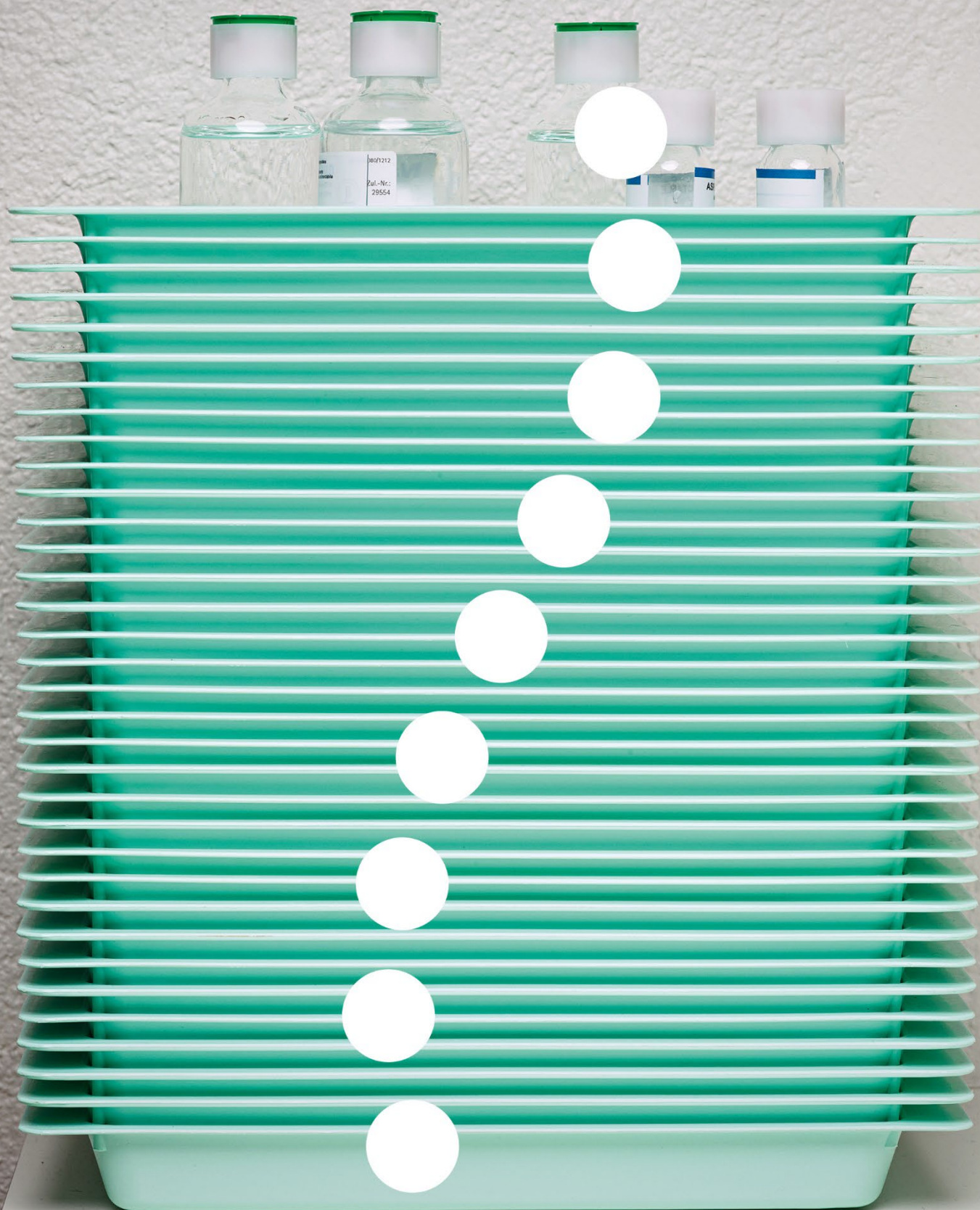


RESEARCH & DEVELOPMENT

R&D Letter

n° 24 – November 2023



La Source.

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R&D Letter

Introduction

This edition of our R&D Newsletter highlights the diversity of our scientific activities carried out over the last 12 months. It is also an opportunity to congratulate Dr Coraline Stormacq, who brilliantly obtained her PhD degree. Be inspired by her approach to health literacy and healthcare access inequality. An example of an original way of presenting research results with both creativity and scientific rigour.

