

“One foot at a time”

A sepsis survivor’s story

Jason

“One foot at a time”

2015

to

2018

A 3 Year journey of....

“One foot at a time”



FEAR

“One foot at a time”



HELPLESSNESS

“One foot at a time”



HORROR

“One foot at a time”



HOPE

“One foot at a time”



EMOTIONS

“One foot at a time”



REBUILDING

“One foot at a time”

2nd-5th November 2015

Normal week at work, bit stressful

Started to feel unwell

Went home sick Thursday 5th lunchtime

“One foot at a time”

Friday 6th November 2015

Texted work

Went to bed shivering (rigor)

“One foot at a time”

Saturday 7th November 2015

- **Woke Toilet floor**
- **Felt like a hangover**
- **Stomach pains**
- **Texted girlfriend**
- **Unlocked front door**
- **Bedroom, felt more ill**



“One foot at a time”

999

“One foot at a time”



“One foot at a time”

SEPSIS IN ADULTS IS A SERIOUS CONDITION

that can initially look like flu, gastroenteritis or a chest infection. Sepsis affects more than 250,000 people every year in the UK.

The UK Sepsis Trust registered charity number (England & Wales) 1158843

Seek medical help urgently if you develop any or one of the following:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured

JUST ASK

“COULD IT BE SEPSIS?”

IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.

“One foot at a time”

Saturday 7th November 2015

07:25 Ambulance call logged

**07:31 Ambulance (Single Response Vehicle) on
scene**

“One foot at a time”

Saturday 7th November 2015

Paramedic (SRV) first on scene

As soon as he saw me, he knew I was in trouble

Called code red, ambulance arrived 8 mins later

He didn't expect me to survive

How do I know all this ... ?

“One foot at a time”



February
2018

“One foot at a time”

Saturday 7th November 2015

07:40 (at home)

Ambulance noted :-

- Vomiting
- Sweating
- Loose stool
- Mottled skin

Serial Obs 1			Serial Obs 2		
07:40			08:03		
Resp	48		Resp	56	
SPO ₂ (%)	84		SPO ₂ (%)	96	
On Air?	<input checked="" type="checkbox"/>	On O ₂ ? <input type="checkbox"/>	On Air?	<input type="checkbox"/>	On O ₂ ? <input checked="" type="checkbox"/>
Peak Flow			Peak Flow		
Heart Rate	127		Heart Rate	103	
BP Systolic	102		BP Systolic	99	
BP Diastolic	62		BP Diastolic	67	
Temp (°C)	37.6		Temp (°C)		
Blood Glucose	2.9		Blood Glucose	5.5	
Reaction	1/2		Pupil Reaction	1/2	
S = Slow N = Normal F = Fixed U = Unable to Assess			S = Slow N = Normal F = Fixed U = Unable to Assess		
Pupil Size	3	3	Pupil Size	1	4
As per Scale in mm			As per Scale in mm		
4	5	6	1	5	
Total			Total		
2	2	2	2	2	2

“One foot at a time”

Saturday 7th November 2015

08:00 (at home)

Code Yellow Sepsis

Code Yellow Sepsis

Ambulance Service NHS
NHS Foundation Trust

Date of Incident: 07/11/2015
Call Sign Letter: ABC
Call Sign Number: []
Station: []

Incident Number: []
Patient's Date of Birth: []

Does your patient have an infection? Any of the following

Productive Cough/DIB	<input type="checkbox"/>	Hot/Swollen Joints/limbs	<input type="checkbox"/>
Urinary Symptoms/UTI	<input type="checkbox"/>	Acute Confusion	<input checked="" type="checkbox"/>
Skin/Wound Infection	<input type="checkbox"/>	Fever/Rigors/Shivering	<input type="checkbox"/>
Catheter /indwelling device	<input type="checkbox"/>	Recent Chemotherapy	<input type="checkbox"/>
Clinician suspects infection	<input type="checkbox"/>	ENT signs and symptoms	<input type="checkbox"/>

Is the infection systemic?
Any TWO or more of the following

Altered Mental State	<input type="checkbox"/>
Respiratory Rate >20	<input checked="" type="checkbox"/>
Heart Rate >90	<input checked="" type="checkbox"/>
Blood Sugar >7.0 mmol/l	<input type="checkbox"/>
Temperature >38 or <36	<input type="checkbox"/>

Paediatric Values

- Patients under 5: Refer to the NICE Traffic Lights System
- Patients between 6 & 11: use normal value plus >10% as abnormal

Contact the Clinical-Hub for Decision Support or Referral

Outcome

GP	<input type="checkbox"/>
PP	<input type="checkbox"/>
ED Route	<input type="checkbox"/>
ED + ASHICE	<input type="checkbox"/>

Is Perfusion Affected? any ONE the following

Not passed Urine >6 Hours/Acute Dehydration	<input checked="" type="checkbox"/>
Mottled and shutdown skin	<input checked="" type="checkbox"/>
Poor Capillary Refill/Time	<input checked="" type="checkbox"/>
NEWS ≥7 or PEWS ≥4	<input checked="" type="checkbox"/>
Systolic Blood Pressure <90mmHg (Or a marked decrease for patient)	<input type="checkbox"/>

