



Berner Fachhochschule
Haute école spécialisée bernoise
Bern University of Applied Sciences



The relevance of public health for health care professions: building bridges for interprofessional collaboration

Klazine van der Horst / Kai-Uwe Schmitt

► School of Health Professions



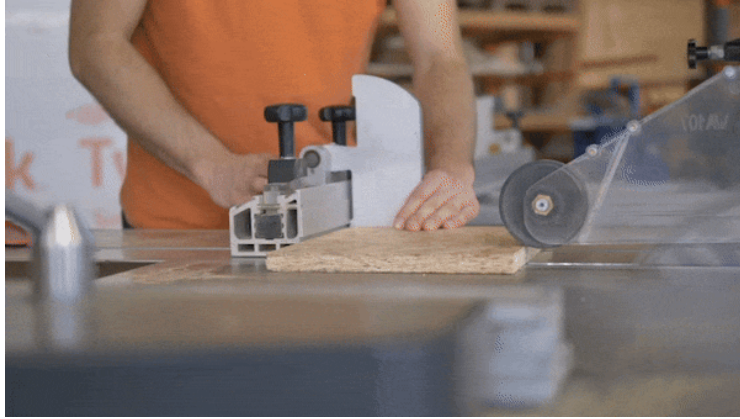
BFH Facts and figures

2857 employees
Established in 1997 32 bachelor's degree programmes
7829 students
27 master's degree programmes 8 schools
Proportion of female employees 54% 3 languages of instruction

Bern University of Applied Sciences sites



BFH Schools



Architecture, Wood and Civil Engineering



Health Professions



School of Agricultural, Forest and Food Sciences



Bern Academy of the Arts



Engineering and Computer Science

BFH Schools



Business



Social Work



Swiss Federal Institute of
Sports Magglingen*

*affiliated university



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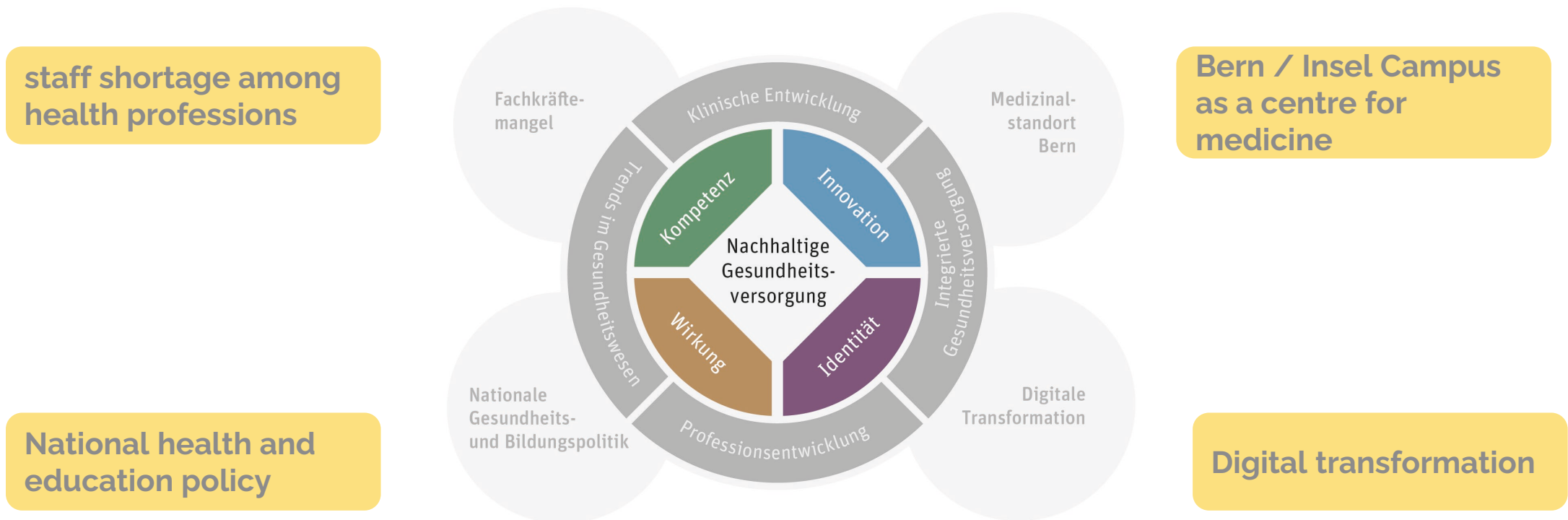
Berner Fachhochschule
Gesundheit

School of Health Professions

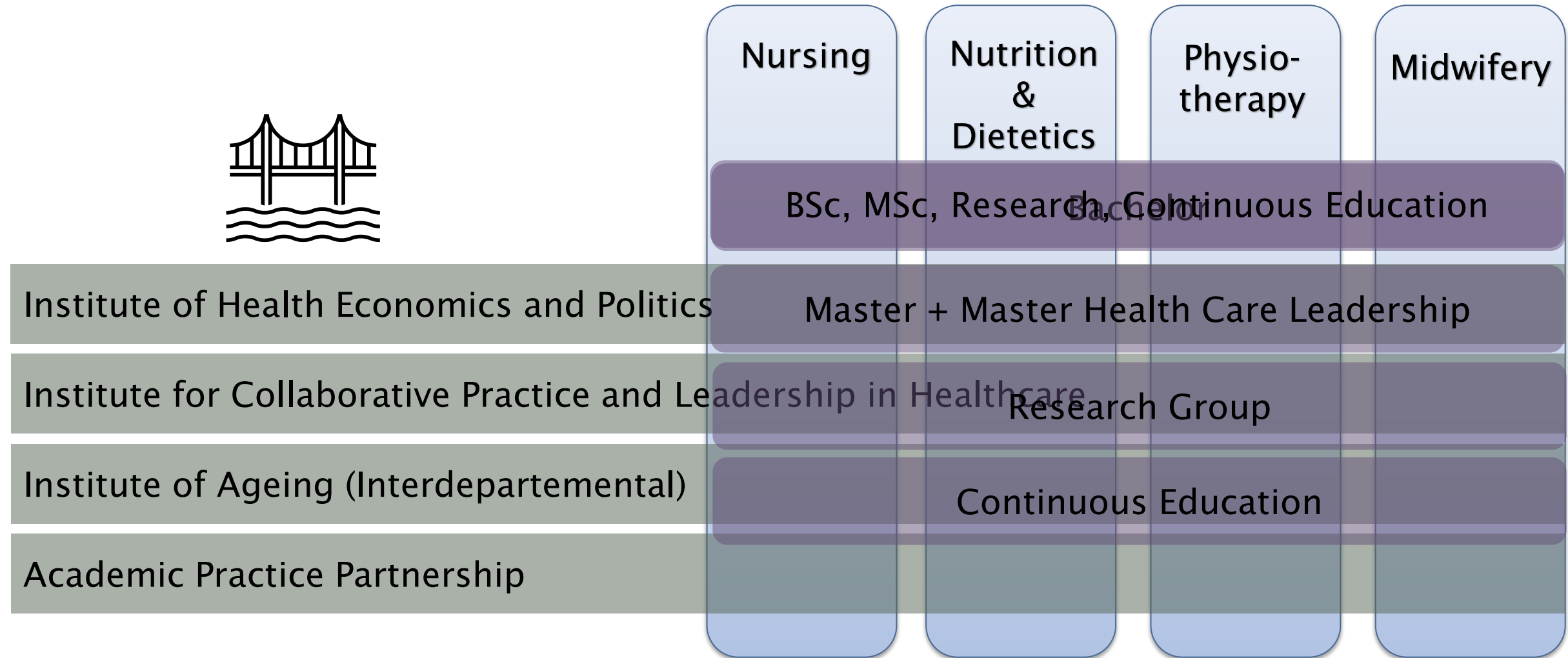
► Organisationseinheit oder Leistungsbereich

