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2023 Sepsis Alliance Survivor Survey

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Methodology

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The survey was conducted online by Sepsis Alliance. This survey was intended only for adult survivors of sepsis.

3,131 respondents completed the survey. Survey participants were entered into a gift card drawing for completing the survey.

This survey was made possible in part by the generous support of Janssen Infectious Diseases and Vaccines.



Sepsis Background

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Sepsis is a common and deadly complication of COVID-19.^{1,2}

What is sepsis?

Sepsis is the body's life-threatening response to an infection that affects 1.7 million people and takes approximately 350,000 adult lives each year in the United States alone.³

- Sepsis is the #1 cause of death in hospitals.⁴
- Sepsis is the #1 cost of hospitalization in the U.S. consuming more than \$53 billion in in-hospital costs each year.^{5,6}
- Sepsis is the leading cause of readmissions to the hospital, with as many as 19% of people originally hospitalized with sepsis re-hospitalized within 30 days and about 40% rehospitalized within 90 days.^{15, 16, 17}
- As many as 87% of all sepsis cases originate in the community.³
- Mortality rates are high. The risk of mortality from sepsis increases by 4-9% for every hour that treatment is delayed.^{7,8,9}
- Sepsis affects over 49 million people worldwide each year and is the largest killer of children – nearly 3.4 million each year.^{10,11}
- Black and "other nonwhite" individuals have nearly twice the incidence of sepsis as white individuals (1.89 times the risk for Black individuals, and 1.9 times the risk for "other nonwhite" individuals).¹³
- Black patients admitted to the emergency room are assigned to significantly lower priority status and experience significantly longer wait times (10.9 minutes longer on average) as compared to case-matched white patients.¹⁴
- Every day, there is an average of 38 amputations in the U.S. as the result of sepsis.¹²



Executive Summary

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Executive Summary



A 2023 Sepsis Alliance survey of 3,131 self-identified sepsis survivors showed opportunities for improved education and support for sepsis patients upon and following discharge.

Opportunities highlighted include:

- Improved patient discharge instructions;
- Better access to healthcare professionals in a wider range of specialties;
- Improved access to support resources.

More than 80% of participants reported ongoing mental, cognitive, or physical challenges following sepsis, in many cases affecting their ability to resume their pre-sepsis work schedule.

Key Findings



- More than half (56%) of respondents have experienced sepsis more than once.
- Fewer than half (45%) of respondents received discharge education materials that were clearly explained to them after their first sepsis experience.
- Of those that were employed at the time of their first sepsis experience, more than three-quarters (77%) missed at least 1 month of work before returning, with 43% missing 6 months or more of work.
- More than 1 in 10 (12%) have still not returned to work after their first incidence of sepsis.
- Three quarters (75%) had medical support after being discharged from acute care.
 - 35% went to a subacute/rehabilitation facility
 - 40% went directly to home/loved one's home, with support from home care/visiting nurse/etc.
- More than 8 in 10 (83%) had some impact on their mental health, 80% had some impact on cognitive function, and 82% had some impact on physical abilities.

Survey Demographics*



- **Gender:**

- Male: 47%
- Female: 42%
- Nonbinary: 6%
- Other: <1%

- **Age:**

- 18 – 34 years old: 32%
- 35 – 54 years old: 39%
- 55+ years old: 24%

*All demographic information is self-reported. Due to rounding, numbers presented may not add up precisely to the totals provided.

Survey Demographics*



- **Race/Ethnicity:**

- White: 59%
- Black or African-American: 9%
- Hispanic: 7%
- Asian or Asian-American: 6%
- American Indian/Alaska Native: 7%
- Middle Eastern: 3%
- Two or more races/ethnicities: 4%
- Native Hawaiian or Pacific Islander: 3%
- Other: <1%

- **Education Level:**

- No HS or HS graduate: 19%
- Some college: 19%
- 2-year college degree: 18%
- 4-year college degree: 25%
- Post-graduate: 15%

- **Sepsis Diagnosis Timeframe**

- Less than 1 year: 28%
- 1-3 years ago: 37%
- 3-5 years ago: 18%
- More than 5 years ago: 16%

*All demographic information is self-reported. Due to rounding, numbers presented may not add up precisely to the totals provided.

