

## ABOUT SEPSIS

### What is sepsis?

Sepsis is the body's overwhelming and life-threatening response to an infection which can lead to tissue damage, organ failure, and death.

### What causes sepsis?

Any type of infection that is anywhere in your body can cause sepsis, including infections of the skin, lungs (such as pneumonia), urinary tract, abdomen (such as appendicitis), or other parts of the body. An infection occurs when germs enter a person's body and multiply, causing illness as well as organ and tissue damage.

### Are there different types of sepsis?

Many people can have "mild" sepsis, which can make them feel sick, but they then get better without needing treatments in a hospital. However, other patients develop severe sepsis, which means they became seriously ill and require hospital treatment immediately.



# Together, ONE STEP AHEAD OF SEPSIS

In collaboration with Pomona Valley Hospital Medical Center, Country Oaks Care Center and Pomona Vista Care Center are proud to announce a post-acute sepsis program.

## WHAT COMES NEXT?

### What are the first steps in recovery?

After you have had sepsis, rehabilitation usually starts in the hospital and continues within a skilled nursing facility by slowly helping you to move around and look after yourself: bathing, sitting up, standing, walking, taking yourself to the restroom, etc. The purpose of rehabilitation is to restore you to your previous level of health or as close to it as possible. It is recommended that you begin your rehabilitation by building up your activities slowly and resting when you are tired.

### Why Country Oaks Care Center and Pomona Vista Care Center?

Country Oaks Care Center and Pomona Vista Care Center are two skilled nursing facilities working diligently to address sepsis in our community by continuously educating their staff on sepsis and establishing a comprehensive protocol which aims to diagnose quickly and treat.

In addition to offering educational sepsis informational guides to patients and families, Country Oaks and Pomona Vista also offer the following skilled services:

- 24-Hour RN Coverage
- Sepsis Early-Detection Protocol
- PICC Line
- Lab and Radiology services
- IV Therapy
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Respiratory Therapy\*
- Ventilator Care\*
- Tracheostomy Care\*

**\*Available only at  
Country Oaks Care Center**

**Call our Care Transition Coordinator for  
more information and a tour**

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