# SIRS, Sepsis, and Septic Shock Criteria

## INPUTS

|  |  |
| --- | --- |
| Temp >38°C (100.4°F) or <36°C (96.8°F) | **Options:**   * No * Yes |
| Heart rate >90 | **Options:**   * No * Yes |
| Respiratory rate >20 or PaCO₂ <32 mm Hg | **Options:**   * No * Yes |
| WBC >12,000/mm³, <4,000/mm³, or >10% bands | **Options:**   * No * Yes |
| Suspected or present source of infection | **Options:**   * No * Yes |
| Lactic acidosis, SBP <90 or SBP drop ≥40 mm Hg of normal | **Options:**   * No * Yes |
| Severe sepsis with hypotension, despite adequate fluid resuscitation | **Options:**   * No * Yes |
| Evidence of ≥2 organs failing | **Options:**   * No * Yes |

## FORMULA

Series of Yes/No questions.

## FACTS & FIGURES

* SIRS - 2 YES answers meets criteria.
* Sepsis Criteria - 2 YES of SIRS + Suspected Source of Infection.
* Severe Sepsis Criteria - 2 YES of SIRS + Lactic Acidosis, SBP.
* Multiple Organ Dysfunction Syndrome - 2 YES of SIRS + Evidence of ≥ 2 Organs Failing.

Check with your own hospital for its sepsis guidelines, sepsis 'bundle' or sepsis algorithm. Two excellent sepsis references ([1](https://emcrit.org/severe-sepsis-resources/), [2](https://crashingpatient.com/wp-content/pdf/Loma%20Linda%20STOP%20Sepsis%20Bundle.pdf)) come from the [EMCrit](https://emcrit.org/) website.

## EVIDENCE APPRAISAL

* [This paper](https://www.ncbi.nlm.nih.gov/pubmed/1303622) was released after the first consensus conference in 1991. The goal of this conference was to standardize the use of terms such as “SIRS”, “sepsis”, “severe sepsis”, and “septic shock” to facilitate enrollment of patients in clinical trials.
* In 2001, the International Sepsis Definitions Conference expanded on these definitions by adding additional elements such as laboratory data. See [here](https://www.ncbi.nlm.nih.gov/pubmed/12682500).