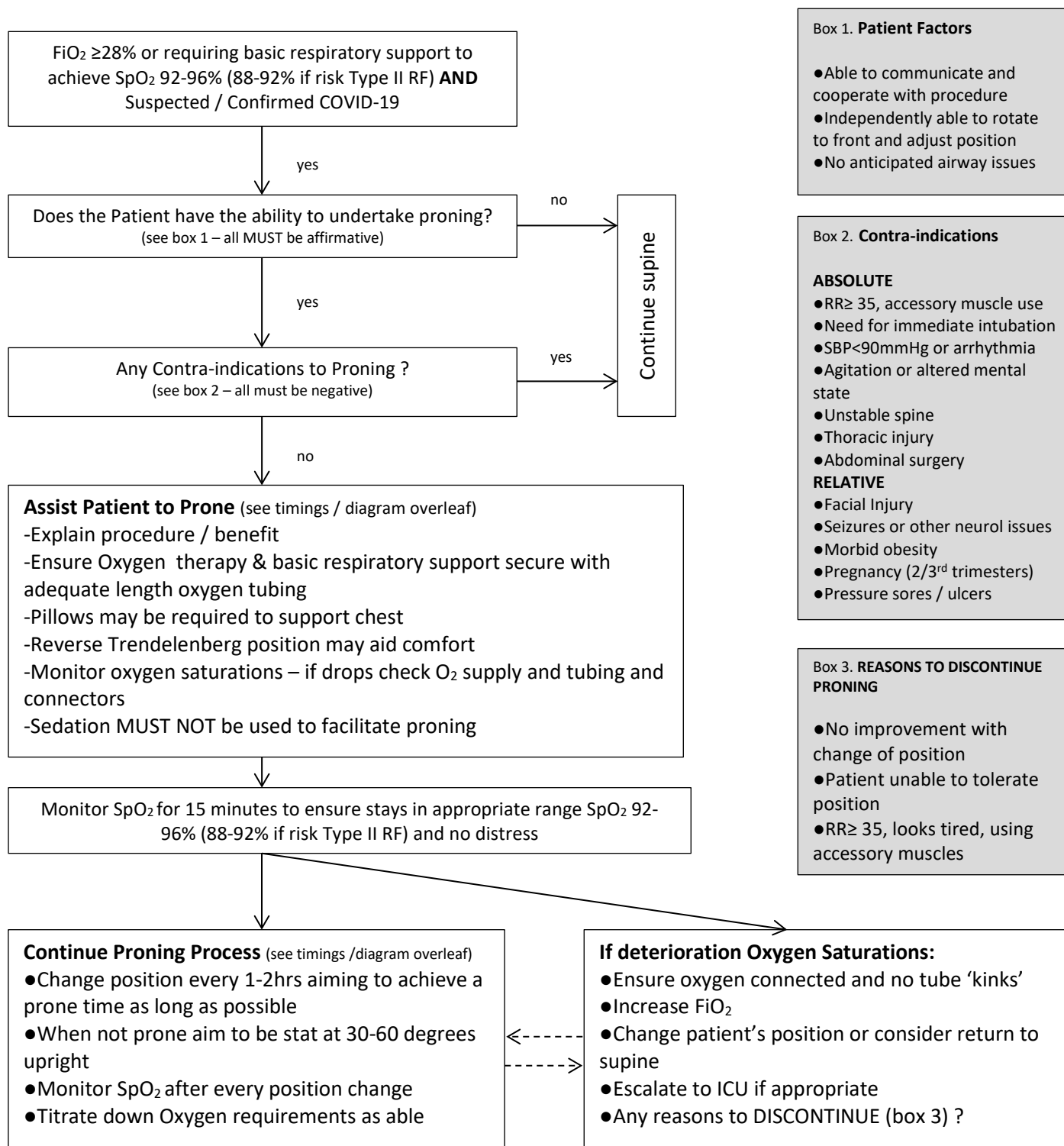


WRH Emergency Department Guidance Conscious Proning during COVID-19 Outbreak

Consider Conscious Proning for suitable patients (trolley / bed) in the ED who might benefit from this simple intervention, assuming the patient is conscious, cooperative, can self-prone independently and no contra-indications exist. Experience elsewhere suggests conscious proning may delay or even avoid the need for intubation in some cases. **Benefits:**

- Improved V/Q matching and reduced hypoxaemia (secondary to more homogeneous aeration of lung and ameliorating the ventral-dorsal trans-pulmonary pressure gradient)
- Reduced shunt (perfusion pattern remaining relatively constant while lung aeration becomes more homogenous)
- Recruitment of the posterior lung segments due to reversal of atelectasis
- Improved secretion clearance



Timed Position Changes:

If patient fulfils criteria for proning ask the patient to switch positions as follows.

Monitor oxygen saturations 15 minutes after each position change to ensure oxygen saturation has not decreased.

Continue to monitor oxygen saturations as per the National Early Warning Score (NEWS)

- 30 minutes to 2 hours lying fully prone (bed flat)
- 30 minutes to 2 hours lying on right side (bed flat)
- 30 minutes to 2 hours sitting up (30-60 degrees) by adjusting head of the bed
- 30 minutes to 2 hours lying on left side (bed flat)
- 30 minutes to 2 hours lying prone again
- Continue to repeat the cycle.....

These instructions are for patients who have been advised to undertake "Conscious Proning"

Please try to not spend a lot of time lying flat on your back. Lying on your stomach and in different positions will help your body to get air into all areas of your lungs.

It is recommended to change your position every 30 minutes to 2 hours rotating as below. Please note sitting up is better than lying on your back;

1. 30 minutes – 2 hours: lying fully prone on your stomach (bed flat)
2. 30 minutes – 2 hours: lying on your right side (bed flat)
3. 30 minutes – 2 hours: sitting up (30-60 degrees) by adjusting head of the bed
4. 30 minutes – 2 hours: lying on your left side (bed flat)
5. Then back to position 1 and continue to repeat the cycle.

In pictures:

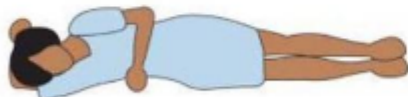
1. 30 minutes – 2 hours: lying fully prone (bed flat)



4. 30 minutes – 2 hours: lying on your left side (bed flat)



2. 30 minutes – 2 hours: lying on your right side (bed flat)



5. Then back to Position 1. Lying fully prone (bed flat)



3. 30 minutes – 2 hours: sitting up (30-60 degrees) by adjusting head of the bed

