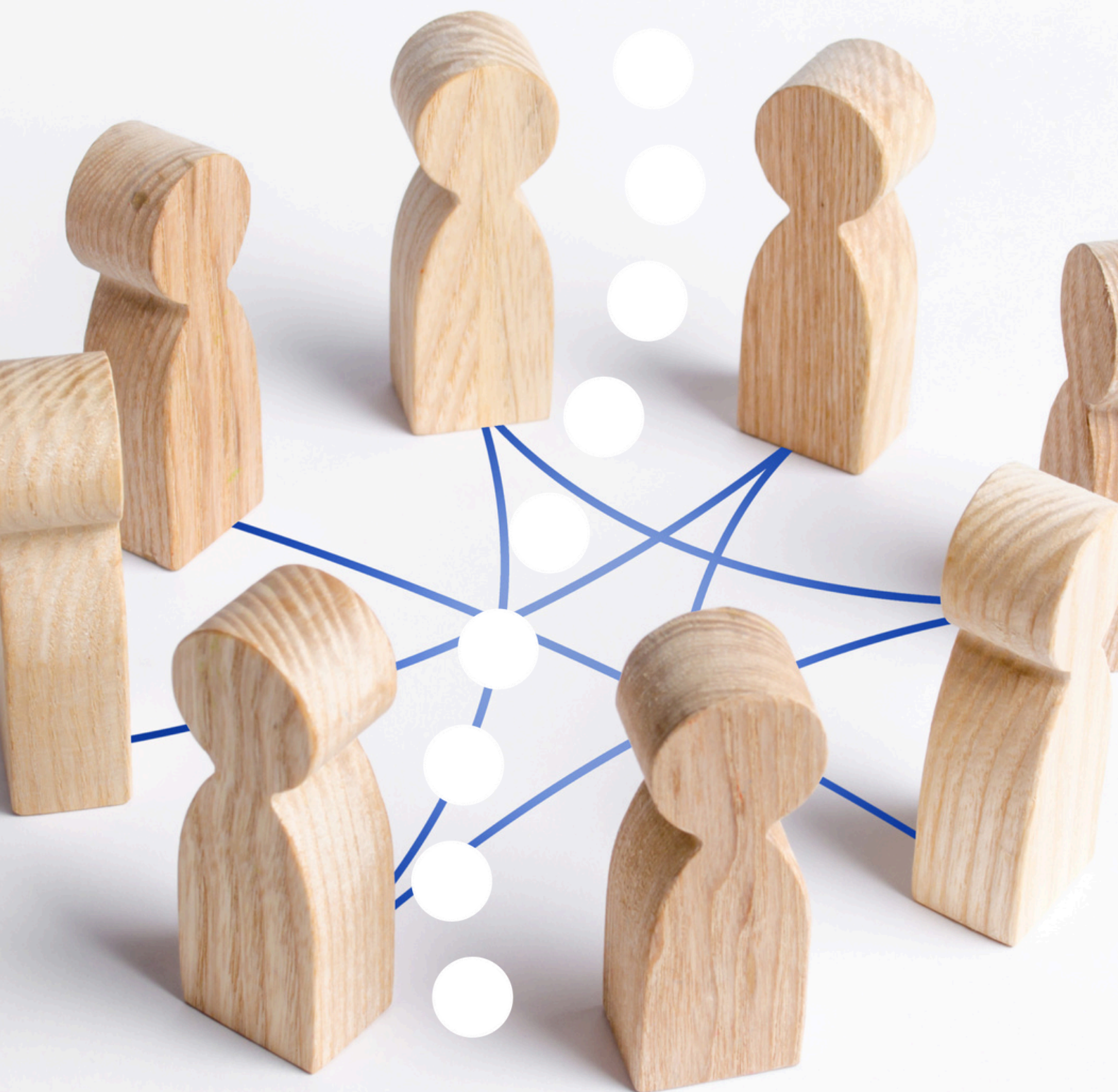


RESEARCH & INNOVATION

R&I Letter

n° 27 - June 2025



La Source.
Institute and School
of Nursing

Hes·so

R&I Letter

Introduction

The R&D Letter becomes the R&I Letter, a meaningful evolution.