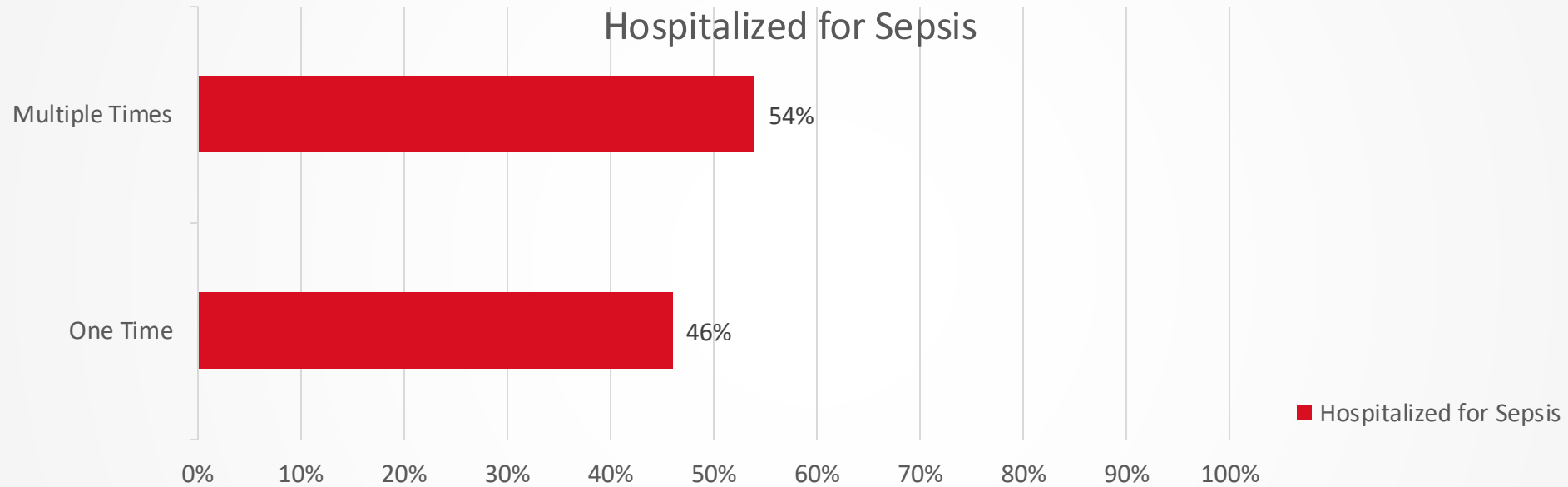


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Survey Details

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More than half have been hospitalized for sepsis multiple times.

