

How to print your own Sepsis Quiz Cards:



Download this PDF and print it at home. You can use regular white paper, or heavy white cardstock.



The cards are in color, but don't worry if you don't have a color printer. They also work in black and white. You can print on both sides, but it's not a must, they work either way.



Cut the cards along the line, using scissors or whatever comes handy.



You're done and ready to test your knowledge.



1. What is sepsis?

- a. A congenital disease
- b. Organ damage produced by inappropriate inflammation in response to infection**
- c. A blood infection
- d. Blood poisoning

The correct answer is B. Sepsis arises when the body's response to an infection injures its own tissues and organs. It may lead to shock, multi-organ failure, and death - especially if not recognized early and treated promptly. Sepsis is the final common pathway to death from most infectious diseases worldwide, including viral infections such as COVID-19.

2. Sepsis is ...

- a. A chronic disease
- b. An emergency for every patient
- c. A public health burden
- d. B and C are correct**

The correct answer is D. Sepsis is both a medical emergency as well as a public health burden, affecting more than 47 million people worldwide, killing at least 11 million of them every year.

3. Which of the following is a sepsis warning sign?

- a. Fever or chills
- b. Urinating very little for a day
- c. Shortness of breath
- d. All of the above**

The correct answer is D. The following symptoms might indicate sepsis: - Slurred speech or confusion - Extreme shivering or muscle pain, fever - Passing no urine all day - Severe breathlessness - It feels like you're going to die - Skin mottled or discolored

4. What infections can cause sepsis?

- a. Meningitis
- b. Pneumonia
- c. Urinary infections
- d. All of the above**

The correct answer is D. Sepsis can be caused by all infections, including meningitis, pneumonia, urinary infections, COVID-19, seasonal influenza viruses, dengue viruses, and highly transmissible pathogens of public health concern; such as avian and swine influenza viruses, Ebola, and yellow fever viruses.

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5. What germs can cause sepsis?

- a. Bacteria
- b. Fungi
- c. Virus
- d. All of the above**

The correct answer is D. Most types of microorganisms can cause sepsis, including bacteria, fungi, viruses, and parasites. Sepsis often presents as the clinical deterioration of common and preventable infections such as those of the respiratory, gastrointestinal and urinary tract, or of wounds and skin. Sepsis is frequently under-diagnosed at an early stage - when it still is potentially reversible.

6. What percentage of sepsis cases are acquired outside the hospital?

- a. 10%
- b. 20%
- c. 30%
- d. 80%**

The correct answer is D. Often wrongly thought of as a "hospital-disease", about 80% of sepsis cases are actually contracted in the community.

7. Who are the most vulnerable to sepsis?

- a. Children under 5 years old
- b. Elderly persons
- c. People with chronic diseases and weakened immune systems
- d. All of the above**

The correct answer is D. Everybody can get sepsis, no matter how healthy or how good in shape you are, or where you live. Certain people are at an even higher risk. Those include: - Children under 5 - Adults over 60 - People with no spleen - People with chronic diseases, e.g. lung, liver, heart - People with weakened immune systems, e.g. AIDS, Diabetes

8. How many cases of sepsis occur around the world per year?

- a. 1 to 5 million
- b. 5 to 10 million
- c. 10 to 15 million
- d. 47 to 50 million**

The correct answer is D. In 2020, an international team of scientists published the most comprehensive clinical study on sepsis to date - revealing between 47 and 50 million of cases per year. Full study: [worldsepsisday.org/gbdstudy](https://www.worldsepsisday.org/gbdstudy)

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9. How many deaths attributable to sepsis occur in the world each year?

- a. 1 to 2 million
- b. 3 to 4 million
- c. 5 to 6 million
- d. **11 million**

The correct answer is D. The same study found at least 11 million people die of sepsis every year, meaning 20% of all global deaths can be linked to sepsis.

10. Which of these are consequences of sepsis?

- a. Neurological disorders
- b. Loss of limbs
- c. Post-traumatic stress disorder
- d. **All of the above**

The correct answer is D. Sepsis does not end at hospital discharge. Many sepsis survivors suffer from the consequences of sepsis for the rest of their lives. These can include: - Sadness - Difficulty swallowing - Muscle weakness - Clouded thinking - Difficulty sleeping - Poor Memory - Difficulty Concentrating - Fatigue - Anxiety

11. How can some cases of sepsis be prevented?

- a. Vaccination
- b. Hand hygiene
- c. Timely access to health services
- d. **All of the above**

The correct answer is D. Sepsis is the number one cause of preventable death worldwide. The best way to prevent sepsis is to prevent infection in the first place, which can be done by: - Vaccination - Clean water - Hand hygiene - Prevent hospital-acquired infections (HAIs) - Safe childbirth - Awareness

12. How is sepsis treated?

- a. With timely identification
- b. With antibiotics
- c. With fluids and some life support therapies
- d. **All of the above**

The correct answer is D. Once in a hospital, a trained physician will usually take the following steps, known as the Sepsis Six: - Give oxygen to keep your blood oxygen levels normal - Take blood cultures - Give IV antibiotics - Start IV fluid resuscitation - Check lactate - Monitor hourly urine output accurately

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13. True or False: Pregnant women cannot have sepsis?

- a. True
- b. **False**

The correct answer is B. Unfortunately, pregnancy does not protect from sepsis. Pregnant women can have sepsis. In fact, maternal sepsis is one of the most common forms of sepsis and a major cause of illness and death worldwide, particularly in resource-poor settings.

14. True or False: Prompt treatment improves the survival of patients with sepsis?

- a. **True**
- b. False

The correct answer is A. This statement is true. The earlier sepsis is diagnosed and treated, the better the chances of survival are.

15. True or False: The after-effects of sepsis can require lengthy rehabilitation and recovery?

- a. **True**
- b. False

The correct answer is A. The statement is true. The after-effects of sepsis - often referred to as post-sepsis syndrome - can require lengthy rehabilitation and recovery.

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