

Self-proning with Levitex[®] pillows

Our guide to proning at home to aid the symptoms of coronavirus

Dr Ilan Lieberman



The Optimum Surface for Sleep

Levitex[®]



Dr Ilan Lieberman
Pain Management Specialist
MBBS, FRCA, FFPMRCA
Levitex Medical Director

Dr. Ilan Lieberman is the medical director here at Levitex and over the past couple of months, he's been working on the front line with the team at Wythenshawe Hospital in the fight against Covid-19. To say we're proud of him and all the other doctors and nurses across the UK right now is an understatement.

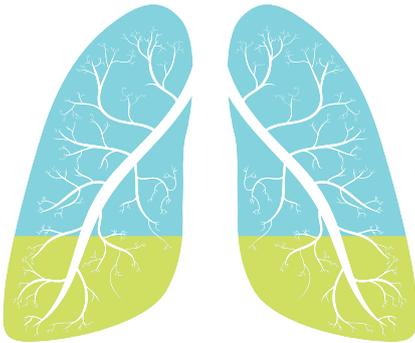
He continues to work tirelessly in the Intensive Care Unit and has told us that one of the critical interventions being used to help patients with coronavirus is the use of pillows to position them in **prone**.

We wanted to help, so we've already donated more than 100 of our Levitex pillows to ICUs across the North West region to offer some support.

Using his experience in ICUs, Ilan has put together a guide and a short video for us about self-proning, covering the best way to self-prone. You can find the video on our website at www.levitex.co.uk/self-proning as well as an explanation from Ilan about what proning is and why it may be beneficial.

Why prone?

“To lie prone is a fancy medical term for lying on your front.”



“Patients with bad pneumonia spend a long time lying on their backs on a ventilator.

When this happens the fluid in their lungs tends to pool at the back of their lungs, and the air they breathe-in tends not to mix well with the blood flowing through the lungs. This is because of the pooling of fluid and the collapse of lung tissue it causes.

Think about it like this..

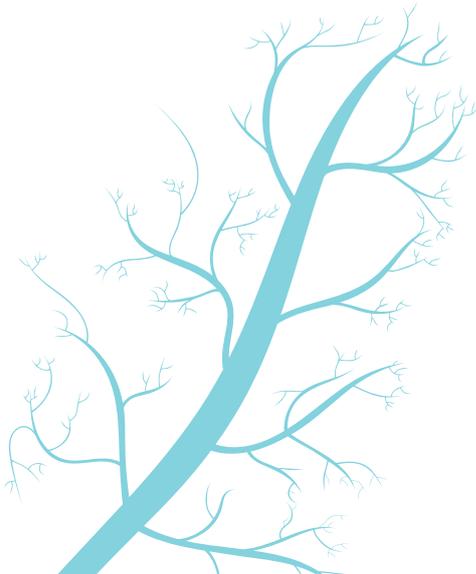
Your chest is like a pint glass with your lung tissue and the airspaces - like a sponge filling the glass.

If that tissue becomes soggy with infection the blood flows poorly through it and the oxygen from the air you breathe in doesn't get transferred efficiently into the blood flowing through your chest.

So, if you are lying on your back the lung tissue towards the back of your chest will get soggy with infection and this causes a problem, as the oxygen transferred to the blood can be dramatically reduced.”

Your Lungs and Covid-19

“Lung tissue is delicate. We need to look after it.



“Ultimately in COVID, or any other lung infection, the patient tires of breathing and becomes exhausted with the effort to keep the blood sufficiently oxygenated, with the only way to treat this is to put the patient on a mechanical ventilator and support their breathing.

For many reasons being on a mechanical ventilator is a last resort as it can, and often does, unfortunately, damage the lungs of the patient.

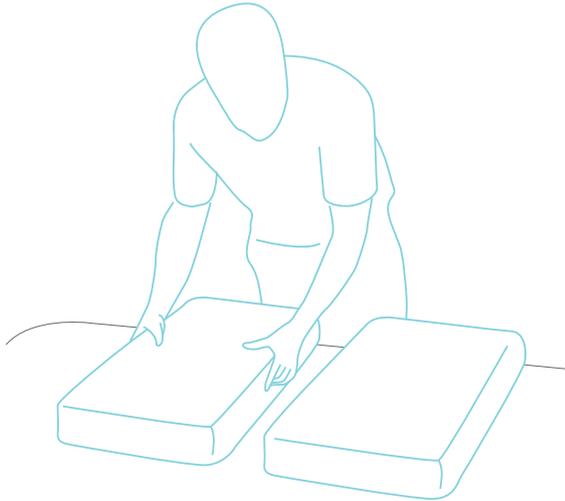
One way you can do that if you have a COVID infection affecting your breathing is to self-prone. Proning can affect the areas of soggy tissue of the lung and can open up collapsed airways.

This system helps the areas of the lung that have mismatches in how much blood is flowing to them, compared to how much oxygen is reaching that space.

