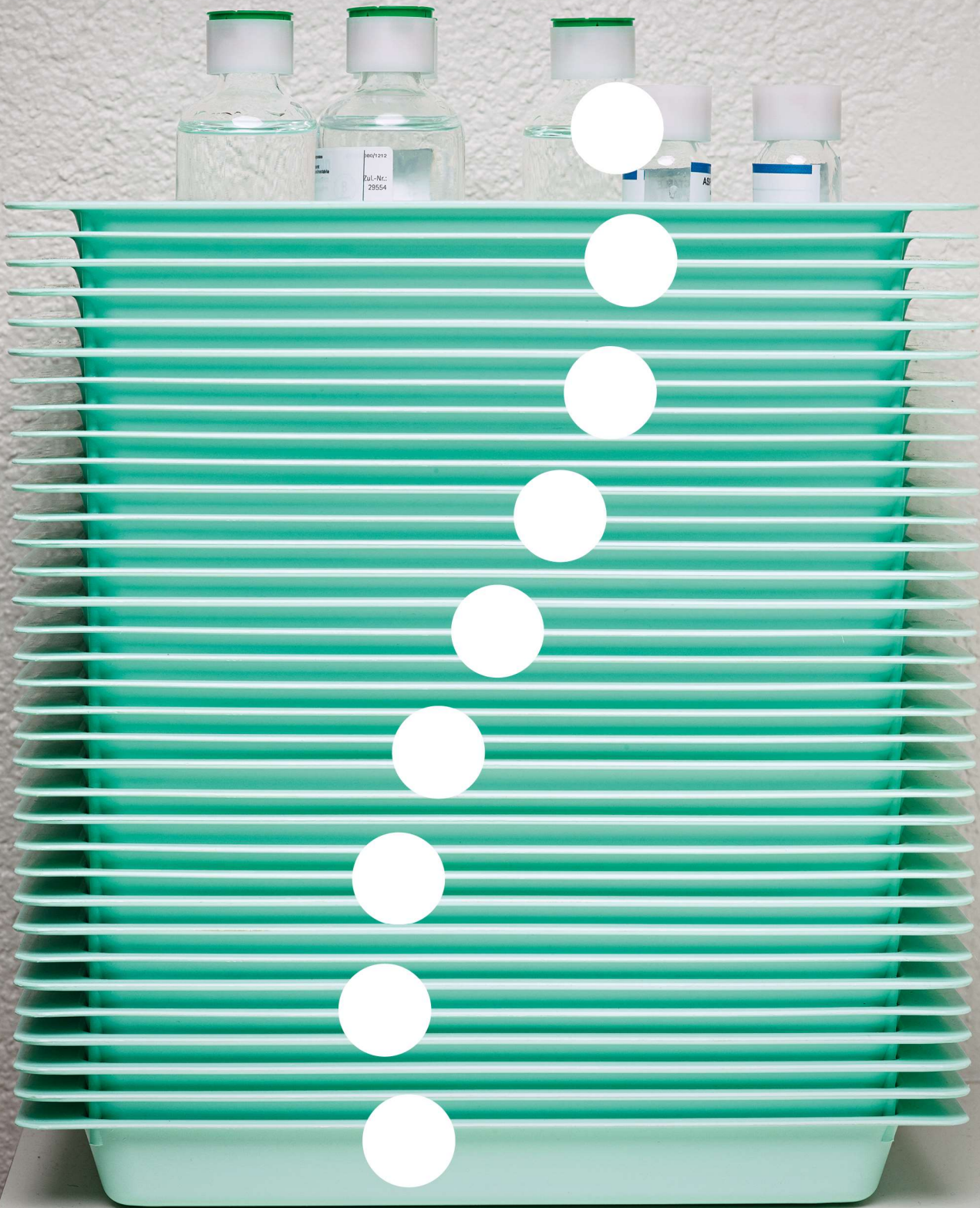


RESEARCH & DEVELOPMENT

# R&D Letter

n° 19 - November 2020



# R&D Letter

## Introduction

Many changes have been initiated in the governance of our institution during the summer of 2020. **Anne-Claude Allin**, who was formerly the Academic Dean and Deputy Director, has taken the helm of strategic matters. For more than 15 years, Anne-Claude Allin has demonstrated an unfailing commitment that has contributed in making our School what it is today: a place dedicated to exchange and the sharing of information on good practice in healthcare. She has passed the torch on to two persons: **Alexandra Nguyen** as the new Faculty Dean in charge of the teaching and research staff's performances as well as their career development; and **Blaise Guinchard**, who has taken the responsibility of the new Deanship of undergraduate and graduate studies.

