

R&D Letter

n° 26 - November 2024



La Source.

Institut et Haute
Ecole de la Santé

Hes-so

R&D Letter

Introduction

Research at the La Source School of Nursing: A Garden of Innovation and Collaboration.

We are pleased to present the winter edition of our R&D Newsletter.

When I took on the role of head of the R&D Service in July of this year, Professor Nathalie Wellens, my predecessor, compared the research conducted within the school to a vast garden, where each project is a “gem” to be nurtured with care. Since then, I have come to realize just how accurate this image is. In this garden, each project needs light and attention to flourish. The role of the R&D Service, within the Mission Département, is to ensure that these valuable ideas have the opportunity to bloom. As detailed later in this letter, five scientific projects have recently emerged. This vitality is encouraging and highlights the wide array of expertise present in our school.

As facilitators, our mission is also to consider how our extensive network can benefit our entire community by offering opportunities and resources to all. The school is not a research center operating in isolation; it is active in many other fields. Our researchers collaborate directly with patients and caregivers, generating tangible impact in real-world settings. These projects are grounded in various care environments, reach diverse populations, and involve numerous partners. It is essential to highlight this range of actions and to emphasize their full scope.

At the heart of these activities are our colleagues. Their enthusiasm for conducting research and improving care is palpable. The richness of the disciplines intersecting here—close to ten—is a strength. Our interdisciplinary community has recently expanded with the addition of several research assistants (Isa Dupont, Marcelle Petoud, Nathalie Rebetez) and a professor (Mark Marston). We warmly welcome them.

Finally, several PhD projects have been launched this year. A “Focus” section is dedicated to them in this letter. These PhD students represent the future of our research in care and health. Supporting them is crucial to cultivating the promising ideas of tomorrow. There is no doubt that they will become the gardeners of this field in the future.

Philippe Golay
Head of Research & Development



Shota Dzemaili, a lecturer at La Source, is embarking on a PhD exploring nursing competencies in the care of patients with rare diseases. This research is conducted in collaboration with University College Dublin as part of a partnership with HES-SO.

What do we know about rare diseases?

Rare diseases do not have a universal definition. They are often described based on prevalence, which varies from country to country. For instance, in the USA, a disease is considered rare if it affects fewer than 5 in 7,500 people, while in Europe, the threshold is fewer than 5 in 10,000. Other characteristics are also considered, such as life-threatening risks, chronicity, the degree of disability, and the difficulty of diagnosis—not to mention their complexity. Approximately 80% of rare diseases have a genetic origin, and 75% manifest in childhood without being recognized or diagnosed. Currently, 5.9% of the global population is affected by a rare disease. In Switzerland, the figure is 7.2%.

How are these diseases managed today?

Care for rare diseases is a widely debated topic, and the literature describes it as being of low quality. The average waiting time for a diagnosis, which typically involves consultations with more than two specialists, is between four and six years. Since these diseases are progressive, delayed diagnosis can significantly affect their progression. Adding to this is the complexity of making a diagnosis. Due to a lack of recognition and knowledge among healthcare professionals, the journeys of patients and their families are fraught with challenges that negatively impact their quality of life. Knowledge about rare diseases is limited, as they are seldom the subject of scientific or pharmaceutical studies. As a result, healthcare professionals have limited experience in this field. Because these diseases are both rare and complex, they require at least multidisciplinary, if not interprofessional, care. Over time, patients become experts in their conditions, necessitating significant collaboration and communication with healthcare providers.

What essential nursing competencies need to be developed in this field?

There is currently no specific nursing framework for rare diseases. To date, only a few frameworks exist for rare endocrine or genetic diseases. The aim of my PhD is to explore these issues in greater depth.

