

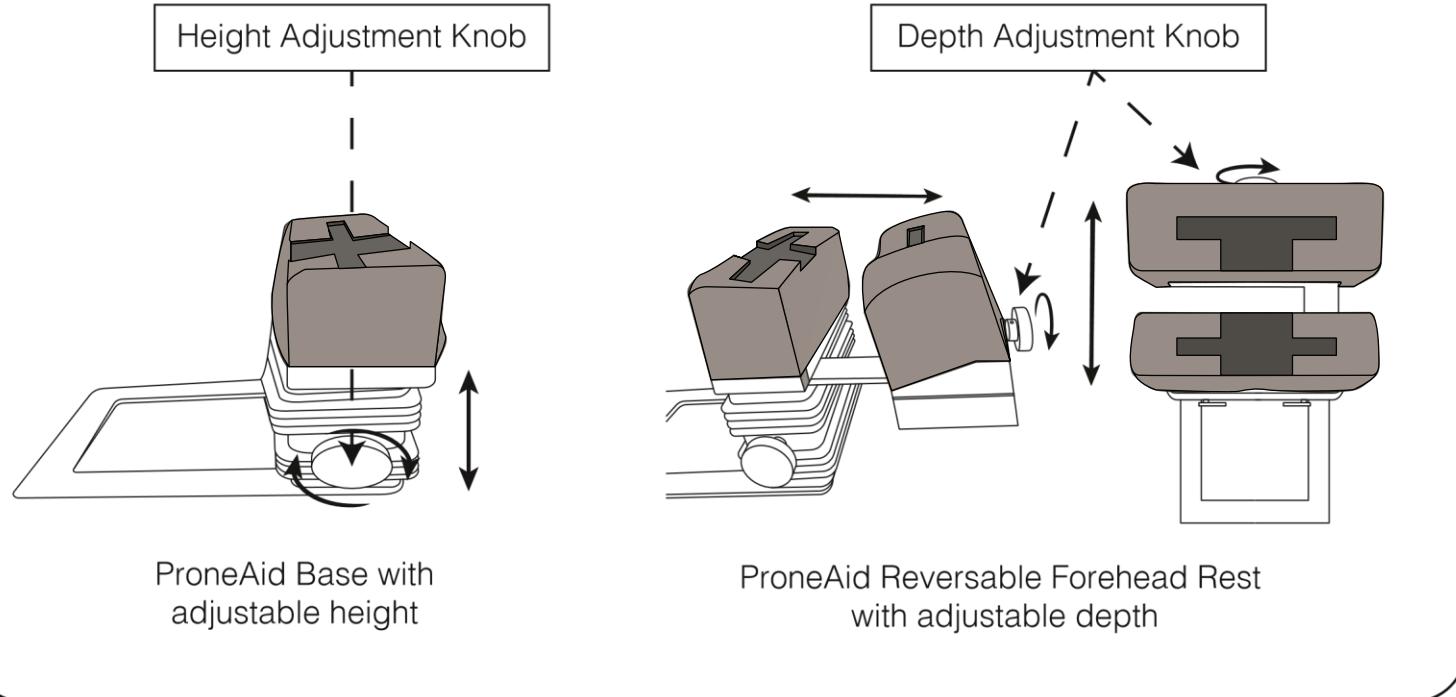


PRONEAID HEAD SUPPORT SYSTEM INSTRUCTIONS FOR USE

FEATURES

- The ProneAid head support system is designed for safe and versatile prone positioning of patients in ICU beds. It allows for increased mobility of the face and head, reducing pressure injuries and minimizing the risk of endotracheal, intravenous catheter and feeding tube dislodgment.
- The system enables unrestricted head rotation over 180 degrees, helping to alleviate pressure points and prevent skin breakdown during proning treatments.
- Supports the patient's head beyond the end of the ICU bed, allowing the body to remain fully on a pressure-relieving mattress.
- The ProneAid Head Support System allows for independent head and body adjustments to reduce trunk skin breakdown during proning.
- Using ProneAid, the head of bed can be raised safely up to 30 degrees to promote ventilation and enteral nutrition.
- Elastic-secured Foam Padding provides additional flexibility and safety with repositioning.

