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 ≥2mmol/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 ≥2mmol/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_2 saturations
- JVP distention
- New onset crepitations
- New onset discomfort lying flat

ALERT!

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

Hypotensive **OR** Repeat Lactate ≥2mmol/L
- **Call Critical Care**
- Stop all fluids
- Start inotropes / vasopressors
- NIV or intubation as indicated
- Not for diuretics

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

Modern Printers 056 7721739

V2 15/07/2025