

PAuSES

A student health service for informal caregivers

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Programm PAuSES

- What is it?
 - *For informal caregivers*
 - 40h **free** services
 - 1st hour: interview with informal caregiver (planification and profile)
 - By a student (occupational therapy or nursing)
 - **A support** for activities
 - **A presence**, surveillance or watch
 - **A help** to search for information
 - **A replacement** in case of emergency

More information : hetsl.ch/pauses

Plan

- 1 History and background of PAuSES project development
- 2 PAuSES : the training program
- 3 Feedback and perspectives

History and background of PAuSES project development

Support for the PAuSES project

Association CNHW

Strategy to address staff shortage among
healthcare professions

PePA (HES-SO)

Shortage of skilled healthcare professionals: the
role, integration, and support of informal caregivers



**COMPETENCE NETWORK
HEALTH WORKFORCE**



Support for the PAuSES project

Hes·SO

Haute Ecole Spécialisée
de Suisse occidentale

University of Applied Sciences
Western Switzerland



Haute école de travail social
et de la santé Lausanne



La Source.
Institut et Haute
Ecole de la Santé



Heds FR
Haute école de santé Fribourg
Hochschule für Gesundheit Freiburg

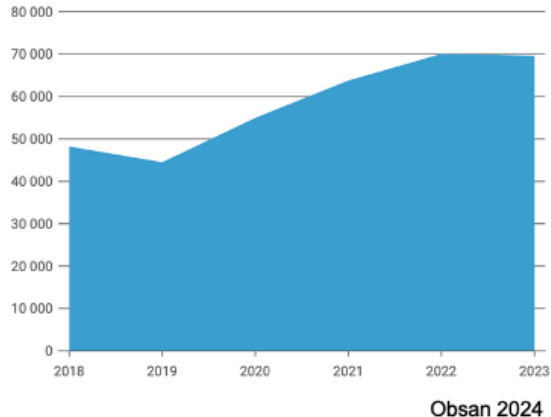
Project leaders :
Nicolas Kühne, Full Professor, HETSL
Sylvie Tétreault, Full Professor, HETSL
Daniel Ducommun, Full Professor, ELS
Paul Vaucher, Full Professor, HEdS-FR

Context and opportunities

Shortage of healthcare professionals

Fewer healthcare professionals, increased need for informal care

Number of job offers for health professionals
published in Switzerland

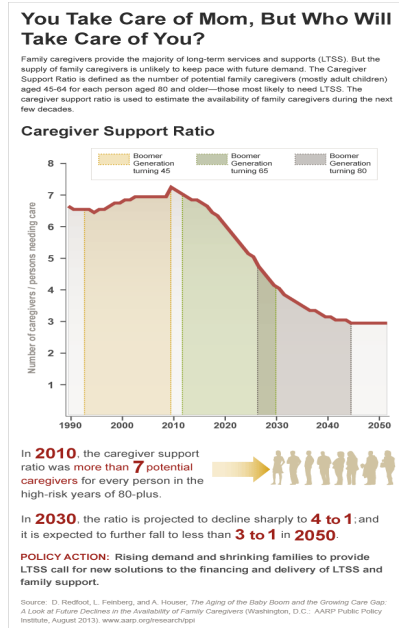
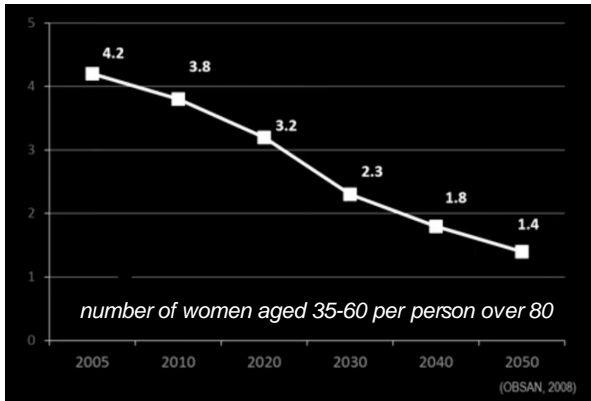


