

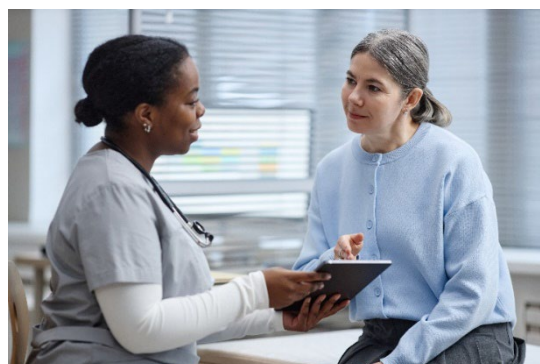
脓毒症后的生活

你需要知道的

在从严重感染（脓毒症）中康复后，患者再次入院的风险较高。本资料提供了关于康复期间的情况、自我护理方法、可能出现的长期影响，以及何时联系护士或医务人员的建议。

什么是脓毒症？

脓毒症是一种非常严重的健康问题，当身体对感染产生过度强烈的反应时，就可能引发这种病症。脓毒症会导致病情极其严重，以至于身体在试图自我保护的过程中反而伤害了自身。它会损害心脏、大脑和肺部等重要器官，因此必须立即进行治疗。



如果您对您的康复计划有任何的问题
请咨询您的护士或医生。

脓毒症的导因？

任何严重的感染都可能引发脓毒症。当病原体（如病毒、细菌或真菌）侵入人体并大量繁殖时，就会发生感染。脓毒症可由身体任何部位的感染引起，但通常源于肺部、皮肤、消化系统或泌尿系统的感染。

脓毒症康复期间会经历什么？

从脓毒症中康复可能需要很长时间，而康复过程在您住院期间就已经开始了。您的身体不仅需要从感染本身恢复，还需要从脓毒症对器官和组织造成的影响中恢复。这种康复过程往往比普通感染的康复更具挑战性，耗时也更长。

每个人的情况各不相同，但许多从脓毒症康复的患者在自我照料方面需要额外的帮助。住院期间，您可能需要在坐起、站立、洗澡和如厕等日常活动中获得协助。部分患者在出院后仍需在日常生活中得到帮助。



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脓毒症会有长期影响吗？

许多人在脓毒症康复后能完全恢复，生活重回正轨。但对另一些患者而言，可能会出现长期影响。高达 50% 的患者可能会出现“脓毒症后综合征”（PSS），其症状可能包括以下几种。

脓毒症可能会影响您的休息与舒适感：

- 极度疲劳（倦怠感）
- 失眠（难以入睡或无法保持睡眠）
- 噩梦或感觉真实的白日梦
- 肌肉和关节疼痛

脓毒症可能会影响您的大脑功能：

- 健忘
- 注意力难以集中

脓毒症可能会影响您的心理健康：

- 闪回或不好的回忆
- 惊恐发作或创伤后应激障碍
- 感到更加担忧或焦虑
- 对生活的改变而沮丧
- 抑郁和缺乏动力
- 丧失自尊心

我该如何在家中促进康复？

身体康复

- 确保您能获取并按时服用所有常规药物。出院时，请与您的医护团队核对用药情况。
- 设定一些容易实现的一周目标。例如：洗澡、自己穿衣或爬楼梯。
- 如果身体状况允许，进行适度锻炼。从缓慢的活动开始，并根据需要休息。
- 注意休息，恢复体力。
- 保持健康、均衡的饮食。

心理康复

- 与亲朋好友倾诉您的感受。
- 通过写日记记录您的想法、遇到的困难以及康复过程中的重要进展。
- 了解有关脓毒症的知识，以明白自己经历了什么。
- 如果记忆有断层，请向家人询问您患病期间发生的事情。
- 列出问题清单，以便在出院后 1-2 周的复诊时向医护人员咨询。

何时应寻求医疗帮助？

患过脓毒症后，您再次感染、出现心脏问题、血栓或中风的风险会增加，尤其是在出院后的几个月内。您原有的疾病（如心脏病、肾病或糖尿病）在脓毒症后可能会暂时加重。

如果出现以下情况，请前往急诊室或拨打 911：

- 胸痛或胸部有压迫感
- 气短或呼吸困难
- 心跳过快或心悸
- 突发剧烈头痛
- 身体一侧无力
- 面部一侧下垂
- 言语不清或说话困难
- 腿部疼痛、发热及肿胀

如果出现以下情况，请立即就医：

- 感染或发烧迹象（新出现的咳嗽、新伤口、排尿时出现新的困难或疼痛，或原有感染消退后再次发烧）
- 已知感染部位红肿加重或有异味
- 意识模糊或异常嗜睡

如果出现以下情况，请联系您的护士或医务人员：

- 病情未见好转
- 感到难以应对或不知所措
- 有任何疑问或顾虑

我从哪里可以获得更多的信息？

如需了解更多关于脓毒症的信息，请访问这些网站或使用右侧的二维码：

- 疾病控制与预防中心(CDC):
 - cdc.gov/sepsis/prevention/index.html
 - cdc.gov/sepsis/living-with/index.html
- 脓毒症联盟: sepsis.org
该组织提供有关脓毒症各类议题的信息。获取全面清单请访问 sepsis.org/education/resources



