

平成29年度国際交流委員会主催 特別講演会

Nursing Education in Switzerland スイスの看護教育

日 時：平成29年 6 月26日 13：00～14：30
場 所：日本赤十字広島看護大学 ソフィアホール
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A trip through Nursing Education in La Source.

Welcome to Switzerland! This small country, with 8.3 million inhabitants has 4 national languages: we will travel together in the French part, spoken by 22% of the population. It is the western part of the country.

La Source is set in the heart of Lausanne, a university city known for its culture and its setting near Lake Lemman, only one hour away from the Swiss alps. You can reach Geneva in 30 minutes and find there the headquarters of many international organizations. The WHO and ICRC are close to each other, and the UNO is also based there. Their presence symbolizes the neutrality of Switzerland as well as its political and economic stability.

Nursing students living in Lausanne appreciate outdoor activities, like running in the forest, swimming in the lake, hiking in the Alps. But they also shop, hang out with friends, have parties! Nevertheless, if you are attending a college of nursing, trying to get a Bachelor's degree in Nursing Sciences, you have to study on a regular basis. Apart from the theoretical courses (2/3 of the degree) there is also practical training (1/3 of the degree).

Lausanne has 2 nursing Colleges and we will focus on the oldest one: Institut and Haute Ecole de la Santé La Source.

As the first secular nursing school in the world, La Source has offered, since 1859, high-level education that integrates the human, scientific and

technical elements of the profession.

As a member of the University of Applied Sciences and Arts of Western Switzerland (HES-SO in French, UAS in English), La Source tries to excel in its missions for education, research and knowledge transfer by actively supporting the development of innovative practices in the healthcare field. Courses are given in French, except those prepared for international students.

La Source welcomes more than 800 students and belongs to a non-profit foundation that also includes a highly respected health clinic.

La Source offers undergraduate and graduate studies.

- Health Studies Propaedeutic Year (APS) which prepares students for entry into University of Applied Sciences (UAS) Bachelor programs in healthcare fields (180 students in 2016). All the "basics" are taught in this year.
- UAS Bachelor of Science in Nursing Care, a 3-year initial nursing training (500 students in 2016)
- Different continuing education courses, for graduate nurses. For example: clinical assessment, care for elderly suffering from dementia, forensic nursing, ethics and leadership.

Graduated programs are driven by a partnership between UAS and University of Lausanne, in IUFRS (Institut Universitaire de Recherche et Formation en Soins). La Source is a member of the board of this Institute of Research and Teaching in Nursing, delivering Masters and a PhD in Nursing Sciences.

We will focus on one point of La Source's strategic plan: internationalization of nursing education.

La Source has currently 21 academic Memoranda of Understanding with Nursing Colleges all over the world and 35 clinical conventions.

An international experience during studies increases nursing students' open-mindedness, cultural competencies and self-confidence. It prepares them to act in a global world, ready to practice in very different situations. Many studies support this assertion. But how can we prepare the students to have a meaningful, safe and valuable international experience?

Historically, the students and graduates from La Source have travelled. The archives show that already in the early 20th century, the "Sourciennes" were on the front lines in World Wars 1 and 2, as well as in hospitals in China, Africa and India. The value given to international mobility was always part of the spirit of the school and a lot of students took the chance to have a practical training abroad.

In 2009, the Minister of Education of the State of Vaud, Mrs. Anne-Catherine Lyon, decided to promote international education by supporting some programs. The state offers some financial support, a diplomatic network and official recognition.

Convinced by the added value of an international experience, La Source set up various programs: Summer Universities, practical training abroad, an inter-professional international Bachelor Thesis by community immersion. These are individual or group experiences, always supported by strong learning objectives.

They increased the number of students graduating with an international experience: from 46% (2012) to 58% (2016).

In 2016, for example, 110 students took part in study abroad projects in 27 different countries, in Europe and overseas.

La Source also started a module of 3 European credits (90 hours of students' work), preparing students to face different cultures, languages, health systems, diseases, values and nursing practices. A special focus is given on ethics and communication. This module is mandatory for students going abroad. Once they are back, the

students share and discuss their learning at school. Good and difficult experiences can be debriefed in a safe environment.

In the same manner, for 2018, La Source is preparing a specific optional module of 10 ECTS credits, centered on Disaster Nursing. Nurses are more and more involved in natural or humanitarian disasters. The care of migrants, often traumatized or wounded by their dangerous journeys; the threat of major accidents, natural disasters and terrorist attacks, are today's or tomorrow's realities in Switzerland. This module will be held in English, will be open to international students and will focus on specific nursing skills as well as inter-professional collaboration.

Of course, La Source welcomes international students. In 2016, 71 students from Japan, USA, Lebanon, France, Singapore, China, India, Hong Kong, Canada and Great Britain attended Summer University, practical training or semesters in Lausanne. Many opportunities are given to the students to enhance their cultural and humanitarian knowledge.

The next step is developing high quality tools that can measure students' learning. What is the real added value to study abroad? How does this impact a nurse's Curriculum Vitae once they apply for a professional position, or for a Masters or PhD program? La Source is working on these various challenges.

But the challenges are not only international: life inside the school is, for sure, its main activity. Currently, La Source is extending its campus. One of our goals is to upgrade our simulation center in a real immersive hospital, to be closer to practice, avoiding any risk of harming patients.

The innovation department will also be located in this extension, with spaces for startups linked to nursing.

Many projects are open: La Source's objective is to be ready for tomorrow's nursing, in a world that will need a broad array of skills in community care, as well as strong competencies for an elderly population with a variety of diseases. Being as capable in acute care as in chronic situations is challenging, and schools have to constantly improve their curriculum.

Offering safe and high quality nursing is a beautiful target for nursing students. Sharing this with the Red Cross Colleges of Nursing in Japan is an honour. La Source is grateful to have been welcomed so warmly and is happy to develop common projects.

Madeleine Baumann, September 2017.

Kokko, R. (2011). Future nurses' cultural competencies: what are they learning experiences during exchanges and studies abroad? A systematic literature review. *Journal of Nursing Management*, 19(5), 673-682

Repo, H., Vahlberg, T., Salminen, L., Papadopoulos, I., Leino-Kilpi, H. (2017). The cultural competence of graduating nursing students. *Journal of Transcultural Nursing*, 28 (1), 98-107.

Shen, Z. (2015) Cultural Competence Model and Cultural Competence Assessment Instrument in

Nursing: A literature review. *Journal of transcultural nursing*, 26 (3), 308-321.

<https://www.ecolelasource.ch/>

The website of our school is mostly in French. English version will come soon.

<https://www.hes-so.ch/data/documents/plan-etudes-bachelor-soins-infirmiers-EN-879.pdf>

Bachelors Framework by our University of Applied Sciences, in English.

<https://www.unil.ch/sciences-infirmieres/home.html>

Institute of Master and PhD, in French.

https://www.myswitzerland.com/ja/home.html?_ga=2.176533157.1466906593.1506671971-1651106710.1491313911

General Information about Switzerland, in Japanese.

<https://www.admin.ch/gov/en/start.html>

Swiss government website, in English.

