

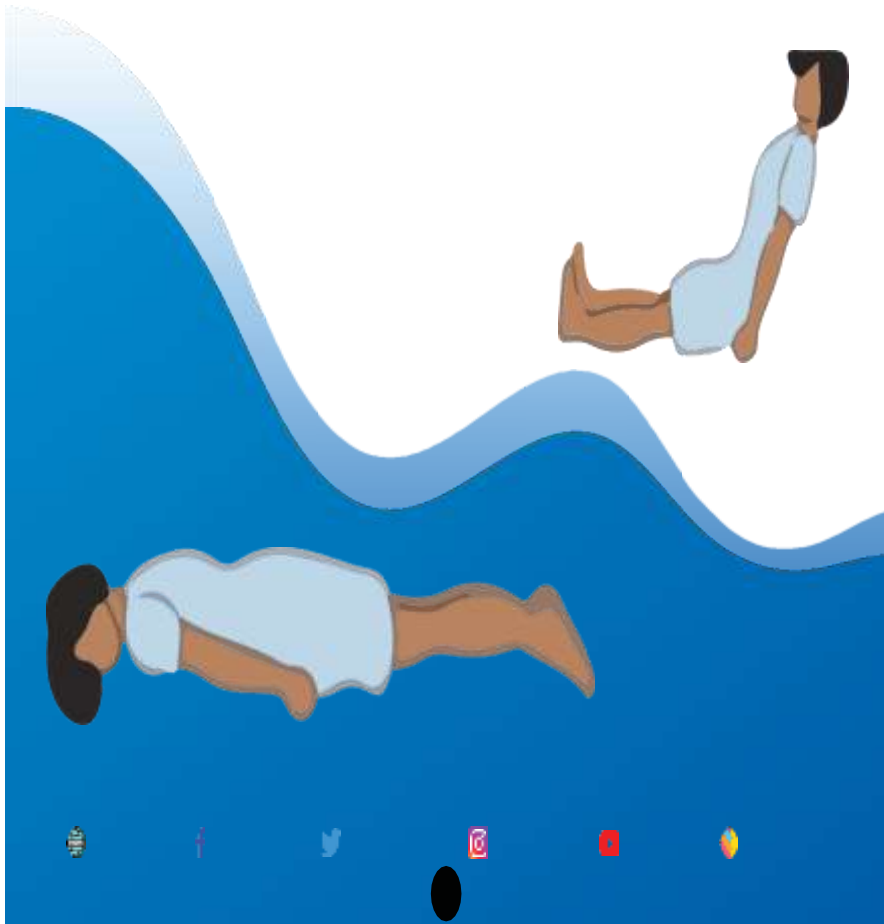
COVID-19

Proning for Self care

Based on MoHFW, Gol guidelines
released in April 2021

PRONING

- **PRONING** is the process of turning a patient with precise, safe motions, from their back onto their abdomen (stomach), so the individual is lying face down.
- Proning is a medically accepted position to improve breathing comfort and oxygenation.
- It is extremely beneficial in COVID-19 patients with compromised breathing comfort, especially during home isolation.



IMPORTANCE OF PRONE LYING

Prone positioning improves ventilation, keeps alveolar units open and breathing easy.

Proning is required only when the patient feels difficulty in breathing and the SpO₂ decreases below 94 (less than 94). Regular monitoring of SpO₂, along with other signs like temperature, blood pressure and blood sugar, is important during home isolation.

Missing out on hypoxia (compromised Oxygen circulation) may lead to worsening of complications.

Timely proning and maintaining good ventilation could save many lives.

POSITIONING OF PILLOW

One pillow below the neck

One or two pillows below the chest through upper thighs
Two pillows below the shins



For Self-Proneing:

- You will need 4-5 Pillows.
- Regular alterations in lying position
- Best is to not spend more than 30 minutes in each position

1. 30 minutes – 2 hours: laying on your belly
1. 30 minutos – 2 horas: acostado sobre su estómago (boca abajo)



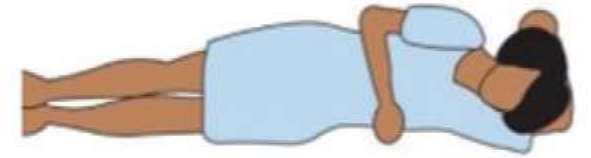
2. 30 minutes – 2 hours: laying on your right side
2. 30 minutos – 2 horas: acostado sobre su lado derecho



3. 30 minutes – 2 hours: sitting up
3. 30 minutos – 2 horas: sentado



4. 30 minutes – 2 hours: lying on your left side
4. 30 minutos – 2 horas: acostado sobre su lado izquierdo



Then back to Position 1. Lying on your belly!
Luego, vuelva a la posición 1. ¡Acostado sobre su estómago (boca abajo)!



Caution:

Avoid proning for an hour after meals

Maintain proning for only as much times as easily tolerable One may prone for up to 16 hours a day, in multiple cycles, as felt comfortable

Pillows may be adjusted slightly to alter pressure areas and for comfort

Keep a track of any pressure sores or injuries, especially , around bony prominences

Avoid
Prone in
conditions
like:

Pregnancy

Deep venous thrombosis (Treated
in less than 48 hours) Major cardiac
conditions

Unstable spine, femur, or pelvic
fractures

Non-self pronating patients (in emergency):

Five-step method to place a patient in the prone position using a regular bed, flat sheet, and family members

Using a flat sheet, pull the patient to one side of the bed. Place the flat sheet around the arm that will pull through (the side you are turning toward).

A second flat sheet is placed on the bed and tucked under the patient. This sheet will pull through as you are turning the patient.

Using the sheet, turn the patient over and position the patient prone. The arm and sheet will pull across the bed.

Pull and center the patient. Discard the sheet that was used to place the patient in the supine position. Straighten lines and tubes.