

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 flat on your back.
 2. 30 minutes to 2 hours lying flat on your right side.
 3. 30 minutes to 2 hours sitting up in bed propped up by pillows.
 4. 30 minutes to 2 hours lying flat on your left side.
 5. 30 minutes to 2 hours lying flat on your back again.
 6. Continue to repeat the cycle...

In pictures:

1. 30 minutes – 2 hours: lying fully prone (bed flat)



2. 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



4. 30 minutes – 2 hours: lying on your left side (bed flat)



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



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>

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