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### RESEARCH ARTICLE

#### AWAKE PRONING OR REPOSITIONING IN COVID-19 PATIENT

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##### Manuscript History

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#### Abstract

Awake proning or repositioning has been endorsed in several national and international guidelines for the management of patient suffering from COVID-19 with moderate to severe respiratory distress where patient appear to respond well to the treatment in position changing. Repositioning of the patient is done to improve the ventilation and also for the secretion clearance. For this nurses must be aware about the technique used for awake repositioning and also provide education among community people that how to reposition the patient by using multimedias.

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#### Introduction:-

A major cause of morbidity and mortality due to worsening hypoxia COVID-19, if left untreated, it can progress to (ARDS) acute respiratory distress syndrome and respiratory failure.<sup>(1)</sup> as there is no particular treatment for covid 19 and moreover there are limited resources, so this kind of maneuvers are really helpful to get relief from symptoms.<sup>(2)</sup> Awake proning or repositioning has been endorsed in several national and international guidelines for the management of patient suffering from COVID-19 with moderate to severe respiratory distress where patient appear to respond well to the treatment in position changing.<sup>(3)</sup>

#### Awake proning/ repositioning-

Awake repositioning involves moving patients (with normal mental status) into several positions compatible with respiratory support therapies.<sup>(4)</sup>

#### Nurses consideration-

##### Importance of proning/awake repositioning

1. Awake proning/repositioning is useful to treat hypoxemia and for the secretion clearance.
2. It also improves V/Q matching.
3. Proning is helpful to improve the oxygen saturation of the patient.

#### Patient Preparation

- It should be ensured that the patient who is selected for this positioning meets the inclusion criteria
- Patients should be then advised to use the comfort approaches such as having electronic devices within view, using the washroom, call bell within the reach of patient and using any kind of music for the distraction.
- Assess the mental status and mobility of the patient
- nurse must Arrange all needed articles such as oxygen devices, pillows, and backrest etc.

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- Explain the purpose and importance of repositioning in the patient.
- Preoxygenate the patient with adequate FiO<sub>2</sub>
- adequate length of oxygen tubing must be there.
- Monitoring the patient, including patient blood pressure, saturation, respiratory rate, and pulse.

**Indication for repositioning**

1. Patient who is self-aware of surroundings.
2. Patient who can communicate.
3. Patient who is able to change his position by self.
4. Patient who is hemodynamically stable.
5. Patient who has normal mental status
6. Patient who is conscious and follow commands.

**Contraindication for repositioning**

1. Patient who has neck fractures.
2. Patient who has spine instability.
3. Patient who has flail chest or open thoracic wall.
4. Patient with agitation or respiratory distress
5. Any recent abdominal surgery

**During the proning/awake repositioning**

1. Patient vital signs should be monitoring every two hourly like blood pressure, pulse, oxygen saturation.
2. Check that all the apparatus are working properly.
3. Nurse should explain the risk and benefits to the patient in detail.
4. Appropriate monitoring should be present there.
5. use comfort devices properly while repositioning the patient.
5. Choose right patient because awake repositioning is not for all patients.
6. First patient should start with the prone position and then move the patient to left lateral recumbent position, then make patient sit to 60-90 degree, then left lateral recumbent, and then again to prone. The patient should stay in each position for about 30 minutes to 2 hours.<sup>(5)</sup>
7. Vitals and clinical status of patient should be re-examined after every position change such as oxygen saturation, pulse, respiration.
8. if oxygen level is coming low or work of breathing is not proper then increase the oxygen flow or change the position of the patient to upright

**Things to kept in mind while repositioning**

1. Proning/ awake repositioning should be used in those who have venturi mask, nasal probe and high flow nasal cannula.
2. In case of cardiopulmonary resuscitation rapidly patient should return in supine position.
3. Proning position must be avoid for an hour as patient have taken meal.
4. Do not move away from the patient while repositioning or else move the patient to the area where doctors and nurses are available and have direct line of sight on the patient.
5. nurse must educate community people about the risk factors, indication and contraindication benefits of repositioning to the patient.

