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.