



Let's talk more about  
sepsis in schools!

#SEPS\_IS

I make your body ill  
Would you recognise me still?  
I challenge you teachers  
With your class to frame me better

# SEPSIS AND THE IMMUNE SYSTEM

## TEACHER GUIDANCE

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# SEPSIS IN A NUTSHELL

## DEFINITION

Sepsis is a life-threatening condition caused by the body's response to an infection. Your immune system protects you from many illnesses and infections, but it's also possible for it to go into overdrive in response to an infection.

Sepsis occurs when the body's response to infection triggers changes including widespread inflammation which can lead to shock, multiple organ failure and death. Early treatment with antibiotics, oxygen and intravenous fluids can improve chances of survival.

It can be a challenge for medics to diagnose sepsis as symptoms can look like flu, gastroenteritis or a chest infection and symptoms can present differently in adults and children.

## KEY NUMBERS



**48.9 MILLION  
CASES**  
OF SEPSIS  
WORLDWIDE IN 2017



**52%**  
OF WHOM ARE  
CHILDREN  
UNDER THE AGE OF 19



IN THE UK  
**5 PEOPLE DIE  
FROM SEPSIS  
EVERY HOUR**




## THE SEPSIS ENGAGEMENT PROJECT

Sepsis can happen to anyone, anywhere. Being aware of sepsis and its signs can save lives. We, a group of researchers working on sepsis and the registered charity Sepsis Research FEAT (SC049399), designed the “SEPSIS” campaign to increase awareness of sepsis in schools.

The campaign has 3 main goals:


- 1**  
Pupils know what sepsis is and can recognise the signs and symptoms
- 2**  
They understand the science and immune responses associated with sepsis
- 3**  
Pupils engage in class activities to discuss sepsis (see SEPSIS ACTIVITY section)

# Sepsis. How to spot it.




Sepsis is a life threatening complication of an infection.  
If you've a combination of these symptoms,  
seek urgent medical advice.


[www.sepsisresearch.org.uk](http://www.sepsisresearch.org.uk)




very high  
or low  
temperature




uncontrolled  
shivering



confusion



passing less  
urine than  
normal



blotchy or  
cold arms  
or legs

An example of the current sepsis awareness campaign is shown above. The pupils' resource uses a more comprehensive set of symptoms.

## SEPSIS IS ACTIVITY

The SEPSIS IS ACTIVITY PACK comes with an article for pupils to better understand sepsis and how it affects the body, how it's diagnosed and treated. Different options are available for teachers to use that article for group activities.

### Option 1: Story Telling

After reading the article, pupils can discuss in small groups the narrative of a child who has sepsis (e.g., how they got it, how it was spotted, what happened next). This could be a short text or a comic strip they could present to the class.

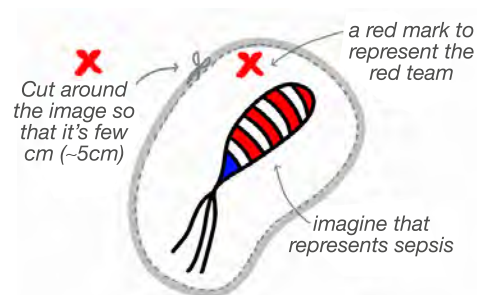
### Option 2: Image Representation

First split your class in two main teams (prior to the session) – **red** and **blue**.

Set a homework task for the red team to research sepsis online and for the blue team to study the SEPSIS IS article (or poster) provided in the pack.

Each member of the **red** team should pick one image that best represents sepsis for them based on their own experience/online research. The **blue** team will have a similar task but will have to pick an image based on their interpretation of an article or poster written by the SEPSIS IS team.

