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.

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

MEDICAL EMERGENCY
Initiate bundle upon recognition of sepsis/septic shock.
May not complete all bundle elements within one hour of recognition.
HOUR-1 BUNDLE: INITIAL RESUSCITATION FOR SEPSIS AND SEPTIC SHOCK:

1) Measure lactate level.*
2) Obtain blood cultures before administering antibiotics.
3) Administer broad-spectrum antibiotics.
4) Begin rapid administration of 30mL/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.

*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
HOUR-1 BUNDLE: INITIAL RESUSCITATION FOR SEPSIS AND SEPTIC SHOCK:

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