We are pleased to present the summer edition of our R&I Letter, which also marks a significant milestone: as of 1st January 2025, La Source has officially renamed its research department. "Research and Development" (R&D) becomes "Research and Innovation" (R&I). This change, initiated by the HES-SO's Creativity Research Innovation Council (CRIC)

aims to align our terminology with the evolving narrative of research within universities of applied sciences.

This is not merely a cosmetic change, but rather a conceptual evolution that La Source has already been embracing for several years. The new designation acknowledges and reinforces a dynamic already at work within our institution: our projects are driven by innovative, practical, and collaborative approaches, closely connected with real-world needs. We are fortunate to benefit from a unique ecosystem in which the [Clinique de La Source](#), the Source Innovation Lab ([SILAB](#)), and the Hands-on Human Health Hub ([H4](#)) create direct bridges between research, innovation, education, and care. This rebranding will also serve as an opportunity to further facilitate access to innovation-related resources and tools for our researchers, in the same spirit as those offered to students during their training.

In recent months, 11 scientific projects have been launched. To provide them with the visibility they deserve, a dedicated research space has been created on our [website](#). More than a showcase of our expertise, this space is intended to foster networking and encourage new collaborations. Our interdisciplinary community has also recently welcomed several research assistants and team members: Alexandra Brodard, Anne-Sophie Carnet, Myriam dos Santos Pêgo, Camille Gaglio, Viktoria Gastens, Jessica Hess, Monica Lerda, Marie Marthe Leyder, Patrick Martino, Marcelle Petoud, Nathalie Rebetez, and Nadège Tapsoba. Our R&I department also welcomes Laura Richard as the new administrative coordinator. A warm welcome to all!

Finally, the focus of this issue is dedicated to a project situated at the heart of our ecosystem, conducted jointly by several Teaching and Research Laboratories (LABs) in collaboration with the Clinique de La Source, and directly involving students. This project exemplifies the initiatives undertaken at La Source School of Nursing, HES-SO, to meet societal expectations through transdisciplinary research, grounded in practice, promoting knowledge transfer to professionals, and involving patients and/or their relatives.

Philippe Golay

Head of Research & Innovation

[Discover our activities](#)



La Source School of Nursing and La Source à domicile closely collaborate on the implementation of a support program for informal caregivers, led by frontline staff. An overview with Professor Shyhrete Rexhaj, project leader and faculty member at La Source.

What is the Ensemble program about?

This program is designed for informal caregivers, aimed at supporting their involvement while helping them regain a personal dynamic that respects their needs and strengthens their caregiving role. The program consists of five sessions, with the objective of assessing the caregivers' situation independently of the patient's treatment plan or clinical follow-up. *Ensemble* was initially developed as part of a pilot project and subsequently tested at La Source through an experimental study. We are now working towards its integration into routine practice.

This involves collaboration with "La Source à domicile". What does that look like in practice?

We are currently working alongside La Source à domicile through a contextual analysis to better understand the needs related to carer support, existing practices in this area, and the challenges encountered. The aim is to raise awareness among frontline staff about the *Ensemble* program so they can quickly identify at-risk situations among caregivers and refer them to professionals trained within the program. This work is carried out in collaboration with my colleague Leila Bergoug, a lecturer in the Child and Family Health LAB (CFH LAB) who is also a nurse with La Source à domicile. One nurse from the service is already trained in the program, and we are therefore ready to begin. We anticipate launching the project in the autumn, once organizational and administrative constraints – such as the issue of funding for carer services – have been resolved.

Students are involved in this project. To what extent?

A student trained in the *Ensemble* program, and familiar with the challenges and distress experienced by caregivers, is conducting her Master's thesis within the framework of this project. She is sharing her knowledge with the teams as part of an awareness-raising initiative. Starting in September, we will invite other students to participate in supporting the teams, collecting data, and assisting with the implementation of the project.

