

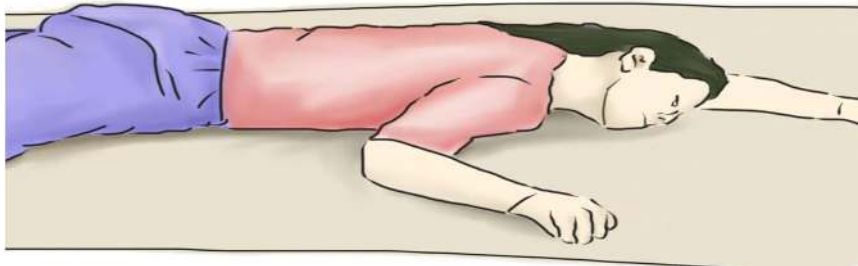
Lying 'Prone' at Home

What is lying 'Prone'?

- This is when the clinician seeing you judges that lying on your front for a period of time will help your breathing and your oxygen levels.
- Please try to not spend a lot of time lying flat on your back. Lying on your stomach and in different positions will help your body to get air into all areas of your lungs
- However, only use prone positioning if you are able to safely get in and out of this position on your own and can remain comfortable



Try adding pillows under your pelvis and upper chest to make this position more comfortable



Why do we ask patients to lie in the prone position?

- Some patients who have pneumonia or similar problems have areas at the bottom of the lungs which are partly deflated. This means that air and oxygen isn't getting into them very well.
- Lying a patient prone on their front can improve 'ventilation' and open-up these partially deflated areas.
- Lying prone can improve breathlessness and help get more oxygen into the body.
- Lying prone can also help your cough to be more effective. This helps with clearing out any secretions that are in your chest.

Current, available evidence suggests that lying prone must be considered early in the treatment of acute lung conditions for the best outcomes. This is why it might be suggested as part of your treatment, even if you're feeling better.

Reference: Original developed by Stephanie Milroy, Lisa Morrison, Kimberley Barton, Chris Carlin for NHS Greater Glasgow and Clyde. April 2020