

Prone Positioning

What You Need to Know

Patients who have COVID-19 can experience significant increased trouble breathing and have lower oxygen levels. One intervention proven to help these patients is laying on their belly, also known as a Prone Position (PP).



Goals:

- Lying on the belly for 2-4 hours or longer if it is tolerated
- Do this at a minimum of twice a day
- Use pillows to make patients comfortable



Laying on the Belly "Prone"

Improves oxygenation of the blood

Improves breathing

Delays or possibly avoid the need for mechanical ventilation

If the patient is unable to tolerate the recommended duration, below is an example of timed position change.

Timed Position Change

- 30 min – 2 hours: lying on belly
- 30 min – 2 hours: lying on right side
- 30 min – 2 hours: sitting up
- 30 min – 2 hours: lying on left side