This Patient MUST have Antibiotics by 09:00

Your Patient Has Severe Sepsis
Diagnosis Time: 08:00

Begin Sepsis Care Bundle

Clinical Interventions	Hospital Section
Give High Flow Oxygen	Confirmed Diagnosis? Yes No
	Hospital Handover Time

Do Not Delay Transport – Mortality Increases 7.8% Per Hour - TIME IS TISSUE

“One foot at a time”

Saturday 7th November 2015

08:09 ambulance left scene

08:15 at hospital, 50 mins after 999 call



“One foot at a time”

Saturday 7th November 2015

08:18 Hospital tests



Major incident form :-

- o/a peripherally shutdown
- very mottled and cold to touch
- very faint radial pulses
- numbness to both feet

RADIOMETER ABL90 SERIES			
ABL90 EMERGENCY DEPARTMENT - WO I393		08:18	07/11/2015
PATIENT REPORT		Syringe - S 65uL	Sample # 45706
Identifications			
Patient ID	001		
Patient last name			
Patient first name			
Date of birth			
Sample type	Arterial		
Operator	Chem Path		
T	37.0 °C		
Blood gas values			
pH	7.132	[-]	
pO ₂	3.75 kPa	[-]	
pCO ₂	6.77 kPa		
Oximetry values			
ctHb	161 g/L	[100 - 170]	
sO ₂	35.4 %	[-]	
FO ₂ Hb	34.7 %	[-]	
FCOHb	1.1 %	[0.0 - 2.5]	
FHHb	63.4 %	[-]	
FMetHb	0.8 %	[-]	
Electrolyte values			
↓ cK ⁺	3.5 mmol/L	[3.5 - 5.5]	
cNa ⁺	138 mmol/L	[135 - 145]	
↓ cCa ²⁺	1.05 mmol/L	[1.15 - 1.29]	
cCl ⁻	97 mmol/L	[90 - 110]	
Metabolite values			
cGlu	4.7 mmol/L	[3.0 - 7.0]	
↑ cLac	11.0 mmol/L	[0.6 - 2.2]	
Temperature-corrected values			
pH(T)	7.132		
pCO ₂ (T)	6.77 kPa		
pO ₂ (T)	3.75 kPa		
Oxygen status			
ctO _{2c}	7.9 Vol%		
p50 _c	4.71 kPa		
Acid-base status			
cBase(Ecf) _c	-12.2 mmol/L		
cHCO ₃ ⁻ (P.st) _c	14.3 mmol/L		

“One foot at a time”

Saturday 7th November 2015


08:40 sepsis pathway B.U.F.A.L.O

Antibiotics within 1 hour

History/signs of new infection + NEWS 5 or greater, or 3 in one Parameter.

THIS PATIENT NEEDS TO FOLLOW SEVERE SEPSIS PATHWAY (BUFFALO)

RESUSCITATE: WITHIN ONE HOUR



TIME	DATE: 7/11/15	Tick Box	Time	Signature
B - Blood cultures taken		<input checked="" type="checkbox"/>	08:30	
U - Urine output measurements commenced		<input type="checkbox"/>		
F - IV Fluid resuscitation commenced		<input checked="" type="checkbox"/>	08:40	
A - Antibiotics prescribed and given		<input checked="" type="checkbox"/>	08:40	
L - Hb and Lactate taken		<input checked="" type="checkbox"/>		
O - High flow Oxygen		<input checked="" type="checkbox"/>		

Senior DR REVIEW within one hour.

