



Skin & Wound Product Information Sheet

First Step All in One	
Classification	Therapeutic Support Surface: Advanced Mattress Replacement System
Key Points	<ul style="list-style-type: none"> • For more detailed information and instructions refer to User Manual. • No longer being produced. Available for rent until rental stock is depleted. • Powered air mattress replacement system comprised of air cells arranged in 3 sections (head, body, foot) with a 2 inch foam base. • Weight capacity: less than 181 kg (400 lbs). • Provides active support in addition to: <ul style="list-style-type: none"> • Microclimate management. • Continuous lateral rotation therapy up to 20° for comfort only (NOT for offloading). • Turn assist turns and holds patient for provision of care (NOT for offloading). • Pulsation therapy may reduce edema (NOT for offloading). • Automatically and continuously adjusts internal air pressures for maximized weight distribution. • Infrared sensors monitor pressure redistribution and bottoming out. Low pressure alarm will be activated if pressure is lost. • Warmer to provide a low level of warmth for patient comfort. • No stability at edge when inflated. Stable edge when deflated. • Body section deflates to allow patient to get into and out of bed easily and to use the bed pan. • Foot section deflates to reduce heel pressure. • Raised bolsters at mattress edge to help centre patient and prevent migration into side rails. • CPR quick deflate. • Instant full inflation of surface to facilitate patient transfers and provision of care.
Indications	<ul style="list-style-type: none"> • Patients at high risk (Braden score 10-12) or very high risk (Braden Score 9 or less) for pressure injury. • Patients with pressure injuries (excluding heels) and 0-1 intact turning surfaces. • Turn assist may be beneficial for staff if patient is unable to assist with and hold turns for care. • Pulsation therapy for patients with edema.
Precautions	<ul style="list-style-type: none"> • Ensure side rails are up prior to initiating continuous lateral rotation therapy or staff turn assist. • Deflate body section prior to ambulating as no stability at edge when inflated. Consider a support surface with a stable edge if patient can ambulate independently. • Unstable limb or pelvic fracture. • Position therapy control unit at foot of bed when using oxygen administering equipment. • Ensure at least 22 cm from top of inflated mattress (without compression) to top of side rail to prevent inadvertent bed exit or falls. • Ensure bed frame size is appropriate for mattress size to minimize risk of entrapment.
Contraindications	<ul style="list-style-type: none"> • Unstable cervical / thoracic / lumbar fractures. • Cervical or skeletal traction of any type. • Full-length oxygen tent. • Do not use in presence of flammable anesthetic mixture with air or with oxygen or nitrous oxide.
Discontinuation of Therapy	<ul style="list-style-type: none"> • Support surface is discontinued or patient is moved to moderate or basic support surface when: <ul style="list-style-type: none"> • The features of the support surface are no longer required (e.g. turn assist, pulsation). • The patient's Braden Score has improved and an advanced support surface is no longer necessary. • The patient's pressure injury has healed to the point where active therapy is not needed. • The patient does not tolerate surface (e.g. noise, uncomfortable).
Formats & Sizes	<ul style="list-style-type: none"> • Mattress Dimensions: 203 x 88 x 20 cm (80 x 35 x 8 in) • Mattress Weight: 15.8 kg (35 lb) • Pump Weight: 6.3 kg (14 lb) <div style="text-align: right; margin-top: 10px;">  </div>