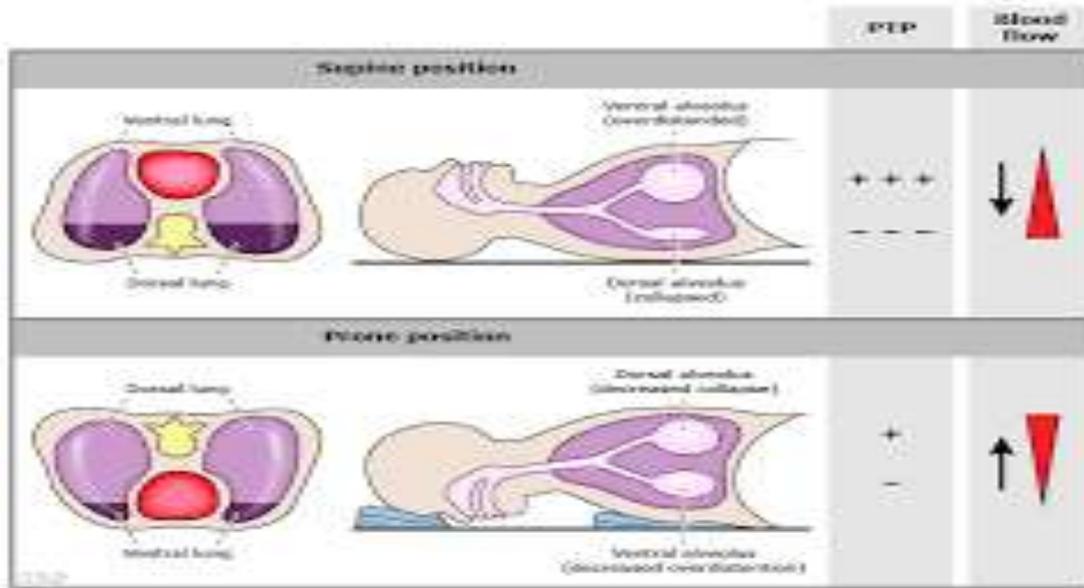


Figure 1:- Changes related to prone positioning compared with supine positioning.

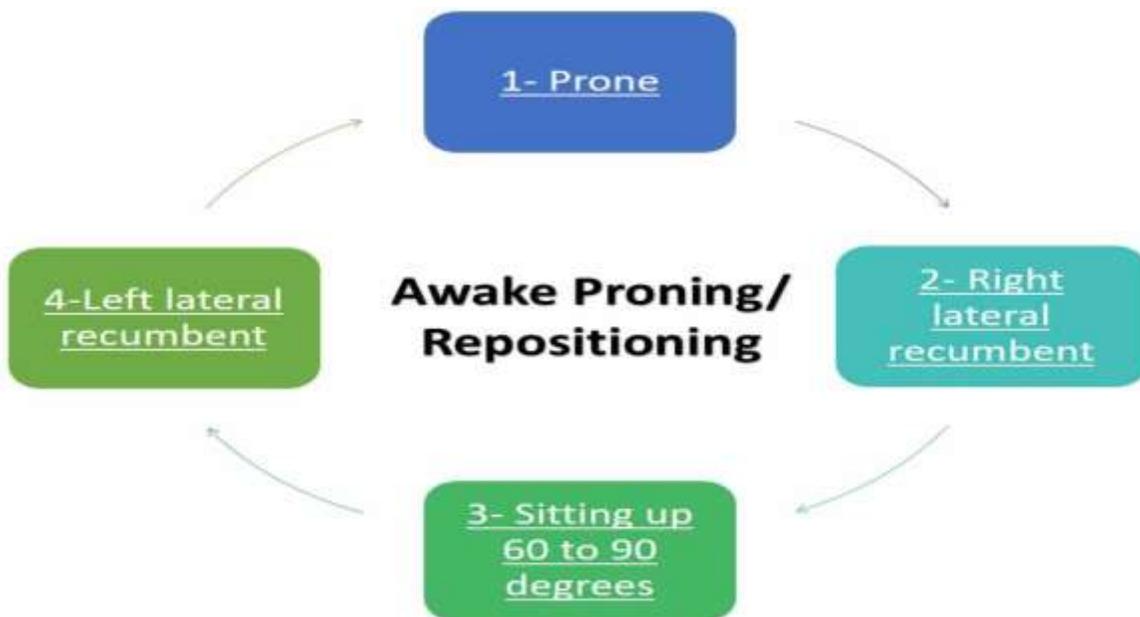


Figure 2:- Various position in proning/awake repositioning.

**Conclusion:-**

Proning/repositioning among patients who are suffering from Covid 19 may improve the saturation and reduces patient secretions. Nurse must know the exact technique used in the repositioning and also nurse must educate the community people about the technique used.

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