Included:



INSTRUCTIONS FOR USE

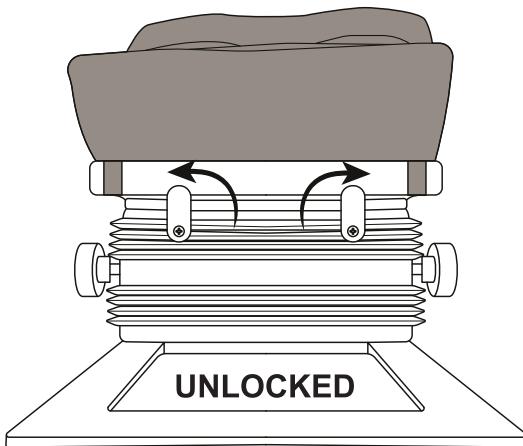


Fig. 1

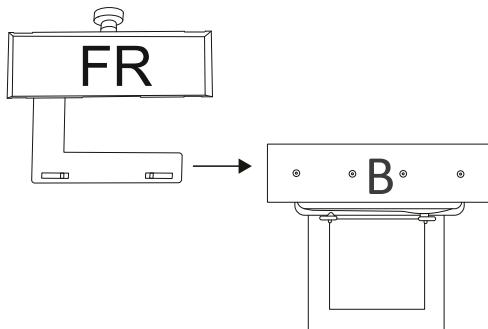


Fig. 2

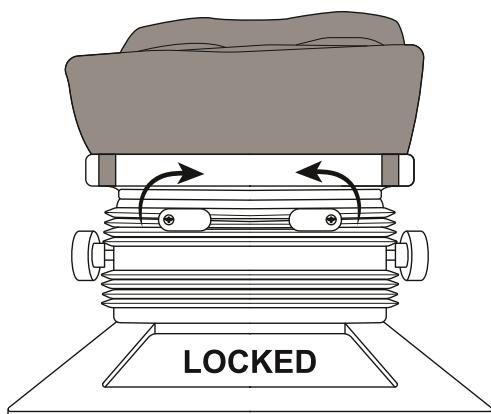


Fig. 3

Step 1A: Using the knobs on the back of the ProneAid Base (B), turn both locking knobs to the **VERTICAL** position (Unlocked) (Fig. 1).

Step 1B: Slide the Forehead Rest (FR) horizontally into the Base (B) (Fig. 2). Face the open shaped cutout toward the side of the bed housing the ventilator to allow for safe movement of the endotracheal and ventilator tubing.

Step 1C: Secure the Forehead Rest (FR) to the Base (B) by turning both locking knobs on the ProneAid Base to the **HORIZONTAL** position (Locked) (Fig. 3).

Step 2: Place the Forehead Foam on the Forehead Rest (FR) with the foam sloping towards the Base. Place the Chin Rest Foam on the top of the Base (B). Wrap the elastic straps around each holder to secure the Forehead Foam and Chin Rest Foam to the ProneAid.

Step 3: Slide the assembled ProneAid between the ICU bed mattress and bed frame. Ensure the base sits flush with BOTH surfaces to maintain stability. When placed correctly, the patient's body weight will hold the ProneAid in position (Fig. 4).

Step 4: Using the **Depth Adjustment Knob** on the Forehead Rest, turn clockwise to screw Forehead Rest all the way toward the base.

Step 5: Using the **Height Adjustment Knob(s)** on the ProneAid Base, lower the ProneAid to the lowest position.

Step 6: Follow facility-specific guidelines to place the patient in the prone position.

Step 7: After prone patient positioning is achieved, gently slide the patient up to place the chin in the middle of the Chin Rest Foam and place the forehead on the Forehead Foam.

