

## Information on why we lie a patient on their front (Prone)

This information sheet gives you information about why we prone patients in Adult Critical Care.

### What is proning?

Lying PRONE is when we place a ventilated patient on to their front. The process of getting a patient onto their front is known as Proning.



### Why we turn patients into the prone position

Some critical care patients who are very sick develop problems with their lungs which makes it very difficult for them to receive enough oxygen.

One of these problems can be a condition known as Adult Respiratory Distress Syndrome (ARDS).

Lying a patient on their front can help to improve ventilation and get more oxygen into the body.

Research has shown that in some severe cases of ARDS turning a patient in to the prone position can improve chances of survival.

### How long we turn patient prone

Patients are usually placed in the prone position for between 16 - 20 hours. After this time the patient is turned into another position to continue their treatment. It may be necessary to repeat the proning process a number of times.

In some patients proning may not be effective.

### Problems that occur with proning

When a patient is nursed in the prone position they often develop swelling to the face and eyes. This will settle down with time once the patient is on their back.

### Is this painful for patients?

We are not aware that this lying face down position is painful but the staff will continuously monitor the amount of sedation and pain relief required.

If you have any questions with regards to the care of your relative please speak to a member of staff, they will be happy to discuss this.