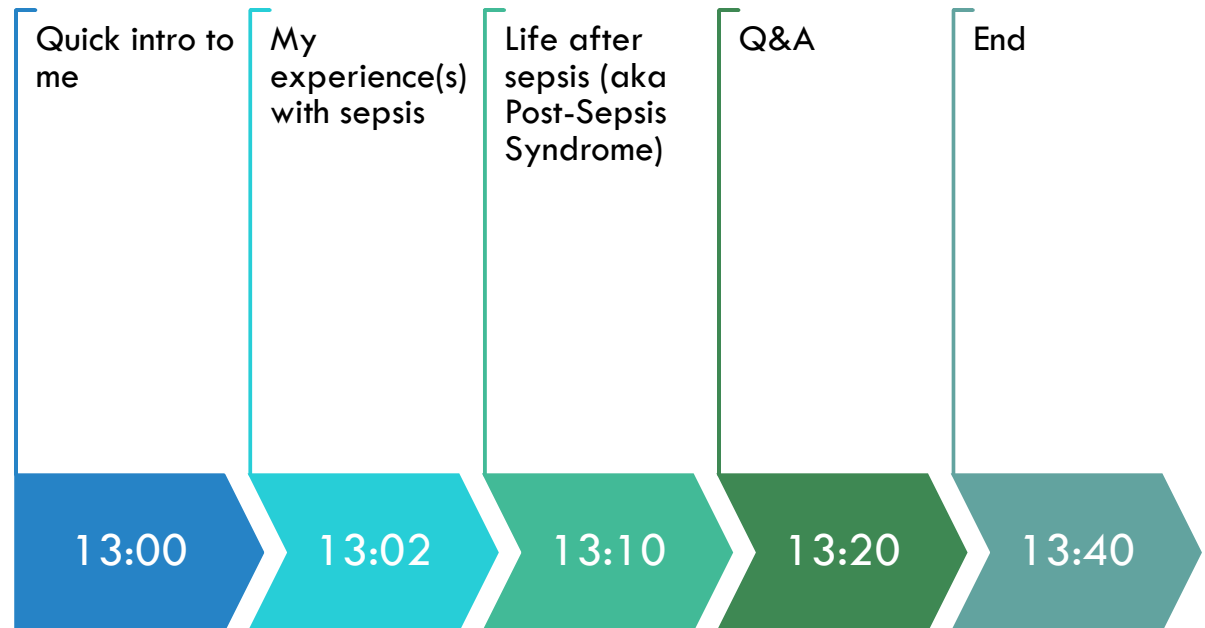




**THE SEPSIS PATIENT CARE CONFERENCE 2026:
LIVED EXPERIENCE — POST-SEPSIS SYNDROME**

Speaker: Aaron Speer

SESSION OUTLINE



QUICK INTRO TO ME

Private Secretary to the Human Resources Director of the House of Lords

Medical conditions (developed over lifetime):

