

Goals

- Maximize oxygenation
- Administer fluids and medications to increase peripheral vascular resistance and cardiac output
- Early IV fluid resuscitation and access to early antibiotics will decrease mortality

Oxygen to target an SpO₂ of 100%

Initiate aggressive fluid resuscitation (1-2 L bolus to start; monitor respiratory status) and continue aggressive fluid administration en route to hospital

Consider dopamine (5 mcg/kg/min; increase 3-5 mcg/kg/min q 2 min until BP >90 mmHg; max 20 mcg/kg/min) if patient remains hypoperfused and/or hypotensive after aggressive fluid administration

Tips

- SIRS = 2 or more of:
 - Temp > 38°C or <36°C
 - HR > 90
 - RR > 20
- Sepsis = SIRS + suspicion of infection
- Sepsis patients often require multiple litres of fluid
- Notify the receiving facility early
- Patients with sepsis are CTAS 1 or 2