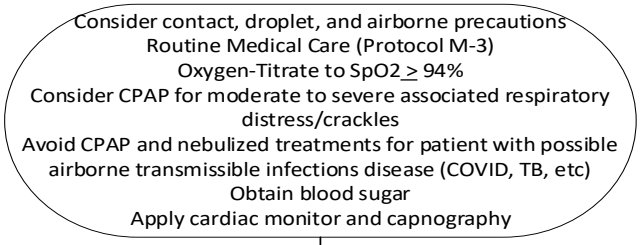
Monterey County EMS System Policy

Protocol Number: M-4
Effective Date: 7/1/2022
Review Date: 6/30/2025

SEPSIS

ALS and BLS



Evaluate potential SIRS criteria:

- Known recent fever, suspected fever or measured temperature > 100.4F (38C) or < 96.8F (36C)
- HR > 90
- RR > 20
- EtCO2 < 25mmHg

Two or more criteria met?

No → Consider other condition appropriate protocol. Transport to the closest ED.

Yes → Notify the receiving hospital of a **SEPSIS ALERT**

Administer IV/IO fluids:

- 500 mL NS bolus.
- Repeat as needed to SBP > 90 mmHg or MAP > 65 mmHg.
- Total max fluid dose of 30 mL/kg.
- Frequently reassess hemodynamic status and lung sounds.

Transport to appropriate ED

Principles of Sepsis

- Sepsis is a life threatening medical condition characterized by a whole body inflammatory state called Systemic Inflammatory Response Syndrome (SIRS).
- Sepsis may be developed through microbes in the blood, urine, lungs, skin, or other tissues.
- SIRS can cause fever, tachycardia, tachypnea, and hypotension.
- Quantitative waveform capnography can be a reliable surrogate for lactate monitoring. EtCO2 < 25 mmHg is associated with serum lactate levels > 4 mmol/L.
- Early recognition and treatment of these patients is key to improving patient outcomes. EMS focus is on recognition, aggressive fluid administration and maintaining oxygenation.