BFH School of Health Professions

We make an important contribution to sustainable healthcare in Switzerland and aim to advance healthcare practices and improve patient outcomes .



School of Health Professions – in a Nutshell



Interprofessional Education

Collaborative healthcare requires interprofessional skills



Modulverbindende inhaltliche Schwerpunkte

Personzentrierung

Kommunikative Grundlagen
der interprof. Zusammenarbeit

Ethische Grundlagen der
interprof. Zusammenarbeit

Gesellschaftl. Kontext

Kooperation

Modul 3

Gesundheitsförderung im interprofessionellen Kontext

6. Sem.

Gruppe/Team

Partizipation

Modul 2

Interprofessionelle Zusammenarbeit und eHealth

3. Sem.

Individuum

Perzeption

Modul 1

Personzentrierte Gesundheitsversorgung

1. Sem.

Struktureller Aufbau



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Building Bridges in our BSc Programmes

Project FLINC – A curriculum revision to create a **FL**exible **IN**tegrated Curriculum

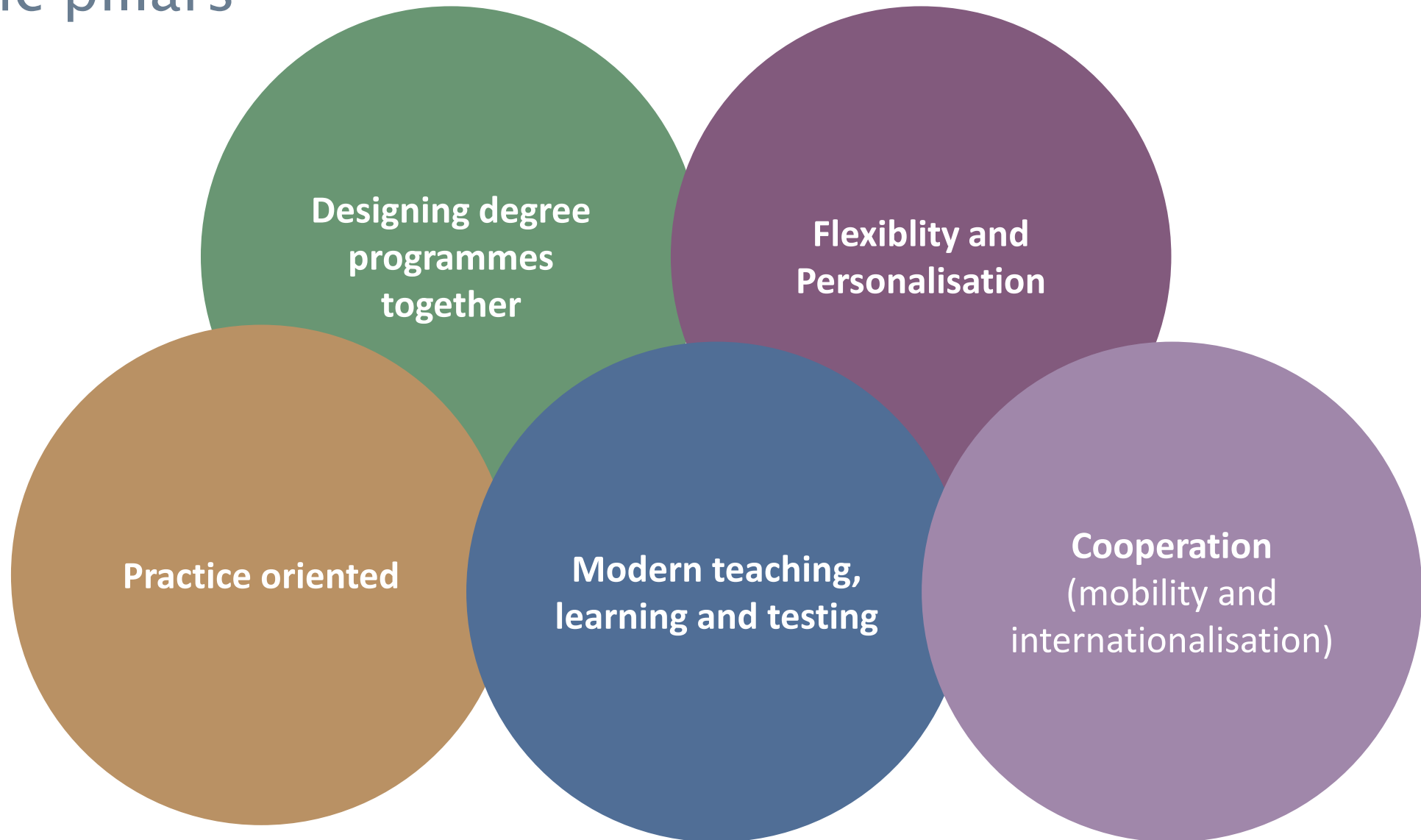


Why a new curriculum?

