

Target group

Nurses, therapists, family members and others who are involved in the care or treatment of severely disabled patients in acute and intensive care, early rehabilitation, nursing homes or at home who would like to refresh their knowledge from the basic course and learn adaptations for patients with contractures and more complex problems.

Requirement

Proof of participation in a certified LiN basic course. Practical experience with positioning should have been gained after the basic course.

Learning objective

- Refresh the key elements of the basic course positions.
- Learn the 135° position and the prone position and be able to perform them under supervision.
- Experience LiN on one's own body.
- Adapt individual positions even more effectively to the goals and individual needs of the patient.
- Get to know the interaction of tonus dysregulations in different body regions.
- Understand the basic kinetic and biomechanical requirements for sitting, standing and transfers.
- Develop ideas for stretching positions with the aim of treating contractures.
- Gain confidence in adapting LiN to contractures and individual problems.
- Recognise the need for additional measures for the interdisciplinary treatment of contractures.

Course presentation

- Using the current worksheets, the students repeat the basic course positions by practising them on each other.
- The students independently develop the 135° position and the prone position using the LiN principles and practise them on each other. The trainer serves as an advisor.
- Developing ideas for the treatment of contractures in group work and discussions.
- Whenever possible, patients are positioned during the course.
- LiN positions practised by the course participants are presented to the entire group, analysed and the immediate effects are reported.
- The basic course script can be supplemented both with your own notes and with photos taken during the practical labs

Course leader

LiN advanced course trainers are teaching the course. These are nurses and therapists who have successfully completed the advanced course trainer education and have been authorised by Dr. Heidrun Pickenbrock to teach advanced courses. Basic course trainers and assistants can supplement the teaching team. They teach under the supervision of the trainer and assist in the coaching during the practical labs.

Duration of the course

The course is usually held over two days and lasts at least 20 teaching units (à 45 minutes).

Number of participants

A maximum of 12 participants.

Rules for certification

A certificate is only provided if the course requirements have been met.

Course costs

The course organiser determines the course costs. The course organiser can be found on our website at <https://www.lin-arge.de/en/course-data>. With a click on “Details” in the respective line of the course on the far right you will find the contact details of the responsible person.

Translated (modified) with www.DeepL.com/Translator (free version)