



Advanced course

LiN – Lagerung in Neutralstellung®

Target group

Nurses, therapists and caregivers who have already passed a LiN® basic course, and who want to refresh their knowledge, or seek solutions positioning patients with contractures or other challenging difficulties.

Teaching goals

- to refresh the positioning skills taught in the basic course.
- To learn the 135° position and the prone position in LiN®.
- To be able to adopt the different positions more effectively in relation to the individual goals and needs of patients.
- To understand the reciprocal effect of the dysregulation of tone between different body parts.
- To be able to develop ideas related to treat contractures.
- To feel confident to adopt LiN® to patients with contractures and individual problems.
- To understand the need of additional measures within an interdisciplinary treatment approach to effectively treat contractures.
- To become aware of biomechanical principles.

Course presentation

- Repetition of the positions of the basic course with teamwork practice.
- Course members develop 135 ° position and the prone
- Positioning on the ward.
- Presentation of specific problems of some of the patients to the group.
- Coached learning for the development of ideas to treat contractures.
- Taking pictures during practical lab completes the courseware in the notes
- Pictures from own patients can be presented and discussed.



Course leader

Especially trained advance course trainers teach the course. Basic course trainers and assistants may complete the teaching team. They support the advance course trainer during practical labs

Duration of the course

The course takes 2 days and consists of at least 16 hours / 20 learning hours à 45 minutes.

Number of participants

1 trainer is supervising a maximum of 12 participants. Per assistant another 3 participants can attend the course up to a maximum of 18 participants.

Rules for certification

Certificates will be awarded if the course requirements are fulfilled.



Exemple of a schedule

1. Day		Subjects
08:30	Uhr	Theory / practical lab
10:15	Uhr	Coffee break
10:30	Uhr	Theory / practical lab
12:30	Uhr	Lunch
13:15	Uhr	Theory / practical lab
14:45	Uhr	Coffee break
15:00	Uhr	Theory / practical lab
16:00	Uhr	Patients on the ward
17:00	Uhr	Debriefing
17:30	Uhr	Finish
2. Day		
08:00	Uhr	Theory / practical lab
09:45	Uhr	Coffee break
10:00	Uhr	Theory / practical lab
11:30	Uhr	Patients on the ward
12:30	Uhr	Lunch
13:15	Uhr	Theory / practical lab
15:15	Uhr	Coffee break
15:30	Uhr	Theory / practical lab
16:15	Uhr	Final discussion
16:30	Uhr	Finish

Subjects

- Exchange of experience, wishes and needs
- Discussion, questions, feedback
- Problems of the use of LiN[®] during the daily routine

Practical lab:

- According to the needs of the participants: repetition of supine, 30° side lying, 90° side lying, sitting in bed and the chair
- 135°-position, prone
- positions to stretch muscles and treat contractures

Working with patients:

- Assessment and positioning in relation to indication and individual needs
- Presentation of some patients, analysis and problem discussion

Theory:

- Kinetic and biomechanical preconditions for sitting, stance and transfers
- biomechanical and functional consequences of decrease of mobility
- Indication and contraindication of the different positions