SIMPLIFIED ABSTRACT SAMPLE WORK

2023 Update on Sepsis and Septic Shock in Adult Patients: Management in the Emergency Department

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ARTICLE

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2023 Update on Sepsis and Septic Shock in Adult Patients: Management in the Emergency Department

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Background

Sepsis and septic shock are life-threatening, time-dependent conditions that require rapid recognition and prompt management to reduce in-hospital mortality. Despite advances in critical care, they remain major causes of morbidity and mortality worldwide.

specific background

Sepsis and septic shock management is complex, requiring coordinated infection control, hemodynamic stabilization, respiratory support, and metabolic regulation. Recent guideline updates have refined recommendations on early antimicrobial therapy, fluid resuscitation strategies, and vasopressor selection to improve patient outcomes.

knowledge gap

Given the continuous emergence of new clinical evidence and evolving recommendations, physicians require updated guidance on the core therapeutic pillars of sepsis and septic shock management, especially concerning optimal fluid strategies, vasoactive combinations, and adjunctive therapies.

Here We Show

This review provides an updated overview of the principal treatment cornerstones for sepsis and septic shock, emphasizing recent evidence and practical considerations for clinical management.

Methodological

A comprehensive literature search was conducted in PubMed, Scopus, and EMBASE from database inception, with particular focus on studies published between November 2021 and January 2023.

Results & Interpretation

Effective management includes prompt empirical antibiotics after cultures, crystalloid resuscitation guided by fluid responsiveness, and norepinephrine to maintain mean arterial pressure ≥65 mmHg. In refractory shock, vasopressin is added to norepinephrine. Low tidal volume ventilation (6 mL/kg), heparin prophylaxis, and glycemic control are recommended, while adjunctive therapies require individualized use

Implications

Recent progress in the management of sepsis and septic shock highlights the importance of staying current with evolving evidence. Strengthening physician awareness of the main therapeutic principles can enhance timely decision-making, reduce complications, and ultimately improve patient outcomes.

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