- ▶ Students' need for more flexibility
- ▶ Shortage of skilled health care workers
- ▶ Digital transformation
- ▶ Resource scarcity
- ▶ Small reforms are difficult



Strategic pillars



Public Health as an interprofessional module

- ▶ This module teaches the fundamentals of public health as an interdisciplinary concept for promoting and maintaining the health of the entire population or parts of the population and deepens this knowledge through application in practice-oriented contexts.
- ▶ Common key areas
 - ▶ Health Promotion and Prevention
 - ▶ Inclusion and Participation
 - ▶ Planetary Health
 - ▶ Healthcare system and society
 - ▶ Self-care



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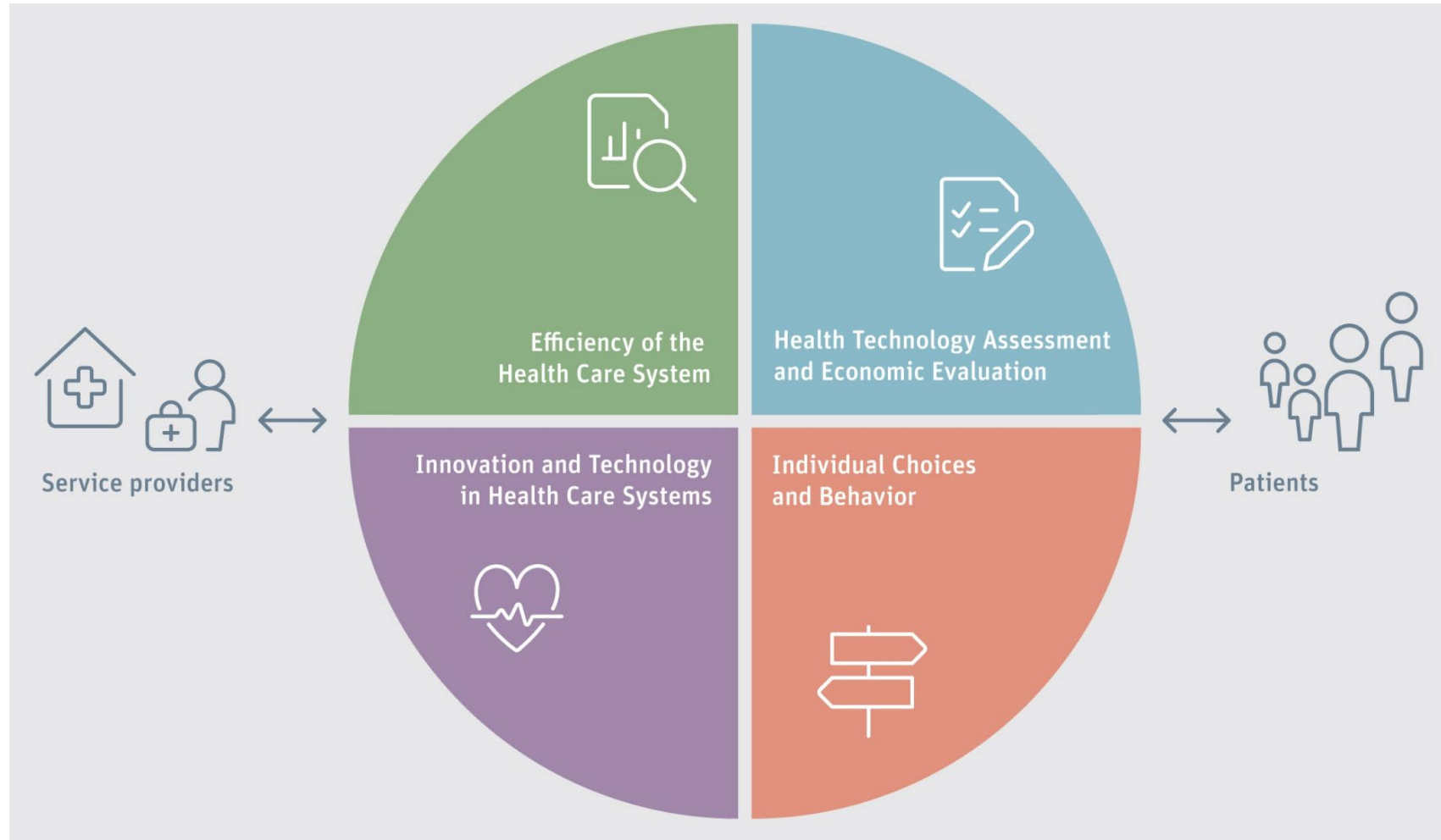


Institutes

We conduct research and teaching activities on effective collaboration in healthcare, and we generate evidence to support better decisions in health policy and management.

Institute of Health Economics and Health Policy

Prof. Dr. Katharina Blankart



Institute for Collaborative Practice and Leadership in Healthcare

Prof. Dr. Mirjam Körner

We strenghten collaboration:

with
patients &
users



among
professionals



as a
leadership
practice



Institute on Ageing

Collaboration with Social Work – Co-Led by Karin Haas & Jon Bennet



Caring for the fragile elderly



Old-age care in the communal social space



Ageing society

Public Health Research in our disciplines



An app-based prenatal course to facilitate access to the Swiss healthcare system for migrant families and provide them with information about pregnancy and childbirth.



The app supports Ukrainian children in learning practical skills for dealing with stress and pressure by addressing topics such as nutrition, stress and exercise in a playful way.

Public Health Research in our disciplines



Quality in Healthcare - Quality indicators

Falls and pressure injuries – measurement with routine data.

Evaluation quality of care for H+



The investigation of the effectiveness and costs of combined therapy (education, exercise therapy) for chronic back pain in overweight/obese individuals

Swiss Center for Care@home

The Swiss Centre for Care@home (SCC), funded by the Canton of Bern, is a **competence centre for Care@home models in Switzerland.**

- The BFH and lead partners collaborate to **develop innovative @home care models.**
- The SCC currently brings together a **broad alliance of 70 lead partners**, including hospitals, “Spitex” organisations, general practitioners, med-tech and health insurance companies, nursing homes and outpatient providers.
- The SCC has a **threefold mission**: to network, to generate knowledge and evidence, and to fund research.
- The research projects **support the piloting, implementation and evaluation of Care@home models** and serve to attract further projects.



More information
bfh.ch/scc



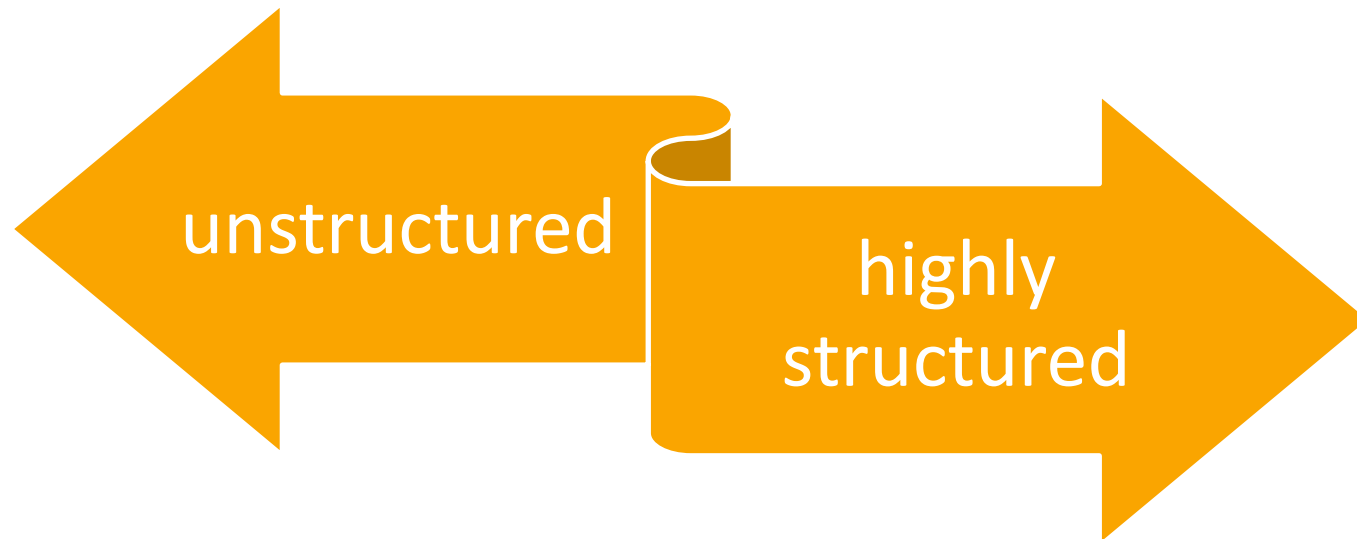
Lead Partner **Networking Workshop 3. CfP 'Care@home Projects 2026'**
Tuesday, 26 August 2025 in Bern