New projects

[MEQ-PRISM] Analyse MEQ (2018-2021): analyse des données collectées et diffusion des résultats

Founded in 2009, the PRISM Association (Promotion of Integrated Care Networks for Patients) works with key stakeholders in the Geneva healthcare system to improve the quality of care, focusing on interprofessional collaboration and complexity. PRISM has conducted numerous action-research interventions in various care contexts, involving patients, their relatives, professionals, and relevant organizations, with the aim of implementing interprofessional team practices for complex situations. Between 2018 and 2021, the MEQ Analysis (Medical-Economic and Qualitative) was conducted to explore the effects of these interventions and to compare the following aspects of managing complex situations, with and without an interprofessional team: characteristics of complexity, interprofessional practices of the involved teams, perceptions of the individuals involved regarding these practices and their effects, and the use of healthcare resources. Mixed methods were employed. Data collection concluded at the end of 2021, involving 27 teams. Preliminary analyses were conducted and presented orally in various contexts. As part of this new project, these analyses will be continued, deepened, and disseminated at conferences and in scientific publications.

Contact: Séverine Schussel   Fillietaz, HSEIP LAB

Funding: Prism - Geneva

[Together] Vascular age as a key for a Team-based approach to manage blood pressure and cardiovascular risk between community pharmacists and Primary Health Care Centers

How to improve hypertension control? This is what the European project "TOGETHER," partially funded and supported by the Swiss National Fund as part of the European initiative Transforming Health and Care Systems (THCS), a co-funded action of the Horizon Europe program, aims to address by focusing on team-based management of hypertension and international collaboration. This randomized controlled study, conducted in Portugal, Spain, Austria, and led in Switzerland by Val  rie Santschi, Professor at La Source, seeks to better manage hypertension through more integrated primary care, involving pharmacists in the care pathways. Specifically, by offering hypertension screenings in pharmacies and introducing the concept of vascular age to patients, this project aims to address current gaps in the system, particularly the low screening rates, lack of patient awareness, non-adherence to treatment, and to enhance the limited coordination among healthcare professionals to improve healthcare delivery.

Contact: Val  rie Santschi, HSEIP LAB

Funding: Swiss National Science Foundation

[SSER CIF] Suivi des sympt  mes de l'endom  triose : une revue syst  matique des applications mobiles au regard de leur contenu, de l'inclusivit   et des fonctionnalit  s

Seven years is the average time a person with endometriosis must wait between the onset of symptoms and diagnosis. Why is this? The invisibility, normalization, and recurrent minimization of pain. Monitoring the symptoms of the disease is essential, and mobile applications are flourishing in the market, but how effective are they? While digital tools can easily exclude individuals, the way symptoms are reported can also contribute to this issue. By proposing a systematic review of mobile applications for symptom tracking, we will evaluate them in terms of app quality regarding usability, functionality, and inclusivity. Moreover, by addressing endometriosis, this project already contributes to the visibility of the disease and its inclusion. Indeed, endometriosis is overlooked in research funding: on the Swiss National Fund's search engine, the term "prostate" yields 242 research projects, while there are only 9 for endometriosis. It is therefore time to ensure that our healthcare systems are inclusive, equitable, and tailored to the lives and real experiences of the people they aim to serve.

Contact: Claudia Ortoleva Bucher, AH LAB

Funding: UAS Western Switzerland

[ValPSY] Validating a web-based tool for diagnosing psychiatric illness in children and adolescents

An alarming increase in demands for psychiatric services have been observed for children and adolescents and a pressing need for epidemiological data is emphasized in the National Health Report 2020. A major reason for the absence of epidemiological data is the lack of a scalable, user-friendly diagnostic instrument. A newly-developed web-based computerized version of the KSADS-COMP includes three versions: clinician-administered, youth self-report, and parental report. It has been updated to reflect DSM-5 diagnostic criteria and is widely used in USA, Netherlands, Denmark and Korea. However the French and German versions are still not available. The present study will collaborate with KSADS-COMP group from the U.S and aim to (1) to translate and validate KSADS-COMP into German and French; and (2) to examine its validity and feasibility for use in clinical settings and large epidemiological studies in Switzerland. The Study is financed by Swiss National Science Foundation and is led by Prof. Meichun Mohler-Kuo at La Source in collaboration with Prof. Susanne Walitza in Zurich, Prof. Kerstin von Plessen in Lausanne, Prof. Tobias Banaschewski in Mannheim, Germany) and Prof. Susanne Th  mmler in Nice France. We will collect recruit 500 clinical and community sample in Switzerland, Germany and France.