Two newcomers have also joined our team and extended our area of expertise: **Laurent Fobert**, as the Deputy Dean of Learning Support and Development, and **Véronique de Goumoëns**, as an Associate Professor and the Head of the Teaching and Research Laboratory in Child and Family Health ([LER SEF](#)). During her doctoral studies, she developed, among other works, a family-oriented intervention for brain-damaged patients in an acute phase during hospitalisation. Thanks to her research experience, which she acquired at the Institute of Higher Education and Research in Healthcare ([IUFRS](#)), the Lausanne University Hospital ([CHUV](#)), and the School of Health Sciences ([HESAV](#)), Véronique de Goumoëns will develop the line of research dedicated to family care and will promote this topic at the local, national, and international levels.



*Véronique de Goumoëns,  
Head of the LER SEF*

**Jérôme Favrod**, who has successfully headed the Teaching and Research Laboratory in Mental Health and Psychiatry (LER SMP), has now passed this responsibility to **Shyhrete Rexhaj**, who can count on two new research collaborators at the LER. **Evelyne Berger**, who received a PhD in Applied Linguistics, is Lecturer in our school. She has specialised in the study of communication processes in different settings (ordinary conversations, school, workplace) and she will teach courses on topics related to interactional competencies in professional communication. She will also contribute to the development of Interactional Analysis in the research projects of the LER SMP, and more broadly of our institution. **Anne-Laure Drainville** is a Research Assistant involved in the study: [Ensemble](#) (Together). She is a nurse, graduate of the High School of Health Sciences. She also holds a degree in psychology and eating behaviour disorders, as well as in micro-nutrition, from the university of Bourgogne. She worked for 5 years in a medicalised retirement home, where she was the Guarantor for hygiene, infection prevention and control, as well as Internal Quality Auditor.

This issue of the R&D Letter is also tinged with the current pandemic situation and highlights our researchers' commitment with respect to this situation. Indeed, three new

projects – which are presented hereafter – have received funding. They address topics such as the mental health of youngsters confronted to lockdown, the coping strategies of our students who were sent to work in healthcare institutions during the pandemic peak of COVID-19, or the analysis of caregivers' experience during this difficult period.

This Letter also has an international component, thanks to two new projects in collaboration with respectively the McGill University in Montreal, and the Brain Institute of the Salpêtrière Hospital in Paris. The first one focuses on a support programme to help nursing students' transition into the professional world. The second one addresses the acceptability and the clinicians and patients' eligibility requirements of a diagnosis tool that enables to predict the cognitive decline of patients who are at risk of developing Alzheimer's disease.

These new projects open the path to new perspectives in terms of research development, links between research and teaching, and display above all a research activity that is in adequacy and consistent with health issues and healthcare professionals' needs.

*S. Vuilleumier, Vice-Dean for Research, La Source*

## New projects

### [UniCovid] The psychological impact of the lockdown due to the COVID-19 pandemic in Switzerland

During the COVID-19 pandemic, Switzerland had to apply drastic measures, like many other countries, such as lockdowns or quarantines, to protect its population and its health system. These actions have had a major social, economic and psychological impact on the population: job loss, training interruptions, and social isolation that have led to high levels of stress and anxiety which are prone to cause psychological issues and to weaken people's physical health. The UniCovid study aims to examine the psychological impact of social isolation and its economic consequences on the Swiss population. It is unique because it examines the impact of COVID-19 on three different types of population: children and teenagers between the ages of 12 and 17; the parents of these children and teenagers; and young adults between the ages of 20 and 24. The results of the study will contribute to the development of effective preventive measures for future crises. It is conducted in collaboration with Prof. Susanne Walitza, the Department of Child and Adolescent Psychiatry (University of Zurich, Zurich University Mental Health Hospital) and is principally funded by the Uniscientia Foundation.

*Contact: M. Mohler-Kuo, La Source*

### [HealStud] Perceived degree of exposition to stressors, perceived mental health and health resources for Bachelor students in nursing care at the University of Applied Sciences and Arts - Western Switzerland, during the mobilisation period linked to COVID-19.

The mental health of our students is at the core of our concerns, even more so with the pandemic during which some of them were mobilised to reinforce healthcare institutions. March 2020 marked the end of the first data collection for a longitudinal study aiming to understand how Bachelor students at the University of Applied Sciences and Arts - Western Switzerland protect their mental health. The collected data concerned 446 students in nursing care. A secondary study was rapidly developed following the mobilisation of students to support healthcare institutions, in order to take under account the situation due to COVID-19 and to assess to which degree they perceived their exposure to stressors, how they perceived mental health, and

what health resources were at their disposal during the pandemic. All the collected data will be made available for scientists on an OpenData platform as soon as the first publications are released.

