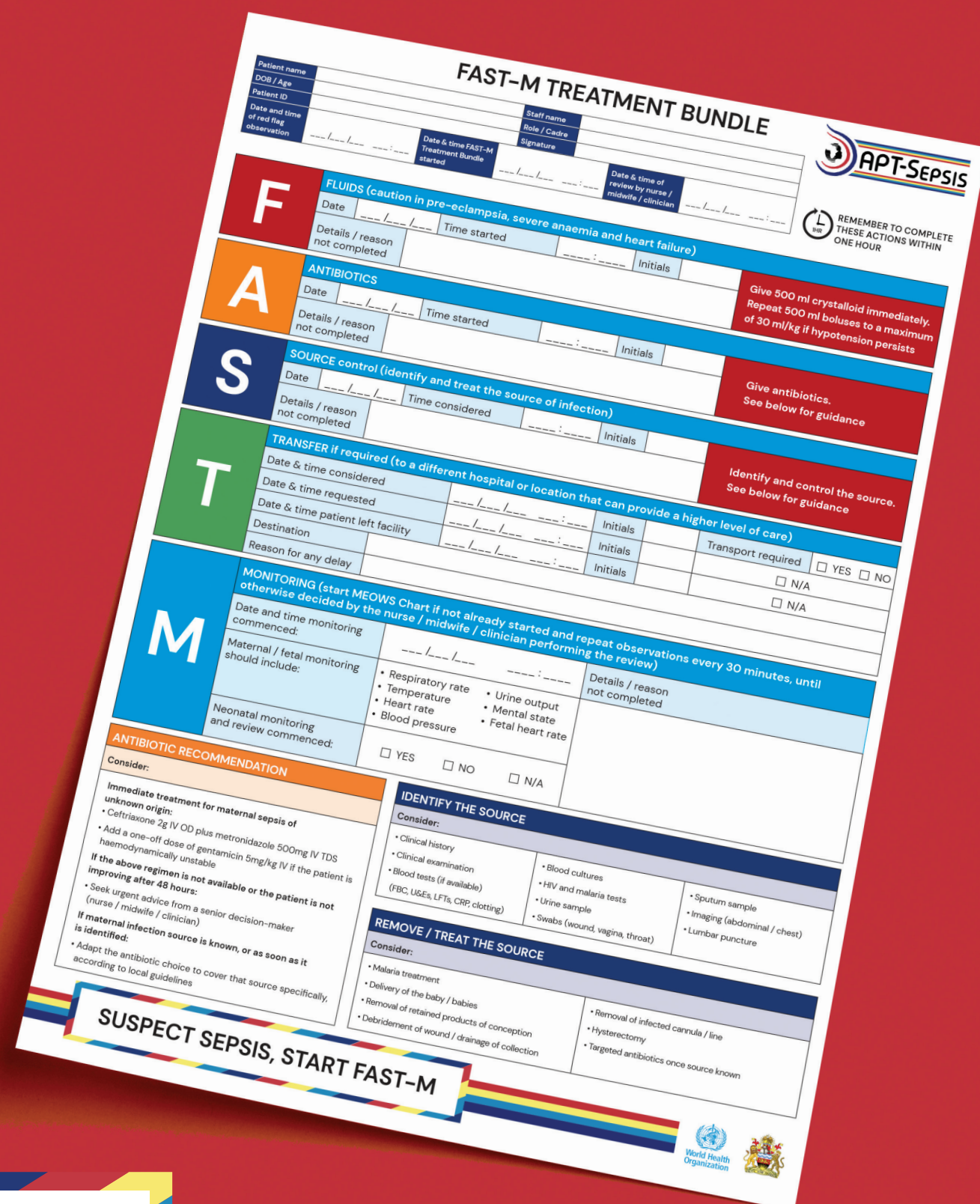


# Start FAST-M as soon as you suspect sepsis

 REMEMBER TO COMPLETE WITHIN ONE HOUR OF SUSPECTING SEPSIS



## USE THE FAST-M TREATMENT BUNDLE

**F**

**Fluids**

- Give intravenous fluids **EARLY** in suspected sepsis
- Intravenous fluids help maintain the blood pressure and **ESSENTIAL** to prevent and treat hypovolaemic shock
- Be cautious if there are signs of heart failure or pre-eclampsia: **SEEK HELP** if uncertain

**A**

**Antibiotics**

- Starting antibiotics in suspected sepsis is **VITAL**
- Start antibiotics **AS SOON AS POSSIBLE**
- Follow local guidelines to direct treatment and choose the **CORRECT** antibiotics

**S**

**Source Control**

- Sometimes, the source of infection **CHANGES MANAGEMENT**
- **ALWAYS** make sure your choice of antibiotics treats the site of infection
- **ALWAYS** consider whether a source of infection needs to be removed by a procedure or surgery

**T**

**Transfer**

- People with sepsis must be cared for in an **APPROPRIATE ENVIRONMENT**
- **ALWAYS** consider whether your patient needs to be transferred to a setting with **MORE SPECIALISED CARE**

**M**

**Monitoring**

- Monitoring **MUST BE CONTINUED** in suspected sepsis
- Continue to monitor vital signs every 30 minutes until otherwise decided by the clinical decision-maker (and ideally **AT LEAST** every 3 hours whilst there are still **RED** or **YELLOW** flags triggered on the MEOWS Chart)
- If a patient is not improving, **CALL FOR HELP**



Suspect sepsis, start FAST-M