Hypotension unresponsive to fluid challenge = SEPTIC SHOCK

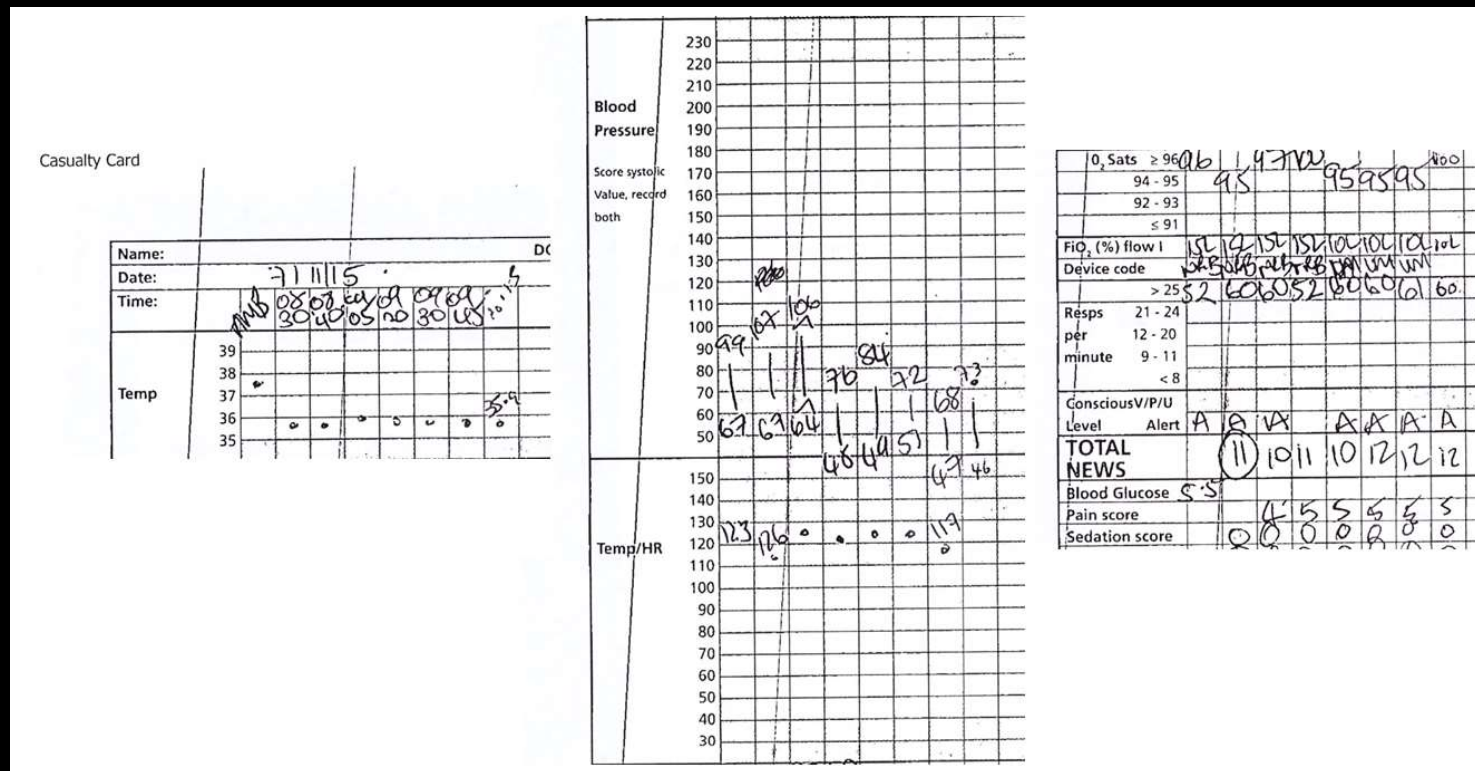
Escalate immediately to Outreach and/or ICU

“One foot at a time”

Saturday 7th November 2015

Casualty card ...

- Temp lower than 37
- BP dropping, Lowest 68/47



“One foot at a time”

Saturday 7th November 2015

Ambulance crew thought “cold sepsis”

09:50

Where was the infection source ?

- **? Perforated peptic ulcer**
 - **? AAA**
- **? Acute pancreatitis**

“One foot at a time”

Saturday 7th November 2015

Initially I said I didn't want my parents to know

Now I was critical, they were contacted.

**Taken to a relatives' room, they were told I might
not survive the weekend.**

“One foot at a time”

Saturday 7th November 2015

11:00

In septic shock, abdo slightly distended and soft

ICU consultant visits me in A&E

Moved to ICU



“One foot at a time”



“One foot at a time”

Sunday 8th November 2015

12:46

Diagnosis from microbiology...

**Meningococcal
Septicaemia**

“One foot at a time”

Meanwhile.....



“One foot at a time”

Flashbacks !!!!

- Heard things around me, tried to make sense of it
- Finding answers helps....
 - - No patient diaries
 - - Mum's diary, medical records, my memories
- Counselling helps

“One foot at a time”

Night terrors

- Explosions, loud bangs.
- Doctors shouting at other patients in the night
- Police shot another patient in my room

“One foot at a time”

19th November 2015



“One foot at a time”



“One foot at a time”



“One foot at a time”



“One foot at a time”



“One foot at a time”

21st November 2015

- CPAP hood, flashbacks !!