Contact: M. Guzman Villegas-Frei, [La Source](#)

### **[Ensemble] A specific section related to COVID-19 in the Ensemble (Together) programme**

The Ensemble programme consists in individualised interventions for the caregivers of persons suffering from mental disorders. Its effectiveness is currently being tested with a randomised controlled trial (see [link](#)). The COVID-19 pandemic has had indisputable impacts on all the population. However, we have very little information concerning caregivers' experience. In order to have a better grasp of their situation, the participants of the programme were asked via email to answer a survey on their experience using a scale that was adapted to the context of the pandemic. Questions on the lockdown experience and the health state of the ill person (as observed by the caregiver) will be added to this survey. This data will allow for a more accurate analysis of the results of the Ensemble programme, and thus reduce biases linked to this extraordinary period, which will result in a better support for caregivers in such situations.

Contact: S. Monteiro, [La Source](#)

### **[SwissNiFe] Swiss Nightingale Fellowship – Mentoring programme for students in nursing care, with the aim to support the transition from training to professional practice in healthcare**

An alarming number of new nurses leave the profession shortly after having obtained their qualification due to burnouts, psychological distress or a bad transition into the professional world.



SwissNiFe: tools to find one's bearings in one's new life.

Photo: [Unsplash](#)

This project aims to promote and preserve the health of nursing care students in the last year of their Bachelor. Based on an existing mentoring programme previously developed by a Canadian team, our programme will be adjusted and set up in partnership with students, junior professionals, trainers, and healthcare institutions of the canton of Vaud. Its feasibility and acceptability will be put to the test and the first results submitted to an assessment.

Contact: A. Oulevy Bachmann and C. Ortoleva Bucher, [La Source](#)

### **[PREDICT-AD] Automatic prediction of cognitive decline in subjects at risk to develop Alzheimer's disease: Evaluation in a prospective clinical study**

The prediction of cognitive decline and the proposition of a model for the pathological process that is linked to it in patients at risk of developing Alzheimer's disease are crucial for the application of therapeutic or preventive measures and, when it

is possible, for an early setting up of personalised care strategies. Based on risk indicators and the cognitive decline trajectories of a group of patients, the PREDICT-AD project proposes to test a piece of software designed to predict cognitive decline.



PREDICT-AD: Acceptability and eligibility of a piece of software predicting cognitive decline. Photo: [Unsplash](#).

This project aims to test the acceptability of a computerised diagnosis tool and to verify its eligibility requirements for clinicians and patients. The project is led by Professor Stanley Durrleman, ARAMIS research team, Brain Institute, Salpêtrière Hospital, in partnership with the Institute for Memory and Alzheimer's disease ([IM2A](#)). The Teaching and Research Laboratory in Ageing and Health ([LER\\_VISA](#)) brings its anthropological approach on diagnosis processes. It is funded by the French National Health and Medical Research Institute ([INSERM](#)).

Contact: M. Droz-Mendelzweig, [La Source](#)

## **Do not miss**

**Competence Network Health Workforce (CNHW) 2<sup>nd</sup> International Conference – “Effective Measures to keep our Treasures – How to care for Health Professionals and Family Caregivers”, 29-30 April 2021, Lausanne. [Further information.](#)**

**European conference « Agir avec humanisme: discussion entre les disciplines (Acting with humanism: discussion between different fields) » 2021 at the [LER\\_QSSP](#), [La Source](#). Date to be announced on [www.ecolelasource.ch](http://www.ecolelasource.ch)**

## **New publications**

### **Scientific publications**

Anker D., Santos-Eggimann, B., Zwahlen, M., **Santschi, V.**, Rodondi, N., & Chiolerio, A. (2020). Blood pressure control and complex health conditions in older adults: Impact of recent hypertension management guidelines. *Journal of Human Hypertension*. <https://doi.org/10.1038/s41371-020-0334-4>

**Cohen, C.**, Bélanger, L., Pereira, F., & **Kampel, T.** (2020) Integration of family caregivers in delirium prevention care for hospitalized older adults: A case study analysis. *Journal of Advanced Nursing* (Accepted)

**Delmas, P.**, Fiorentino, A., Antonini, M., Vuilleumier, S., Stotzer, G., Kollbrunner, A., Jaccard, D., Hulaas, J., Rutschmann, O., Simon, J., Hugli, O., Gilart de Keranflech, C., & Pasquier, J. (2020). Effects of environmental distractors on nurse emergency triage accuracy : A pilot study. *Research Square*. <https://doi.org/10.21203/rs.3.rs-15514/v1>

Didier, A., **Dzemaili, S.**, Perrenoud, B., Campbell, J., Gachoud, D., Serex, M., Staffoni-Donadini, L., Franco, L., Benaroyo, L., & Maya, Z.-S. (2020). Patients' perspectives on interprofessional collaboration between health care professionals during