Don't miss these events

Science and Health Hour

Tuesday, 10 June 2025, 16:00–17:15

La Source School of Nursing, Beaulieu Campus, Grand Auditoire

Postvention Following Suicide: Conference and Cross-Perspectives

Professor Shyhrete Rexhaj, Head of the Mental Health and Psychiatry LAB (MHP LAB), proposes to address the topic of postvention – a framework for support and support in the aftermath of a suicide. While prevention is now well developed, postvention measures to support those affected remain insufficiently implemented. Postvention requires personalized, interdisciplinary approaches, both for the bereaved and for health and social care professionals. The conference will feature a keynote by Professor Christine Genest from the Faculty of Nursing Sciences at the University of Montreal, followed by a panel discussion moderated by Professor Rexhaj, with the following contributors:

- Ms Monique Corbaz, informal carer and President of l'îlot, an association for relatives of individuals with mental health conditions
- Mr Yves Dorogi, nurse and President of GRPS (Groupe Romand Prévention Suicide)
- Professor Charles Bonsack, Chief Physician of the Community Psychiatry Service (CHUV) and President of SO-PSY (Swiss Society of Social Psychiatry)
- Ms Tania Zambrano Ovalle, lecturer at La Source School of nursing, peer practitioner in mental health and addiction

This event is open to students, healthcare professionals, and interested members of the public.

Free admission. See the [program](#).

Contact: Shyhrete Rexhaj, [MHP LAB](#)

Scientific half-day symposium

Thursday, 26 June 2025, 13:30–17:30

La Source School of Nursing, Beaulieu Campus, Grand Auditoire

Nursing Leadership: a Driver of Practice Transformation

The Child and Family Health LAB (CFH LAB) at the La Source Institute and Nursing School is organizing symposium dedicated to the topic of nursing leadership. The event will explore the importance for healthcare professionals of maintaining continuous reflective capacity regarding their practices and their relevance. Two keynote lectures will be delivered by Professor Amélie Perron and Professor Jean-Laurent Domingues, both from the University of Ottawa (see [detailed program](#)).

This event is open to students, healthcare professionals, and interested members of the public.

Free for students and staff of La Source

CHF 30.– for professionals and external participants

Registration required.

Contact: Mathieu Turcotte, [CFH LAB](#)

Funding: HES-SO

New projects

[SCOHPICA_PA] SCOHPICA, Swiss COhort of Healthcare Professionals and Informal Caregivers VAUD, données et analyse

Led by Unisanté and La Source School of Nursing, SCOHPICA-PA is a project aiming to better understand the lived experiences of informal caregivers in Switzerland through the establishment of a prospective, open, nationwide cohort. The project recently secured dedicated funding: one grant from the Direction générale de la santé et de l'action sociale du Canton de Vaud, specifically from the Direction générale de la cohésion sociale to conduct focused analyses and enhance understanding of caregivers' roles; and another from OBSAN to provide anonymized results for selected questionnaire variables.

Participants contribute by documenting their experiences, needs, well-being, and challenges related to their caregiving role via an annual electronic questionnaire. Some participants will also be invited to take part in interviews to deepen the understanding of their daily challenges. The data collected will help identify mobilized resources, encountered difficulties, and actionable levers to better support informal caregivers in Switzerland.

The [study results](#) will be made available via an interactive online platform accessible to participants, professionals, and policymakers. A panel of experts from various professions, along with informal caregivers, supports the project to ensure the relevance and representativeness of the topics addressed.

For additional information or to participate in the study:

www.scohpica.ch

Contact: Annie Oulevey Bachmann, [CHPP LAB](#)

Funding: HES-SO; Direction générale de la santé et de l'action sociale VD; La Source; OBSAN; OST; Unisanté

[SRLiSaPro] Enseigner la littératie en santé professionnelle aux futurs professionnels de la santé : une 'scoping review'

Health professionals play a pivotal role in fostering health literacy (HL) within the general population. As key entry points into the healthcare system, they must be capable of effectively communicating health information to service users. To do so, they require optimal professional health literacy (PHL) skills and appropriate support to develop them. However, HL remains a relatively unfamiliar concept among health professionals, many of whom are unaware of the challenges faced by certain population groups and lack the tools to assess and address these issues. It is therefore essential to develop PHL competencies from the outset of initial training. Given the limited number of studies synthesizing existing approaches, a scoping review is currently underway. Its aim is to identify, analyze, and synthesize research on the teaching of HL and PHL to future health professionals. By identifying key components and best pedagogical strategies, this review will inform the development of evidence-based educational interventions in HL.

