



Proning Position

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- Ministry of Health and Family Welfare has issued an advisory regarding proning exercise for **Covid patients in hospitals, so that they may not require additional oxygen support.**
- Proning a medically approved position, in which patients are made to lie on their abdomen to boost their oxygen levels.
- While prone, **the patient is made to lie on his/her belly using pillows.** One can also lie on their right side (right lateral), left side (left lateral) or sit at a 60-90 degree angle in the 'fowler position'.
- Doctors suggest that a patient remain prone for a minimum of 30 minutes to a maximum of 2 hours. **This helps improve ventilation to the lungs and hence oxygen levels start improving.**
- As the second wave of Covid-19 sweeps through the country with deadly consequences, doctors across the state have started advocating proning exercises to improve oxygen levels in Covid positive patients- both in home isolation as well as in hospital.

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