

Repositioning and Proning for Patients with COVID-19

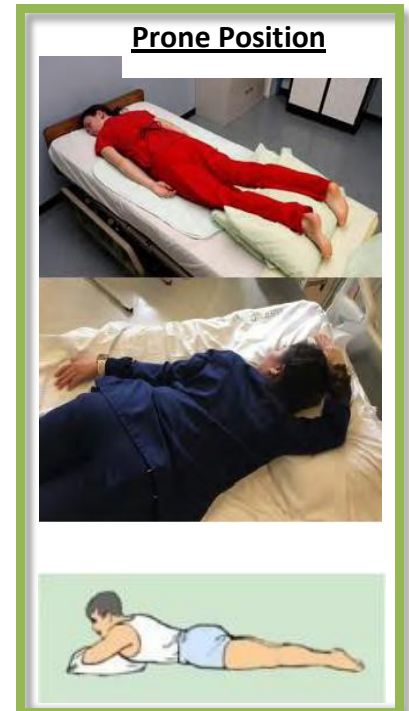
Patient Indications for Repositioning/Proning	Patient Contraindications
<ul style="list-style-type: none"> • Hypoxia - SpO₂ < 90% on room air • Alert and able to maintain airway • Able to change positions in bed independently, or with minimal assistance • OK to be on oxygen via nasal cannula (NC) or face mask • OK to have obstructive sleep apnea if not on CPAP or BiPAP 	<p><u>Repositioning:</u> No Contraindication</p> <p><u>Contraindications for Proning:</u></p> <ul style="list-style-type: none"> • Inability to move or turn independently • CPAP or BiPAP • Unstable cervical, thoracic, or lumbar or rib fractures, or facial trauma • Recent surgery on face/neck, trunk, or abdomen <p><u>Relative Contraindications for Proning:</u></p> <ul style="list-style-type: none"> • Significant confusion • Morbid obesity • Pressure injuries • Recent nausea or vomiting

Instructions for Prone Positioning:

Patient lies on abdomen, with face and arms in position most comfortable for them, with pillows as needed for comfort, with O₂ tubing unobstructed

Instructions for position changes, including prone:

- Assist/instruct the patient to roll on their side, facing oxygen source, then turn all the way over to the prone position
- Adjust mattress air as needed
- Bed in reverse Trendelenburg position (head higher than feet) as needed for patient comfort and secretion control.
- Pillows under chest, hips, or feet (or other) may assist comfort.
- Check patient comfort and SaO₂ in 15 minutes. If decreased SaO₂ or uncomfortable, try another position.
- Every 1-2 hours, instruct and/or assist patient to change positions, rotating between prone, left lateral recumbent, sitting upright at 30-60 (or more) degrees, and right lateral recumbent.
- Assist patient to position pillows between knees, behind back, or elsewhere, until comfortable.
- Patients should reposition themselves or press call light for assistance, if uncomfortable.



If patient cannot tolerate prone position or has a contraindication such as BIPAP/CPAP, assist them to change positions between the other 3 positions, every 1-2 hours.

