

**National Stop the Pressure Programme**

**Pressure ulcer prevention guidance when nursing patients in the prone position – May 2020**

Skin care during proning checklist

	Before the procedure		Immediately post procedure	
Head			Ensure in correct alignment and well supported	
Forehead	Clean and moisturise			
Eyes	Clean, lubricate, apply any necessary ointment. Tape closed		Ensure tape remains in situ	
Ears	Apply HCD dressing if felt necessary		Ensure ears are not bent over	
Cheeks	Clean and moisturise			
Nose / NG Tube	Clean and moisturise, ensure NG tube secured in hammocking technique		Ensure tubing is secure and tape not pulling on the skin	
Lips	Clean and apply lip balm / moisturiser.			
Chin	Clean and moisturise consider if a foam dressing is required.			
ET tube	Replace Anchorfast type device with tape, apply protective silicone padding			
Neck	Clean and moisturise, apply dressing to protect from tapes			
Arms	Clean and moisturise, apply protective dressing to elbows if required		Check positioning	
Chest	Remove ECG dots and prepare to resite		Reapply ECG dots	
Breasts / Nipples	Apply protective dressing e.g., foam, silicone padding			
Iliac crest / Pelvis	Clean and moisturise, apply protective dressing if required			
Genitalia	Ensure catheter care given		Ensure genitalia are positioned freely between the legs and that catheter. Use a strip of silicone pad between catheter and the skin, catheter tubing should lie free between the legs. If sizing is appropriate use a silicone heel cup to protect the scrotum.	
Legs	Clean and moisturise		Ensure legs are appropriately supported on pillows	
Knees	Clean and moisturise, apply protective dressing taking into consideration the ways the knees will be resting on the mattress		Immediately post procedure	
Feet	Clean and moisturise		Ensure feet are off loaded and malleolus and toes are not rested on the mattress	
Other bony prominences	Clean and protect with appropriate dressing		Check all bony prominences are appropriately protected/ supported / off loaded. Ensure no lines are trapped under the patient / the patient's limbs.	