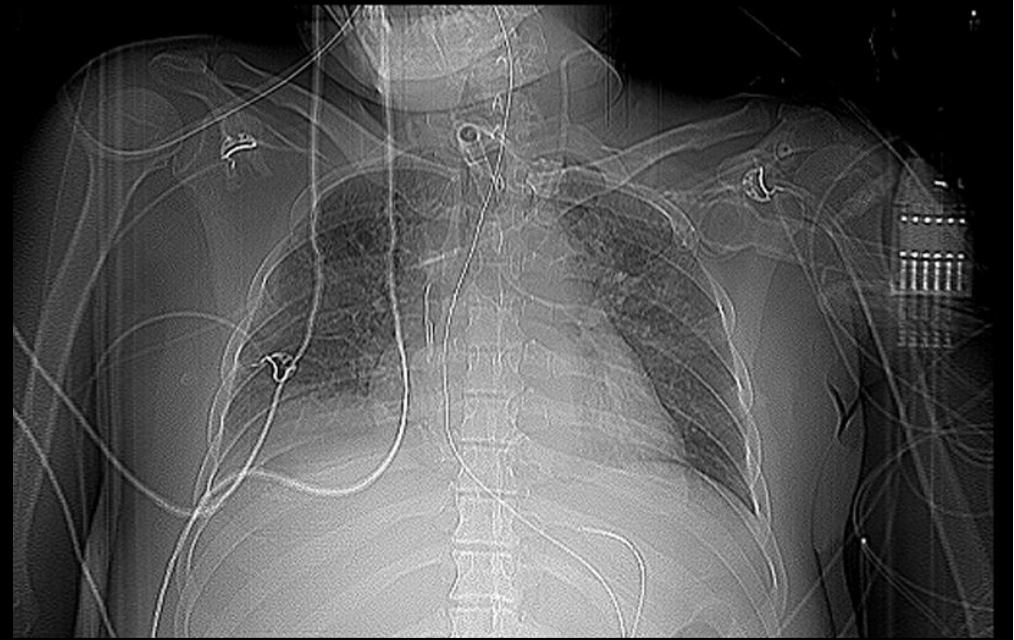


Call police,
dial 999 !

“One foot at a time”

24th ,25th November 2015

- Tracheostomy done
- 2nd dialysis
- Lower legs, ? Amputation
- May lose fingers
- Hands, plastics to liase



“One foot at a time”

26th November 2015



“One foot at a time”



“One foot at a time”



“One foot at a time”



“One foot at a time”



“One foot at a time”



“One foot at a time”

- Heart tachycardia x 2, I thought I would die
- I was very scared !
- Pysch liaison review. PTSD diagnosed.
- Sertraline prescribed

“One foot at a time”

14th December 2015

(+38 days)

Transferred to Brighton ICU (blue light)

Transfer notes :-

- Meningococcal Septicaemia
- MOF (kidneys, liver, heart, marrow)
- DIC
- Cardiogenic shock
- 10 units of blood, 10 units platelets

“One foot at a time”

15th December 2015

Debridement operation

- Sub clavicle central line
- Right leg BKA likely, not sure about left leg

“One foot at a time”

22nd December 2015

After

47 days / 7 weeks / 2 different hospitals

I left ICU !!

“One foot at a time”

- In the “naughty bed”
- Curtains around me
- Can’t see out window
- More people !
- Is life a dream ?
- Phone, stylus, friends visit !

“One foot at a time”

- No muscle strength.
- Skin on arms fragile
- Weight & muscle loss
- Speech therapy
- Physio on fingers as curled
- Toes tapping at end of bed
- Drug effects fading

“One foot at a time”

QUESTION

Why do nurses wake
everyone up at 6am to check
their blood pressure ?!

“One foot at a time”

24th December 2015

Discussion with consultant Mr B about my legs

“One foot at a time”



25th December 2015

“One foot at a time”



“One foot at a time”

27th December 2015



“One foot at a time”

29th December 2015

Day before op



“One foot at a time”

30th December 2015

- Right BK amputation
- 5 hour operation
- Hope for recovery next year

“One foot at a time”

Physios

- Chunky cutlery
- Finger straightening
- Foot drop left foot
- Speech therapy exercises



“One foot at a time”

Institutionalisation

- Home seems so far away
- Outside seems a different world



“One foot at a time”

9th Jan 2016

First time sitting up in bed
Physios happy !



“One foot at a time”

9th Jan 2016

Stump shrinker



“One foot at a time”

Night time brace



“One foot at a time”

Infected left index
Finger

(Stay tuned)



“One foot at a time”

- TWOC v2
- Hoisted into wheelchair, first time out of ward.
- Couldn't sit for long (no bottom !)
- Fortisip for weight gain

“One foot at a time”

PTSD

- Asked to see chaplain in ICU, but never saw him
- Didn't think of asking for counsellor
- Saw chaplain later in ward. Had a cry :*(

“One foot at a time”

Medically ready for discharge

- How can I go home ?!
- Rehab. So close to home ...
- Last day on ward 19th January

“One foot at a time”

19th January 2016

Casting for prosthetic



“One foot at a time”



“One foot at a time”

19th January
2016



“One foot at a time”

Rehab.....

- Moved to rehab 74 days after admission
- My own room, free TV
- First view outside since admission
- MRSA



“One foot at a time”



“One foot at a time”

February 2016



“One foot at a time”

February to March 2016

- 18 days later, prosthetic leg arrived
- Bandage foot
- Progressed from bars, to frame
- Crutches 36 days into rehab



“One foot at a time”

H O M E !!!!!

