Manual Proning Quick Reference Checklist

**Purpose:** Provide a quick reference for safe and effective proning, as an adjunct to the procedural guideline.

**Notify:**
- CNS as appropriate (page during business hours/e-mail off hours)
- Respiratory Therapy
- Charge RN

**Pre-Prone Planning Checklist:**
- Review inclusion criteria and contraindications
- Ensure central venous catheter, arterial line, urethral catheter, feeding tube and rectal tube are placed as indicated
- Perform eye and mouth care
- Obtain physician order for lacrilube
- Twill ties for ETT
- 2 additional flat sheets and 3 pillows (for cocoon method)
- **Z-flo™** positioner pillows for knees/elbow: 4-6 small pillows and 1 large
  - Positioner small with cover: MIC#375212
  - Positioner large: MIC #374167
- Foam Prone face pillow: MIC# 375466 or obtain from high use unit (MB 6B/G/F)
- New set ECG electrode patches
- 1-2 CPR backboards (for head of bed extension)
- Protective dressings such as Mepilex Lite or Mepilex for the face, knees, elbows, and lines
- Liquicel under twill ties and offload ears from twill ties
- IV extension tubing/caps as needed

**Prone Positioning Check:**
- Ensure patient is appropriately sedated
- Disconnect all nonessential monitoring equipment and intravenous lines
- During pronation/supination, always turn patient with face towards the vent and keep head/neck in neutral position
- Once patient is prone; ensure pillows are directly under shoulders and hips to allow for proper chest expansion
- Ensure upper extremities are placed down or swimmer’s position. Do not extend shoulders greater than 90 degrees (see guideline)
- Turn the patient’s face away from upward extending arm