

# BD DAYS - Sepsis:

A patient's perspective<sup>1</sup>

6 September 2019  
BD European HQ - Eysins, Switzerland



Mr Dave Carson, Sepsis Survivor, Kettering, United Kingdom



It all started with a sore throat. On 8 April 2013, Dave Carson felt achy and thought it was the flu. His doctor told him to take paracetamol and come see him the next day. But the same evening, he became violently ill and thought he was going to die. He was rushed to the emergency department and quickly admitted into an intensive care unit (ICU) with septic shock and multiple organ failure<sup>2</sup>. They put him into an induced coma that lasted three weeks. His family was told that he had a minimum chance of survival.

Mr Carson survived septic shock, but the impact of this medical condition was significant. Both his legs were amputated above the knee and he lost six of his fingertips. He and his wife Margaret had to sell their house and buy a new one that was handicap accessible. They both lost their jobs. After survivors have recovered from the initial damage of sepsis, they may suffer from post-sepsis syndrome, a group of physical and psychological symptoms with varying levels of severity<sup>3</sup>. One in six develop severe and persistent impairments<sup>3</sup>. Mr Carson worked with a psychologist for over a year to cope with the trauma he experienced.

In 2019, he developed sepsis again and noticed that a lot of progress in sepsis management had been made in six years. An ambulance was sent right away, and the paramedics had a checklist.

In spite of all that he has been through, Mr Carson has moved on. He believes that awareness is the key to preventing sepsis. He and his wife recently started a U.K. Sepsis Alliance support group in Wellingborough, United Kingdom



*“for people who have been affected by sepsis to talk about what happened to them, to share their concerns and experiences, and help each other in their recovery<sup>2</sup>.”*

#### References

1. Carson D. Surviving and Thriving from Sepsis. Presented at: BD DAYS – Sepsis; 6 September 2019; Eysins, Switzerland.
2. Kettering General Hospital. [untitled]. Facebook. Posted on 21 June 2019. Accessed on 12 September 2019, at <https://www.facebook.com/kgh.nhs.uk/posts/2239566952746077>.
3. Sangar V. Post-sepsis syndrome: overview of a relatively new diagnosis. *Nursing Times*. 2019;115(8):19–21.

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