

Information on why we lie a patient on their front (prone)

i Important information for
patients who need to lie on
their front

About this booklet

This booklet gives you information about why we lie patients on their front (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 do 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 can develop swelling to their face and eyes. However, this will settle down in time once a patient is on their back.

Is this painful for patients?

This position should not be painful for patients, but staff will continuously monitor the individual and the amount of sedation and pain relief which is required.

Further information

If you have any questions, please speak to a member of staff, they will be happy to discuss this.

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip clàistinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉरमेट (आरूप) में भी उपलब्ध हैं।

我們所有的印刷品均有不同語言版本、大字体版本、盲文（仅有英文）、录音带版本或你想要的另外形式供选择。

ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਗ਼ੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ਼ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

ہماری تمام مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سننے والی کسٹ یا آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔

☎: 0141 951 5513

Please call the above number if you require this publication in an alternative format

