

## **Lil Red's Legacy Sepsis Awareness Campaign**

### **Committee on Health**

#### **Opening Statement**

**Seán Hughes aka Lil Red**

**Sunrise 3 rd. July 2002 Sunset 12 the January 2018**

**“From your first breath taken you’ve always been an inspiration”**

**Seán was an up & coming Rap artist who wrote & preformed all his own material. He performed in The Aviva Stadium, Croke Park & The National Concert Hall to name just a few. Sean’s music can be heard on Facebook, Sound cloud & YouTube. He was a very fashion conscious young man. He loved to be dressed in the latest designer brands. Friends of Sean have called him their role model. He was quick to help others and we are very proud to call you our son.**

**Seán had no underlying health issues. He was a healthy lad. On Friday morning January 12th 2018 we lost our amazing son Sean Hughes aka LIL RED due to sepsis. Sean was only 15 years old. We never heard of sepsis before it took Sean from us. Now we are doing all that we can to raise public awareness about the dangers of the silent serial killer called sepsis.**

**There are almost 15,000 cases of sepsis in Ireland each year resulting in almost 3,000 deaths and a staggering 60% of all hospital deaths in Ireland are related to sepsis. That is an average of 8 deaths every day in Ireland. And that is only what is recorded as death from sepsis.**

**Medical Professions say that sepsis is rare – but it’s not so rare, it’s quite common. Sepsis does not discriminate. Anyone can get an infection. Any infection can lead to sepsis.**

**Each year in Ireland, sepsis is responsible for a shocking 60% of hospital deaths. Therefore, this life-threatening health condition is one that should not be overlooked.**

**Sepsis sometimes referred to as blood poisoning, happens when an infection in your body triggers your immune system to turn against itself to harm your body's tissues and even cause organ failure.**

**The reason this happens is because a localized infection in your body has spread toxic substances into the bloodstream. The immune system tries to fight the spread but instead becomes overactive and causes widespread inflammation. This results in septic shock causing a severe drop in your blood levels leading to oxygen not being able to reach tissues and organs.**

**Bacterial infections are the most common cause of sepsis usually starting in the lungs, from a cut/wound, in the gastrointestinal and urinary tract.**

**Other than infection prevention, the best way to help protect yourself if you get sepsis is by knowing the warning signs. Studies show that 80% of deaths relating to sepsis could be avoided with early treatment and diagnosis.**

**Administered early enough, straightforward treatment with intravenous antibiotics and fluids can halt the progress of sepsis and allow patients to make a full recovery.**

**Sepsis is the number one cause of preventable death & disabilities worldwide.**

**Sepsis is a time-critical condition and if a person has sepsis, then preventing delay in diagnosis and treatment is key.**

**If sepsis is not treated immediately it can result in organ failure and death. Yet with early diagnosis, sepsis can be treated with antibiotics.**

**Sepsis deaths are preventable deaths.**

**Early recognition and rapid treatment is the key to surviving sepsis.**

**The more people know about sepsis, the safer everyone is.**

**Knowing the signs of sepsis saves lives.**

**Not everyone has access to Wi-Fi, a pc, or can use internet technology to access the HSE's online information regarding sepsis. An advertisement on TV informing the public how to spot the signs and symptoms of sepsis would undoubtedly save lives.**

**Stroke, Heart attack, Drink driving / Seatbelts even Water safety adds on TV most definitely have brought awareness to the public and have in turn saved lives.**

**An advertisement on Irish National Television would undoubtedly heighten public awareness about sepsis and in turn save lives.**

**The Irish public should be informed about the global epidemic called sepsis.**

**Sepsis can occur following an infection in any part of the body or from a simple cut or graze when that infection affects the function of the body's organs. Sepsis is a life-threatening condition that if caught early, can be managed effectively.**

**A poll commissioned by RCSI and the Rory Staunton Foundation for sepsis prevention, demonstrated that 72% of people surveyed were not aware of sepsis\*, despite it being a common cause of death in Ireland.**

**Sepsis can kill in less than 12 hours, and it must be diagnosed early because every hour delay increases the risk of death. Increasing awareness will reduce the number of preventable deaths associated with this condition.**

**Sepsis is a time-dependent medical emergency. For every hour that antibiotics are delayed mortality goes up by 7.6% and that increases exponentially.**

**We are encouraging people to learn to spot sepsis and save lives.**

**It is critical that people learn to spot the signs and symptoms of sepsis so that they can get to the hospital and initiate treatment as soon as possible. This is important as sepsis destroys lives, families and communities and sepsis deaths are preventable if people can recognise the signs and symptoms."**

**Some of the signs and symptoms of sepsis include:**

- **Confusion or disorientation**
- **Shortness of breath**
- **High heart rate**
- **Fever, shivering or feeling very cold**
- **Extreme pain or discomfort**
- **Clammy or sweaty skin**

### **Key facts**

- **Approx. 50 million people worldwide suffer from sepsis annually.**
- **About 11 million of these people die.**
- **1 in every 5 deaths worldwide is associated with sepsis.**
- **2 out every 5 cases are in children under 5.**
- **Around 20% of sepsis survivors live with cognitive and/or physical impairments.**
- **Mortality and impairments could be significantly reduced with increased public awareness.**