

Proning in ICU

Prepare the Patient

- 5 staff
- Consider using pillows
- All medications given
- Analgesia and sedation required
- ET tube secured with cotton tape
- ET tube and oropharynx suctioned
- Tracheal cuff pressure checked
- ECG leads repositioned
- Cap off any unnecessary infusion lines / feeding tube
- Check any wound drains/stoma bag and empty as appropriate.
- Change any dressings as appropriate.
- Oral hygiene and lubricate eyes

Proning the Patient

- All team members happy to proceed
- Where is help if required

Technique

- Position transfer sheet under patient beginning from the feet
- More slide sheet on side patient turning onto
- Arms by patients side
- Move patient to the side of the bed
- If using pillows position at shoulders and pelvis
- Slowly turn patient to lateral
- 1 minute pause
- Change ECG, lines and stability
- Complete Roll
- Place arms in swimmers crawl

Checking the Patient

- Check ventilator
- ECG leads reconnected
- Recalibrate pressure transducers
- Check arterial/central lines are secure and waveforms.
- Recommence infusions and feeding.
- Protect the patient's face using a gel pad and apply eye shields
- Place bed in trendelenburg
- Check pillows
- Pressure points checked
- Obtain ABG at 1 hour.