Obsan Bulletin 02/2024

Training for healthcare
professionals does not cover
succession needs

Context and opportunities

More elderly and fewer informal caregivers



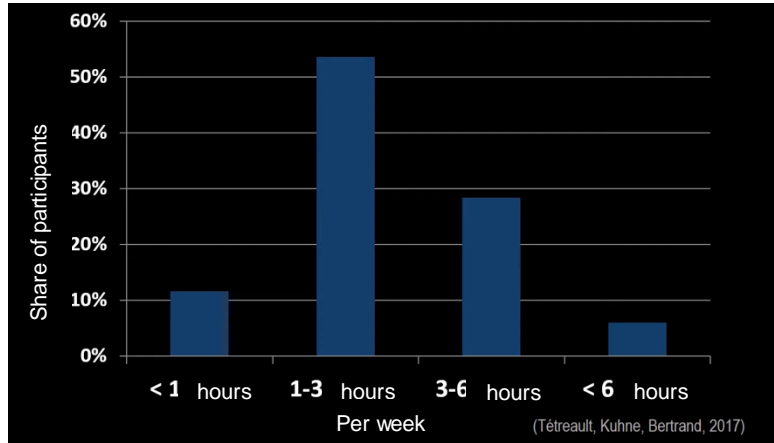
More pressures, more risks for informal caregivers



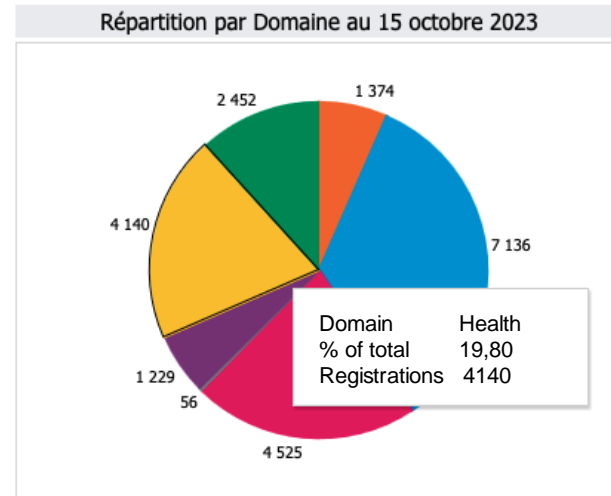
Context and opportunities

The health student ?

Availability of students to support informal caregivers in exchange for ECTS training credits



HES SO number of health students



Could we offer training in the form of community service?

