



Post-Sepsis Care: Co-Designed Models of Support (SEPSIS SUPPORT)

– March 2025

FACTS:

- Sepsis affects 49 million people globally each year, leading to 11 million deaths. In Australia, there are 55,000 cases annually, with 8,700 deaths.
- Up to 50% of sepsis survivors, including 40% of children, face significant long-term physical and mental health challenges, along with a reduced quality of life.
- Over 70% of adult sepsis survivors are readmitted to hospital within a year, highlighting the urgent need for coordinated post-sepsis care.

PROJECT CYCLE:

2024 – 2029

PARTNERS & SUPPORTERS:

The George Institute

Sepsis Australia and its Consumer Advisory Group

Clinical Excellence Queensland

Australian Commission on Safety and Quality in Health Care

National Health and Medical Research Council (NHMRC), Australia

PRINCIPAL INVESTIGATOR:

Associate Professor Naomi Hammond

BACKGROUND:

- Sepsis is a life-threatening condition affecting thousands of Australians each year. Many sepsis survivors experience lasting physical, cognitive and psychological challenges.
- Families, caregivers and bereaved families also experience ongoing psychological distress and disruption to work, family and social life.
- Current sepsis care focuses primarily on acute treatment, with little attention paid to sepsis survivorship. Survivors' follow-up support needs are currently not being met, with high rates of hospital re-admission, reduced quality of life and preventable burden on the Australian health system.

AIM:

- To assess post-sepsis care services across Australia, identify service gaps and determine key components needed to create more effective care models.
- To develop new post-sepsis models of care in collaboration with sepsis survivors, families, caregivers, and those who have lost loved ones to sepsis.
- To pilot test these new models in healthcare settings across Australia.

METHODS:

- Scoping review and environmental scan: Building on the work of our partner organisations, we will conduct a literature search and engage with health service networks to identify existing post-sepsis services across the country.
- Stakeholder-driven insights: We will gather input from surveys and focus groups with sepsis survivors, families, caregivers, those who have lost loved ones, and health services representatives to understand what is needed in new models of care.
- Pilot testing and evaluation: We will use a consensus-based approach to design new, innovative post-sepsis care models, which will then be tested and assessed in leading healthcare settings in Australia.

IMPACT

- This project will provide a practical solution to meet national recommendations for post-sepsis care standards in Australia. This will be underpinned by culturally inclusive support for survivors, caregivers, and bereaved families members, informed by gaps in services and essential follow-up care.
- Lastly, this project will guide health policy and funding decision-makers to implement a sustainable, cost-effective post-sepsis care model focussed on improving patient outcomes and reducing hospital re-admissions.

CONTACT:

To find out more about this project, its investigators or The George Institute please contact Tina Wall +61 410 411 983 OR twall@georgeinstitute.org.au

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