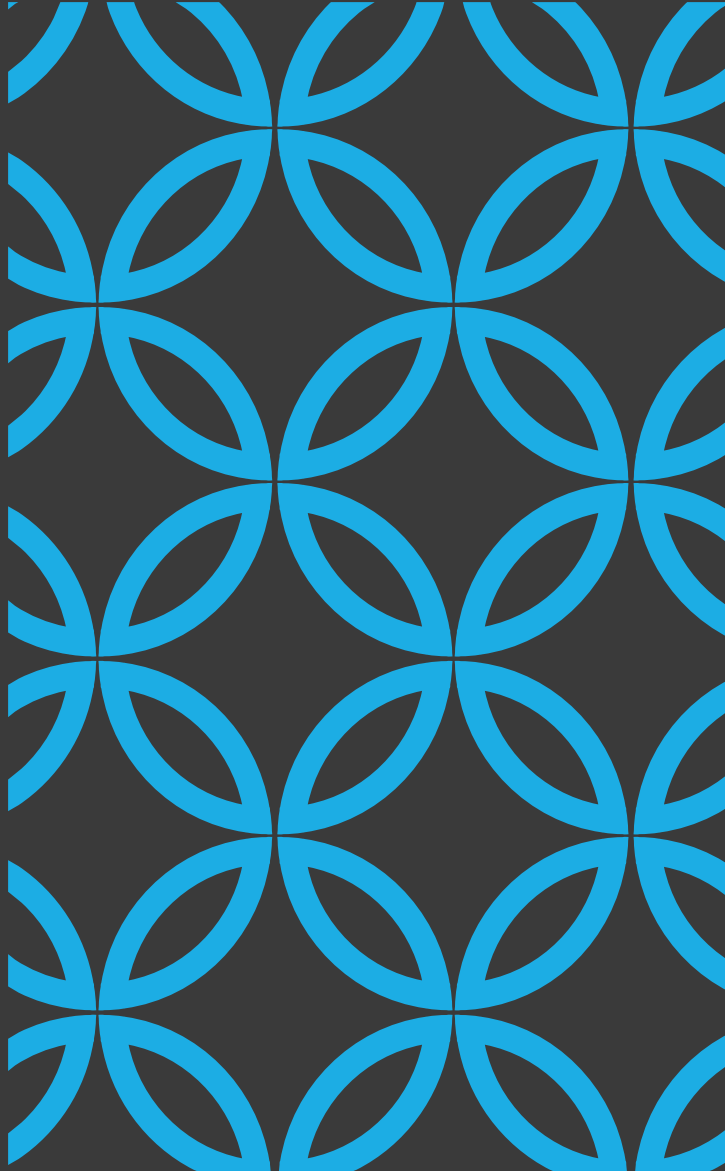
- 2010: Adult ADHD
- 2010: 40% hearing loss in both ears
- 2010: Irlen Syndrome (scotopic sensitivity)
- 2017: Type 1 Diabetes
- 2018-19: Peripheral and autonomic neuropathy
- 2020: 1 structurally abnormal mitral heart valve and heart murmur
- 2020: Post-Sepsis Syndrome
- 2023: Fibromyalgia / Chronic Fatigue Syndrome
- 2024: Complex PTSD
- 2025: Chronic migraine



MY EXPERIENCE(S) WITH SEPSIS

How it came about (apologies for the brief overview):

- How it came about (apologies for the brief overview):
- Type 1 Diabetes diagnosis in 2017
- Moved to Cardiff for “fresh start”
- Depression > not managing diabetes > painful neuropathy
- Extreme pain > inability to sleep > alcohol abuse
- April 2019: DKA and severe liver infection (treated for biliary sepsis) [sepsis #1]
- Introduced to Mkat > pain relief > increased use > wider drug abuse (inc. IV drug use)
- July 2020: sepsis originating in right arm > ‘golden hour’ > hospitalised for 10 days [sepsis #2]
- Recover at family home in Watford > return to Cardiff 4 weeks later > relapse same day
- November 2020: doctors discover heart murmur > continued drug abuse
- November 2020: sepsis originating in right leg > ‘golden hour’ > hospitalised for 10 days [sepsis #3]
- December 2020: taken back to family home and leave Cardiff permanently
- **February 2026: Five years clean, but still struggling consequences of sepsis (Post-Sepsis Syndrome)**



WARNING — EXPLICIT IMAGES

They say that seeing is believing...

The following images are of my arms and legs after extensive IV drug use.