- Discharged home 17th March 2016
- Bandaging, smell of gangrene. Outside - flies
- Orange bag & coffee granules
- Foot started to debride (picking !)
- Mr B waiting for toe demarcation

“One foot at a time”

I was as high as a



- 2,600 mg gabby & fentanyl patch
- Slept most of the day, time flew

“One foot at a time”



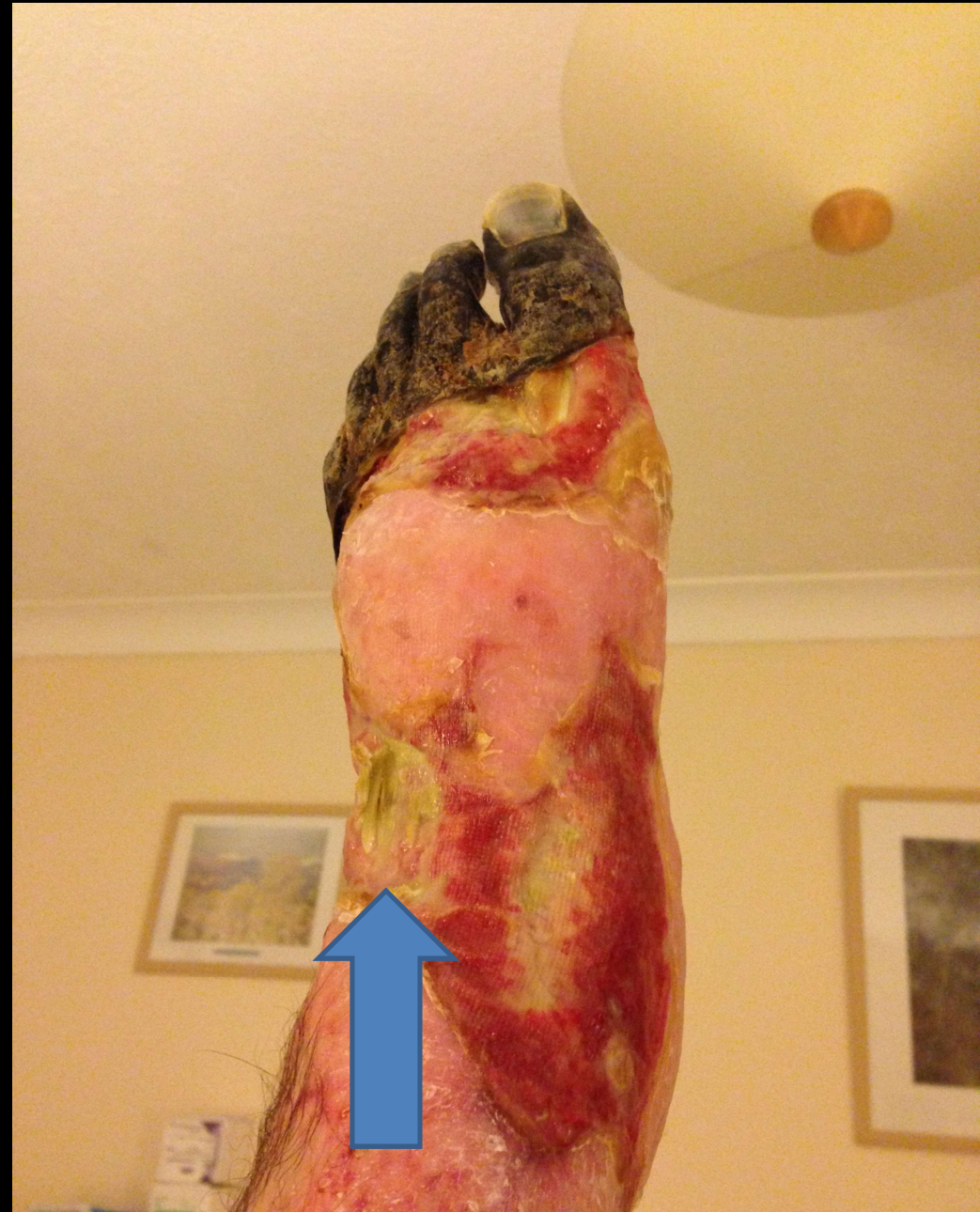
“One foot at a time”

March 2016



“One foot at a time”

April 2016



“One foot at a time”
Left index finger after nail came off



“One foot at a time”

- More therapy on fingers.
- East Grinstead gave me night splint
- Counselling for flashbacks helping
- Mr B decided toes now de-marked

“One foot at a time”



“One foot at a time”

