

Non-Intubated Awake Pronation Protocol (™) “NAP TIME”

AKA “Tummy Time”

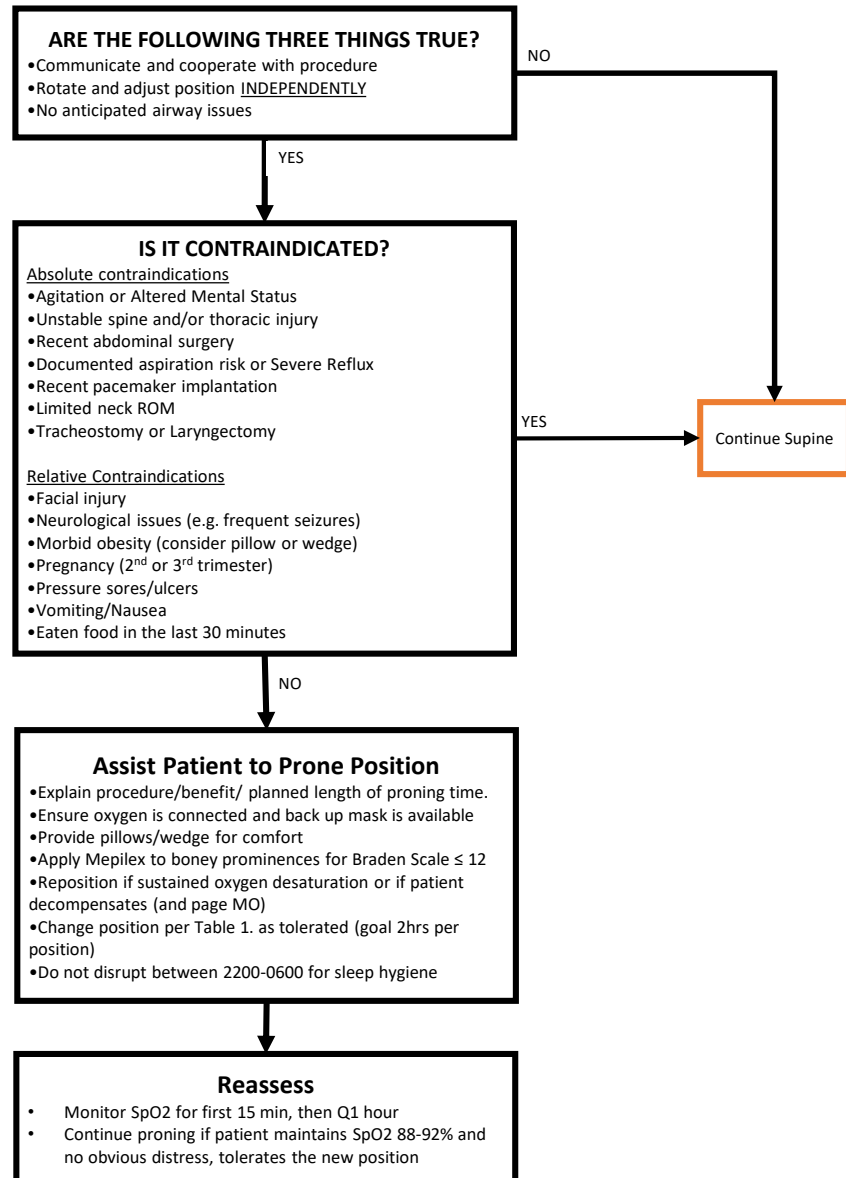


Table 1: Timed Position Changes:

1. 30min-2hrs lying fully prone (bed flat)
 2. 30min-2hrs lying right lateral decubitus (bed flat)
 3. 30min-2hrs sitting up (30-60 degrees head of bed) or out of bed in chair
 4. 30min-2hrs lying fully prone (bed flat)
 5. 30min-2hrs lying left lateral decubitus (bed flat)
- Repeat steps 1-5 except between 2200-0600 for sleep hygiene. Encourage patient to sleep prone/ with bed flat
 - Goal is 2hrs per position

Literature:

1. Ding L, Wang L, Ma W, He H. Efficacy and safety of early prone positioning combined with HFNC or NIV in moderate to severe ARDS: a multi-center prospective cohort study. *Critical care (London, England)*. 2020;24(1):28.
2. Guerin C, Reignier J, Richard JC, et al. Prone positioning in severe acute respiratory distress syndrome. *The New England journal of medicine*. 2013;368(23):2159-2168.
3. Kallet RH. A Comprehensive Review of Prone Position in ARDS. *Respiratory care*. 2015;60(11):1660-1687.
4. Pan C, Chen L, Lu C, et al. Lung Recruitability in SARS-CoV-2 Associated Acute Respiratory Distress Syndrome: A Single-center, Observational Study. *American journal of respiratory and critical care medicine*. 2020.
5. Scaravilli V, Grasselli G, Castagna L, et al. Prone positioning improves oxygenation in spontaneously breathing nonintubated patients with hypoxemic acute respiratory failure: A retrospective study. *Journal of critical care*. 2015;30(6):1390-1394.
6. Sun Q, Qiu H, Huang M, Yang Y. Lower mortality of COVID-19 by early recognition and intervention: experience from Jiangsu Province. *Annals of intensive care*. 2020;10(1):33.

Further Reading and Rationale:

- <https://emcrit.org/emcrit/awake-pronation/>
- <https://emcrit.org/pulmcrit/proning-nonintubated/>

Other Protocols:

1. Intensive Care Society (UK)
 - <https://emcrit.org/wp-content/uploads/2020/04/2020-04-12-Guidance-for-conscious-proning.pdf>
2. Emcrit/Scott Weingart
 - <https://emcrit.org/wp-content/uploads/2020/04/COVID-CARP-Protocol-postable.pdf>
3. Mass General Hospital
 - <https://www.massgeneral.org/assets/MGH/pdf/news/coronavirus/prone-positioning-protocol-for-non-intubated-patients.pdf>