In 2023, **three new PhD trajectories** started. Ricardo Salgado's thesis aims to promote self-management and physical activity among people with chronic lung disease through an eHealth intervention. Debora Martinez's thesis studies the cultural phenomenon of the stigmatisation of suicidality and its effects on accessibility to mental health care in two countries that are comparable in terms of economic development, but with distant cultural and historical roots, Switzerland and Japan. Mathieu Turcotte's thesis aims to improve the quality of care provided to LGBTIQ+ persons using a participatory study approach.

These three new PhD projects along with **six new scientific studies that are launched in 2023**, are presented. On overview of all other projects in progress is listed in the attached brochure "Research and Development 2023, Ongoing Research".

Our interdisciplinary community of scientists has been strengthened with twelve new appointments whom we warmly welcome to our LAB-Teaching and Research Laboratories.

- [Mental Health & Psychiatry LAB](#): Laura Cefalù, Tania Ovalle Zambrano and Debora Martinez ;
- [Community Health Promotion & Prevention LAB](#): Isaline Joss and Tiffany Martin;
- [Ageing & Health LAB](#): Line Martin , Sandra Moser and Floriane Roulet Jeanneret ;
- [Child & Family Health LAB](#): Clélia Zahnd;
- [Office of the Vice-Dean for R&D](#): Emmanuelle Poncin, Bertrand Fincoeur and Line Martin.

I wish you a pleasant reading and I warmly thank you for your active partnership and interest. Thanks to your contribution and support our applied science studies are focused, meaningful, and relevant in clinical practice and public health, in partnership with regional and national health actors.

Nathalie Wellens, Vice-Dean of Research & Development

Presentation of PhD projects

The contribution of health literacy to the mechanisms underlying health inequalities

Every individual is constantly confronted with a large amount of health information. Health literacy (HL) refers to people's skills in accessing, understanding, evaluating and applying health information to make informed decisions, enabling them to maintain and improve their health. An adequate level of LS has a positive influence on health and quality of life. However, almost half the world's population has low levels of LS, with many adverse consequences for health. What's more, the socio-economically disadvantaged predominantly have lower levels of LS than the more advantaged. As a result, differences in LS levels contribute to health inequalities.

The link between LS and health inequalities is poorly understood and needs to be explored further. The reasons why

socio-economically disadvantaged people are particularly vulnerable to low levels of LS are also poorly documented. Finally, little is known about the development of effective LS interventions for this population. Consequently, the thesis aims to answer the following question: "Among socioeconomically disadvantaged people, to what extent and how could health literacy contribute to reducing health inequalities?" To answer this question, the thesis is divided into three parts.

The first highlights the role of LS as a partial mediator in the relationship between socio-economic status and poor health outcomes. LS can therefore be used as a tool for reducing health inequalities. The second section reveals the many difficulties encountered by people with socio-economic disadvantages when confronted with health information. The third section proposes various strategies, operational components and key ingredients contributing to the effectiveness of LS interventions aimed at socioeconomically disadvantaged people.

The thesis highlights the importance of coordinated action at several levels. At the individual level, it seems crucial to support the development of skills in critical evaluation of health information among socioeconomically disadvantaged people, particularly where digital health information is concerned. At the organisational level, future efforts should focus on creating 'pro-literacy' environments that encourage people to navigate within healthcare institutions and systems. Finally, at the political level, the creation of a national action plan focusing on LS seems essential in order to make LS a real asset for promoting health and reducing the social gradient in health.

Contact: Coraline Stormacq, Community Health Promotion & Prevention LAB

Development and evaluation of a web-based intervention aimed at reinforcing self-management and physical activity among people with COPD in French-speaking Switzerland: a pilot study (provisional title)

Respiratory rehabilitation (RR) programmes are essential for promoting self-management and preventing the spiral of deconditioning in people with chronic obstructive pulmonary disease (COPD). However, only 2% have access to them. Digital interventions can be a contributory element in addressing accessibility issues.

Starting in 2023 at the University of Porto, Portugal, this PhD project aims to develop and evaluate a web-based intervention to promote physical activity and self-management in people with COPD. This single-centre pilot study, carried out in Switzerland, proposes to develop a randomised controlled trial. The design of the intervention will be based on the self-care theory of chronic disease, the theory of self-determination and the taxonomy of behavioural change techniques. Recruitment of participants will begin in September 2025 and acceptability, feasibility and preliminary effects will be measured. Stay tuned!