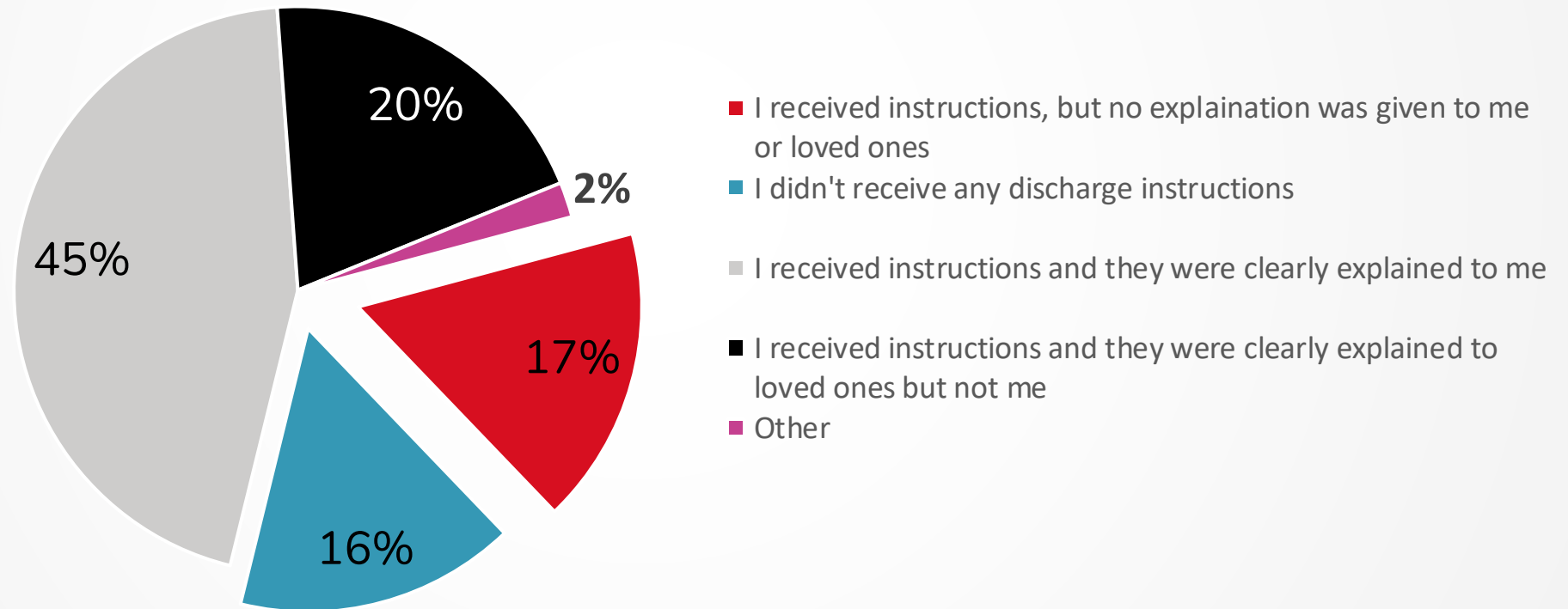


Q6: Including the first time, how many times have you been hospitalized with sepsis?
N=3,131

1/3 were not given any discharge instructions, or were given them but not explained.

