



Ministry of Health & Family Welfare  
Government of India



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help you

# COVID-19

## Proning for Self care

- **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 SpO<sub>2</sub> decreases below 94 (less than 94).
- Regular monitoring of SpO<sub>2</sub>, 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



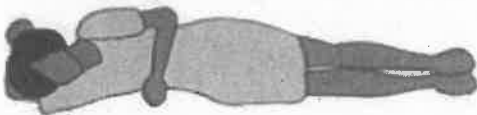
## For Self-Proning:

- 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)



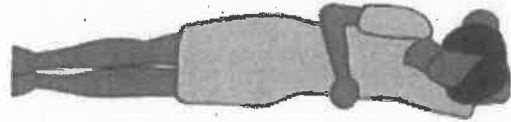
2. 30 minutes – 2 hours: laying on your right side  
2. 30 minutos – 2 horas: acostado sobre su lado derecho



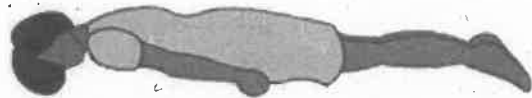
3. 30 minutes – 2 hours: sitting up  
3. 30 minutos – 2 horas: sentado



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)!



Self Positioning Guide\_Elmhurst Hospital\_SB

## 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 Proning 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.

This may need modification with emerging evidence