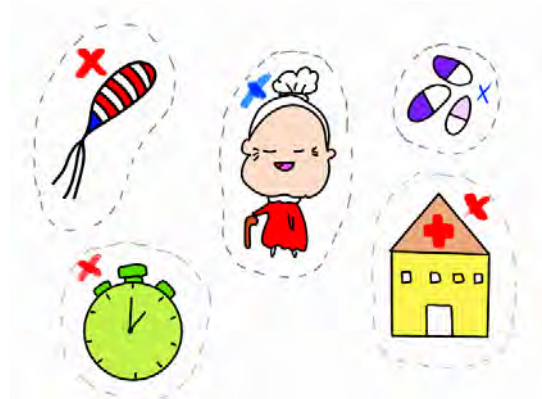
Images can be based on their own drawings, pictures from the internet or photographs. Students from both teams should prepare their image before the main session with the whole class. Students should also add on their image either a red or a blue mark (e.g. using a marker pen) depending on their team (cf. example right).



Form smaller groups (~ 5/6 students per group) with a balanced mix of **red** and **blue** team members.

Each group should discuss their images and decide what the best representation of sepsis is. This could end up being a collage of images from different members of the group (cf. example below) or a new single image and should include a few sentences describing their final representation of sepsis.

Each group will present their work to the rest of the class and all groups can discuss together what was learned (noticing for example differences in representations between the **red** and **blue** teams) and recap the definition/signs of sepsis again.





## WHAT NEXT?

By supporting this study, you are helping to **#StopSepsisNow**. Our aim is to engage with schools across the UK and encourage governments to include awareness of sepsis in the curriculum.

Whatever the activity, we would love to see your representations of sepsis! Please take photos of the group work and send these to [info@sepsisresearch.org.uk](mailto:info@sepsisresearch.org.uk). Feel free to also post about the activity on social media using the hashtag **#SEPS\_IS #StopSepsisNow**

The creative representations of sepsis may be selected to feature on the Sepsis Research FEAT website.

## YOUR FEEDBACK

We would greatly appreciate your feedback on our SEPS\_IS pack. Please take 2 minutes to complete our short questionnaire which can be accessed via this QR code or by visiting [https://sepsisresearch.org.uk/seps\\_is-project-teacher-questionnaire/](https://sepsisresearch.org.uk/seps_is-project-teacher-questionnaire/). Thank you.





## USEFUL RESOURCES

Would you like to know more about sepsis? Some links you might find useful below.

### 1. Websites

<https://www.sepsisresearch.org.uk/about-us/what-is-sepsis/>

<https://www.youtube.com/watch?v=WZi-NZe62fc>

<https://www.nhsinform.scot/illnesses-and-conditions/blood-and-lymph/sepsis>

<https://www.cdc.gov/sepsis/what-is-sepsis.html>

<https://www.who.int/news-room/fact-sheets/detail/sepsis>

<https://sepsistrust.org/professional-resources/education-resources/>

### 2. Articles from the scientific literature

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4968574/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3488423/>

<https://pubmed.ncbi.nlm.nih.gov/31954465/>

### 3. Request a guest speaker

<https://www.sepsisresearch.org.uk/book-an-awareness-talk/>

### 4. The SEPS\_IS team and contact details

The SEPS\_IS activity was put together by Melanie Jimenez, Andrew Farthing, Jessie Howell, Alice Garrett and Jenny Gracie in collaboration with Sepsis Research FEAT. Our research on sepsis is supported by CSO Grant TCS/19/46. Melanie is supported by the Royal Academy of Engineering under the Research Fellowship scheme (RF/201718/1741). If you have any questions or comments you would like to discuss with us, do not hesitate get in touch [info@sepsisresearch.org.uk](mailto:info@sepsisresearch.org.uk).

Sepsis Research FEAT is the UK's only sepsis research charity and relies on donations and fundraising events to fund vital sepsis research and awareness work. If you can, please make a donation or hold a fundraising event for us. To get involved visit, <https://www.sepsisresearch.org.uk/get-involved/>

**From the whole team, thank you for helping us increase awareness of sepsis!**



Sepsis Research was founded in memory of the late Dr Fiona Agnew and her unborn daughter who died from sepsis in 2012. Research is expensive and the NHS research is underfunded. We rely on legacies and donations to fund vital sepsis research and awareness work.

[www.sepsisresearch.org.uk](http://www.sepsisresearch.org.uk) #stopsepsisnow

**E [info@sepsisresearch.org.uk](mailto:info@sepsisresearch.org.uk) T 0737 998 9191**

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