Contact: Meichun, Mohler-Kuo, CHPP LAB

Funding: Swiss National Science Foundation

[Plateforme Digital Facile] – Lancement d’une plateforme d’entraide numérique. Ce projet s’inscrit à la suite du projet « age-friendly ».

Carried out by the senior-lab, this project involves the participatory development and launch of a digital platform called Digital-Facile, aimed at supporting seniors in adopting and using smartphone applications and other technologies. This platform is structured around two levels of support: the first level provides access to video tutorials explaining the features of commonly used applications (e.g., MobileCFF, TWINT, etc.); the second level allows users to request and offer help by posting announcements that are centralized and managed by the platform to promote intergenerational contact and mutual assistance. The exploratory, co-creation, and launch phases of the platform have been funded by Innosuisse’s Innovation Booster program and the Pierre Mercier Foundation. It is planned to further develop the content and usability of the platform and to disseminate it more widely starting in 2025.

Contact: Rafael Fink, senior-lab

Funding: Innosuisse & Fondation Pierre Mercier

Innovation - Development

As part of the implementation of the initiative “For Strong Nursing Care,” the confederation has allocated funds to take measures to increase the attractiveness of training. Thus, the teams in our institution are currently working to develop measures within the framework of this new project “PgB Nursing Care.” These sub-projects will extend until December 2024. All teams in our institution are closely or indirectly involved in this project, and we take this opportunity to warmly thank them for their commitment.

Contact: Véronique de Goumoëns, Head of Missions

Funding: Swiss confederation / swissuniversities

New publications

Peer-reviewed publications

Cohen, C., Abt, M., Bélanger, L., & Ortoleva Bucher, C. (2024). COVID-19's Impact in Long-Term Care Facilities : The Health and Coping Strategies of Older Adults and Their Families. *Journal of Advanced Nursing*. [Link](#)

Cohen, C., Bélanger, L., Turcotte, M., & Pereira, F. (2024). Stressors and coping strategies in older people hospitalised for hip surgery following a fall : A multiple case study. *BMC Nursing*, 23, 653. [Link](#)

de Goumoëns, V., Bruyere, K., Rutz, D., Pasquier, J., Bettex, Y.-O., Vasserot, K., Rylvlin, P., & Ramelet, A.-S. (2024). Caring for Families of Patients With Acquired Brain Injury Early During Hospitalization : A Feasibility Study of the SAFIR© Intervention. *Journal of Family Nursing*, 30, 3, 255-266. [Link](#)

Fiorentino, A., Antonini, M., Vuillemier, S., Stotzer, G., Kollbruner, A., Keserue Pittet, O., Jaccard, D., Simon, J., Hugli, O., Pasquier, J., & Delmas, P. (2024). Feasibility and acceptability of a serious game to study the effects of environmental distractors on emergency room nurse triage accuracy : A pilot study. *International Emergency Nursing*, 76, 101504. [Link](#)

Jolidon, V., **Jubin, J.**, Zuercher, E., Roth, L., Carron, T., **Oulevey Bachmann, A.**, Gilles, I., & Peytremann-Bridevaux, I. (2024). Health Workforce Challenges : Key Findings From the Swiss Cohort of Healthcare Professionals and Informal Caregivers (SCOHPICA). *International Journal of Public Health*, 69, 1607419. [Link](#)

Jubin, J., Martin, L., Kabwiku, N., Delmas, P., Gilles, I., Oulevey Bachmann, A., Huber, C., Loisele, M.-C., Rassy, J., Sampaio, F., Salgado, R., & Ortoleva Bucher, C. (2024). Protective Factors of Nurses' Mental Health and Professional Wellbeing During the COVID-19 Pandemic: A Multicenter Longitudinal Study. *International Journal of Public Health*, 69, 1607449. [Link](#)

Meiers, S., **de Goumoëns, V.**, Thirsk, L., Abbott-Anderson, K., Brysiewicz, P., Eggenberger, S., Heitschmidt, M., **Kiszio, B.**, McAndrew, N. S., Morman, A., & Richardson, S. (2024). Nursing strategies to mitigate separation between hospitalized acute and critical care patients and families : A scoping review. *Intensive and Critical Care Nursing*, 84, 103773. [Link](#)