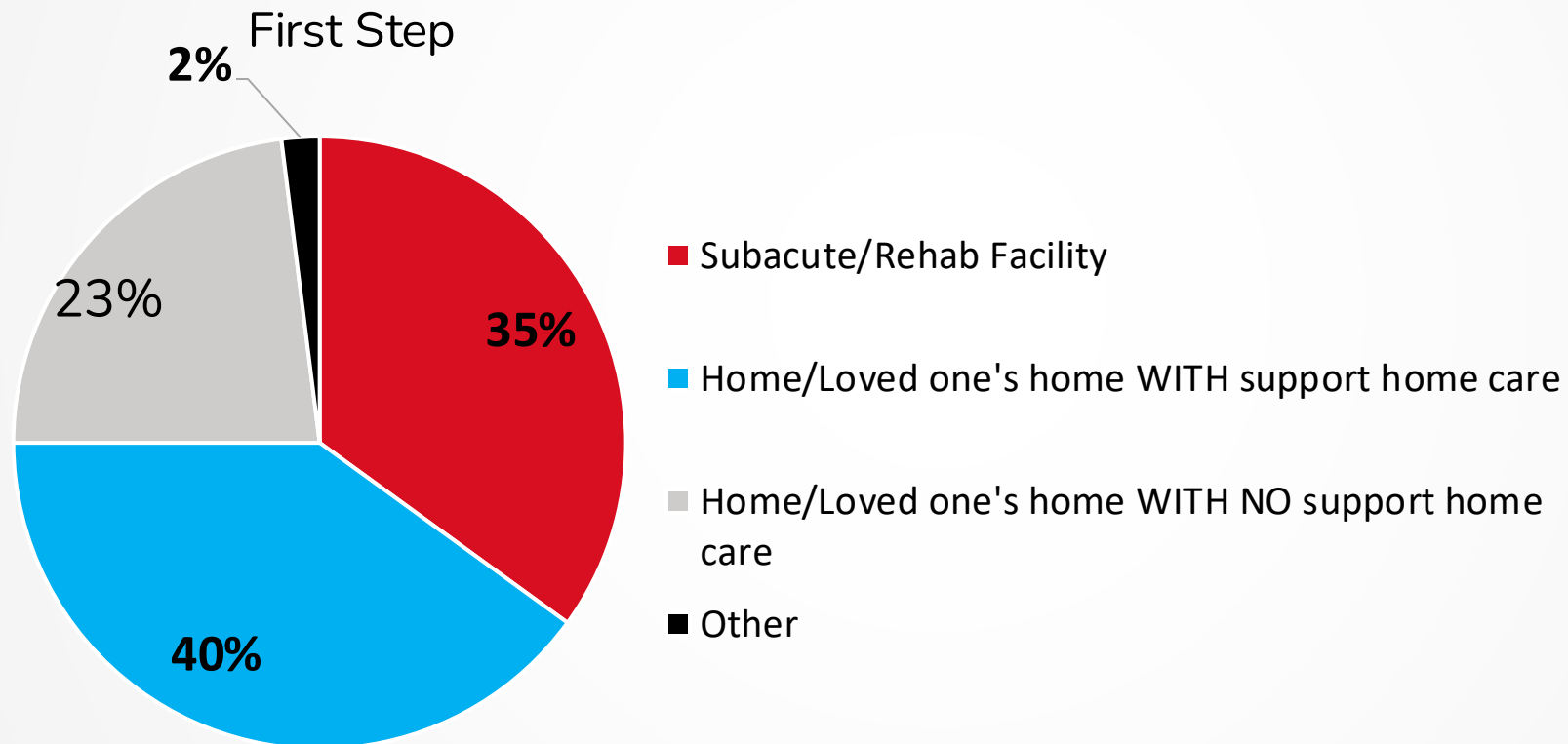


Discharge Instructions



Q5: Did you receive discharge instructions pertaining to sepsis the first or only time you had it?
N=3,131

Nearly 8 in 10 (76%) Patients Needed Continued Medical Support As First Step After Discharge



Education about sepsis has helped those after discharged.

Those diagnosed more than 5 years ago were significantly less likely (66%) to receive support after discharge than those less than a year ago (77%).

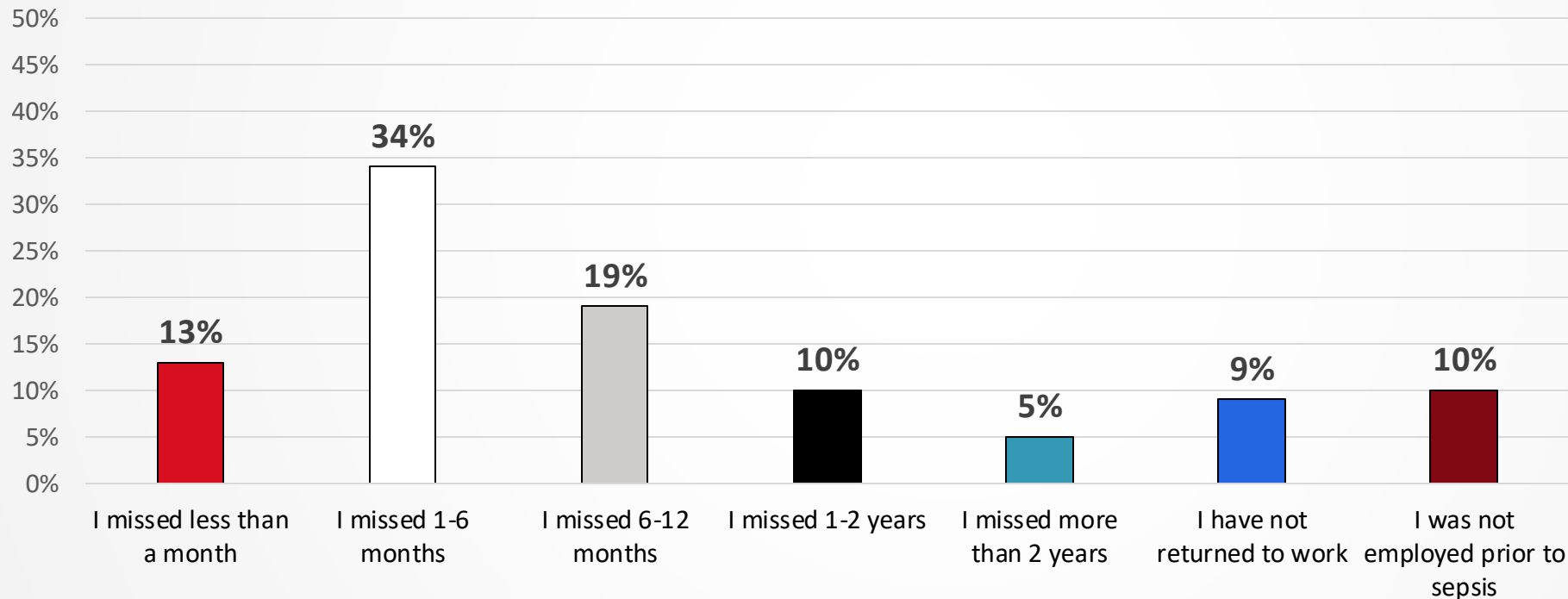
Q2: Considering your first incidence of sepsis, what was your first step after being discharged from acute care?
N=3,131

More than three-quarters (77%) of patients missed at least one month of work, with more than 1/3 (34%) missing at least one year.



