EUROPEAN
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GASTEIN

Nutma, Idelette
Dutch Sepsis Network (SepsisNet)

Having suffered from a septic shock, Idelette Nutma, former nurse, has devoted her energies to improving aftercare and raising the alarm on sepsis.

She was admitted to the ICU in 2007 and looked death in the eye. Fortunately, after a few days she turned the corner. But it changed her life. She was shocked by the lack of follow-up after being so critically ill. She decided to provide guidance to fellow-survivors, wanting to spare others the lonely quest she'd been through herself. She launched the website Sepsis en daarna to enhance sepsis awareness and early recognition, published the book 'Sepsis and afterwards' in 2016 and was involved in establishing the Dutch Sepsis Network (SepsisNet) in 2020. In 2018 she started organizing the annual Peer meeting in the Netherlands and advocating for ICU and non ICU patients suffering from sepsis sequelae. She is a member of the ESA working group Family and patient support.

In 2017 she wrote the article 'The Hidden faces of Sepsis, what do they tell us?' which was published in ICU Management and practice.