Peytremann-Bridevaux, I., Jolidon, V., **Jubin, J.**, Zuercher, E., Roth, L., Escasain, L., Carron, T., Courvoisier, N., **Oulevey Bachmann, A.**, & Gilles, I. (2024). Protocol for the Swiss COhort of Healthcare Professionals and Informal CAREgivers (SCOHPICA): Professional trajectories, intention to stay in or leave the job and well-being of healthcare professionals. *PLOS ONE*, 19(8), e0309665. [Link](#)

Restellini, R., **Golay, P.**, Jenni, R., Baumann, P. S., Alameda, L., Allgäuer, L., Steullet, P., Abrahamyan Empson, L., Mebdouhi, N., Do, K. Q., Conus, P., Dwir, D., & Klauser, P. (2024). Winter birth : A factor of poor functional outcome in a Swiss early psychosis cohort. *Schizophrenia Research*, 274, 206-211. [Link](#)

Salvadé, A., **Golay, P.**, Abrahamyan, L., Bonnarel, V., Solida, A., Alameda, L., Romain, J., & Conus, P. (2024). Gender differences in first episode psychosis : Some arguments to develop gender specific treatment strategies. *Schizophrenia Research*, 271, 300-308. [Link](#)

Schusselé Fillietaz, S., Laroussi-Libeault, L., Rochat, S. & Gaillard Desmedt, S. (2024). Retour d'expérience sur le partenariat patient-es - professionnel-les dans la formation continue en Suisse . *Revue Française de Santé Publique*, 36, 57-68. [Link](#)

Yersin, G., Silva, B., **Golay, P.**, & Morandi, S. (2024). Mental health professionals' perceptions and attitudes towards seclusion : The ambivalent relationship between safety and therapeutic considerations. *International Journal of Law and Psychiatry*, 97, 102033. [Link](#)

Articles in Professional Journals

Bagnoud, K., & Fink, R. (2024). L'habitat de demain face aux défis du vieillissement . *Reiso, Revue d'information sociale*. Mai. [Link](#)

Baumann, S., Benkert, B., **Wellens, N. I. H., Poncin, E.**, Curreri, N., Osińska, M., Sibilio, S., Huang, J., & Zuniga, F. (2024). Les escarres en tant qu'indicateur de qualité médicale nationale (IQM). *NOVAcura*, 55(5). [Link](#)

Dubois, T., Bernard, L., Holmes, D., **Delmas, P.**, & Lecocq, D. (2024). La reconnaissance des sciences infirmières comme discipline académique en Europe francophone. *Soins*, 69(886), 27-30. [Link](#)

Glowinski, D. (2024). *Beauty & Wellness*, Donna, 52-53. [Link](#)

Guzman Villegas-Frei, M., Qalla Widmer, L., Hebrant, B., Glowinski, D., & Vuilleumier, S. (2024). Enseigner aux infirmier·ères de demain à devenir des acteurs clés pour plus de durabilité dans la pratique : Récit d'un atelier Greener care. Journal du CEFIEC, 53, 20-21. [Link](#)

Rexhaj, S., Martinez, D., & Favrod, J. (2024). Maintenir un bien-être personnel tout en s'impliquant comme aidant. Soins infirmiers, 07/08, 64-65. [Link](#)

Rezzonico, V., Geiser, S. E., Roth, L., **Jubin, J.**, Antille, E., Jolidon, V., **Oulevey Bachmann, A.**, Gilles, I., & Peytremann Bridevaux, I. (2024). L'intention de rester dans la profession des professionnels de la santé en Suisse | OBSAN. Obsan Bulletin, 9. [Link](#)

Truchot-Cardot, D. (2024). Bien dans son assiette, bien dans sa tête. Soins infirmiers, 09/10, 66-67. [Link](#)

Van, K., **Rexhaj, S.**, Coloni-Terrapon, C., Alves, M. & Skuza, K. (2024). Proches aidants en psychiatrie : quelle (in)adéquation entre besoins et offres de soutien ?. Santé Publique, 36, 45-56. [Link](#)