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Returning to Work

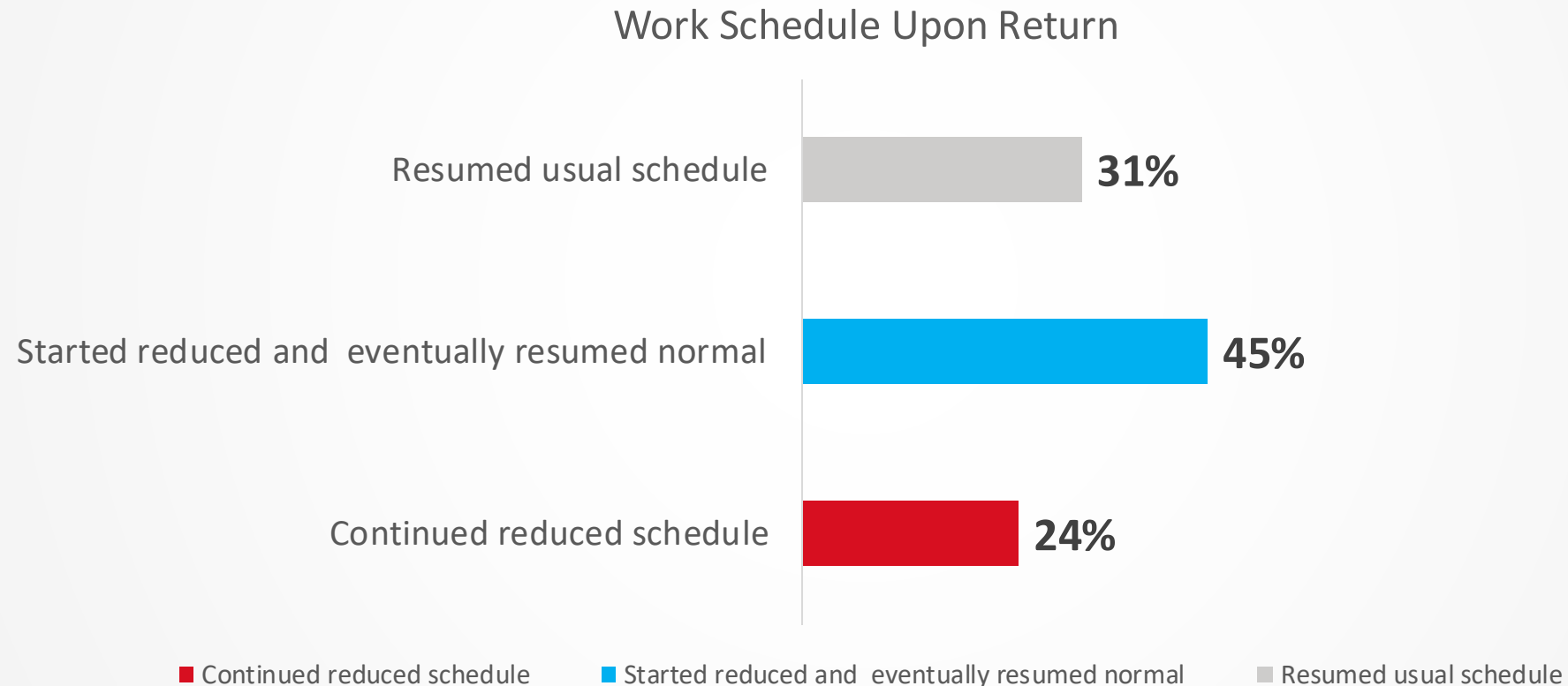


If each person responding to the survey was previously working 40 hours per week, this would equal more than 2 million hours of missed work.

Q3: For how long were you unable to work after your first incidence of sepsis?

N=3131

Nearly 70% of those responding say that having sepsis caused some reduction in work schedule upon return.

