

## Proning Technique: An Aid for the Treatment of COVID-19

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### Editorial

An epic strain of COVID SARS-CoV-2 began from China has now spread to more than 200 nations across the world. This has been pronounced as pandemic by the WHO. COVID-19 is essentially a respiratory sickness. The side effects of COVID-19 are from gentle influenza like sickness to extreme intense respiratory trouble disorder (ARDS)- like requiring mechanical ventilation. The COVID-19 patients frequently present with low oxygen immersion require supplemental oxygen. The World Health Organization (WHO) has pronounced SARS-CoV-2 as pandemic. Patients with COVID-19 present for the most part with respiratory side effects. Inclined position has been customarily utilized in intense respiratory trouble disorder (ARDS) to improve oxygenation and forestall barotrauma in ventilated patients. Conscious Proning is being utilized as an investigational treatment in COVID to concede obtrusive ventilation, improve oxygenation, and results. Proning is the way toward turning a patient with exact, safe movements from their back onto their mid-region (stomach) so the individual is lying face down. The doctors noticed that it is particularly helpful in involved COVID-19 patients with or without ventilator needs and says, "The position takes into consideration better extension of the dorsal (back) lung districts, improved body development and upgraded evacuation of emissions which may eventually prompt advances in oxygenation (relaxing)." Proning has become part of the plan of care during the COVID-19 pandemic. Proning improves ventilation, keeps alveolar units open and breathing simple. It is required just when the patient feels trouble in breathing and the SpO<sub>2</sub> diminishes lesser than 94 (under 94). Normal checking of SpO<sub>2</sub>, alongside different signs like temperature, pulse and glucose, is significant during isolation. Well-timed Proning and keeping up great ventilation could save numerous lives. Correct positioning of pillows is necessary for accurate Proning. The pillows should be positioned as follows-

- One pillow below the neck.
- One or two pillows below the chest through upper thighs.

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- Two pillows below the shins.

For self proning the following positions are to be followed in step wise manner and it is best not to spend more than half an hour in each position.

- 1) 30 minutes - 2 hours lying on your belly.
- 2) 30 minutes- 2 hours lying on your right side.
- 3) 30 minutes- 2 hours sitting up.
- 4) 30 minutes- 2 hours lying on your left side.
- 5) Then back to position 1-lying on your belly.

### Cautions

- Stay away from Proning for an hour after dinners.
- One may incline for as long as 16 hours per day, in various cycles, as felt agreeable.
- Pillows might be changed marginally to modify pressure areas.
- Monitor any pressing factor wounds or injuries, particularly, around bony prominences.