CDC: Sepsis Prevention



CDC: Living with Sepsis



脓毒症联盟



尿毒症联盟资源:

疑虑？

您的问题很重要。如果您有任何疑问或顾虑，请致电您的医生或医护人员。

本宣传单的内容基于美国疾病控制与预防中心（CDC）编制的资料。使用这些资料并不意味着获得 CDC、ATSDR、HHS、美国政府、UW Medicine 或其附属机构的认可。原始资料可在 CDC 网站上免费获取。

Life After Sepsis

What you need to know

After recovering from a serious infection (sepsis), patients are at a higher risk of needing to come back to the hospital. This handout has advice on what to expect during recovery, how to take care of yourself, what the long-term effects can be, and when to call your nurse or provider.

What is sepsis?

Sepsis is a very serious health problem that can happen when your body has too strong of a reaction to an infection. Sepsis can make you so sick that the body harms itself while trying to protect you. It can damage important organs like the heart, brain, and lungs, so it must be treated right away.

What causes sepsis?

Any major infection can cause sepsis. Infections happen when germs get into the body and multiply. These germs may be a virus, bacteria, or fungus. Sepsis can be caused by an infection anywhere in your body, but it is usually caused by infections in your lungs, skin, digestive system, or urinary system.



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

What can I expect while healing from sepsis

Recovering from sepsis can take a long time, and the healing process begins while you are still in the hospital. Your body is recovering not only from the infection itself, but also from the effects sepsis may have had on your organs and tissues. This recovery is often more challenging and takes longer than recovering from a typical infection.

Everyone is different, but many patients healing from sepsis need extra help taking care of themselves. You may need help with daily activities like sitting, standing, bathing, and using the restroom while you are in the hospital. Some patients still need help with daily activities after going home.

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. Up to 50% of patients can have “Post-Sepsis Syndrome” (PSS) which may include the following symptoms.



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Sepsis can affect your rest and comfort:

- Extreme fatigue (tiredness)
- Insomnia (problems falling asleep or staying asleep)
- Nightmares or daydreams that seem real
- Muscle and joint pains

Sepsis can affect your brain:

- Forgetfulness
- Problems concentrating

Sepsis can affect your mental health:

- Flashbacks or bad memories
- Panic attacks or PTSD (post-traumatic stress disorder)
- Feeling more worried or anxious
- Frustration at the changes in your life
- Depression and lack of motivation
- Loss of self-esteem

How can I help myself recover at home?

Physical Recovery

- Make sure you can get and take all your usual medications. Review your medications with your care team when you go home.
- Set weekly goals for yourself that you can easily meet. These may include taking a bath, dressing yourself, or walking up stairs.
- Exercise if you feel up to it. Start slowly and rest as needed.
- Rest and rebuild your strength.
- Eat a healthy, balanced diet.

Emotional Recovery

- Talk about your feelings with family and friends.
- Write your thoughts, struggles, and milestones in a journal.
- Learn about sepsis to understand what happened.
- If you have gaps in your memory, ask your family to tell you what happened while you were sick.
- Make a list of questions to ask your provider when you go for a checkup 1-2 weeks after discharge.

When should I seek medical help?

After sepsis, you are at higher risk of getting another infection, heart problems, blood clots, or stroke, especially in the months after discharge. Conditions you already had, such as heart disease, kidney disease, or diabetes, may temporarily get worse after sepsis.

Go to the emergency department or call 911 if you have:

- Chest pain or chest pressure
- Shortness of breath or difficulty breathing
- Fast or racing heart rate
- Sudden, severe headache
- Weakness on one side of the body
- Facial droop on one side of the face
- Slurred speech / having trouble talking
- Pain, warmth, and swelling in your legs

Get medical help right away if you have:

- Signs of infection or fever (new cough, new wound, new difficulty or pain while peeing, or new fever after your previous infection has gone away)
- Increased redness, swelling, or a bad smell at a site of infection you already know about
- Confusion or unusual sleepiness

Call your nurse or provider if:

- You are not getting better
- You feel overwhelmed or unable to cope
- You have any questions or concerns

Where can I learn more?

To learn more about sepsis, visit these websites or use the QR codes on the right:

- **Centers for Disease Control and Prevention (CDC):**

- cdc.gov/sepsis/prevention/index.html
- cdc.gov/sepsis/living-with/index.html

- **Sepsis Alliance:** sepsis.org

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



CDC: Sepsis Prevention



CDC: Living with Sepsis



Sepsis Alliance



Sepsis Alliance: Resources

Questions?

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

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