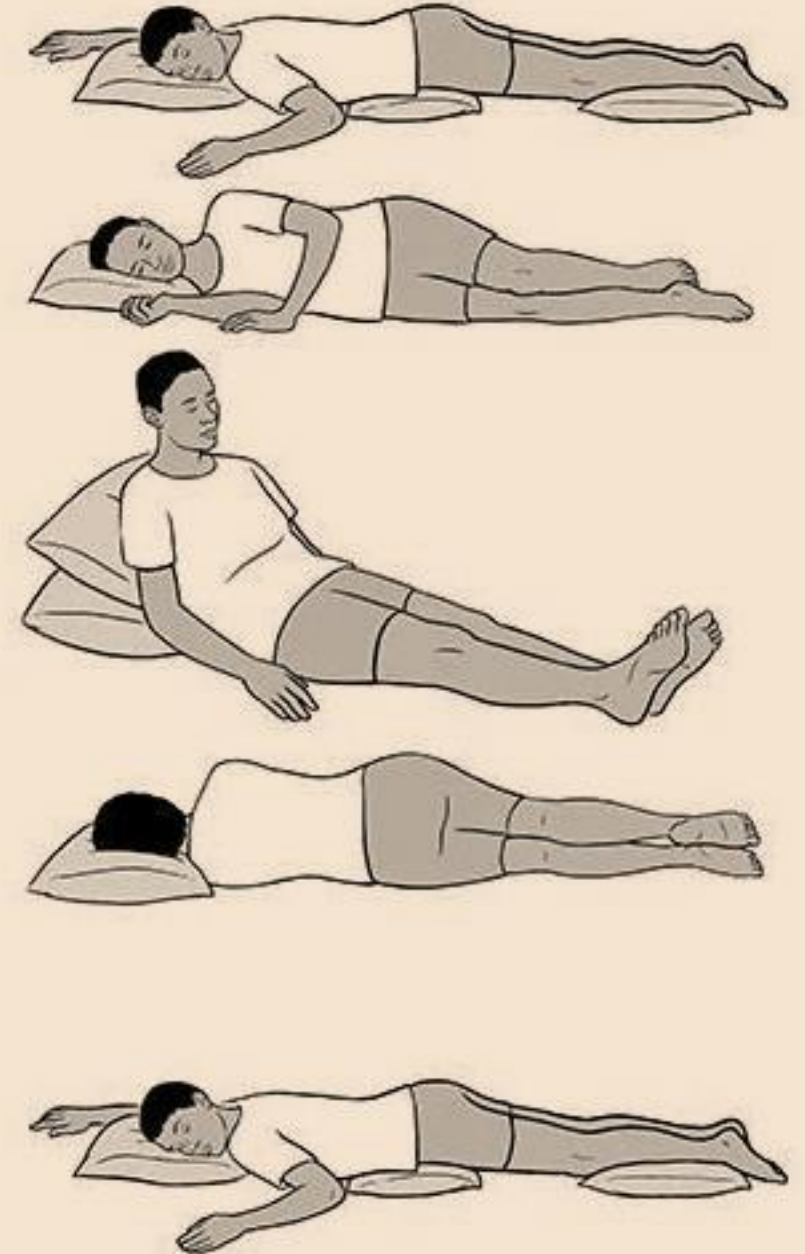


# Proning for Self Care



# Learnings from the Module



## Learning Objectives

*By the end of this lesson you will learn...*

- What is Proning?
- Importance of Proning
- Guidelines to conduct self Proning
- Recommended lying positions
- Precautions to be taken while conducting Proning
- Managing Non-self Pronating Patients

## Is this module for me ?

*If you are carrying out any of the following responsibilities, then this module is for you*

- Clinicians, Nurses and all health care personnel providing clinical care to hospitalised adults and paediatric patients with severe acute respiratory infection (SARI) when an nCoV infection is suspected
- Individuals under Home Isolation
- Caretakers of patients under Home Isolation

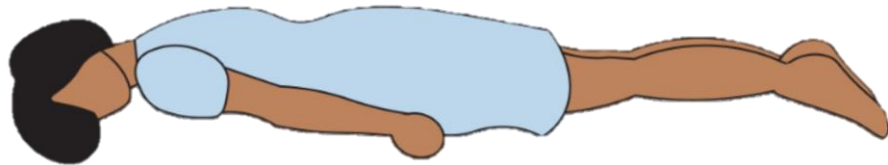
# What is Proning

# Proning: A beneficial exercise for COVID-19 patients



## WHAT DOES PRONING MEAN

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



Prone lying position



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 Exercises



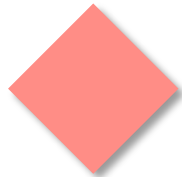
Prone positioning improves ventilation, keeps alveolar units open and helps in breathing easy



