

North Simcoe Muskoka LHIN

COVID-19 Home Monitoring Program: Timed Position Changes Instructions

Timed Position Changes: You can use the monitor to check your oxygen saturations 15 minutes after each position change to ensure oxygen saturation has not decreased.

- 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
- It is recommended to change your position every 30 minutes to 2 hours rotating as below. Please note sitting up is better than lying on your back.
- Continue to monitor oxygen saturations at 8AM and 1PM.
 - 1. 30 minutes to 2 hours lying fully prone (bed flat)
 - 2. 30 minutes to 2 hours lying on right side (bed flat)
 - 3. 30 minutes to 2 hours sitting up (30-60 degrees) by adjusting head of the bed
 - 4. 30 minutes to 2 hours lying on left side (bed flat)
 - 5. 30 minutes to 2 hours lying prone again
 - 6. Continue to repeat the cycle...

In pictures:

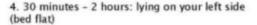
 30 minutes - 2 hours: lying fully prone (bed flat)



30 minutes - 2 hours: lying on your right side (bed flat)



3.30 minutes - 2 hours: sitting up (30-60 degrees) by adjusting head of the bed





Then back to Position 1. Lying fully prone (bed flat)





^{*}Adopted from Sources: ICS Guidance for Prone Positioning of the Conscious COVID Patient 2020. https://emcrit.org/wp-content/uploads/2020/04/2020-04-12-Guidance-for-conscious-proning.pdf https://www.embeds.co.uk/wp-content/uploads/2020/04/Self-Proning-Positioning-leaflet.pdf