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Accessing the Mattress Replacement System	
Order rental First Step All-in-One (FSAIO) as per Health Authority process.	Mattress replacement system will be delivered in 4-24 hours of placing the order.
The Arjo Service Technician will set up based upon the patient's needs and provide Quick Reference Guide.	Place service call to Arjo if Quick Reference Guide is missing.
Linen Requirements	
FSAIO cover sheet must be over mattress prior to use.	Use FSAIO cover sheet to ensure proper functioning of system.
No bottom sheet (fitted or flat). However at patient request, flat sheet may be used under patient.	Each layer of linen reduces the pressure redistribution effect. Bottom sheet (fitted or flat) will decrease efficacy of microclimate management.
Repositioning sling as needed. Should be left in place between turns. Mesh is preferable for microclimate management.	Mesh sling is preferable to promote optimal microclimate management.
Disposable air permeable incontinence pad as needed.	Air permeable pad to promote optimal microclimate management.
Daily Care	
Turn/reposition patient as per care plan.	To ensure patient is off-loaded.
Frequent visual and hand checks for bottoming out.	
<ul style="list-style-type: none"> • There should be a slight depression in the surface where the patient lies. • For hand-check, lift up cover sheet to expose body cushion. Unzip body cushion from base. Slide hand between cushion and base to verify at least 1 to 1.5 inches in clearance under patient's sacrum. • If head of bed is to be elevated, the firmness in the body section may need to be increased (see Firmness section below). 	
Wipe down cover sheet with soap and water daily. DO NOT launder. If new cover sheet is needed, request a clean sheet by placing a service call to Arjo. A clean sheet will be delivered and soiled cover sheet will be removed for cleaning.	Service call can be placed using Arjo Express or by phone.
	No charge for replacement cover sheet.
First Step All-in-One Functions	
Turn on the Power Switch located on left side/bottom of Therapy Control Unit.	The system will go through a series of checks before Home Screen is displayed.
<ul style="list-style-type: none"> • Touch Screen window will activate. • Motor will ramp-up. • Cushions will inflate to minimum default pressures. 	After ramping-up (about 15 seconds) machine will be quieter.
Functions are located on the Home Screen and are accessed by selecting the appropriate function on the touch screen.	
CPR Deflation Strap (found at patient left foot end of mattress) is pulled straight out away from mattress to deflate mattress.	Mattress must be deflated for CPR. Patient's body weight and CPR will assist to deflate cushions.
To re-inflate surface (if appropriate), insert the CPR Deflation Plug and Restart Therapies screen is displayed. Select "Home" to return to Home Screen.	When CPR Deflation Strap is pulled blower and warmer shut down.
Ensure CPR Deflation Strap extends through slot in cover sheet and is not twisted.	
Lock-Out Procedures	
Press and hold "Lock Out" button on the Home Screen for approximately 5 seconds to lock and unlock the Home Screen.	Lock out disables all function buttons when concerned that settings may be inadvertently changed.



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<p>Firmness button increases or decreases the pressure in individual cushion sections. Select “Firmer” or “Softer” to adjust the pressure in the head, body or foot cushions.</p>	<p>To ensure patient comfort.</p>
<p>Heel Immersion Pillow is activated from the firmness screen by selecting the down arrow for the foot cushion until the bar is in the lowest position. Then select the down arrow again and the bar will disappear from the screen and the text “Foot Section Inactive” will be displayed.</p> <p>To de-select Heel Immersion mode and re-inflate foot cushion, select the up arrow for the foot cushion. Make desired pressure adjustments or leave at default pressure (lowest setting).</p>	<p>To minimize heel pressure.</p> <p>When the Foot Section is inactivated air is no longer supplied to foot cushion and it will gradually deflated until it is billowy in appearance and feel. Cushion will not deflate immediately or completely.</p>
<p>Warming is activated by selecting “Warming” on the Home Screen and Warming ON will display on screen.</p> <p>Select “Off” to cancel warming and a Warming Off screen will be displayed. Select “Home” to return to the Home Screen.</p>	<p>Warming provides a low level of comforting warmth for the patient.</p>
<p>Pulsation is activated by selecting “Pulsation” on the Home Screen and the Pulsation Screen will be visible.</p> <p>Select pulsation intensity on the Pulsation Screen. Choose from low, medium and high.</p> <p>Select pulsation cycle time on the Pulsation Screen. Choose from 5, 10, 20 and 40 minutes.</p>	<p>Pulsation therapy is achieved by alternating cushion pressures in the body cushions and is intended to decrease edema and is NOT for pressure redistribution.</p> <p>Pulsation is paused when Turning or Nurse Assist is activated.</p>
<p>Turning is activated by selecting “Turning” on the Home Screen and the Turning Screen will be visible.</p> <p>Prior to turning ensure that the side rails are in their full upright and locked position.</p> <p>Select time (2, 5, 10 or 20 minutes) to hold patient in each of 3 positions (Patient Right, Patient Center and Patient Left).</p>	<p>Turning Therapy provides a continuous lateral turn to approximately 20 degrees to assist with the movement of lung secretions and is NOT for off-loading.</p> <p>To minimize risk of patient falling from bed.</p> <p>Turning will pause Pulsation. Pulsation will resume when Turning is turned off.</p>
<p>Nurse Assist is activated by selecting “Nurse Assist” on the Home Screen and Nurse Assist Screen is visible.</p> <p>Prior to activating Nurse Assist ensure that the side rails are in their full upright and locked position.</p> <p>Select which side the patient will be turned to and held by choosing from “Patient Right” or “Patient Left”.</p> <p>After 15 minutes, if more time in the position is required select “Patient Right” or “Patient Left” to reset time for 15 minutes.</p>	<p>Nurse Assist will rotate the patient 20 degrees to either side and hold in position for 15 minutes to facilitate patient care.</p> <p>To minimize risk of patient falling from bed.</p> <p>Nurse Assist will pause Pulsation. Pulsation will resume when Nurse Assist is turned off.</p>
<p>Instaflate is activated by selecting “Instaflate” on the Home Screen and Instaflate ON will display on screen.</p> <p>Instaflate will begin time-out after 15 minutes at which time 2 beeps will sound followed by 1 tick each second for 15 seconds. If more time is required restart Instaflate.</p> <p>Press “Off” to deactivate Instaflate and previous air pressure settings will be restored.</p>	<p>Instaflate increases the pressure throughout all cushions creating a firm surface to assist with patient transfer and bathing.</p> <p>Allows for restart of Instaflate before an actual time-out occurs.</p> <p>When Instaflate times-out or is deactivated, “Instaflate OFF” is temporarily displayed, after which the system returns to Home Screen.</p>
<p>Seat Deflate is activated by selecting “Seat Deflate” on Home Screen and Seat Deflate ON is displayed on the screen.</p> <p>When Seat Deflate times-out (15 minutes), a “Reset Timer” button appears on the screen. Select “Reset Timer” to restart</p>	<p>Use Seat Deflate to assist patient entering or exiting the bed, and bedpan placement by lowering the pressure in the body cushion.</p> <p>When Seat Deflate is activated, Turning and Nurse.</p>