Academic-Practice-Partnership

Bridging from university to clinical practice

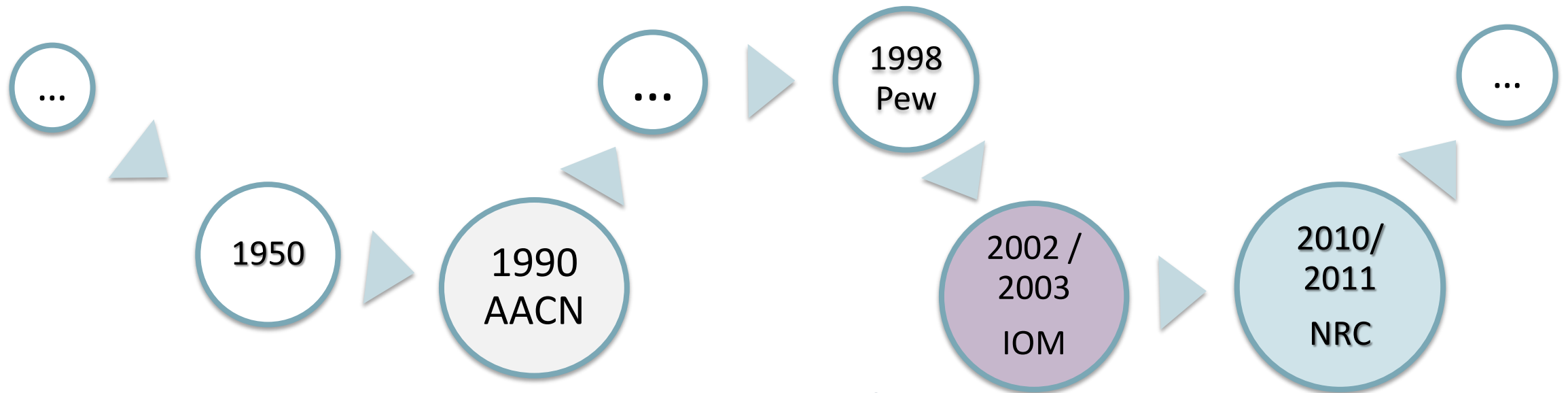
Background

- There are many forms of collaborations in research



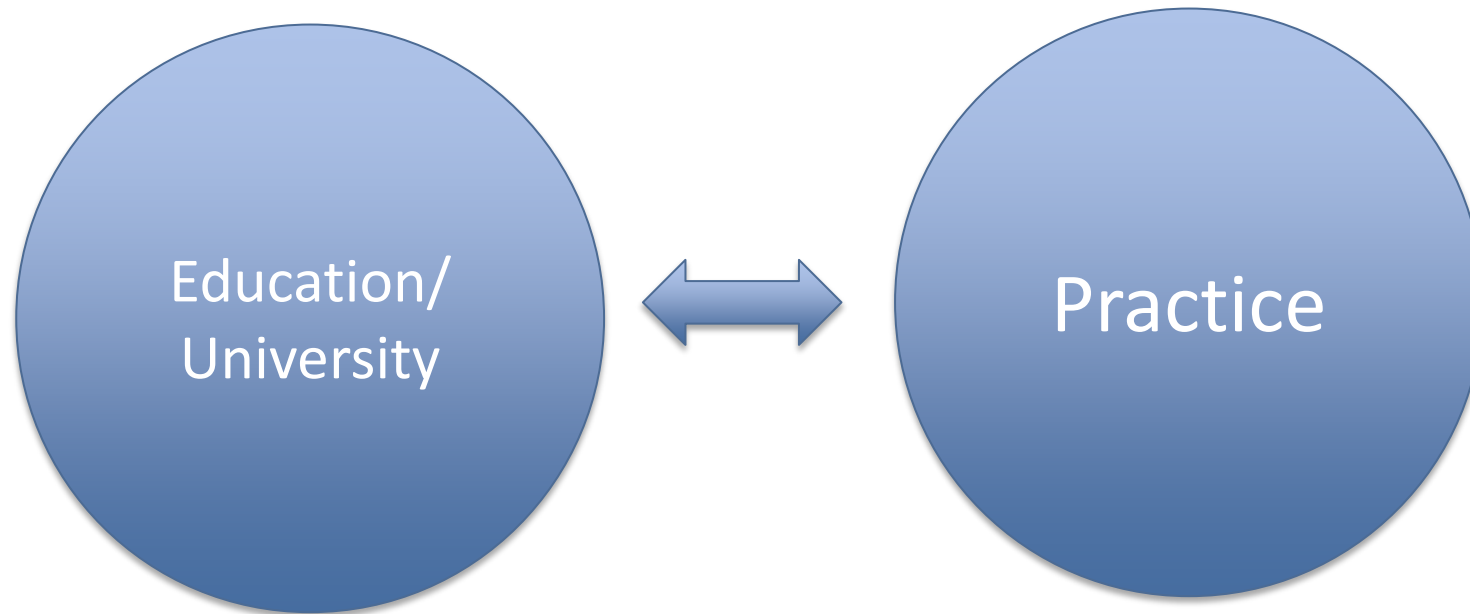
Background

- ▶ Health care
 - ▶ Academic Practice Partnership (APP)
 - ▶ Academic Service Partnership (ASP)