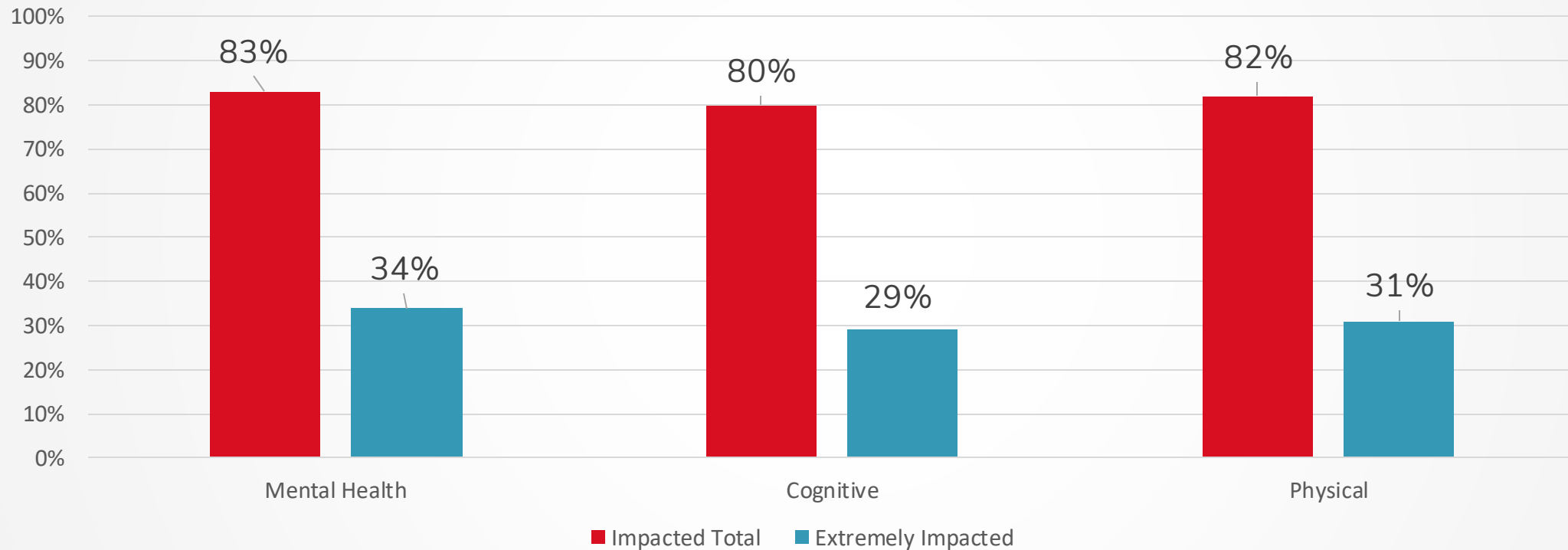


Q4: What best describes the type of work schedule you resumed after your incidence of sepsis?
N=2344

Survivors experience mental, cognitive, and physical challenges after sepsis.



