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https://www.nursinghomelawcenter.org/bedsore-stages-development.html

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Title: Stage 1 Bed Sore | Why Stage 1 Bedsores Can Be Dangerous

Meta: Stage 1 bed sores. While stage one bed sores may not be considered to be particularly dangerous, they can quickly progress to more advanced stages.

Image: <https://www.shutterstock.com/image-photo/closed-pressure-sore-stage-1-1045577233>

File name: stage-1-bed-sore.jpg

Alt: stage-1-bedsore-nursing-home

# Stage 1 Bed Sore

Pressure sores, also known as pressure ulcers or bed sores, are a common and often preventable condition that can develop quickly from too much pressure on a bony area when confined to a bed or wheelchair for a prolonged period of time.

The sores can be painful and even life-threatening in some cases, making understanding how to prevent and treat them essential.

Did your loved one develop a preventable Stage 1 bedsore that worsened due to a health care provider's negligence? The personal injury attorneys at Nursing Home Law Center, LLC legally advocate for neglected or abused nursing home residents and can help your family too.

Contact our [nursing home abuse lawyers](https://www.nursinghomelawcenter.org/nursing-home-abuse-lawyer.html) at (800) 926-7565 or use the contact form to schedule a free consultation. All confidential or sensitive information you share with our legal team remains private through an attorney-client relationship.

## National Health Statistics on Bedsores

Pressure sores are a significant public health issue, with an estimated 2.5 million patients affected in the United States each year. Here are some additional statistics from various government agencies:

* According to the United Spinal Association, pressure sores affect up to 30% of people with spinal cord injuries, making it one of the most common complications of these injuries.
* The Centers for Medicare and Medicaid Services (CMS) estimate that up to 11% of nursing home residents in the United States have pressure ulcers.
* The Centers for Disease Control and Prevention ([CDC](https://www.cdc.gov/nchs/products/databriefs/db14.htm)) report that the prevalence of pressure ulcers in hospitals ranges from 0.4% to 38%, depending on the type of hospital and patient population.
* The World Health Organization (WHO) estimates that up to 95% of pressure sores are preventable with proper care and attention.
* The National Institutes of Health (NIH) report that pressure sores are associated with increased risk of infection, sepsis, and even death in some cases.
* The Agency for Healthcare Research and Quality (AHRQ) estimates that pressure ulcers result in approximately 17,000 deaths annually in the United States.
* The Food and Drug Administration (FDA) has issued warnings and recalls for pressure-relieving devices associated with patient injuries and deaths.

These statistics highlight the significant impact that pressure sores can have on individuals and the healthcare system. By preventing pressure sores and providing proper care and treatment when necessary, we can help reduce this condition's burden on patients and caregivers.

## Understanding Stage 1 Pressure Sores

Pressure sores (pressure wounds, ulcers, decubitus ulcers, or bedsores) are skin and underlying tissue injuries due to prolonged pressure on one body area restricting blood flow.

They typically develop in bony areas such as the heels, hips, and shoulder blades but can occur anywhere that constant pressure is applied to the skin.

The pressure disrupts blood flow to the affected area, depriving the surrounding skin and tissue of the necessary oxygen and nutrients. It leads to tissue damage, which can progress if not treated properly.

### Causes of Pressure Sores

Pressure sores are often associated with prolonged bed rest, particularly in individuals with limited mobility. It includes people recovering from surgery or illness and those with spinal cord injuries or other conditions that limit their ability to move freely.

Nursing home residents are also at a higher risk of developing pressure sores if they cannot change positions without assistance when needed.

The risk of developing pressure sores is also higher for individuals with darker skin tones due to decreased blood flow and reduced sensitivity to pain and pressure. Other factors contributing to the development of pressure sores include friction, shearing, and moisture. Urinary tract infections can also increase the risk of developing pressure sores.

Preventing pressure sores requires proper positioning, regular movement, and diligent skin care. Using mild soap and keeping the area clean and dry can help prevent skin breakdown.

Changing positions frequently, especially during prolonged periods of sitting or lying down, can relieve pressure on affected areas and prevent tissue damage. By understanding the causes of pressure sores, we can take steps to prevent them from occurring and provide proper treatment when necessary.

## Symptoms of Pressure Sores

Pressure sores can cause pain, itching, or burning sensations in the affected area. Other Stage 1 symptoms may include swelling, redness, warmth around the sore, and drainage or odor.

The skin may also feel spongy or hard to the touch. If an open sore is present, dead (necrotic) tissue may be visible in the center of the wound.