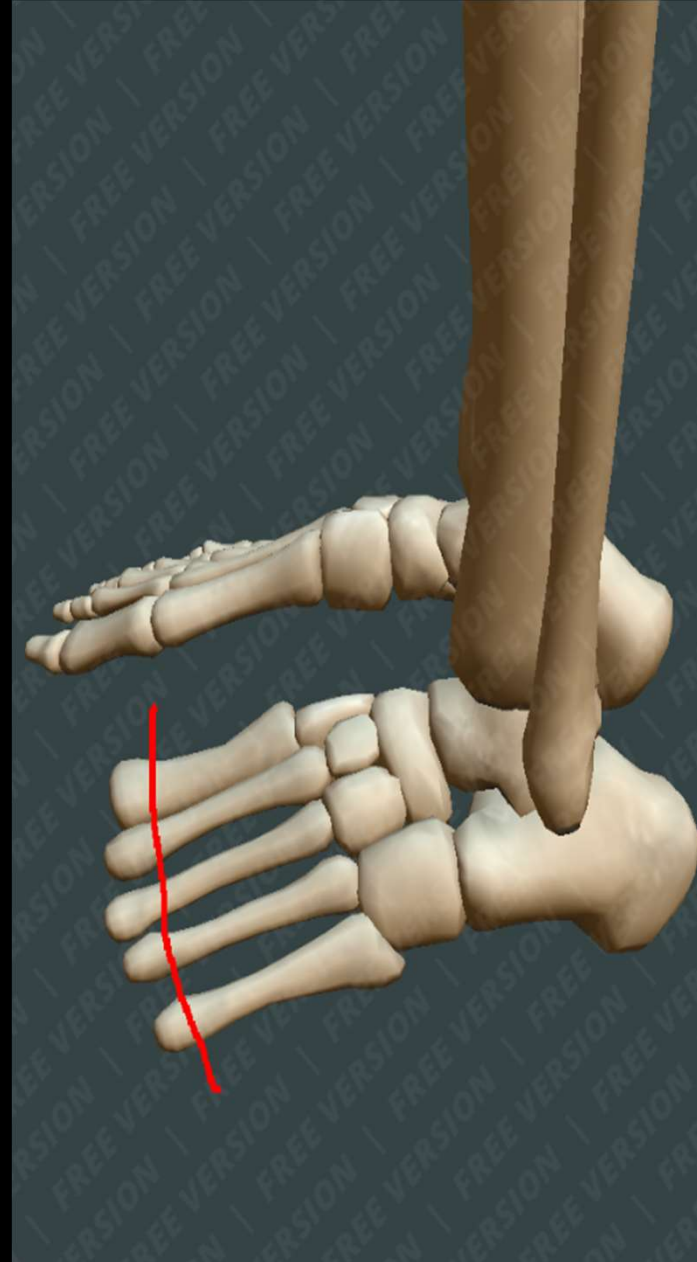
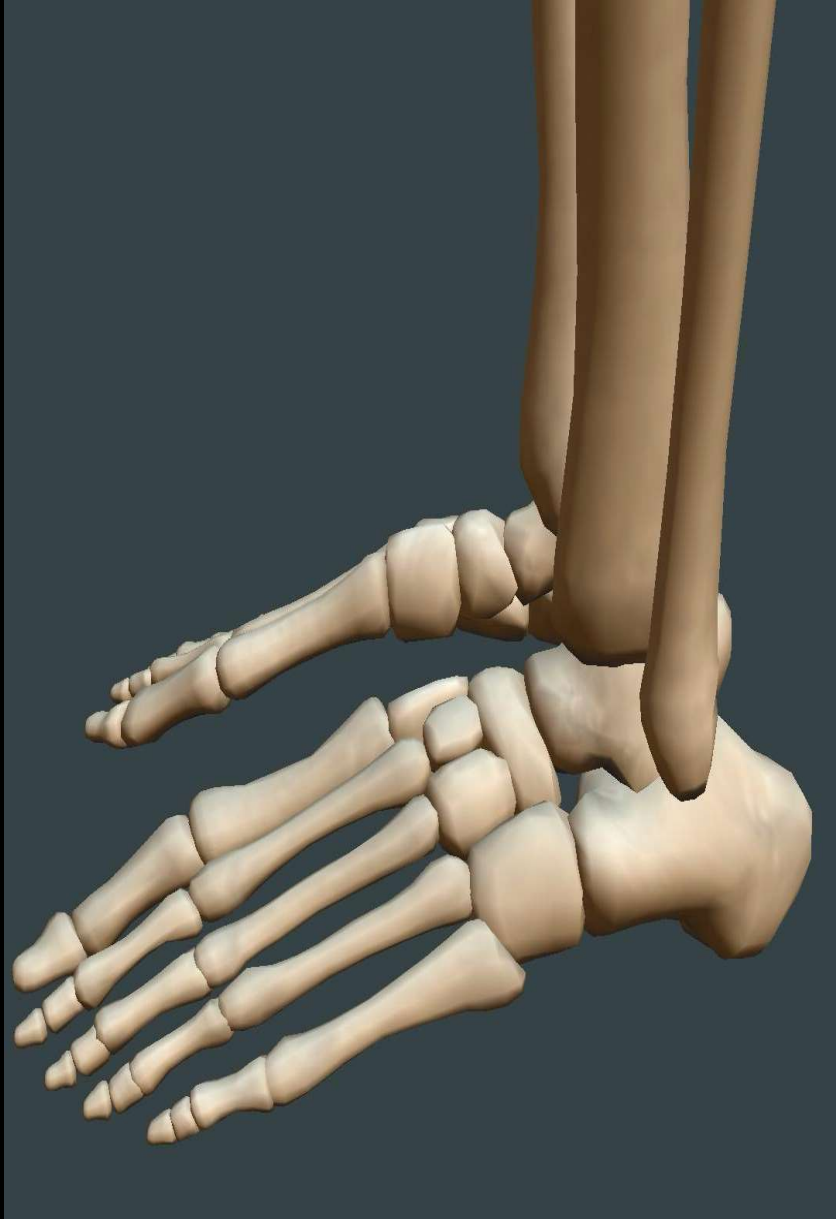
7th July 2016

Fore-foot

Amputation



“One foot at a time”



“One foot at a time”



“One foot at a time”

