

## Mepilex Border Heel – Product Application Quiz

1. Put the steps of the application process in the correct order.
  1. Position the patient so that the heel can be elevated and assess the heel anatomy
  2. Clean and dry area of application
  3. Lift the patient's heel
  4. Smooth dressing under the foot so the dressing is on the skin on the bottom of the foot
  5. Apply the dressing to the Achilles
  6. Remove the backing film from 1 side – smooth the dressing over the malleolus
  7. Repeat on the other side and smooth out any wrinkles and air pockets
  8. Gently remove backing film with purple line
  9. Remove the side backing film
  10. Position over the top of foot ensuring that the tabs are accessible
  11. Repeat on the other side
  12. Slide the narrow part of the dressing under the heel
  13. Smooth dressing and borders to finish the application



### Answer –

1. Position the patient so that the heel can be elevated and assess the heel anatomy
  2. Clean and dry area of application
  3. Gently remove backing film with purple line
  4. Lift the patient's heel and slide the narrow part of the dressing under the heel
  5. Apply the dressing to the Achilles
  6. Remove the backing film from 1 side – smooth the dressing over the malleolus
  7. Repeat on the other side and smooth out any wrinkles and air pockets
  8. Smooth dressing under the foot so the dressing is on the skin on the bottom of the foot
  9. Remove the side backing film
  10. Position over the top of foot ensuring that the tabs are accessible
  12. Repeat on the other side
  13. Smooth dressing and borders to finish the application
2. Stretching the dressing is necessary to obtain a correct fit to the patient.  
True  
False

2. Which of the following answers best describes how to assess the patient's heel while the Mepilex® Border Heel dressing is applied for prevention:

- a. There is no need to assess the heel under the dressing
- b. Access the handling tabs on top of the foot, and peel the dressing off of the bottom of the foot until the heel is exposed
- c. Documenting the heel assessment isn't necessary
- d. None of the above

4. Applying a skin barrier prior to heel dressing application is important to ensure better adhesion.

- True
- False

5. The malleolus is not protected by the Mepilex Border Heel dressing.

- True
- False

6. Skin sealants and emollients should be removed if present.

- True
- False