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CLASS : I year - B.ed.

DEPARTMENT : COMPUTER

TOPIC : COVID - 19

Proning for Self Care

COVID -19

Proning for Selfcare:-

→ PRONING - is the Process of turning a Patient with Precise, Safe motions, froms their back onto their abdomen (Stomach) So the individual is lying face down.

→ Proning is a medically accepted Position to improve breathing comfort and oxygenation.

→ It is extremely beneficial in COVID-19 Patients with compromised breathing comfort, especially during home isolation.

IMPORTANCE OF PRONE LYING

* Prone positioning improves Ventilation Keep alveolar units open and breathing easy.

* Proning is required only when the Patient feels difficulty in breathing and the SpO_2 decreases below 94 (Less then 94).

* Regular monitoring of SpO_2, along with other Signs like temporature, blood Pressure and blood Sugar, is important during home isolation.

* Missing out on hypoxia [compromised oxygen circulation] may lead to worsening of complications

* Timely Proning and maintaining good Ventilation could save many lives

Positioning of Pillow :-

* One Pillow below the neck
* One or two Pillows below the chest through upper thighs.
* Two Pillow below the Shins.

For Self - Proing :-

* you will need 4-5 Pillows.
* Regular alteration in lying Positions
* Best is to not Spend more than 30 minutes in each Position

1. 30 Minuts - 2 hours : lying on your belly
2. 30 Minuts - 2 hours : lying on your right Side
3. 30 Minuts - 2 hours : Sitting Up

4. 30 minuts - 2 hours : lying on your left side

The back to Position 1. lying on your belly.

Caution:-

* Avoid Proning for an hour after meals
* Maintain Proing for only as much time as much times easily tolerable.
* One may prone for up to 16 hours as day in mutiple cycles, as felt comfortable.
* Pillows may be adjusted slightly to alter Pressure areas and for comfort
* Keep a track of any pressure sores or injuries, especially around bony prominences.

Avoid Proning in Conditions Like :-

→ Pregnancy

→ Deep Venous thrombosis
[Treated in less than 48 hours]

→ Major Cardiac Conditions

→ Unstable Spine, femur or pelvic fractures.

NON - Self Pronating Patients (in emergency)

Five - Step method to Place a Patient in the Prone Position using a regular bed, flat Sheet and family members.

* Using a flat Sheet, pull the Patient to one Side of the bed

* Place the flat Sheet around the arm that will Pull through (The Side you are turning toward)

* A Second flat Sheet is placed on the bed and tucked under the Patient. This Sheet will Pull Through as you are turning the Patients.

* Using the sheet turn the Patient over and Position the Patient Prone The arm and Sheet will Pull across the bet

* Pull and Center the Patient Discared the Sheet that was used to Place the Patient in the Supine Position straighten lines and tubes

This may need modification with emerging evidence.