Contact: Coraline Stormacq, [CHPP LAB](#)

Funding: HES-SO

Register

[WB_Nurses_Gen] Le bien-être du personnel infirmier et ses déterminants : une perspective générationnelle

In the context of a nursing workforce shortage, the well-being of nursing professionals is a top priority. This is particularly true in Switzerland, where it is one of the key focus areas of the Swiss Research Agenda for Nursing (SRAN). However, current research often overlooks generational aspects. The well-being of nurses from different generations may be influenced by a variety of factors. Studies have suggested intergenerational differences in professional engagement, motivation, satisfaction with management, and susceptibility to burnout. Additionally, generational stereotypes persist, potentially affecting team dynamics.

As the baby boomer generation (born between 1945 and 1964) retires and Generation Y (born 1981–1996) assumes leadership roles, it is crucial to examine whether the determinants of well-being differ across generations—and if so, to what extent. This is essential for evaluating and adjusting working conditions to promote the well-being of the greatest number of professionals.

To this end, an in-depth secondary analysis of data from the SCOHPICA project will be conducted, with the support of field experts at each stage of the analysis.

Contact: Jonathan Jubin, **CHPP LAB**

Funding: HES-SO

[ExpoHuCare] Humanistic caring: a right for every citizen, the contribution of the nursing profession

This cultural mediation project aims to raise public awareness of the challenges and societal value of the nursing profession.

The COVID-19 pandemic highlighted the indispensable role of nurses in addressing the demands of the healthcare system. During this period, nurses received positive media coverage that showcased their skills and humanistic approach – something that had not always been the case. For many years, media representations perpetuated the stereotype of nurses occupying a subordinate role. Similarly, humanistic care was often sidelined as healthcare systems adopted efficiency-driven models that prioritized medical procedures over holistic care.

Today, Switzerland faces a shortage of nursing professionals and a growing burden of non-communicable diseases that require complex care extending far beyond medication administration. It is within this context that this cultural mediation project proposed by Philippe Delmas, Delphine Roulet Schwab, and Aude Fauvel takes place.

The project seeks to make nursing care more visible and to shift public perception of the profession's contribution to individual and public health. A range of mediation activities will be organized around an exhibition at the Palais de Rumine in Lausanne, running from 1 April to 31 May 2026.

Academic lectures, performative interventions, and curated tours will contribute to enhancing the exhibition experience, featuring testimonies from nurses that highlight their specific contributions to public health.

Contact: Philippe Delmas, **QCPS LAB**

Funding: FNS Agora

[Respir'AIR] Self-management digital intervention to promote physical activity in people living with Chronic Obstructive Pulmonary Disease

Pulmonary rehabilitation (PR) programs play a crucial role in promoting self-management and preventing the downward spiral of deconditioning in individuals with chronic obstructive pulmonary disease (COPD). However, only 2% of patients currently have access to such programs. Digital interventions may help address these accessibility challenges.

Launched in 2023 at the University of Porto (Portugal), this doctoral project aims to develop and evaluate a digital self-management intervention designed to encourage regular physical activity among individuals living with COPD. The intervention, named "Respir'AIR", recently received support during its pilot phase from the Givel Foundation, which awarded it the Anne-Claire Givel Fuchs Prize, as well as from the Research Fund of the Ligue pulmonaire vaudoise.

The project will culminate in the implementation of a single-center pilot study in Switzerland, designed as a randomized controlled trial. This phase will assess the feasibility, acceptability, and preliminary effects of the developed digital intervention.

Contact: Ricardo Salgado, **QCPS LAB**

Funding: Fondation Grivel, Ligue vaudoise pulmonaire

[HEALING_DRAG] L'art du drag comme un outil de soin, de guérison et de transformation sociale pour les personnes LGBTIQ et non-LGBTIQ

As part of a participatory research initiative jointly conducted by the Haute École de la Santé La Source and the University of Ottawa, *Healing Drag* presents the outcome of a research-creation project co-developed with drag artists: Le Nancy Boy, Princess Yuni Mononokini, Professor Bee, Lady Mystery, Veronica Tention, Feu King, and Princesse GenderFuck.

