

# **FLUID RESUSCITATION ALGORITHM FOR ADULTS (INCLUDING MATERNITY) WITH SEPSIS**



## Hypotension:

- SBP <90mmHg or >40mmHg drop from baseline

OR

- MAP <65mmHg

OR

## Hypoperfusion:

- Tachycardia
- Vasoconstriction
- Oliguria
- Lactate  $\geq 2\text{mmol/L}$

**For hypotension or hypoperfusion give a 250 - 500mls IV bolus of balanced crystalloid \* \*\***

Select the patient response from one of the boxes A, B or C below

### A. Hypovolaemia

- Altered mental state
- Hypotension
- Hypoperfusion
- Tachycardia
- Cold mottled peripheries
- Prolonged capillary refill
- Oliguria

**30mls/Kg IV fluids administered**

+/- Hypotension  
**OR**  
Repeated lactate  $\geq 2\text{mmol/L}$

### High mortality risk

- **Call/ Inform Critical care**
- Senior decision maker to decide on further fluids and/or inotropes / vasopressors

### B. <30mls/Kg fluids administered

- Patient normotensive AND lactate <2mmol/L –
- Exit pathway
- Continue to monitor

### C. Fluid overloaded

- Increased respiratory rate
- Decreased O<sub>2</sub> saturations
- JVP distention
- New onset crepitations
- New onset discomfort lying flat

Hypotensive  
**OR**  
Repeat Lactate  $\geq 2\text{mmol/L}$

Normotensive  
**AND**  
Repeat Lactate <2mmol/L

**ALERT!**  
**Call Critical Care – start inotropes / vasopressors in patients who are fluid intolerant**

- **Call Critical Care**
- Stop all fluids
- Start inotropes / vasopressors
- NIV or intubation as indicated
- Not for diuretics

- Contact senior decision maker
- Stop all fluids
- Consider diuretics
- Consider contacting Critical Care
- Consider respiratory support measures

Monitoring of vital signs as per EWS

**\*A total volume of fluid resuscitation up to 30ml/kg (ideal body weight) within the first 3 hours unless fluid intolerant or the patients clinical condition requires earlier referral to critical care for consideration of inotropes / vasopressors. Caution in pre-eclampsia.**

**\*\*Strict monitoring and documentation of urine output assessment and measurement in mls on a fluid balance chart.**

SBP: Systolic blood pressure, MAP: Mean arterial pressure, JVP: Jugular venous pressure, NIV: Non-invasive ventilation  
For more information on National Clinical Guideline No. 26 Sepsis Management go to: [www.hse.ie/sepsis](http://www.hse.ie/sepsis)