

A relative's experience of coping with sepsis Christine Mackenzie and husband Jim



Growing awareness something is wrong

- Anxiety

999

- Apprehension



- Fear
- and guilt

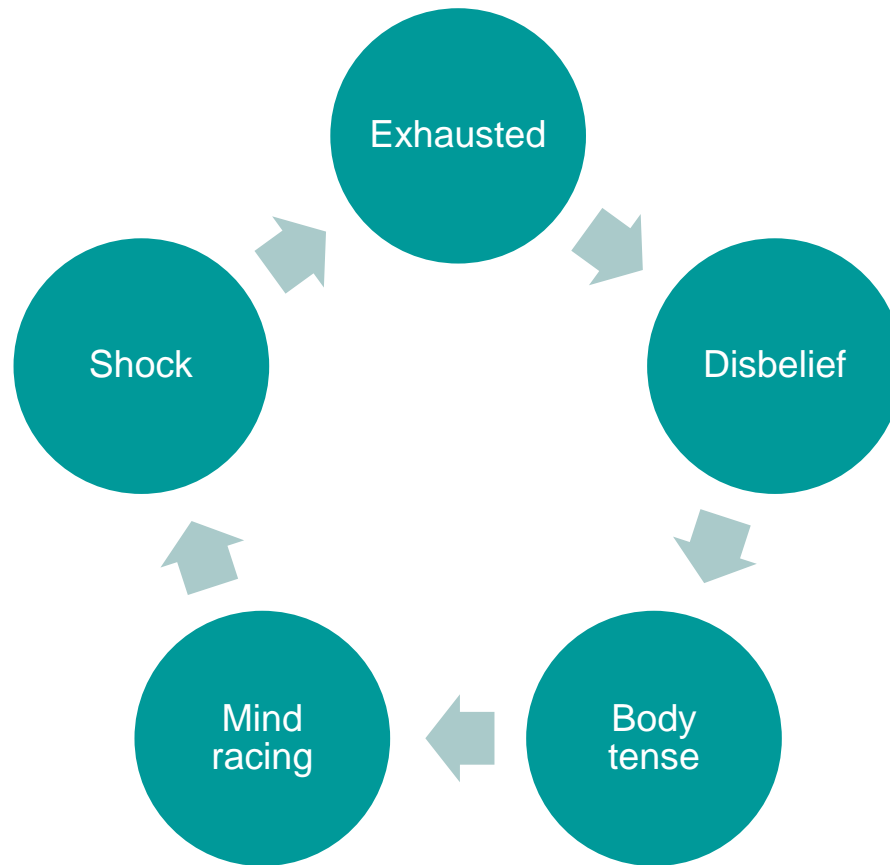


A & E

- Feelings of helplessness
- Diagnosis: severe sepsis
- 3 fifths of people survive
- 2 fifths
- (40 %) die



Back Home



SEPSIS DAY 2

Long Day: watching and waiting

Jim is still unable to talk

The hardest thing
to bear!

Good news

The infection has
been identified

Bad news

Streptococcus A

Source needs to
be identified

Rollercoaster of emotions

- Temperature spiking
- Heart rate erratic
- Cellulitis in arms
- Legs mottled



Nothing I can do to help

- Trust and confidence in medical team

Hallucinations

- Jim can't look at me – moving his hand back and forward
- Downloading files – going to make us millions!
- He's going to buy me a convertible Mini
- Nurse and doctors reassure me but still distressing
- Rota virus

Importance of friends

- Life has a routine – hospital daily
- Meet friend for walk before going to hospital
- Meet others for walk, tea or a meal during rest period at hospital
- Extremely important lifeline and support
- Phone calls and emails from family all helpful

Shifting sands

- Jim still in isolation and completely vulnerable
- Nurse visits to gives medicine, wash etc



Pleased to talk, be able to help

Food to fight infection



- Water melon and yoghurt for breakfast; soup for lunch and variety of casseroles for evening meal- all liquidised
- Throw in everything I can to boost immune system – onions, garlic, ginger, vegetables, peppers, meat, chicken, fish, mango

3 magic words

- **‘on the mend’**
- After 3 and a half weeks temperature is normal and Jim is finally ok
- Things moves quickly and Jim is soon moved to local community hospital for rehab

Rehab



Beginning to enjoy life again

- Jim cheerful and in good form in rehab



Carer and wife



Progress and setback



Life regaining normality



Present day and the future



On the move



Unusual effect of sepsis

