



# Proning for patients with Coronavirus (COVID-19)

**This leaflet is for patients with Coronavirus (COVID-19) in hospital. It explains how lying in a certain position can help you to breathe easier and can improve your oxygen levels.**

## What is proning?

Prone is the technical name for lying on your front. Proning is the treatment of spending a prolonged time in this position.

## How does proning help patients with COVID-19?

COVID-19 causes abnormal fluids to pool towards the back of our lungs, where there's more lung tissue. This stops oxygen from getting into your blood. Lying on your back causes compression of the lung tissue from the heart and the diaphragm, therefore making it difficult to absorb oxygen into your blood.

Proning can help improve the oxygenation (amount of oxygen) in your blood.

When you lay in a prone position, gravity helps the fluid move downward, so more of the 'good' lung is at the top and less affected.

**The benefits can be seen after one hour of proning, which can last for hours, and improves each time it is done.**

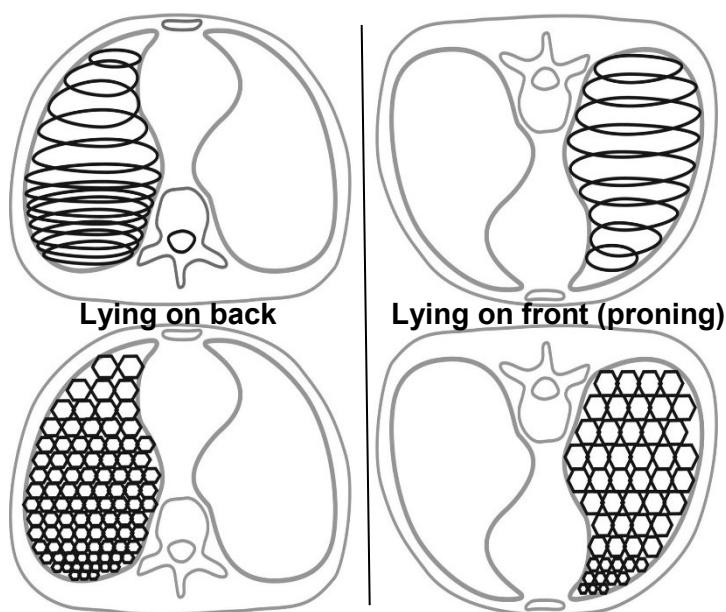





Diagram from A Comprehensive Review of Prone Position in ARDS by Richard H Kallet, Respiratory Care Journal, November 2015

## How long should I lie prone for?

- Please try to not spend a lot of time lying flat on your back. Lying on your stomach and in different side positions will help your body to get oxygen into all areas of your lungs.
- Sitting up is better than lying on your back.
- Aim to do proning for two hours, four times a day
- It is recommended to change your position every two hours to prevent pressure sores.
- The evidence shows that the longer you are in the proning position, the longer the benefits will last.

## How to rotate your proning position

	1. Lying fully prone.
	2. Lying semi-prone. Alternate (swap) sides every two hours.
	3. Lying on your side. Alternate (swap) sides every two hours.

**If you start to feel unwell while you are proning, please STOP and let your nurse or physiotherapist know.**

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**Please ask if you need this information in another language or format.**

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