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## Precautionary Positioning to Reduce VAP

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### Abstract

**Background:** When patients are placed on mechanical ventilation, a series of antibiotics are administered as prophylaxis for nosocomial pneumonia. Nosocomial pneumonia is a common, yet preventable, condition that can develop quickly in patients that have limited mobility and are undergoing ventilation assistance.

**Literature Review:** In this review, studies were analyzed to determine which positions are most effective at preventing nosocomial pneumonia in patients that are undergoing mechanical ventilation in intensive care units. The purpose of this study is to compare and contrast outcomes when mechanically ventilated patients are placed in various positions to reduce nosocomial pneumonia contraction. Variables such as spinal fractures, head of bed angle, open abdominal wounds, and other position limiting factors will be explored to help determine when specific positions are indicated over others. The databases searched were PubMed Central, JSTOR, ProQuest, EMBASE, and CINAHL using the keywords ventilator-associated pneumonia, intubation positioning, nosocomial pneumonia, semi-recumbent position, semi-fowler, prone position, and mechanical ventilation. Articles conclude that placing mechanically ventilated patients in the supine position should be avoided, when possible, to avoid the contraction of nosocomial pneumonia.

**Method:** Staff will be provided with EBP bundle on preventing VAP. Patients will be placed in the semi-recumbent position with a head of bed angle greater than or equal to 30 degrees when tolerable. The supine position will be avoided.

**Evaluation:** Documentation will be reviewed to confirm compliance of the VAP bundle. VAP incidence rates will be reviewed weekly. Results will be compared to previous VAP incidence rates to assess the effectiveness of implemented interventions.

**Keywords:** Body Positioning, Prone, Supine, Semi- Recumbent, Semi-Fowler, Mechanical Ventilation, Nosocomial Pneumonia, Ventilator Associated Pneumonia