



## **Advanced course**

### **LiN – Lagerung in Neutralstellung (Positioning in Neutral)**

#### **Target group**

Nurses, therapists, relatives and doctors who care for immobile patients in acute hospitals, intensive care units, early rehabilitation, phase-F facilities, nursing homes or home care, who would like to refresh their knowledge from the basic course as well as learn how to adapt to patients with contractures and more complex issues.

#### **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**

The advanced courses for LiN are led by authorized advanced course trainers. Assistants and basic course trainers can complement the team and support the advanced course trainer in supervising the practical labs.

**Duration of the course**

The standardised course is held over two days and lasts at least 20 teaching units.

**Number of participants**

A maximum of 12 participants

**Rules for certification**

Certificates will be awarded if the course requirements are fulfilled.

**Course costs**

Please ask the organizer. (<https://lin-arge.de/de/kursdaten> on the far right → [Details](#) → contact person who provides information on the respective course)



### Example of a schedule

1. Day			Subjects
08:30	Uhr	Theory / practical lab	<ul style="list-style-type: none"> <li>- Exchange of experience, wishes and needs</li> <li>- Discussion, questions, feedback</li> <li>- Problems of the use of LiN during the daily routine</li> </ul> Practical lab: <ul style="list-style-type: none"> <li>- According to the needs of the participants: repetition of supine, 30° side lying, 90° side lying, sitting in bed and the chair</li> <li>- 135°-position, prone</li> <li>- positions to stretch muscles and treat contractures</li> </ul>
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			Working with patients: <ul style="list-style-type: none"> <li>- Assessment and positioning in relation to indication and individual needs</li> <li>- Presentation of some patients, analysis and problem discussion</li> </ul> Theory: <ul style="list-style-type: none"> <li>- Kinetic and biomechanical preconditions for sitting, stance and transfers</li> <li>- biomechanical and functional consequences of decrease of mobility</li> <li>- Indication and contraindication of the different positions</li> </ul>
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	