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<p>the Seat Deflate timer.</p> <p>Press “Off” to deactivate Seat Deflate and previous air pressure settings will be restored.</p>	<p>Assist is cancelled and will not automatically resume when Seat Deflate is cancelled</p>
Patient Transport	
<p>Turn off the Therapy Control Unit and unplug power cord from wall outlet.</p> <p>At destination plug power cord in and turn on Therapy Control Unit. Previous pressure settings will resume.</p>	<p>Once unplugged, cushions will gradually deflate until patient is supported by the foam base.</p>
Patient Transfer onto Surface	
<p>Ambulatory Patient Transfer (e.g. chair to bed):</p> <ul style="list-style-type: none"> • Select “Seat Deflate” to deflate torso cushion. • Assist patient to transfer onto surface. • Assist patient to lay down in the middle of the bed. • Select “Off” on the Seat Deflate screen. Body cushion will re-inflate to default pressures. <p>Non-Ambulatory Patient Transfer (e.g. stretcher to bed):</p> <ul style="list-style-type: none"> • Select “Instaflate” to fully inflate cushions. • Assist patient in non-ambulatory transfer, following applicable safety rules and institution protocols. • Ensure patient is lying in the middle of the bed. • Select “Off” on Instaflate screen. Surface will return to default pressures. <p>When the patient is on the surface, the FSAIO system will automatically sense patient weight and movements and set optimum surface pressures across all cushions.</p> <p>Verify patient comfort. If needed, on Home Screen select “Firmness” to make small adjustments to Head, Body and Foot cushions.</p>	<p>To provide a firm surface for patient transfer.</p> <p>Falls risk if patient close to edge when surface inflates.</p> <p>To provide a firm surface for patient transfer.</p> <p>Falls risk if patient close to edge when surface returns to default pressures.</p>
Expected Outcome	
<p>Patient does not develop a pressure injury.</p> <p>Patient’s existing pressure injury heal.</p> <p>Product performs as expected.</p>	<p>If product does not perform as expected notify NSWOC/Wound Clinician/OT/PT and consider submitting a Product Concern form.</p>
For further information, please contact: OT, PT, NSWOC/ Wound Clinician	