

# Pressure Area Protocol



Send Weekly Skin Report to RD

Certified Nursing Assistants to report poor po intake to charge nurse and to Dietary Manager

Large Milk with Meals **or** if not a milk drinker then give two eggs at Breakfast and if **doesn't** like eggs then start with Nutrient Dense / Fortified Food Program

**Check Skin Report next week.** If worse then add Vitamin with Minerals if po intake less than estimated needs. Check for adequate hydration – see assessment for calculations to meet needs.  
Nutrient Dense / Fortified Food Program if not already initiated

**Check Skin Report next week.** If worse or no improvement: Request CMP to check albumin levels or request pre-albumin level.

**Check Weekly Skin Reports:** If no improvement or worsens. Have RD re-establish Kcal/Protein needs. Give Orange Juice with meals. Med Pass 2.0 @ 60 cc TID or House Nourishment @ HS so as not to interfere with meal intake.

Ulcer stage	Nutritional Intervention	Laboratory
Stage I	Calories: 30 kcal/kg Protein 1 gm/kg Fluid: 30 ml/kg	
Stage II	Calories: 30 kcal/kg Protein: 1.2 gm/kg Fluid: 30 ml/kg Multivitamin/mineral supplement if eats < 75%	Albumin level Total Protein Every 3 months
Stage III	Calories: 35 kcal/kg Protein: 1.3-1.4 g/kg Fluids: 30-35 ml/kg Multivitamin w/minerals	Albumin Level TLC Total Protein Every 3 months
Stage IV	Calories 35 kcal/kg Protein: 1.4-2.0 g/kg Fluid: 35 ml/kg Vitamin and Mineral supplement Additional zinc and Vitamin C	Albumin level TLC Total Protein Serum Iron Every 3 months

Fluids: minimum of 1500 cc daily unless medically contraindicated or 30 ml/kg body weight per day. Add estimate for wound drainage, increased requirement with air-fluidized bed (e.g. 300 ml/8 hr)