Hour-1 Bundle
Initial Resuscitation for Sepsis and Septic Shock

1. Measure lactate level.
   Remeasure lactate if initial lactate elevated (> 2 mmol/L).

2. Obtain blood cultures before administering antibiotics.

3. Administer broad-spectrum antibiotics.

4. Begin rapid administration of 30 mL/kg crystalloid for hypotension or lactate ≥ 4 mmol/L.

5. Apply vasopressors if hypotensive during or after fluid resuscitation to maintain a mean arterial pressure ≥ 65 mm Hg.

Initiate bundle upon recognition of sepsis/septic shock.
May not complete all bundle elements within one hour of recognition.

Bundle: SurvivingSepsis.org/Bundle
Complete Guidelines: SurvivingSepsis.org/Guidelines

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*Remeasure lactate if initial lactate elevated (> 2 mmol/L).
1. *Act quickly upon sepsis & septic shock recognition*
2. Minimize time to treatment - sepsis & septic shock are medical emergencies
3. Monitor closely for response to interventions
4. Communicate sepsis status in hand-offs

*All elements of the Hour-1 bundle may or may not be completed in the first hour after sepsis recognition*
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