### The Four Stages of Pressure Sores

Pressure sores are classified into numerous stages based on the severity of tissue damage. Here's a breakdown of each stage:

* **Stage 1**: In the mildest stage, the skin is not broken, but there may be discoloration (darker skin), warmth, or hardness in the surrounding area. The affected skin area may also be tender to the touch.
* **Stage 2**: In this stage, the skin is broken, and there is visible damage to the underlying tissue in an open wound. The wound may appear open with an abrasion or blister, and the surrounding skin may be red or discolored.
* [**Stage 3**](https://www.nursinghomelawcenter.org/stage-3-pressure-ulcer.html): In this stage, the damage has progressed to the tissue beneath the skin, causing a deep wound that may appear crater-like. Fat may be visible in the bottom of the wound, and necrotic tissue may be present.
* **Stage 4**: The most severe stage, [stage 4 pressure sores](https://www.nursinghomelawcenter.org/stage-4-bed-sore.html), involve significant tissue damage and, in some cases, may even reach the bone. The wound is deep and wide, and significant necrotic tissue may be present. These deadly wounds can cause respiratory problems or other serious health issues.

It's important to note that each stage of pressure sores requires proper treatment to prevent the wound from progressing to a more severe stage.

By understanding the different stages of pressure sores, we can take steps to provide proper care and treatment to prevent further tissue damage and ensure the best possible outcome for the affected area.

## Treating Pressure Sores

The treatment of pressure sores will depend on the stage of the wound. For stage 1 pressure sores, relieving pressure on the affected skin area is the key to healing the wound. It can be achieved by repositioning the patient and using pressure-relieving devices like foam cushions.

It's also essential to keep the skin clean and dry and to avoid using harsh soaps or chemicals that can further damage the skin.

Proper wound care is essential for [stage 2 pressure sore](https://www.nursinghomelawcenter.org/stage-2-pressure-ulcer.html)s to prevent infection and promote healing. It may involve removing necrotic tissue from the wound, cleaning the area with saline solution, and covering the wound with a sterile dressing. Antibiotics may also be prescribed to treat or prevent infection.

Surgery may be necessary for stage 3 and 4 pressure sores to remove dead tissue and repair the wound. It may involve skin grafts or flap surgery to close the wound and promote healing. In some cases, amputation may be necessary if the wound has caused severe tissue damage.

## Preventing Pressure Sores

Preventing Stage 1 pressure sores is essential to maintaining skin integrity and avoiding the development of wounds, which can be achieved by following a few simple steps, including:

* [Regularly changing positions](https://www.nursinghomelawcenter.org/bed-sore-prevention-staff-must-turn-reposition-bed-ridden-patien.html), especially during prolonged periods of sitting or lying down
* Using pressure-relieving devices such as foam cushions or mattresses
* Keeping the area clean and dry, using mild soap and avoiding harsh chemicals
* Regularly inspecting the skin for signs of infection or pressure sores
* Addressing any infection or pressure sores immediately to prevent them from progressing to a more severe stage

For individuals at higher risk for pressure sores, such as nursing home residents or individuals with fragile skin, proper care and attention to the skin is essential to prevent the development of wounds.

By understanding how to prevent Stage 1 pressure sores, we can take steps to maintain healthy skin and avoid the development of pressure ulcers.

## Hire a Personal Injury Lawyer to Resolve Your Nursing Home Abuse Case

Were you or a loved one harmed by neglect or abuse by staff members, employees, or other residents at a nursing home? If so, holding the nursing facility financially accountable for their actions and seeking compensation for any resulting injuries or losses is essential.

At Nursing Home Law Center, LLC, our personal injury attorneys have years of experience handling nursing home abuse and neglect cases. We are dedicated to fighting for our clients' rights and have recovered millions of dollars in compensation.

If you're considering legal action, here are some reasons why you should consider working with our team:

* We offer a free consultation to discuss your case and provide an honest assessment of your legal options.
* Our attorneys [work on a contingency fee basis](https://www.nursinghomelawcenter.org/what-is-a-contingency-fee.html), meaning you only pay us if we win your case.
* We have a proven track record of success in handling nursing home abuse and neglect cases, and we will fight tirelessly to get you the compensation you deserve.
* We understand the complexities of nursing home abuse cases and can provide the guidance and support you need to confidently navigate the legal process.

If you or a loved one has suffered harm from nursing home abuse or neglect, [contact us at](https://www.nursinghomelawcenter.org/contact-us.html) (800) 926-7565 to schedule a free consultation with one of our experienced personal injury attorneys.

We will work tirelessly to hold those responsible accountable for their actions and to help you get the justice and compensation you deserve.

### Resources:

* [Bedsores in Long-Term Care Facilities | CDC](https://www.cdc.gov/nchs/products/databriefs/db14.htm)
* [Nursing Home Regulations | CMS](https://www.cms.gov/Regulations-and-Guidance/Regulations-and-Guidance)