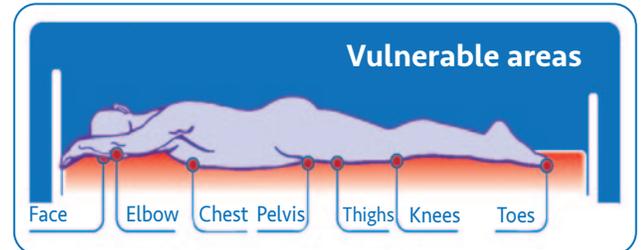


### Prone Positioning Solutions

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

The WAFFLE Overlay and WAFFLE Cushion(s) 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 Overlay and WAFFLE Cushion(s) in the **prone position** follows these same scientific principles to protect patients from pressure injuries on all surfaces.



### Recommended Set up and Use

#### WAFFLE Overlay

1. With the patient in the supine position, ensure there is a flat sheet between patient and the WAFFLE Overlay. Deflate
2. Place patient into the prone position using facility approved technique
3. Inflate the WAFFLE Overlay at the clear valve with recommended number of strokes
4. Perform a hand check under the lower rib cage or pelvis to verify proper WAFFLE Overlay inflation: 1/2 - 1" of air between WAFFLE Overlay and patient, as the patient should be immersed into the WAFFLE Overlay

OR

#### WAFFLE Cushion

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.



**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](https://cdn.ymaws.com/npiap.com/resource/resmgr/online_store/posters/npiap_pip_tips_-_proning_202.pdf).

# Prone Positioning Solutions

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Different configurations of the WAFFLE Overlay and 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 and neck area:

Fold the WAFFLE Overlay underneath itself near the top of the shoulders or consider tucking a corner underneath.

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



## To protect the knees and toes:

Fold the WAFFLE Overlay underneath to offload the toes.

Slide a WAFFLE Cushion underneath.



## To ensure proper pressure redistribution at the elbow:

Place patient on the WAFFLE Overlay or slide a WAFFLE Cushion underneath.



## To provide microshifts or to elevate the chest or pelvis:

Slide additional WAFFLE Cushions underneath