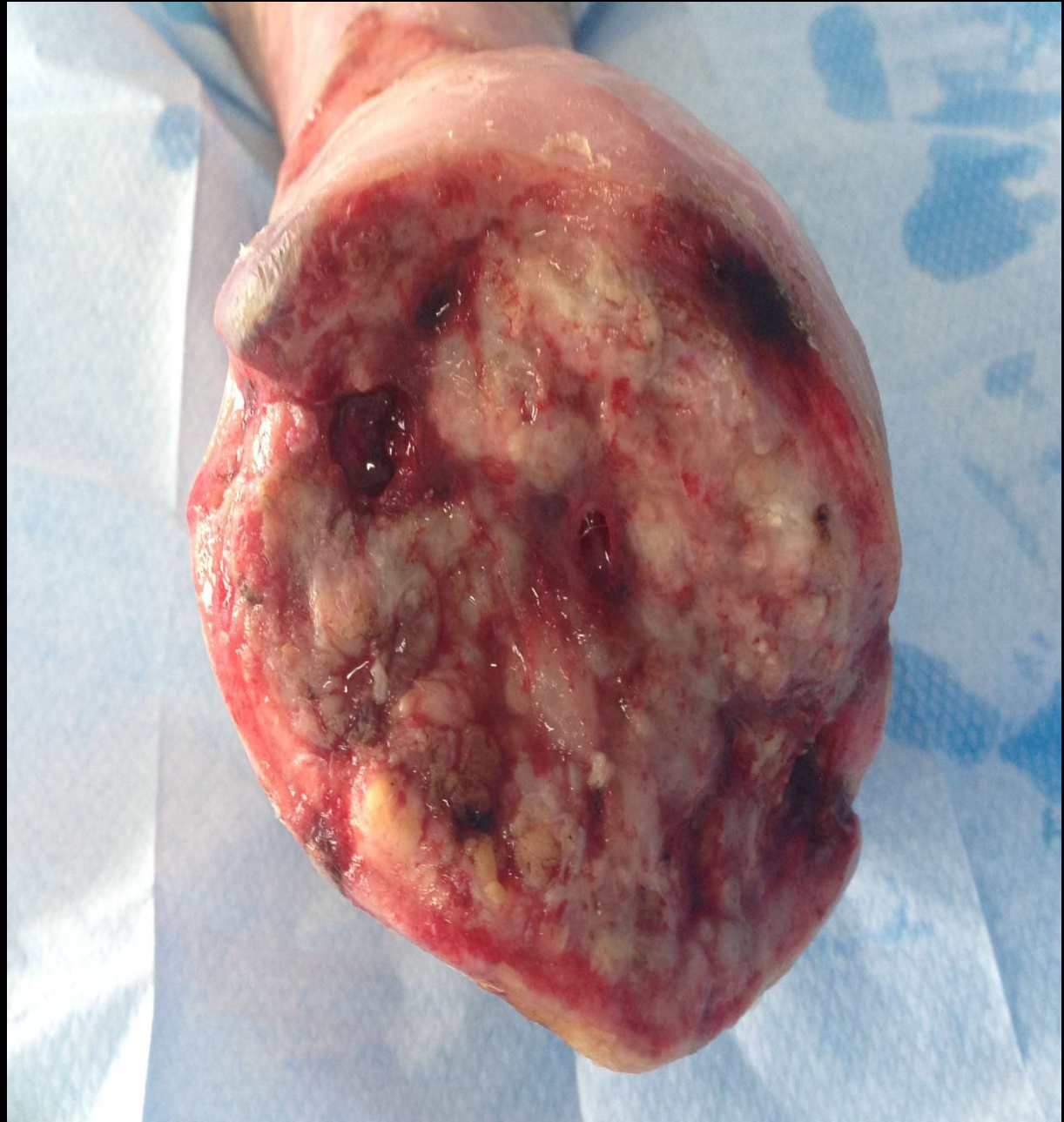
8th July 2016

Recovery pain 10/10



“One foot at a time”

8th July 2016



“One foot at a time”

VAC dressing
(TNP)



“One foot at a time”

Op + 16
Home



“One foot at a time”

Community nurses visit for vac



“One foot at a time”

September 2016

- Weaned off pills
- Visited GP 3x a week for bandaging
- New car, automatic, adapted, blue badge
- Returned to work 1st October 2016,
11 months after illness

“One foot at a time”

November 2016

Infection, TVN advised



“One foot at a time”

November 2016

Visited Mr B

- Swab & probe
- Xray – Osteomyelitis
- MRI - Dead bone side big toe, heal, end long bone
- Started antibiotics (Clyndamicin)

“One foot at a time”



“One foot at a time”

February 2017



“One foot at a time”

