

## Cardiopulmonary Resuscitation (CPR) When Patient is in the Prone Position

**DO NOT** turn the patient immediately if:

1. You have an airway
2. You have IV access

These both may be lost if the patient is flipped in a panic to facilitate CPR. This could likely be a terminal complication.

**Until you have adequate people to support a safe turn, use standard ACLS protocols.**

**Prone CPR:**

1. Place a board under the patient; top of the board just below sternal notch.
2. Place a hand on the spine directly opposite the sternum (landmark the sternum by placing one hand under the patient to feel the sternum).
3. Commence compressions on the spine opposite the sternum.



**Defibrillation:**

1. Defibrillation can be achieved with the pads either applied postero-lateral (one in the left mid-axillary line, the other over the right scapula) or in the bi-axillary positions (see picture below)
2. Defibrillate and/or pace as per ACLS protocols



**Return patient to the supine position if and when:**

1. Unable to achieve adequate CPR - based on EtCO<sub>2</sub> monitoring
2. Adequate and experienced personnel available to safely turn the patient

Content and pictures from *The Faculty of Intensive Care Medicine Guidance for: Prone positioning in Adult Critical Care (2019)*

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