc.gov/cancer/preventinfections)

- o **Rory Staunton 预防脓毒症基金会**

[rorystauntonfoundationforsepsis.org](https://www.rorystauntonfoundationforsepsis.org)

脓基金会支持旨在快速脓断和治脓脓毒症的教育和推广工作。

- o **脓毒症联盟**

[sepsis.org](https://www.sepsis.org)

脓症提供与脓毒症相关的各种主脓的信息。脓症

[sepsis.org/library](https://www.sepsis.org/library) 以脓取完整的脓症列表。

疑虑？

你的问题很重要。如果您有问题或疑虑，请致电您的医生或医疗保健人员。

本脓症中的内容基于疾病控制与脓防中心（CDC）开脓的材料。使用本材料并不意味着得到 CDC、ATSDR、HHS 或美国政府的 UW Medicine 或其附属机构的脓可。原始材料可在CDC网站上免脓脓得。

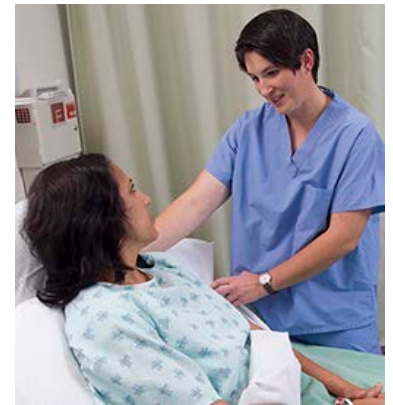
Life After Sepsis

What you need to know

This handout is for patients who have had sepsis. It tells what to expect during recovery, how to take care of yourself, what the long-term effects might be, and when to call the doctor.

What is sepsis?

Sepsis is a very serious health problem that must be treated right away. It occurs when the body responds too strongly to an infection. This response is so strong that the body harms itself. Sepsis can lead to tissue damage, organ failure, and death.



What causes sepsis?

Any major infection can cause sepsis. Infections occur when germs enter the body and multiply. These germs may be a virus, bacteria, or fungus. Sepsis is most often linked with infections in the lungs (*pneumonia*), kidneys, urinary tract, skin, and gut.

Ask your nurse if you have any questions about your recovery plan.

What are the first steps in recovery?

After you have had sepsis, your rehabilitation (rehab) usually starts in the hospital. Your caregivers will support you as you slowly start to move around and look after yourself. They will help you bathe, sit up, stand, walk, and go to the restroom.

The purpose of rehab is to restore you back to your previous level of health, or as close to it as possible. Begin your rehab by building up your activities slowly. Rest when you are tired.

How will I feel when I get home?

You have been seriously ill. Your body and mind need time to get better. You may have these symptoms after you get home:

- Weakness and fatigue (feeling very tired)
- Feeling breathless
- Body pains or aches
- Problems moving around
- Problems sleeping
- Weight loss, lack of appetite, food not tasting normal
- Dry and itchy skin that may peel
- Brittle nails
- Hair loss

It is also common to have these feelings once you are home:

- Unsure of yourself
- Not caring about how you look
- Wanting to be alone, avoiding friends and family
- Flashbacks, bad memories
- Problems concentrating, confusion, not sure what is real
- Feeling anxious, more worried than usual
- Depression, anger, a lack of motivation
- Frustration at not being able to do everyday tasks

How can I help myself recover at home?

- Set weekly goals for yourself that you can easily meet. These may include taking a bath, dressing yourself, or walking up stairs.
- Rest and rebuild your strength.
- Talk about what you are feeling to family and friends.
- Write your thoughts, struggles, and milestones in a journal.
- Learn about sepsis to understand what happened.
- Eat a healthy, balanced diet.
- If you have gaps in your memory, ask your family to tell you what happened while you were sick.
- Exercise if you feel up to it. Start slowly and rest as needed.
- Make a list of questions to ask your provider when you go for a checkup.

Are there any long-term effects of sepsis?

Many people recover fully after sepsis and their lives return to normal. For other patients, there are long-term effects.

Some issues may show up weeks after you leave the hospital. They include:

- *Insomnia* (problems getting to sleep or staying asleep)
- Nightmares, daydreams that seem real, panic attacks
- Strong muscle and joint pains
- Problems thinking clearly
- Loss of self-esteem and self-belief
- Organ issues such as kidney failure or lung problems
- Loss of a limb (*amputation*)

When should I call the doctor?

Most of these problems improve with time. They are a normal part of recovery from sepsis.

Call your doctor if you feel that you are not getting better or you are finding it hard to cope.

Where can I learn more?

Visit these websites to learn more about sepsis:

- **Centers for Disease Control and Prevention (CDC)**
cdc.gov/sepsis cdc.gov/cancer/preventinfections
- **The Rory Staunton Foundation for Sepsis Prevention**
rorystauntonfoundationforsepsis.org

This foundation supports education and outreach efforts aimed at rapid diagnosis and treatment of sepsis.

- **Sepsis Alliance**
sepsis.org

This organization offers information on a variety of topics related to sepsis. Visit *sepsis.org/library* for a full list of titles.

Content in this handout is based on materials developed by Centers for Disease Control and Prevention (CDC). Use of this material does not imply endorsement by CDC, ATSDR, HHS or the United States Government of UW Medicine or its affiliates. The source materials are available on the CDC website for no charge.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.