May 2017

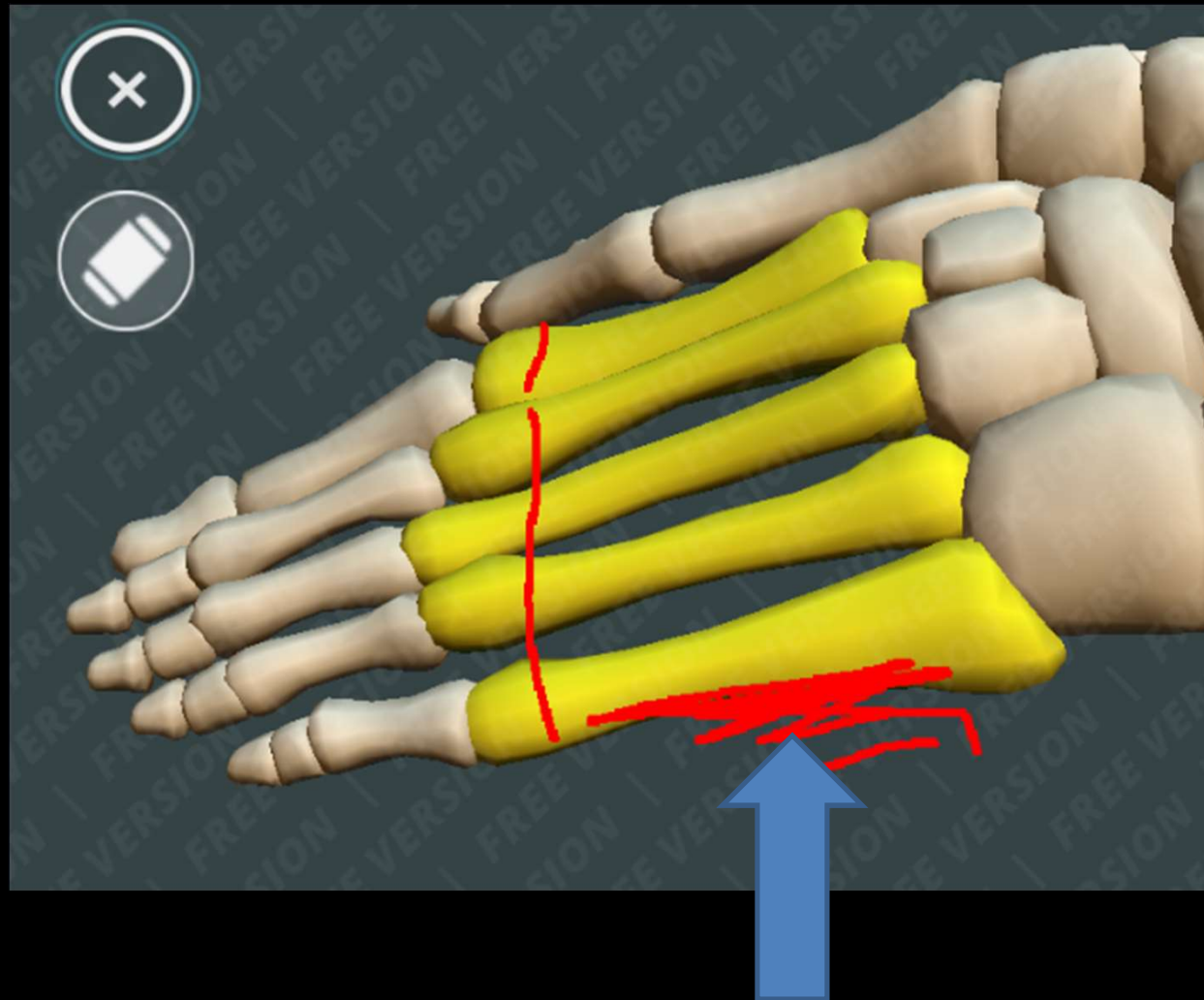


- Saw GP
- Saw Mr B

“One foot at a time”

15th June 2017

Removal 5th Metatarsal



“One foot at a time”

Op + 2



- Rifampicin
- Orange urine
- Reflux
- Regular bloods
- Vac dressing !

“One foot at a time”

19th June 2017



“One foot at a time”

30th June 2017



“One foot at a time”



“One foot at a time”

September 2017



“One foot at a time”



September 2017



“One foot at a time”

September 2017

Blisters



“One foot at a time”

November 2017



“One foot at a time”

March 2018

New prosthetic
Foot drop correction



“One foot at a time”

March 2018

Decision time

- Spoke to family, friends, councillor
- Foot drop
- Dead bone
- Bone infection
- Antibiotics since Nov 16
- Ulcer not healing
- Pain levels
- Mobility & life quality
- Conclusion.....



“One foot at a time”

13th June 2018



“One foot at a time”

Leg amputation #2

- Recovery pain 11/10
- Ketamine didn't work
- Given epidural

- Asked Mr B to do “post mortem” on foot
- He said “crumbly bone”

“One foot at a time”

June 2018



“One foot at a time”

Op + 2 weeks

Rehab, again !

PAM aid



“One foot at a time”

7 August 2018 (op + 8 weeks)

1st Left Leg



“One foot at a time”

September 2018

MDT with consultant :-

- “No more bits to chop off”
- Should we have amputated sooner ?

“One foot at a time”

The end, or beginning

- Returned to work 15th October
- Joined a gym
- Beach walks 2.5 miles
- Doing talks
- Enjoying life



WWW.JASONAMPUTEE.COM