Challenges Impact

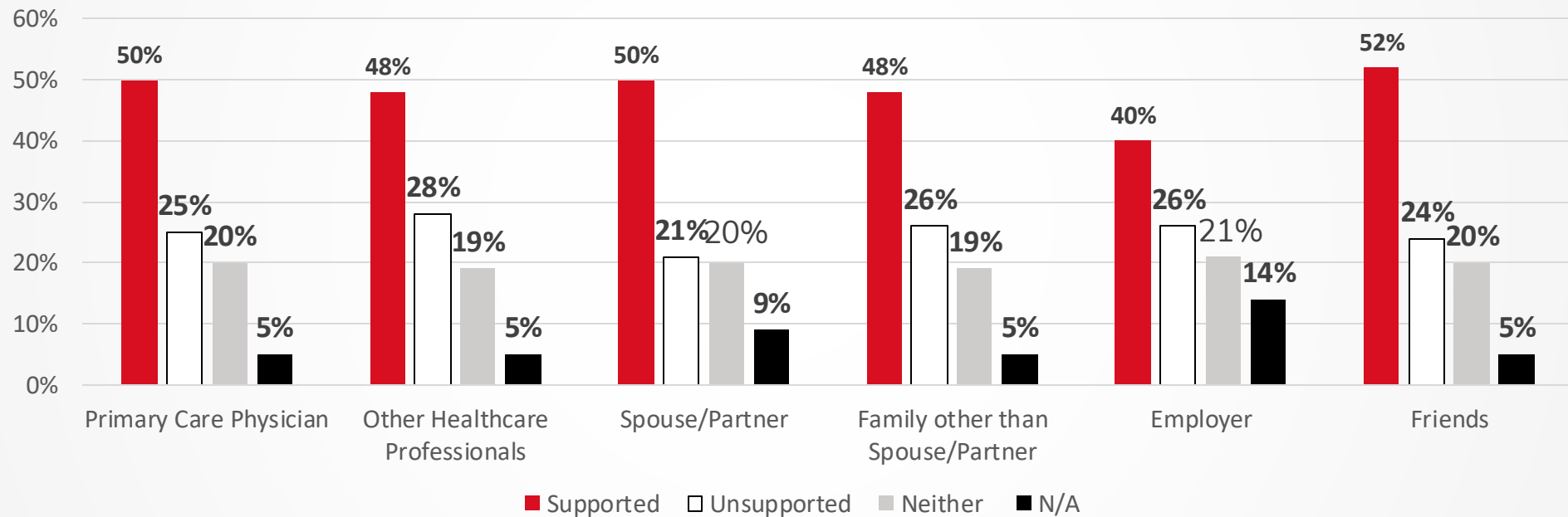


Q21: Please indicate to what extent you have been impacted by the following symptoms after your sepsis diagnosis?
N=3131

There are mixed feelings of support in their recovery.

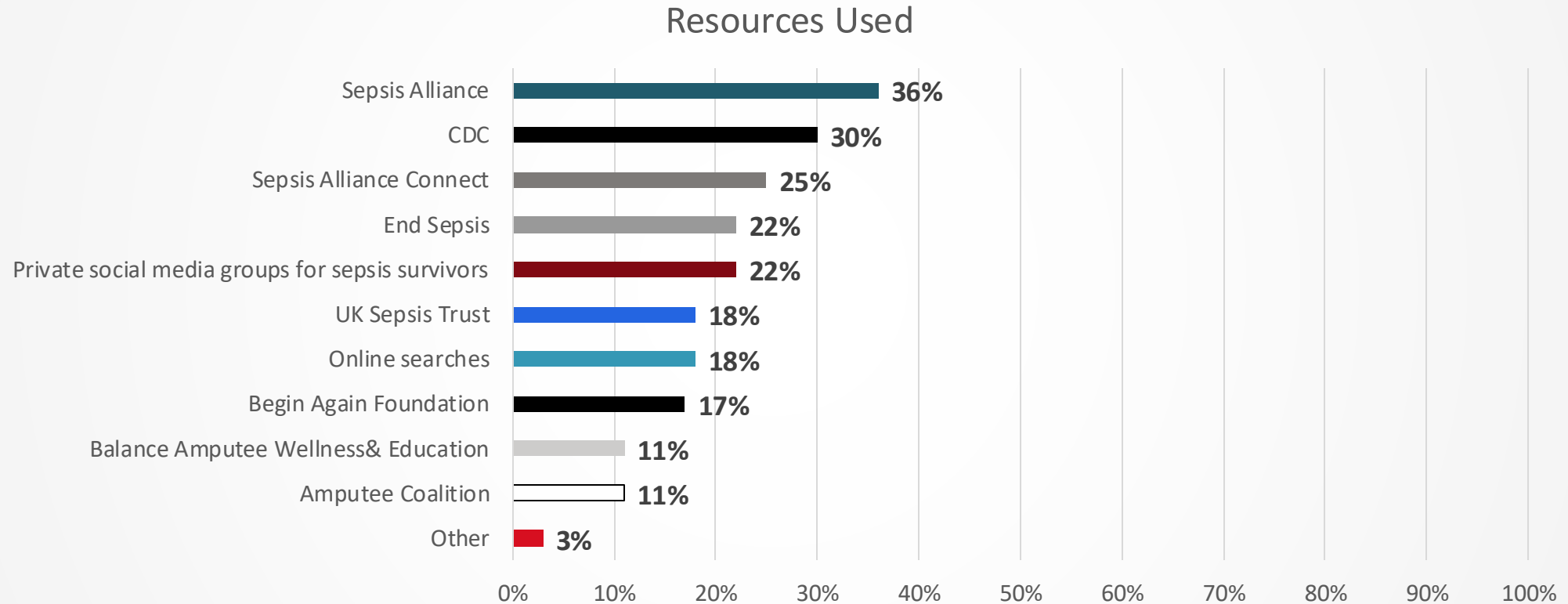


Feelings of Support



Q: How supported did you feel in your recovery by the following people?
N=3131

Patients used many different resources in their sepsis recovery.



Q25: What resources have you used in your sepsis recovery?
N=3131

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