Proning is required only when the patient feels difficulty in breathing and the SpO2 decreases below 94 (less than 94)



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



Regular monitoring of SpO2, along with other signs like temperature, blood pressure and blood sugar, is important during home isolation



Timely proning and maintaining good ventilation could save many lives

# Guidelines for conducting Proning



Below are the basic guidelines while conducting self - Proning

## 01

- Self Proning can require 4-5 pillows
- Self Proning can be done without pillows also



## 02

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

## 03

- Regular alterations in lying position

## 04

- Best is to not spend more than 30 minutes in each position

# Recommended lying positions



01

30 minutes – 2hrs lying on your belly



02

30 minutes – 2hrs lying on your left side



30 minutes – 2hrs lying on your right side



03

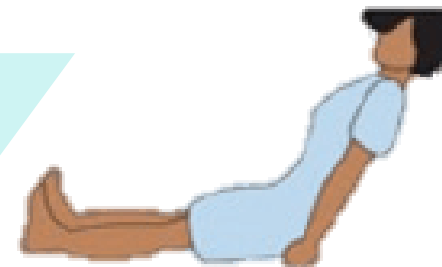
04

Back to position 1 – lying on the belly



05

30 minutes – 2hrs sitting up





# Things to be cautious about while proning



01

Avoid proning for an hour after meals

02

Maintain proning for only as much times as easily tolerable

03

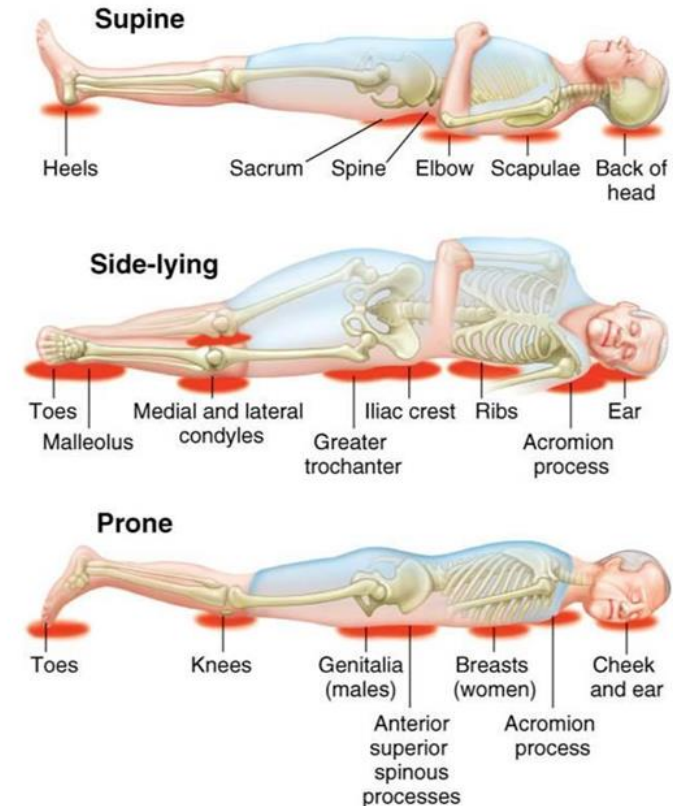
One may prone for up to 16 hours a day, in multiple cycles, as felt comfortable

04

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

05

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





# Individuals should avoid Proning in following conditions



- ☐ Pregnancy
- ☐ Deep venous thrombosis (Treated in less than 48 hours)
- ☐ Major cardiac conditions
- ☐ Unstable spine, femur, or pelvic fractures



# Managing Non-self pronating patients



01

Using a flat sheet, pull the patient to one side of the bed

02

Place the flat sheet around the arm that will pull through (the side you are turning toward)

03

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

# Managing Non-self pronating patients



04

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

05

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

# Recap of the module

# Here are a few key points to remember from this module



1

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

2

- PRONING is a 4-5 step process which includes:

- Lying in your belly
- Lying on the left side
- Lying on the right side
- Lying on the belly again
- Sitting up



3

- PRONING should be avoided if one is undergoing following conditions:

- Pregnancy
- Deep venous thrombosis (Treated in less than 48 hours)
- Major cardiac conditions
- Unstable spine, femur, or pelvic fractures