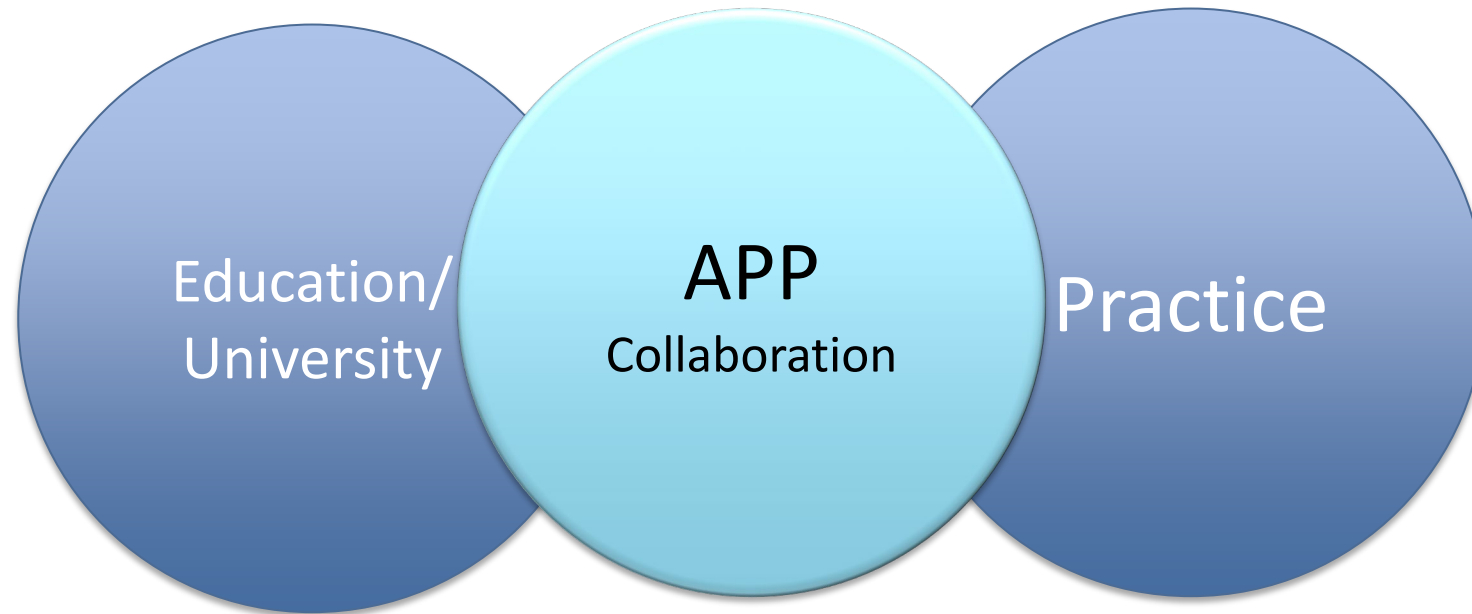
Motivation to establish an APP

- ▶ “academic-practice gap”

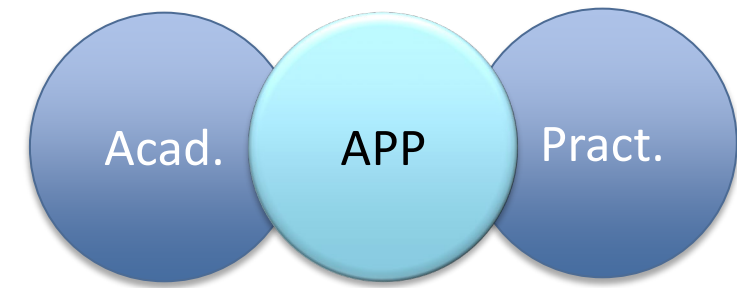


Motivation to establish an APP

- ▶ “academic-practice gap”



Motivation to establish an APP



- ▶ knowledge transfer between theory (academia) and practice
- ▶ access to research (research facilities) <> access to practice partners
- ▶ access to information (data, experience, literature,...)
- ▶ access to funding
- ▶ improved education/ training
 - ▶ practical experience for academic teachers <> recruiting lecturers from practice
 - ▶ practical courses for students

[Sadeghnezhad et al., 2018]

Experiences

Promotors

- ▶ sufficient ressources, financial support
- ▶ common vision, aims, mission
- ▶ strong leadership
- ▶ common benefit
- ▶ good communication, open dialogue
- ▶ trust and respect
- ▶ ...

Barriers

- ▶ missing ressources
- ▶ lack of time
- ▶ partners with unequal committment
- ▶ different culture and values
- ▶ conflicts regarding leadership / control
- ▶ ...



Experiences

Wurmser et al. (2011): ...thinking strategically... strong academic–practice partnerships are increasingly viewed as crucial for the future of nursing.

Bender et al. (2019): ...over 18 years... it has evolved from an information-gathering taskforce into an Agency for Healthcare Research and Quality...

Battle (2018):... There's sufficient evidence that successful academic-practice partnerships are instrumental in improving patient outcomes and overall quality of care.

Huston et al. (2017): .. academic service partnerships must be formed at the highest managerial levels, be implemented by a joint committee of stakeholders, and be based on mutually beneficial and measurable goals