This project explores how drag art can serve as a healing experience for trans and non-binary individuals in the face of discrimination and stigmatization. Through a sensitive exploration of bodies, narratives, and acts of resistance, the performances emerging from *Healing Drag* reveal a plurality of lived experiences and self-expressions at the intersection of artistic creation and nursing research.

Contact: Mathieu Turcotte, **CFH LAB**

Funding: Ville de Lausanne

[PF/ProPCC GE] Promotion et implantation élargies du plan de crise conjoint

Under the leadership of P. Ferrari and in collaboration with CORAASP, the implementation of the Joint Crisis Plan (JCP) began in Geneva, supported by a consortium of institutional partners (HUG, EPI, Trajets, Le Relais) and financial backing from the Office cantonal de la Santé.

Nurse Yasmina Brandtner has been appointed at 50% capacity to ensure cantonal coordination until 2027.

Building on the experience gained in the canton of Vaud and the findings of previous research, the team from La Source will support the implementation of this project and coordinate efforts with Promotion Santé Suisse. The official launch event took place on 7 May 2025, bringing together around one hundred participants.

A participatory action research initiative has also been launched at the Service universitaire de psychiatrie de l'enfant et de l'adolescent at CHUV hospital to adapt the JCP and best practice guidelines to the specific needs of this population. The results, expected by the end of 2025, are crucial, as no scientific data currently exists on this topic, despite the demonstrated relevance and feasibility of the JCP during the pilot phase.

Finally, with over 900 participants (including professionals, patients, and caregivers), this French-speaking Swiss study on knowledge, attitudes, and practices regarding advance directives in psychiatry has entered the analysis phase.

Contact: Pascale Ferrari, [MHP LAB](#)

Funding: Office cantonale de la Santé (GE), Direction général de la Santé (VD), CHUV

[NEED_YTN] Besoins des personnes de moins de 65 ans vivant avec des troubles neurocognitifs d'étiologie neurodégénérative et de leurs proches : une étude de cas

Neurodegenerative cognitive disorders are often associated with older age. However, younger populations are also affected—an estimated 8,000 individuals in Switzerland are diagnosed with such conditions before the age of 65. Most of these individuals are still professionally active and have children living at home. This situation disrupts the family system, alters partner roles, and fundamentally changes family dynamics. The entire family must learn to live with the illness.

Most care services are designed for older patients and may not adequately address the specific needs of younger patients and their families. This study aims to explore the experiences, needs, and coping strategies of families in which a member under the age of 65 lives at home with a neurodegenerative cognitive disorder.

The findings will inform the development and adaptation of interventions tailored to the needs of younger patients and their families. They will also support the formulation of recommendations for undergraduate and postgraduate training program in health professions.

Contact: Maryline Abt, [AH LAB](#)

Funding: HES-SO

[FLAWO] Flächeneffiziente Altersheime mit Wohnqualität

The **FLAWO** project aims to optimize space usage in nursing homes (EMS) while enhancing residents' quality of life. Led by the Lucerne University of Applied Sciences and Arts – Engineering and Architecture, and the School of Engineering and Management Vaud, in collaboration with the senior-lab, the project investigates how space can be efficiently allocated across different areas (rooms, communal spaces, kitchens, etc.) based on the needs of residents and staff.

The objective is to develop recommendations for nursing homes administrators and architects to design space-optimized facilities that maintain a high standard of living. The project also explores how these guidelines could be used as incentive mechanisms by public authorities.

The study is conducted in collaboration with the public health offices of the Cantons of Zurich, Bern, and Vaud. It includes

analysis of architectural plans from four nursing homes, expert interviews, walking interviews with residents, and focus groups with relatives, caregivers and clients of temporary care centers (CATs).

Contact: Delphine Roulet Schwab, [senior-lab](#)

Funding: Office fédéral de l'énergie

[Plateforme Digital-Facile_Suite]

Following the positive outcomes and strong interest from partners during the exploratory phase (see also R&D Letter No. 26 – November 2024), the development of the Digital-Facile platform will continue as part of a three-year project (2025–2027), funded by a private foundation.