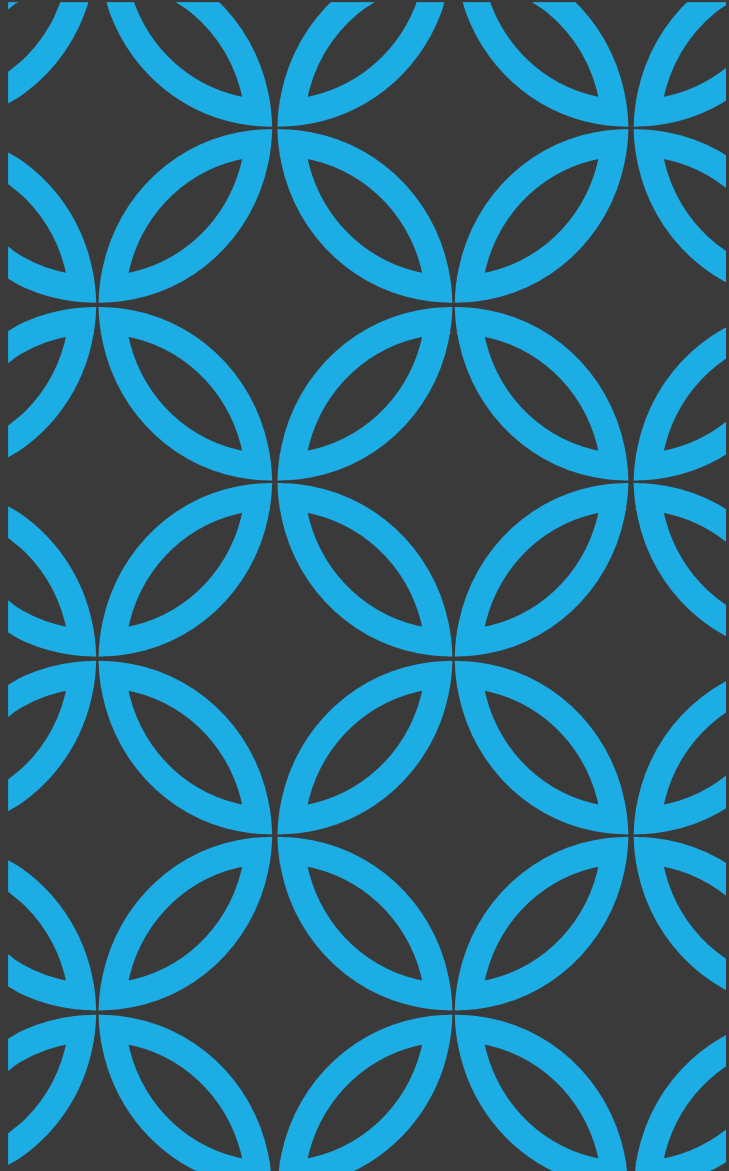
Please look away if you are particularly squeamish.



LIFE AFTER SEPSIS (AKA POST- SEPSIS SYNDROME)

So what has life been like since sepsis:

- Post-Sepsis Syndrome – sepsis doesn't end with treating the infection:
 - In search of understanding – where to go and who to ask?
 - Physically:
 - consequential health conditions / issues – is sepsis to blame?
 - extreme tiredness and exhaustion
 - feeling broken
 - Mentally:
 - complex PTSD – multiple near-death experiences over 2 years
 - guilt and shame – impact on family and friend / survivor's guilt
 - time stolen from years of drug use – 36 but feel 33/34
 - grief – mourning the death(s) of my old 'self'
- Impact on working life – it sucks.
- Impact on personal life – it *really* sucks.
- “Alive, but not living?”
- However – trying to find the positive:
 - sepsis inadvertently saved my life – got clean
 - saved by the universe for a reason – it *can* get better
 - The UK Sepsis Trust / community – you are not alone
 - changing perceptions – how I view the world and treat others
 - new-found passion for inclusion and diversity



Q&A

Please feel free to ask me anything.

THANK YOU

A full video of me explaining my experience in more detail – as well as a transcript – can be found on the UK Sepsis Trust website (under ‘Sepsis Voices’ – look for ‘Aaron’s Story’)

<https://sepsistrust.org/about/about-sepsis/patient-stories/aaron/>