APP of BFH and Insel Gruppe



physiotherapy



nutrition & dietetics



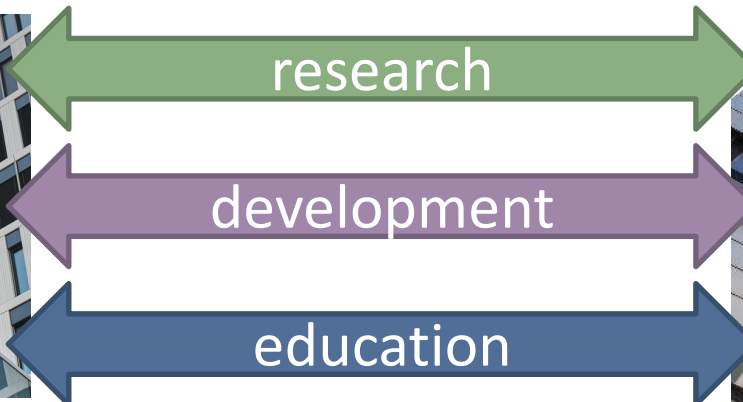
nursing



leadership

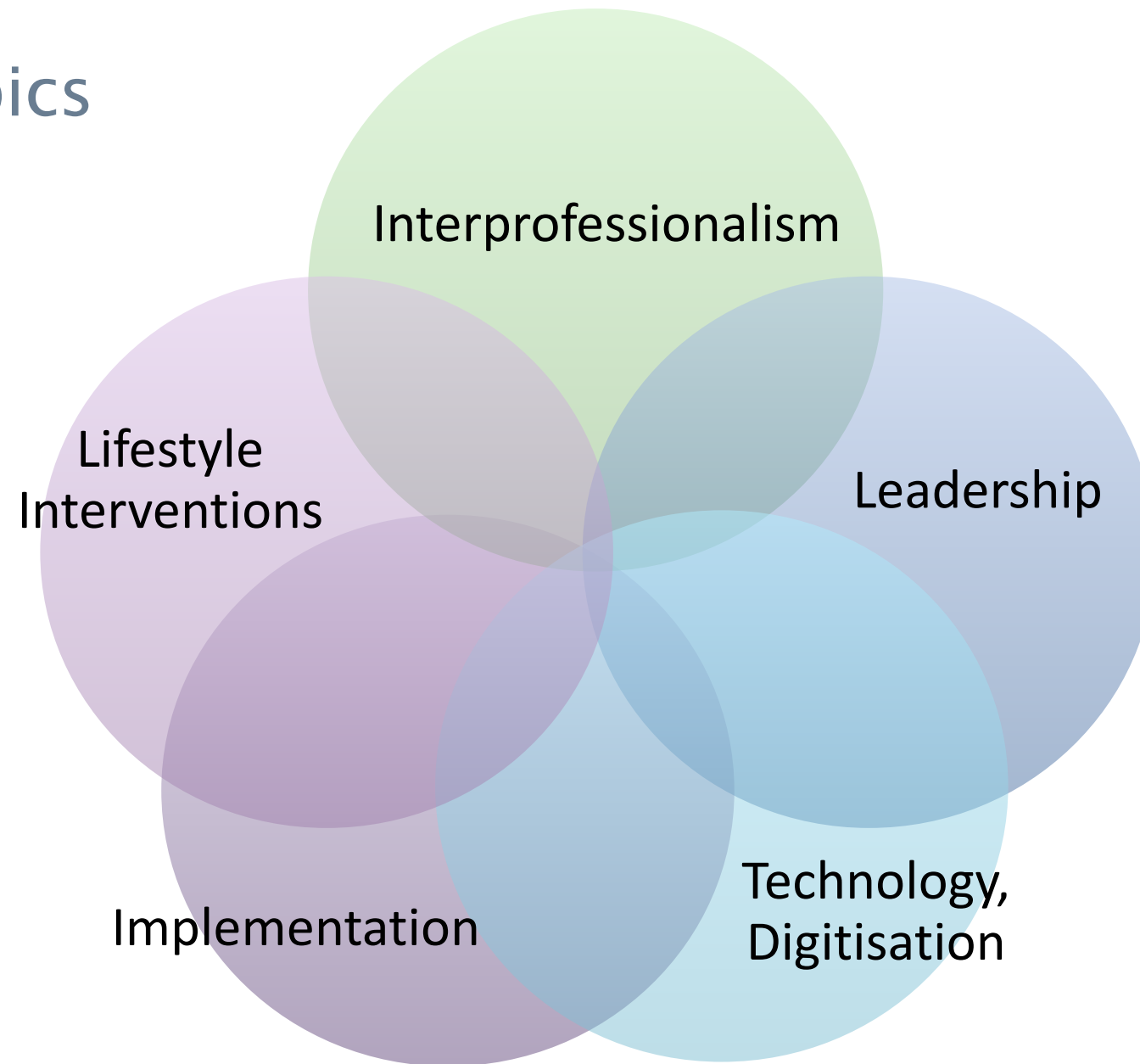


midwifery

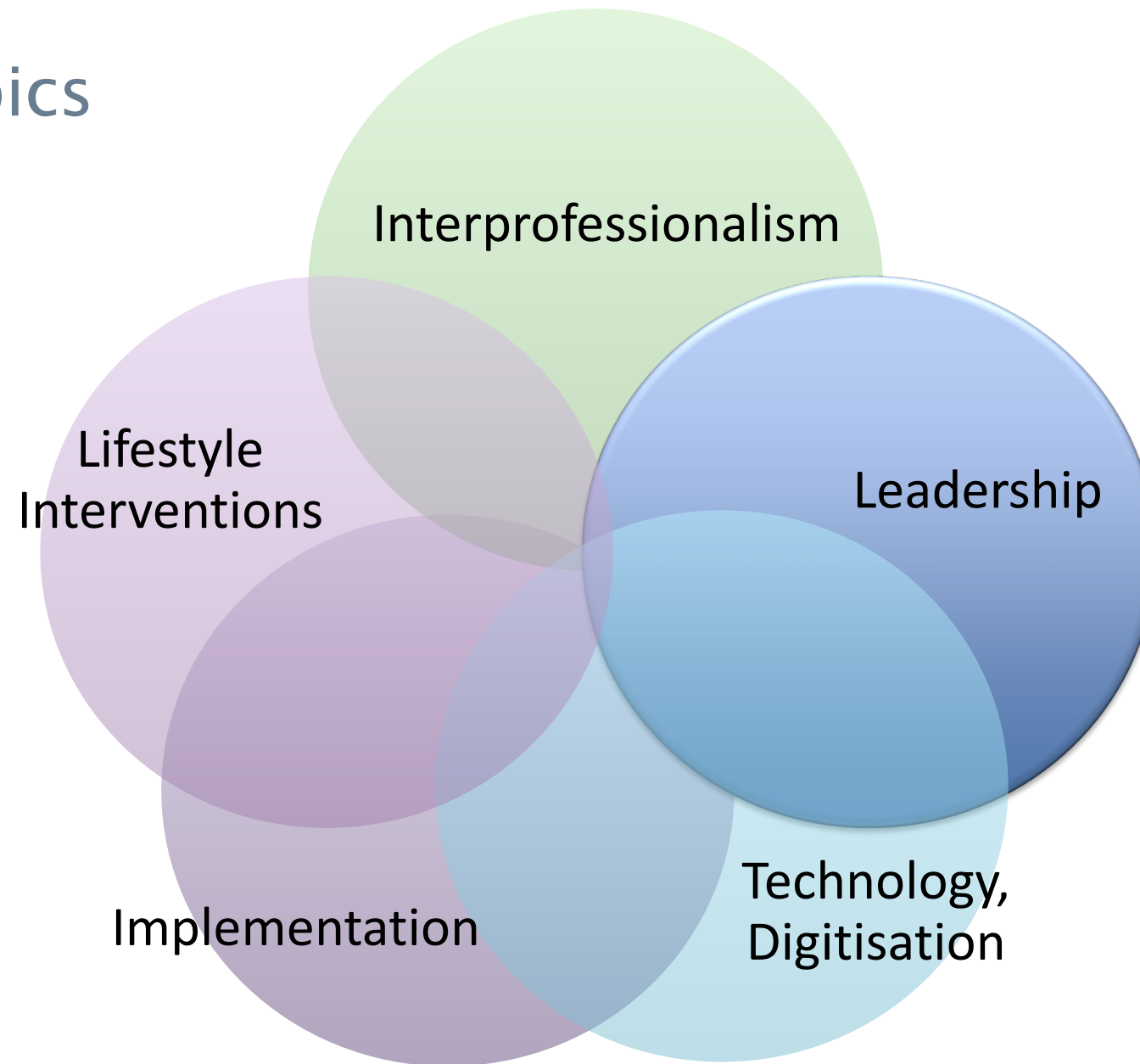


innovative, interprofessional, scientific, evidence-based, clinical relevance

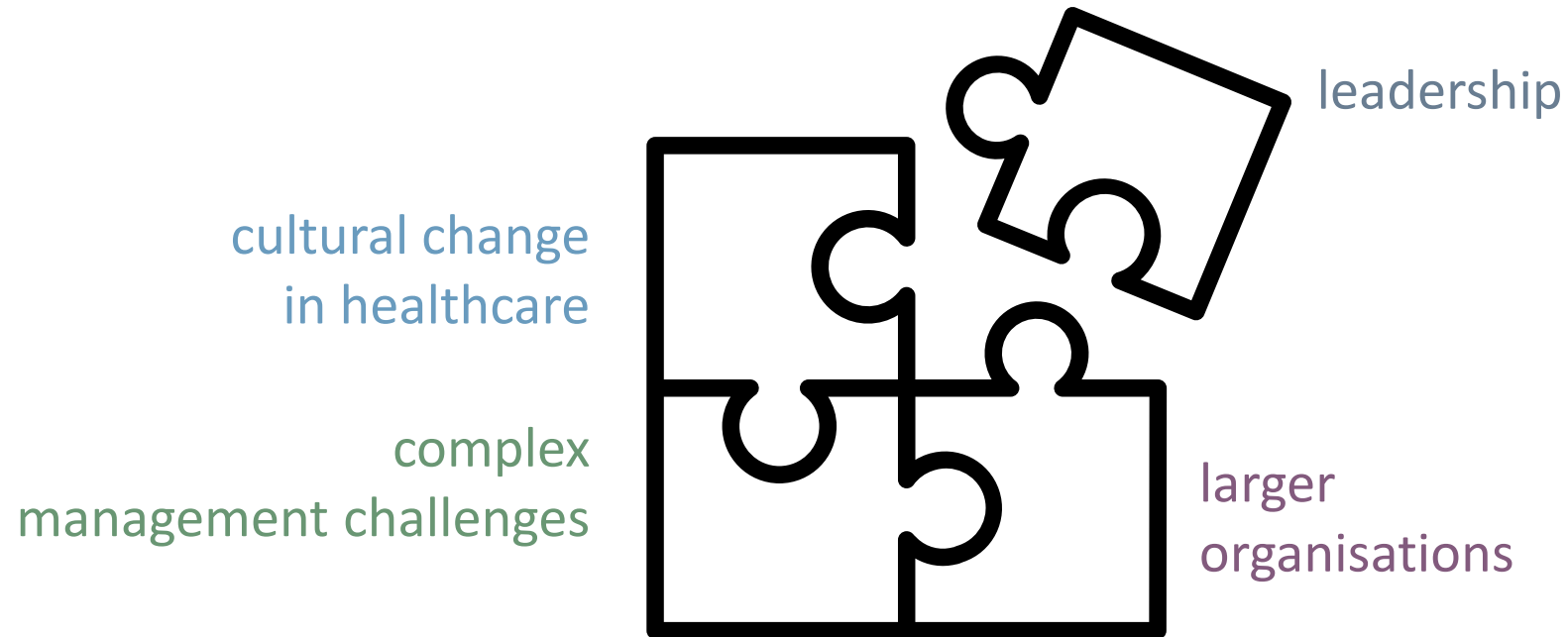
Strategic topics



Strategic topics



Healthcare leadership

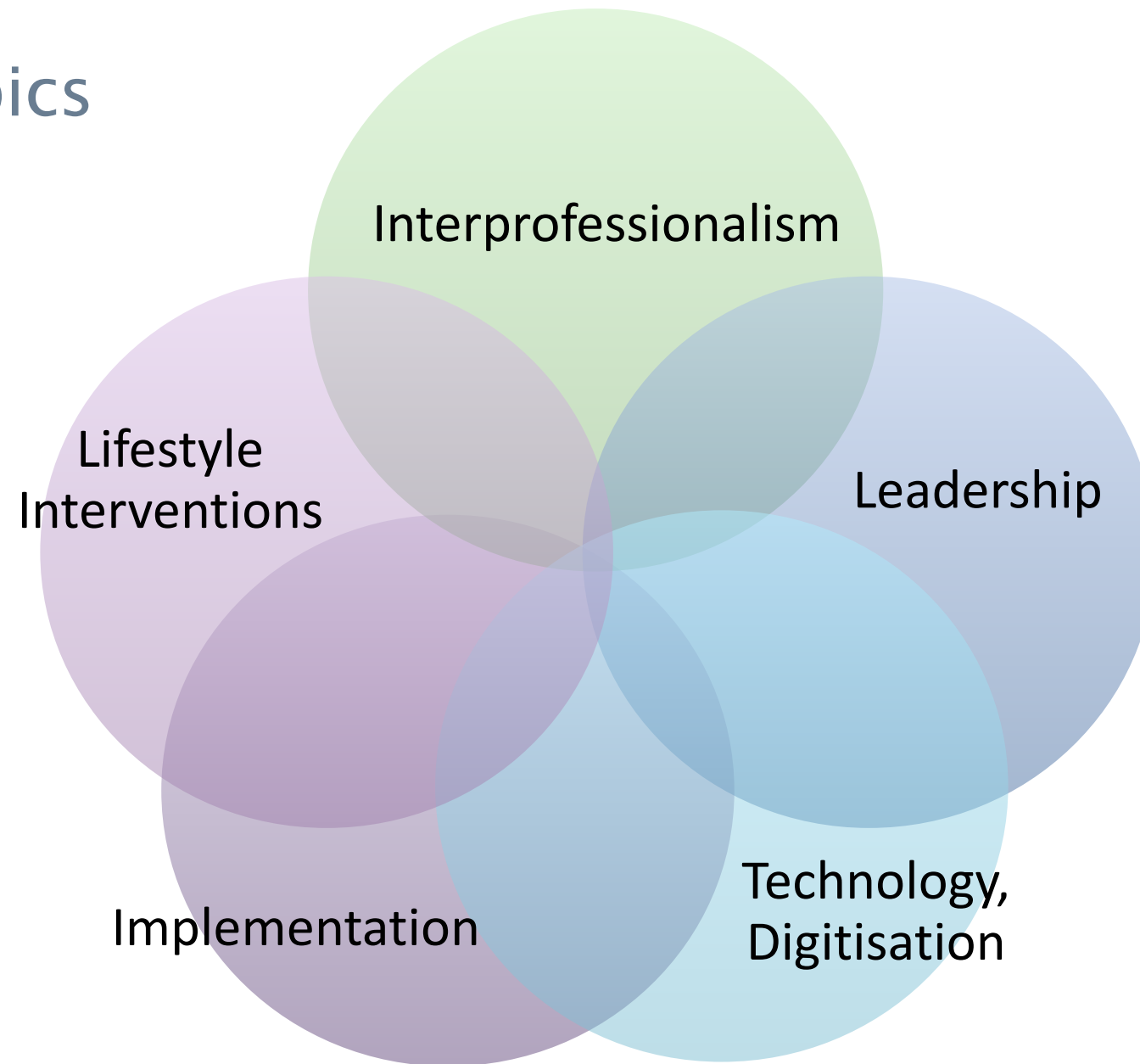


Healthcare leadership

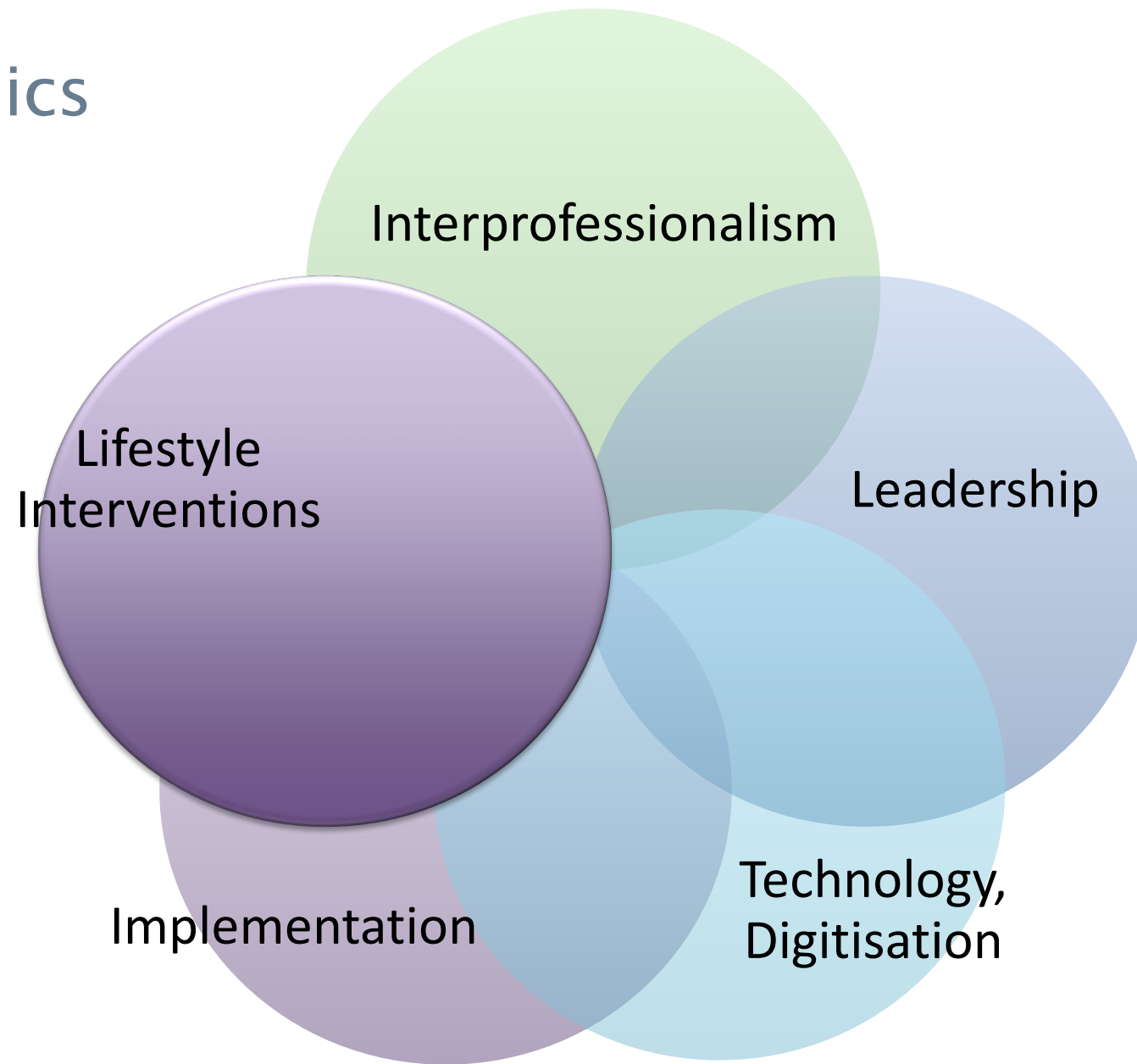
- ▶ MSc programme
 - ▶ MSc in Healthcare Leadership
 - ▶ in collaboration with Insel Gruppe
- ▶ Research



Strategic topics



Strategic topics



Lifestyle interventions



Lifestyle interventions



- ▶ prevention, therapy, support