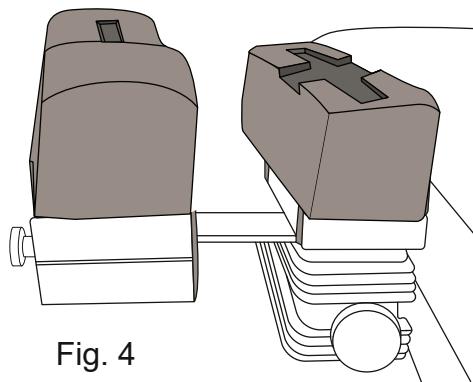
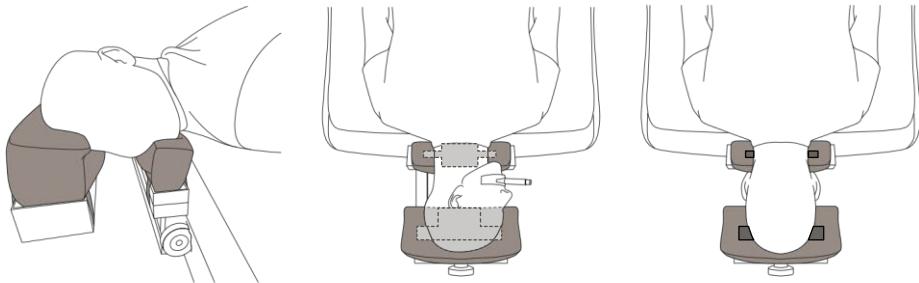


Fig. 4



IMPORTANT

Step 8: Using the Depth Adjustment Knob on the Forehead Rest, extend the Forehead Rest until the patient's forehead and cheekbones are resting on the Forehead Foam. Rotate the Height Adjustment Knob(s) to raise the ProneAid to support the head and neck in a neutral position relative to the patient's body. Make sure to keep patient's eyes unobstructed and ensure pressure is evenly distributed across the forehead, cheekbones and chin.

Step 9: Adjust the head and neck side-to-side as frequently as needed to prevent pressure injuries and skin breakdown. Raise and lower the height of the ProneAid device using the Height Adjustment Knob(s) to easily rotate the head side-to-side. Most facilities recommend repositioning at LEAST every 2 hours. Pads should be changed when saturated during repositioning as needed.

ALWAYS PRONE SAFELY PER HOSPITAL/FACILITY GUIDELINES

- Pad pressure points, such as the chin, cheeks and forehead using facility approved dressings.
- Clean device using facility approved disinfectants.
- Note, ideal hospital bed mattress thickness should be greater than 7 inches.

REPLACE FOAM PADS AS NEEDED (PRN) FOR SATURATION.

- Pads are single use only. Dispose after use.

WHY USE PRONEAID IN THE ICU?

- ProneAid easily enables ICU staff to reposition the head more efficiently and safely.
- ProneAid protects the face, skin, and airways from pressure-related injury.
- ProneAid reduces the risk of tube dislodgement and airway complications.
- Prone patient positioning optimizes lung mechanics and ventilation especially in Acute Respiratory Distress Syndrome (ARDS) patients.
- Prone patient positioning decreases 90-day mortality and promotes more efficient lung gas exchange in ARDS patients.^{1,2}

References and resources

1. Guérin, C., Reignier, J., Richard, J.-C., Beuret, P., Gacouin, A., Boulain, T., ... & Ayzac, L. (2013). Prone positioning in severe acute respiratory distress syndrome. *The New England Journal of Medicine*, 368(23), 2159–2168. <https://doi.org/10.1056/NEJMoa1214103>

2. Hadaya, J., & Benharash, P. (2020). Prone positioning for acute respiratory distress syndrome (ARDS). *JAMA*, 324(14), 1361. <https://doi.org/10.1001/jama.2020.14072>

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