

CONFERENCE ABSTRACT

Long-Term Outcomes After Sepsis and Septic Shock: Preliminary Findings of a Systematic Review

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Background: Every year, sepsis affects almost 50 million people worldwide, and a fifth of those affected die. Survivors suffer long-term negative consequences.

Aim: The aim of this study was to explore four long-term outcomes after recovering from sepsis and septic shock.

Method: A systematic review method was used to search, identify, and appraise the available publications (Registration CRD42023343458). Primary studies on adult (≥ 18 yo) sepsis survivors, published globally from 2012-2023 in English, Spanish and Portuguese were retrieved from SCIELO, Virtual Health Library, Pub med and EMBASE search engines. Outcomes of interest included cognitive and physical function, quality of life, and readmission. Studies on sepsis/septic shock survivors < 18 yo and non-primary research were excluded.

Results: The search strategy yielded $n = 11,522$ references retrieved, with $n = 11,025$ entries blindly screened for legibility after duplicates removed by two independent reviewers; $n = 339$ full texts were evaluated, with $n = 73$ included in the review. Studies were predominantly from North America, Europe and Australia. A handful of studies conducted in Brazilian population. Sepsis survivors have their cognition compromised from 3-months to 1-year after hospital discharge, they remain with different levels of physical impairment more than 3-years after a sepsis episode, with aged population reporting greater levels of dependence. At 5 years, sepsis survivors continue to experience physical quality of life scores when compared to controls. Almost 50% of sepsis survivors were readmitted within a year after hospital discharge.

Conclusion: Sepsis survivors experience lasting cognitive and physical consequences, readmission is common within a year of a sepsis episode. These impairments affect their quality of life. Long-term outcomes after a sepsis episode needs rigorous research, particularly in low- and middle-income settings.