 - ▶ cancer, dementia, back pain, CVD...
- ▶ digital health applications
 - ▶ DELIA - elderly
 - ▶ QUALUCA – lung cancer



Lifestyle Interventions (DELIA)

- ▶ Structured programme (e.g. 12 weeks)
 - ▶ videos
 - ▶ audio files, podcast
 - ▶ newsletter
 - ▶ exercises, quizzes



Mobil App (and website)

- 12-week program
- Individualized weekly plan
- Reminders
- Motivational messages
- Diary
- Display of progress
- Goal setting
- Educational materials
- Weekly newsletters and quizzes

Physical activity

- Goal: Regular physical activity
- Focus:
 - Strength
 - Balance
 - Flexibility
 - Endurance
- Videos holistic training
- Aid: Chair and water bottles
- Three levels

Sleep

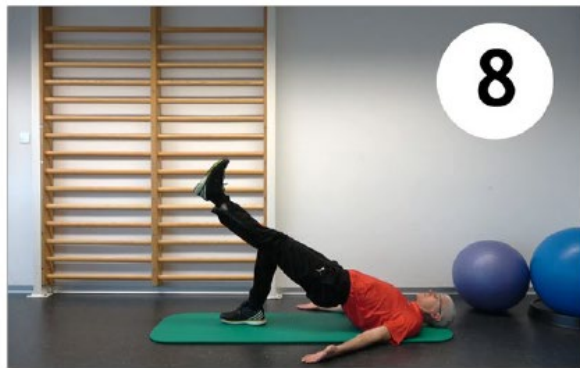
- Goal: Improve sleep habits if necessary
- Focus:
 - Sleep topics of the target group (e.g., midday nap, sleep duration, ...)
 - Sleep issues
- Podcasts and texts
- Tasks

Mindfulness/relaxation

- Goal: Increase mental well-being
- Focus:
 - Body scan
 - Sitting meditation
 - Progressive muscle relaxation
 - Mindfulness in daily life
- Introductory videos and texts
- Exercise instructions

Nutrition

- Goal: Healthy and need-based nutrition
- Focus:
 - Nutrition topics of the target group (e.g., proteins, drinking, ...)
 - Enjoyment and pleasure
- Texts and podcasts
- Tasks (with recipes)
- Three groups



APP of BFH and Insel Gruppe

- ▶ interprofessional
- ▶ structured
- ▶ strategic

building bridges for interprofessional collaboration



Thank you!



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