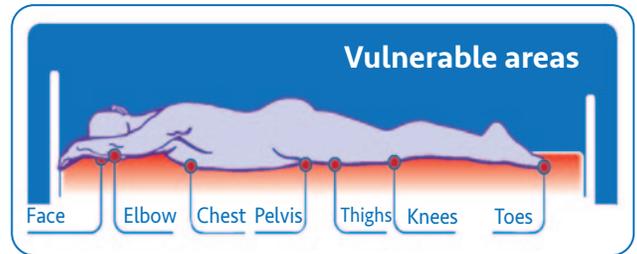


Prone Positioning Solutions

NPIAP recommends a pressure redistribution surface and positioning devices be used to offload areas at risk for pressure injury while in the prone position.¹

The WAFFLE Cushion has been used in the acute care setting for pressure injury prevention in supine and sidelying positions for over 35 years. A simple concept, supported by scientific principles, consists of a pliable, air-filled container designed to envelop the body and allow for immersion into the support surface. A reduction in peak pressures over bony prominences occurs because pressure is redistributed. Using the WAFFLE Cushion in the **prone position** follows these same scientific principles to protect patients from pressure injuries on all surfaces.



Recommended Set up and Use:

1. With the patient in the supine position, place the Bariatric WAFFLE Cushion across the front of the body, covering the chest and pelvic region and cover with a sheet.
2. Place patient into the prone position using facility approved technique.
3. Add WAFFLE Cushion under the knees, head and elbow to ensure all vulnerable areas are protected.
4. Adjust cushion(s) placement as needed. Perform a hand check to verify that there is 1/2 – 1” of air between WAFFLE Cushion(s) and patient. Add additional cushions as needed.



Different configurations of the WAFFLE Cushion(s) may be necessary for pressure redistribution or proper positioning due to various body shapes and sizes. Place cushion in a pillowcase if in direct contact with patient's skin.

To protect the head, place a folded WAFFLE Cushion under the head, avoiding the ear and/or any tubing.



To ensure proper pressure redistribution at the elbow, slide the WAFFLE Cushion underneath.



To provide microshifts or to elevate the chest or pelvis, slide an additional WAFFLE Cushion underneath



To protect the knees and toes, slide a WAFFLE Cushion underneath.



Note: Modify as needed based on clinical judgement or facility protocol.

1. Pressure Injury Prevention-PIP Tips for Prone Positioning. Npiap.com. (2020). Retrieved 11 November 2020, from https://cdn.ymaws.com/npiap.com/resource/resmgr/online_store/posters/npiap_pip_tips_-_proning_202.pdf.