Contact: Ricardo Salgado, Quality of Care & Patient Safety LAB

Quality criteria for LGBTIQ+ care: a participatory study

This PhD project is based on a participatory approach that aims to develop quality criteria with and for French-speaking LGBTIQ+ people to ensure that they receive appropriate care. While encouraging openness and equity in the sharing of knowledge, experience, expertise and ideas from the LGBTIQ+ community, this research aims to better understand local needs. Despite legislation protecting LGBTIQ+ people, they continue to face challenges, especially when it comes to accessing healthcare. The problem is even more acute for French-speaking

populations, as many resources are only available in English. Through this participatory research, quality and safety criteria will be developed with stakeholders to ensure they are achieved and respected. Canada, Switzerland and other French-speaking countries will benefit greatly from these criteria. The training of healthcare professionals will be enriched, offering support tailored to French-speaking LGBTQ+ people. Ultimately, this study will strengthen collaboration between French-speaking countries and inspire other researchers and students in queer methodologies.

Contact: Mathieu Turcotte, Child & Family Health LAB

Stigma associated with suicidality and the challenges of access to care: a comparison between Japan and Switzerland (provisional title)

According to the WHO, around 700,000 suicides occur worldwide every year, making suicide a major public health issue. De-stigmatising suicidality is essential to prevent social isolation and improve access to care. The WHO recommends extending and culturally adapting local psychological interventions to promote accessibility and effectiveness, thereby addressing the issue of access to care.

Starting in autumn 2023 at the University of Lausanne, the main aim of this project is to gain a better understanding of the cultural phenomenon of the stigmatisation of suicidality and its effects on accessibility to mental health care in two countries that are comparable in terms of economic development but have distant cultural and historical roots, Switzerland and Japan. The cross-cultural comparison will provide an in-depth and robust understanding of the concepts of stigma and suicidality. The second objective is to develop a culturally appropriate tool to assess a) help-seeking behaviour and b) stigma towards people with a history of suicidal behaviour or suicidal intentions.

Contact: Debora Martinez, Mental Health & Psychiatry LAB

New projects

[NIP-Q-UPGRADE] - National implementation programme: Strengthening quality of care in partnership with residential long-term care facilities for older people

Since 2019, Long-Term Care Facilities (LTCF) are required by Swiss law to provide data enabling the calculation of national medical Quality Indicators (QI) on malnutrition, physical restraints, polymedication and pain. These quality indicators should support LTCF in their mission to ensure high quality services for their residents. However, the processes associated with the indicator data can pose real challenges for LTCFs.

The aim of the participatory programme is to strengthen LTCFs in the continuous improvement of quality of care with data-informed support, and to co-construct practical solutions. The programme focuses on three objectives:

1. Improve the quality of the data collection so that they are useful and meaningful, in particular to identify and address priorities in quality improvement;
2. Evidence-based support in quality of care interventions ;
3. Introduce a new set of national indicators and support strategies.

The research consortium consists of the Institute of Nursing Science University of Basel, SUPSI and La Source, in partnership with Curaviva and senesuisse and mandated by the Federal Quality Commission.

This [link](#) provides more information.

Contact: Nathalie Wellens, Vice-Dean of Research & Development

[Ici TSA] - Access to safe, quality care for people with autism spectrum disorders. Next Philanthropic Foundation

The ici-TSA 2019-2022 project supported by the NEXT Philanthropic Foundation has been renewed for 2023-2026. It aims to improve access to care for people with autism spectrum disorder (ASD). It is estimated that poor health is more than five times more likely in adults with autism than in neurotypical adults. The reasons for these inequalities include the fact that medical environments are very difficult for these people to cope with, and that health professionals are unfamiliar with their specific needs. The <https://icitsa.ch/> website offers training that will be broadened in terms of content and learners (health professionals, family members and students in initial health training). The project also aims to create an *ici-TSA* label awarded by the Communauté des Pairs Autistes Professionnels (CPAP) to care facilities that facilitate access. The goal is to further develop the community of practice of healthcare professionals interested in better accommodating and caring for people with autism. You can also watch this [video](#).

Contact: Delphine Roduit, Mental Health & Psychiatry LAB and Jérôme Favrod, Office of the Vice-Dean of Pedagogical Development

[ProPCC+] - Promoting prevention in mental health care: The joint crisis plan keeps its promises and charts its course

On the strength of the success of and lessons learned from the project to implement the joint crisis plan (PCC) in the canton of Vaud, Health Promotion Switzerland has awarded a follow-up mandate to explore the potential for extending its use in French-speaking Switzerland and among new target populations. The result of a shared decision-making process, the PCC has proved its worth: a tool for rights, self-determination, empowerment and support for self-management, it improves quality of life and supports recovery, reducing early readmissions, stress and healthcare costs. A pilot project is currently under way with adolescents and the elderly at the DP-CHUV, and a consortium of players has been set up in the canton of Geneva to obtain the support of the Direction Générale de la Santé of the canton of Vaud with a view to implementing the project on a permanent basis.

