

<p><b>BEFORE THE PROCEDURE</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Increase FiO<sub>2</sub> 100%, charge ETT to soft tie and note length at teeth.</li> <li><input type="checkbox"/> Confirm trained/understand procedure.</li> <li><input type="checkbox"/> Any contraindications (see below).</li> <li><input type="checkbox"/> Emergency equipment located and ready (airway/resus).</li> <li><input type="checkbox"/> Eyes taped and lubricated.</li> <li><input type="checkbox"/> Stop feed and aspirate NG tube.</li> <li><input type="checkbox"/> Disconnect all monitoring except arterial line and capnography.</li> <li><input type="checkbox"/> Adequate length on infusion lines? <ul style="list-style-type: none"> <li>• Consider moving pumps.</li> <li>• Stop non-essential infusions.</li> </ul> </li> <li><input type="checkbox"/> Chest drains? <ul style="list-style-type: none"> <li>• Keep below patient, consider clamping.</li> </ul> </li> <li><input type="checkbox"/> Adequate number of pillows and sheets.</li> <li><input type="checkbox"/> Adjust number of pillows and sheets.</li> <li><input type="checkbox"/> Adjust height of bed to airway doctor.</li> <li><input type="checkbox"/> Allocate roles. <ul style="list-style-type: none"> <li><input type="checkbox"/> Airway.</li> <li><input type="checkbox"/> Shoulders ×2 A(RHS) and B(LHS).</li> <li><input type="checkbox"/> Hips ×2.</li> <li><input type="checkbox"/> (Consider 1 if chest drains in situ).</li> </ul> </li> <li><input type="checkbox"/> Confirm rolling sequence by teamlead.</li> </ul>	<p><b>PRONING</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Equipment. <ul style="list-style-type: none"> <li><input type="checkbox"/> 4 × pillows, 2 in one pillow case.</li> <li><input type="checkbox"/> 2 sheets.</li> <li><input type="checkbox"/> 1 slide sheet.</li> </ul> </li> <li><input type="checkbox"/> Confirm adequate sedation.</li> <li><input type="checkbox"/> Administer bolus of muscle relaxant.</li> <li><input type="checkbox"/> Confirm airway adequately secured.</li> <li><input type="checkbox"/> Remove pillow behind head.</li> <li><input type="checkbox"/> Insert slide sheet underneath patient.</li> <li><input type="checkbox"/> Apply pillows to chest (just under chin) and pelvis (top level with ASIS). <ul style="list-style-type: none"> <li>• Keep abdomen clear.</li> </ul> </li> <li><input type="checkbox"/> Apply top sheet over patient.</li> <li><input type="checkbox"/> Initiate 'Cornish pasty' technique. <ul style="list-style-type: none"> <li>• Ensure sheet tight at shoulders and hips.</li> </ul> </li> <li><input type="checkbox"/> On instruction of shoulder person A. <ul style="list-style-type: none"> <li>• Slide to patients left side and pause.</li> <li>• Rotate 90 degrees and pause.</li> <li>• Exchange heads in sequence, one at a time.</li> <li>• Shoulders followed by hips.</li> <li>• Rotate second 90 degrees.</li> <li>• Hip team to reapply monitoring.</li> <li>• Shoulder team to position arms. = Swimmers position with arms and leg fixed on same side.</li> </ul> </li> </ul>	<p><b>POST PRONE</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Confirm ETT length.</li> <li><input type="checkbox"/> Unclamp chest drains if needed.</li> <li><input type="checkbox"/> Tilt bed head up 30 degrees.</li> <li><input type="checkbox"/> Review vent settings.</li> <li><input type="checkbox"/> Consider reducing FiO<sub>2</sub></li> <li><input type="checkbox"/> Restart NG feed.</li> <li><input type="checkbox"/> Confirm abdomen free.</li> <li><input type="checkbox"/> Assess pressure areas. <ul style="list-style-type: none"> <li><input type="checkbox"/> ETT away from face.</li> <li><input type="checkbox"/> Eyes closed/padded.</li> <li><input type="checkbox"/> Ear not bent over.</li> <li><input type="checkbox"/> NG tube pressed against nose.</li> <li><input type="checkbox"/> Penis lying between legs.</li> <li><input type="checkbox"/> Lines not pressing on skin.</li> </ul> </li> </ul>
<p><b>RELATIVE CONTRAINDICATIONS</b></p> <ul style="list-style-type: none"> <li>■ Unstable shock.</li> <li>■ Tracheostomy &lt;24 hours.</li> </ul>		<p><b>POST PRONING BUNDLE</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ABG &gt;30mins post proning.</li> <li><input type="checkbox"/> Alternate limb, leg and head position 4 hourly.</li> <li><input type="checkbox"/> Identifying time for re proning : <ul style="list-style-type: none"> <li><input type="checkbox"/> Identifying CPR point with marker = Lower border scapula, down 2 spinous process in midline.</li> </ul> </li> </ul>

📌 **Figure 1: AICU HCID Proning Checklist v 1.3.**