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- Moggi, F., Schorno, D., Soravia, L. M., **Mohler-Kuo, M., Estévez-Lamorte, N., Studer, J., & Gmel, G.** (2020). Screened Attention Deficit/Hyperactivity Disorder as a Predictor of Substance Use Initiation and Escalation in Early Adulthood and the Role of Self-Reported Conduct Disorder and Sensation Seeking: A 5-Year Longitudinal Study with Young Adult Swiss Men. *European Addiction Research*, 26(4-5), p.233-244. <https://doi.org/10.1159/000508304>
- Nguyen, A., Frobert, L., & Favrod, J.** (2020). L'analyse interactionnelle comme modalité pédagogique : l'exemple d'un dispositif pour la formation des infirmiers-ères à la relation thérapeutique en psychiatrie. *Phronesis*, 9(2), 93-107
- Pais, B., Bulushek, P., DuPasquier, G., Nef, T., Schütz, N., Saner, H., Gatica-Perez, D., & Santschi, V.** (2020). Evaluation of 1-Year in-Home Monitoring Technology by Home-Dwelling Older Adults, Family Caregivers, and Nurses. *Frontiers in Public Health*, 8. <https://doi.org/10.3389/fpubh.2020.518957>
- Pais, B., Wuerzner, G., Chiolero, A., Schaller, P., Cloutier, L., Paradis, G., Burnier, M., & Santschi, V.** (2020). Team-based care intervention: Views and perspectives from patients and healthcare professionals. *European Journal of Public Health*, 30(Supplement\_5). <https://doi.org/10.1093/eurpub/ckaa166.521>
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- Rexhaj, S., Monteiro, S., Golay, P., Coloni-Terrapon, C., Wenger, D., & Favrod, J.** (2020). Ensemble programme for early intervention in informal caregivers of psychiatric adult patients: A protocol for a randomised controlled trial. *BMJ Open*, 10(7), e038781. <https://doi.org/10.1136/bmjopen-2020-038781>
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- Santschi, V., Wuerzner, G., Pais, B., Chiolero, A., Schaller, P., Cloutier, L., Paradis, G., & Burnier, M.** (2020). Team-based Care for Improving Hypertension Management Among Outpatients. *European Journal of Public Health*, 30(Supplement\_5). <https://doi.org/10.1093/eurpub/ckaa165.1106>
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- Verloo, H., **Kampel, T., Vidal, N., & Pereira, F.** (2020). Perceptions about technologies that help community-dwelling older adults remain at home: Qualitative study. *Journal of Medical Internet Research*, 22(6), e17930, 1-17. <https://doi.org/10.2196/17930>
- Widmer, D., Ouvrard, P., **Guinchard, B., Bhattacharya, K., Bhattacharya, R., Vaucher, C., Baumann, M., & Rossi, I.** (2020). Thinking rural health in Santal communities of West Bengal: An interprofessional bottom-up approach. *Journal of Research in Nursing*, 1744987120937407. <https://doi.org/10.1177/1744987120937407>

## Professional publications

- Bregnard, L., Z'Rotz- Strautmann, L., & **Roulet Schwab, D.** (2020). L'incontinence urinaire en établissement médico-social : le coût de la dignité. Meilleures pratiques infirmières autour de l'incontinence urinaire (IU) établie chez les résidentes en établissement médico-social (EMS). *Soins infirmiers*, 9, 66-67.
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- Dioguardi, A., Rodrigues, E., Gottreux Barron, V., Orita, E., & Zesiger, S.** (2020). Utilisation de tissus par les adolescentes durant les menstruations à Mangalore, Inde. *Revue Médicale Suisse*, 16(711), 2008-2009.
- Dzemaii, S., Oulevey Bachmann, A., Bussy, C., & Stormacq, C.** (2020). Adaptation et résilience dans les soins palliatifs et en oncologie. *Soins infirmiers*, 6, 66-68.
- Favrod, J., & Nguyen, A.** (2020). Le dévoilement de soi du clinicien. *Santé mentale*, 249, 23-27.
- Favrod, J., Nguyen, A., & Frobert, L.** (2020). Le plaisir anticipé s'apprend. *ASMAG, Le journal de l'Association suisse des médecins-assistant(e)s et chef(fe)s de clinique*, 3, 38-40.
- Nguyen, A., Frobert, L., Pellet, J., & Favrod, J.** (2020). Dévoilement de soi et empowerment. *Santé mentale*, 249, 28-32.
- Rexhaj, S., Monteiro, S., Coloni-Terrapon, C., & Favrod, J.** (2020). Un soutien sur mesure pour les proches aidants. *Reiso, Revue d'information sociale, Juin*, 1-5.
- Roduit D., & Reymond B.** (2020). Autisme(s) : un nouveau regard. *Aminfos*, 10-18.
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- Truchot-Cardot, D.** (2020). Apprendre les soins nutritionnels dès le Bachelor. *Reiso, Revue d'information sociale, Juin*. Repéré à <https://www.reiso.org/articles/themes/soins/6061-apprendre-les-soins-nutritionnels-des-le-bachelor>

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