

The LiN-Arge e.V. offers different courses. Basic and advanced courses enable the participants to get to know the overall concept. However, participation in a course does not ensure that the contents are implemented in everyday life, unless LiN is already being used by many colleagues.

For a successful introduction of LiN and the permanent implementation of this evidence-based positioning concept, we recommend a comprehensive package of measures with the following components:

- An introductory training course of 3-4 hours within a few weeks for as many nursing and therapeutic staff as possible
  - Short theoretical explanation
  - Training and practical practice of 2-3 of the positions frequently used positions of the setting. For this purpose, a room must be available in which a bed is available for 3-4 employees, equipped with at least 3 quilts, two large and one small pillow, 2 towels and a bath towel.
  - If applicable, positioning of patients on the ward
- Use of a trainer in the daily routine of the ward as a practical supervisor for 2-4 days during the first months
- More intensive training of some employees\* who feel responsible, motivating them to carry the concept further
  - 2-day standardized LiN basic course (approx. 200-250€ each plus expenses)
- If necessary, training of at least 1 employee to become a LiN-practice instructor (special 5-days training to be able to supervise peers, approx. 750€ plus expenses)
- Acquisition of sufficient positioning material to be able to position the patients with LiN-indication according to LiN quality standards.

### Example of a training of approx. 30-35 employees

- 1st training day: 2 x 3-4 hours introductory course with up to 12 participants
- 2nd training day: 1 x approx. 3-4 hours Introductory course PLUS 1 x approx. 4 hours supervision in everyday ward life
- 3rd, 4th training days: 6 - 8 hours of technical supervision in everyday ward life

It would be best if at the time of the 2nd training course the selected employees\* have already participated in a LiN course for practical instruction and can accompany the trainer during bearing supervision. They should take over the instruction at the latest when the training is completed by the trainer.

If an institution decides to introduce the LiN concept, the LiN-Arge e.V. will arrange for an appropriately qualified trainer who is experienced in the relevant specialist area (e.g. in geriatrics, neurology, phase F, coma or intensive care).

The detailed costs are negotiated directly with the trainer in question and amount to approx. 700€ fee per day, usually plus expenses, travel costs and accommodation.

If you have any questions about our concept or the introduction, or if you would like a trainer placement or an individual offer, please contact [www.lin-arge.de/en/kontakt](http://www.lin-arge.de/en/kontakt)

Translated (modified) with [www.DeepL.com/Translator](http://www.DeepL.com/Translator) (free version)