

Activity & Nutrition for Sepsis Recovery

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Physical Activity: Rebuilding Your Strength

After sepsis, your body is significantly weakened. While rest is crucial, reintroducing physical activity at the right pace is essential for rebuilding muscle, improving lung function, and regaining your independence. The key is to start slow and listen to your body.

A Step-by-Step Approach to Activity:

- Start with the Basics:** The first step is simple walking. Begin with short, slow walks inside your home. As you feel stronger, you can gradually increase the distance and pace.
- Listen to Your Body:** This is the most important rule. If you feel overly tired, dizzy, or sore, you are doing too much. Rest and try a shorter or slower walk the next day. Consistency is more important than intensity.
- Breathing Exercises are Vital:** Sepsis, especially if it started from pneumonia, can weaken the lungs. Deep breathing exercises are critical to help your lungs fully expand and clear any fluid, which reduces the risk of another lung infection. A physiotherapist can teach you simple techniques.
- Seek Professional Guidance:** For muscle-strengthening exercises, it is highly recommended to work with a **physiotherapist**. They can create a safe and effective program tailored to your specific needs and limitations, ensuring you rebuild strength without risking injury.

Nutrition: Fueling Your Recovery

Food is medicine, especially during recovery. Your body needs the right building blocks to repair tissue, fight off lingering inflammation, and rebuild your immune system. Focus on nutrient-dense foods that are easy to digest.

Your Post-Sepsis Recovery Diet:

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Food Group	Why It's Important	Examples
Protein-Rich Foods	Essential for rebuilding muscle and	

supporting the immune system.

Lentils, beans, eggs, fish, chicken,

dairy products.

****Vitamin C & Antioxidants****

Help fight inflammation and support cellular repair.

Oranges, berries, bell peppers,
broccoli, spinach, and other green
leafy vegetables.

****Healthy Fats****

Provide a source of energy and help
reduce inflammation.

Avocado, nuts, seeds, and olive oil.

****Foods to Limit or Avoid:****

Just as important as what you eat is what you *don't* eat. Certain foods can promote inflammation, which is the last thing your body needs during recovery.

- **Processed Foods:** These are often high in unhealthy fats, sugar, and salt.
- **Refined Carbohydrates:** White bread, pastries, and sugary cereals can increase inflammation.
- **Sugary Drinks:** Sodas and sweetened juices provide empty calories and can contribute to inflammation.

Choose foods that you can tolerate and enjoy. If your appetite is poor, try smaller, more frequent meals throughout the day.

This guide provides general information and is not a substitute for professional medical advice. Consult with your doctor or a registered dietitian to create a personalized nutrition and activity plan.