The project aims to develop and make freely accessible to the public an intuitive and inclusive platform to support the use of digital technologies. The platform will be available in three national languages, with its launch scheduled for spring 2026.

Led by the senior-lab, the project involves close collaboration between La Source and ECAL (École cantonale d'art de Lausanne), as well as the participation of several end users and representatives from French-speaking Swiss cities and associations.

Contact: Rafael Fink, [senior-lab](#)

Funding: Private foundation

[OMEGA_QUOI] Comment pêcher ses oméga-3 dans le canton de Vaud ? Acronyme : Omega quoi ?

The *Omega quoi?* project aims to improve omega-3 consumption among the population of the canton of Vaud, with a focus on preventing cardiovascular diseases. Based on the likely observation of insufficient intake, the project follows a four-phase approach: assess public knowledge through a representative survey, analyze purchasing behaviors to identify the most common buying patterns, measure actual omega-3 intake from consumed foods, and identify root causes of the deficiency – whether related to information, cost, or cultural habits – and propose concrete solutions.

A questionnaire will be provided to a representative sample to estimate the population's level of knowledge. A smaller panel will be used to observe typical purchasing habits and analyze the actual omega-3 content of selected foods. Qualitative interviews will help uncover barriers to adequate consumption. The project will result in practical recommendations disseminated thanks to educational tools. Led by the Source Innovation Lab and the Swiss Nutrition & Health Foundation, this transdisciplinary project combines education, research, and real-world impact, with the goal of fostering measurable and sustainable dietary changes that support cardiovascular health.

Contact: Dominique Truchot-Cardot, [SILAB](#)

Funding: Ligue vaudoise contre les maladies cardiovasculaires

Explore our Projects online



As mentioned in the introduction, we invite you to browse our **“Research Showcase”**, which highlights the projects*

carried out at La Source School of Nursing, HES-SO, Lausanne.

You'll find the full list of ongoing research and theses in this [document](#).

*Please note: this is a non-exhaustive list. Projects are added progressively.

New Publications

Books and Chapters

Nguyen, A. (2025). *Former les thérapeutes par les interactions : Au coeur de la professionnalité des superviseurs*. Presses universitaires de Rouen et du Havre. [Lien](#)

Nguyen, A., Monteiro, S., Berger, E., & Favrod, J. (2025). Répondre aux questions personnelles des patients dans le contexte d'une relation partenariale. In *Quels types d'interactions requiert l'activité collective ?* Octarès.

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Roulet Schwab, C., Rauber, G., Roulet Jeanneret, F., Mooser, S., Casellini-Le Fort, V., Canova, N., & Fink, R. (2024). Violence de couple chez les seniors. Manuel d'aide à la détection et à la prise en charge destiné aux professionnel-le-s – version vaudoise. Institut et Haute Ecole de la Santé La Source (HES-SO), senior-lab, Centre national de compétence Vieillesse sans violence. [Lien](#)

Scientific Publications

Abt, M., Delmas, P., Gilles, I., Oulevey Bachmann, A., & Ortoleva Bucher, C. (2024). The Lived Experiences of Nurses in France During the COVID-19 Pandemic's First Waves and their Resources for Meeting that Challenge. *American Journal of Qualitative Research*, 8(2), 2139. [Lien](#)

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De Ridder, D., Uppal, A., Rouzinov, S., Lamour, J., Zaballa, M.-E., Baysson, H., **Joost, S.**, Stringhini, S., Guessous, I., & Nehme, M. (2025). SARS-CoV-2 Infection and the Risk of New Chronic Conditions : Insights from a Longitudinal Population-Based Study. *International Journal of Environmental Research and Public Health*, 22(2), Article 2. [Lien](#)

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- Forte, A., Orri, M., **Golay, P.**, Armando, M., Costanza, A., Saillant, S., & Michaud, L. (2025). Comparison between aborted/interrupted and actual suicide attempt : An observational study on clinical and sociodemographic characteristics. *Journal of Affective Disorders*, 378, 373380. [Lien](#)
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