This [link](#) provides more information.

Contact: Pascale Ferrari, Mental Health & Psychiatry LAB

Urban remediation in early psychosis: a living lab to emplace recovery in the city

Growing up in an urban environment increases the risk of developing psychosis, but the causality of this link is poorly defined: 'urban stress' is often mentioned, but not defined. This project, funded by the SNSF, aims to modify the city itself so that it is better adapted to the needs of all people, and therefore of patients with schizophrenia spectrum disorders, by also involving the Lausanne municipal authorities in the organisational, urban planning and social aspects. The project is being conducted by a mixed panel comprising patients, carers, psychiatrists and geographers, in collaboration with the municipality. It begins with a detailed mapping of the city and its places of stress and respite. Further, it will continue with the implementation of the strategy in a pilot district, culminating in a mental health plan for the entire municipality. This study is being conducted in partnership with the CHUV/UNIL and the UNINE.

Contact: Jérôme Favrod, Office of the Vice-Dean of Pedagogical Development

[LiVac_2] - Vaccination decision-making against covid-19, a mixed study on the contribution of health literacy

To control the spread of COVID-19, mass vaccination was one of the strategies adopted by the Swiss Confederation. Faced with a deluge of information on the subject, and in order to understand public health recommendations, it was important for individuals to have adequate health literacy (HL) skills. These are essential if they are to make sense of the information available and critically assess its quality. This process is known to contribute to informed decision-making on subjects such as vaccination. The LiVac research is therefore investigating the vaccination decision-making process of people who have chosen to be vaccinated against COVID-19 in the light of their LS. The results will provide recommendations to governments, health authorities and designers of preventive campaigns on how health information might best be disseminated in a pandemic context.

Contact: Coraline Stormacq, Community Health Promotion & Prevention LAB

[Gendertri] Gender differences in the assessment and treatment of pain in emergency department triage: a mixed-methods study

Pain is the main reason for consultation at emergency departments. It appears to be undervalued by triage nurses, particularly women, with deleterious effects on their health. In Switzerland, there are only few studies on the subject. Consequently, the aims of this pilot study, which uses an innovative approach to triage via a serious game, are: 1) to compare pain symptom management according to the gender of the person consulting the nurse and the gender of the patient; and 2) to understand whether and how the gender of the patient influences the pain assessment and management process. The expected results will make it possible to conduct a larger-scale study of this phenomenon.

Contact: Assunta Fiorentino, Quality of Care & Patient Safety LAB

Not to be missed

Open Data Task Force

In order to meet the growing demand for sharing research data, La Source School of Nursing set up a task force to identify internal needs and skills in the Open Science area. This led, in November 2022, to the creation of an institutional open data unit, the aim of which is to offer the school's staff a centralised point of contact for all questions relating to the sharing of research data. In order to benefit from the resources of the various departments with expertise in this area, the unit comprises a researcher, a librarian, an archivist and a member of the IT department. The unit also coordinates with the Rectorat of the Universities of Applied Sciences Western Switzerland, HES-SO. In the medium term, it will also raise awareness among research staff of the importance of data sharing and good practice.

SAVE-THE-DATE

Toque et Doc "Enough is enough! Food insecurity among students and young workers" 29 February 2024, 6pm

Even in Switzerland, students and young professionals are heavily affected by food insecurity. This is a crucial age, when their present depends on their ability to succeed in their studies, and their future depends on protecting themselves from chronic illnesses directly attributable to poor-quality, inappropriate food.

CINQ A SEPT by La Source School of Nursing: 12 March and 13 June 2024, 5pm

Toque et Doc "Enough is enough! Food insecurity among the older persons": 26 September 2024, 6 p.m.

The number of older people suffering from malnutrition is increasing exponentially as a result of health and social crises. Undernutrition is one of the leading causes of hospitalisation and physical and cognitive decline.

New publications

Scientific publications

Sampaio, F., Salgado, R., Antonini, M., Delmas, P., Oulevey Bachmann, A., Gilles, I., & Ortoleva Bucher, C. (2022). Workplace Wellbeing and Quality of Life Perceived by Portuguese Nurses during the COVID-19 Pandemic: The Role of Protective Factors and Stressors. *International Journal of Environmental Research and Public Health*, 19(21), 14231. <https://doi.org/10.3390/ijerph192114231>

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