



Information for  
parents and  
carers

## Prone positioning

Patient Diary

## Why have I been given this leaflet?

COVID-19 can reduce the amount of oxygen being delivered to the body. When this happens, treatments to increase oxygen supply can help. One such treatment, previously used in Intensive Care Units is to lay patients on their front. This is known as “proning”. Proning can help open up the lungs and allow more oxygen into the body.

## Is proning safe for me?

The first time you try proning, a member of staff will be with you for the first 15 minutes measuring your oxygen levels to make sure that it is safe. You will then be monitored with routine observations by the ward staff. Please highlight any discomfort to staff as we can alter your positioning. Some patients may not be suitable for proning due to their pre-existing medical conditions. Therefore this will be discussed with you according to your individual needs.

## What do I need to do for proning?

The ideal way to complete proning is set out in the pictures below. These are from Lancashire Teaching Hospitals Trust (LTHT) and national guidelines. A member of the staff will assist you in positioning:

- **You will need assistance from staff due to the attachments (e.g. Cannula and fluids attached)**
- **Aim to lie in the prone position for 30 minutes to 2 hours as tolerated (see picture)**
- **You can adopt a head up position, a slight head elevation for comfort**
- **For rest periods you can lie on your back or side**

- Please document how long you have been able to lay in the prone position on your tummy
- During the day, we think proning for 2 hours, up to 4 times a day as tolerated helps recovery for patients



## Patient Diary

Date	Start Time	Duration (hours)

## What if I can't manage this?

If you cannot tolerate this, do not worry. Return on to your back; please press your buzzer for any assistance required. As an alternative, we do ask that you try resting on your side.

Thank you for reading this information. Do not hesitate to ask if you have any questions.

## Contact details

Should you require further advice or information please contact:

Physiotherapy Team

Bleep 3303

Phone: 01772 523224

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

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### **Lancashire Teaching Hospitals is a smoke-free site.**

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal. If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Cantonese:**

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

**Gujarati:**

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઈચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

**Hungarian:**

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

**Polish:**

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

**Urdu:**

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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**Division:** Diagnostics & Clinical Support Division

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