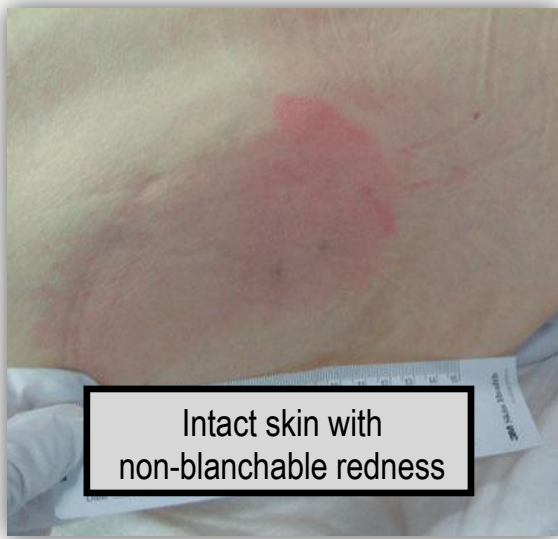


STAGE 1 PRESSURE INJURY



Treatment Options:

1. Stop the pressure source
2. Minimize friction/shear
3. Manage moisture and incontinence
4. Cleanse and moisturize skin
5. Apply adhesive Mepilex
6. Encourage nutrition

Prevention Tips:

1. Apply a **Mepilex dressing, tegaderm, or TAD** to high-risk areas before friction/shear and pressure cause skin breakdown
2. **Turn patient** Q2 hours in bed and Q1 hour in the chair
3. Consider using a **skin protectant** (no-sting barrier spray, moisture barrier ointment, skin paste)

**PREVENT STAGE 1
PRESSURE INJURIES.**