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Media Release

Amy's sepsis story

A young Wiltshire woman who survived sepsis is praising paramedics and staff at the Royal United Hospital in Bath – and using her experience to make others aware of the life-threatening condition.

Sepsis is a rare but serious complication of an infection which, without quick treatment, can lead to multiple organ failure and death.

Amy Bulbeck, 20, from Westbury, is now recovering at home after six days in hospital after suddenly becoming ill.

[She has posted her experiences on Facebook and is asking people to share her story.](#)

She said: "It was within minutes symptoms began occurring. I was being sick, aching, shivering and a rash had appeared all over my thighs. I climbed into bed and just couldn't control the pain.

"Sunday morning came and all that was in my head was "this is the worst I've ever felt, I feel like I'm dying." Mum was straight back on the phone to 111 and after a few questions they sent an ambulance. 10 minutes later the ambulance arrived.

"Upon arrival to the A&E I was put in for numerous tests over the stretch of 9 hours as it was hard to diagnose.

"I was admitted to the Charlotte Ward that evening. THE STAFF WERE ABSOLUTE ANGELS.

I was scared as I've never been to hospital however I was brave. I remained in hospital for 6 days where I had test upon test to find out what was wrong with me. Still to this day we are not sure on the cause.



“Today I was told my recovery will take 8-12 weeks so it will be a long road but I will overcome this. It is fair to say that I am one very lucky lady considering the statistics and the fact I was battling Severe Sepsis which even more down the line than sepsis as my kidneys nearly failed.

“I hope this post helps raise awareness about Sepsis and if you feel unwell, take no chances, get to your GP and be SAFE. Your health is worth it. Even if this only helps one person it'll be worth it.”

Sepsis nurse Amy Mullins, of the Royal United Hospitals Trust NHS Foundation Trust said:

“We're really pleased that Amy has made a complete recovery and it's a credit to the paramedics and staff from A&E and Charlotte Ward. At the RUH we work hard to promote sepsis awareness and to ensure that we recognise and treat sepsis quickly.”

“Sepsis can affect anyone at any age. Lifesaving treatment for sepsis is often straightforward such as fluids and antibiotics. Early recognition is crucial – anyone with an infection who starts to feel unwell with any of these signs should seek medical advice urgently: **S**lurred speech or confusion, **E**xtrême shivering or muscle pain, **P**assing no urine (in a day), **S**evere breathlessness, **I**t feels like you're going to die, **S**kin mottled or discoloured.”

For more information about sepsis go to: <https://www.nhs.uk/conditions/sepsis/>

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Notes to Editor:

- The Royal United Hospitals Bath NHS Foundation Trust provides acute treatment and care for a catchment population of around 500,000 people in Bath, and the surrounding towns and villages in North East Somerset and Western Wiltshire. The hospital provides healthcare to the population served by four Clinical Commissioning Groups: Bath & North East Somerset CCG, Wiltshire CCG, Somerset CCG and South Gloucestershire CCG.
- The Trust has 759 beds and a comprehensive range of acute services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.
- In 2015 The Royal United Hospitals NHS Foundation Trust was acquired the Royal National Hospital for Rheumatic Diseases (RNHRD) NHS Foundation Trust. The RNHRD treats patients from across the country offering services in rheumatology, chronic pain, chronic fatigue syndrome/ME, cancer related fatigue and fatigue linked to other long term conditions such as multiple sclerosis
- The RUH is changing - we have an exciting programme of redevelopment underway transforming our site and further improving the services we provide. The Trust is now working towards building a purpose built RNHRD and Therapies Centre and a new Dyson Cancer Centre. For more details visit: www.ruh.nhs.uk/about/fit_for_the_future



- For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: www.ruh.nhs.uk

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