The effect is almost instant on patients who use proning. This is in part why it's worth trying if you are struggling with COVID breathlessness at home.”

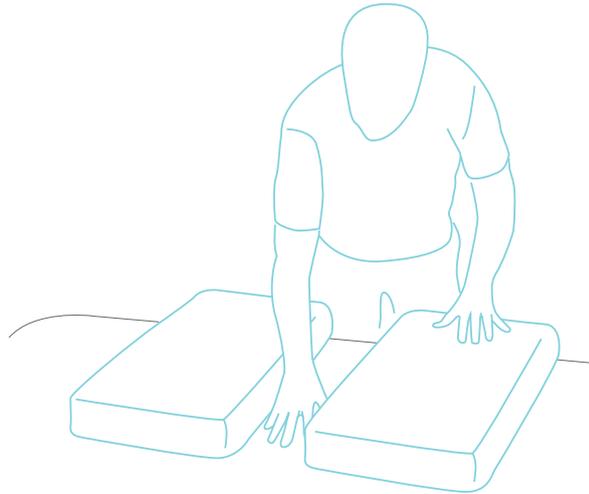
How to self-prone

“The key is to support the chest and pelvis with firm pillows and leave the tummy free to move in and out as you breathe.”



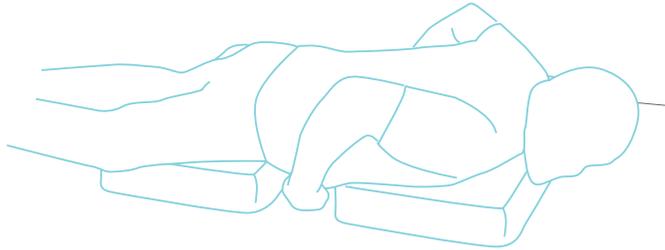
Step one

Place two pillows in the middle of your bed in position to support your chest and pelvis.



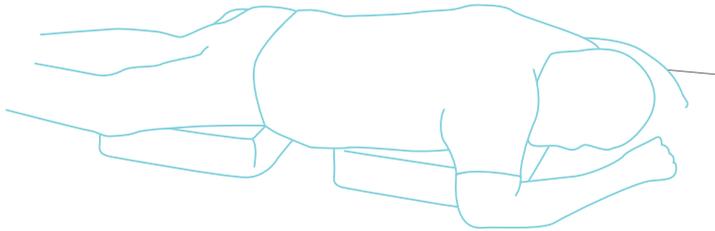
Step two

Separate the pillows so your stomach will be able to fit inbetween them. At least a hands width apart.



Step three

Lie face down on top of the pillows ensuring your chest and pelvis are supported with your stomach in between to allow you to breathe.



Step four

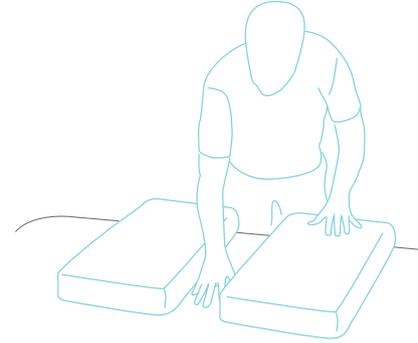
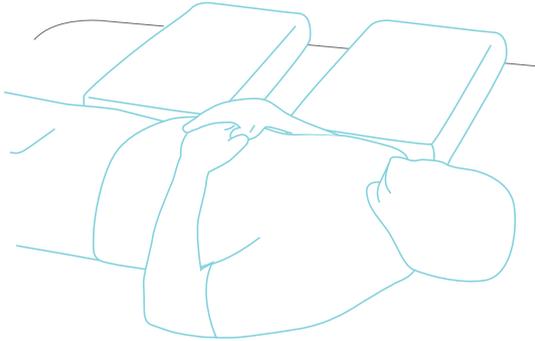
Position your head comfortably below your chest, your head may rest on either side.

Levitex®

www.levitex.co.uk/self-proning

Please watch our videos where Dr. Ilan demonstrates how to self-prone.

How to self-prone with reduced movement



Step one

Arrange your pillows as before, or ask a carer if needed.

Step two

Lie on your back next to the pillows aligning them with your chest and pelvis.

Step three

Roll yourself over onto the pillows ensuring that your chest and pelvis are supported and there is room for your stomach to breathe.

The Optimum Surface for Sleep

Levitex[®]

www.levitex.co.uk

  LevitexSleep

Levitex Foams Ltd
Greenheys Building
61 Pencroft Way
Manchester M15 6AY



Levitex[®] pillows are firm, but comfortable, and are designed to avoid creating uncomfortable pressure areas, making them great for proning - which is why they have been used in the intensive care units across the North West.

Levitex[®] pillows are designed to fit a standard pillowcase and available to buy in four depths depending on your height and sleeping position, from our website at www.levitex.co.uk