PAuSES: a win-win solution



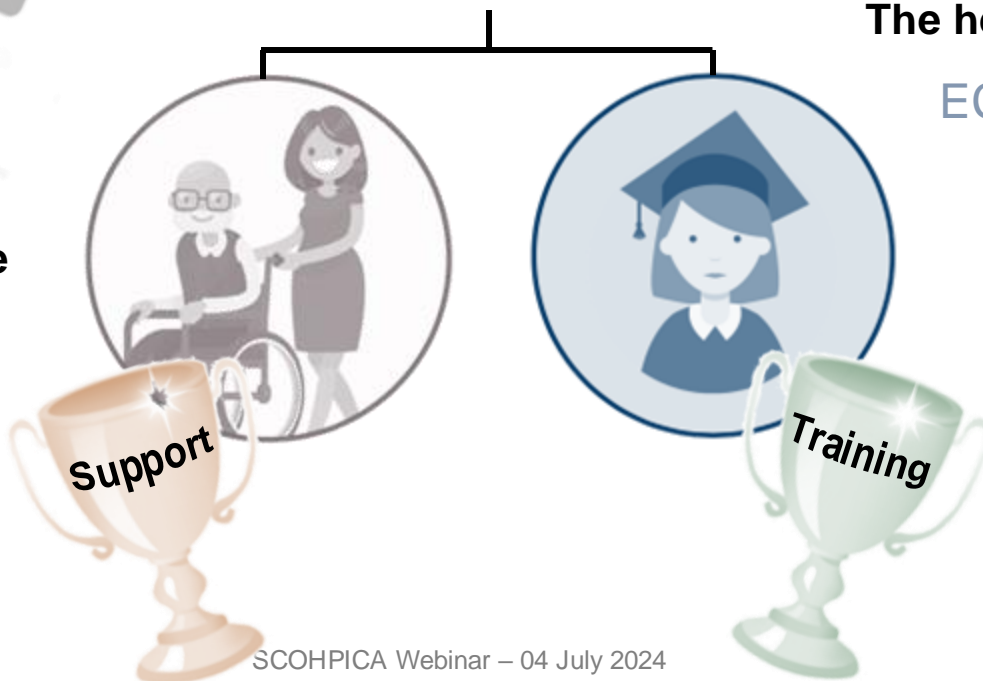
PAuSES

The health students get

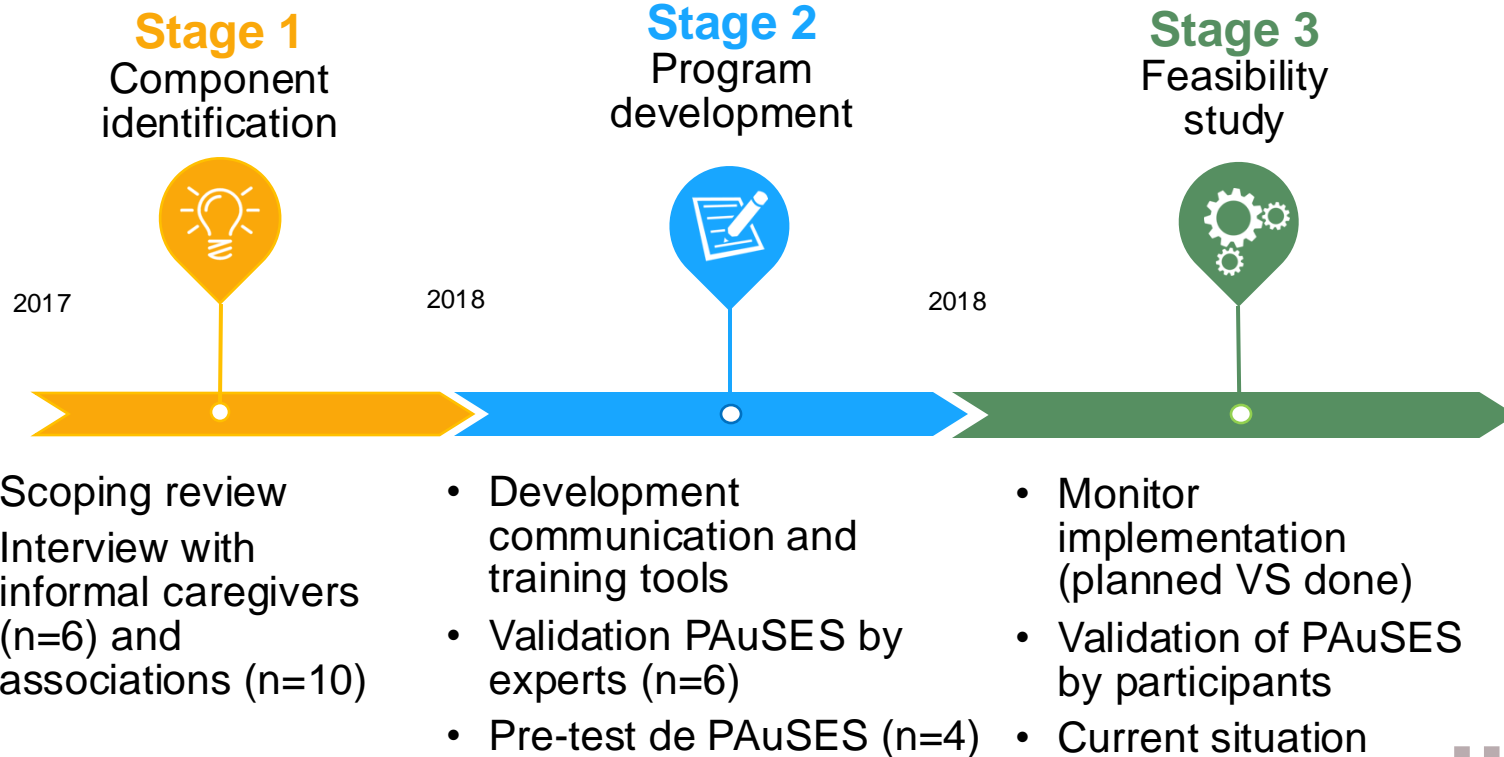
ECTS and experience for
professional practice

The informal
caregivers receive

Respite
Support
Help

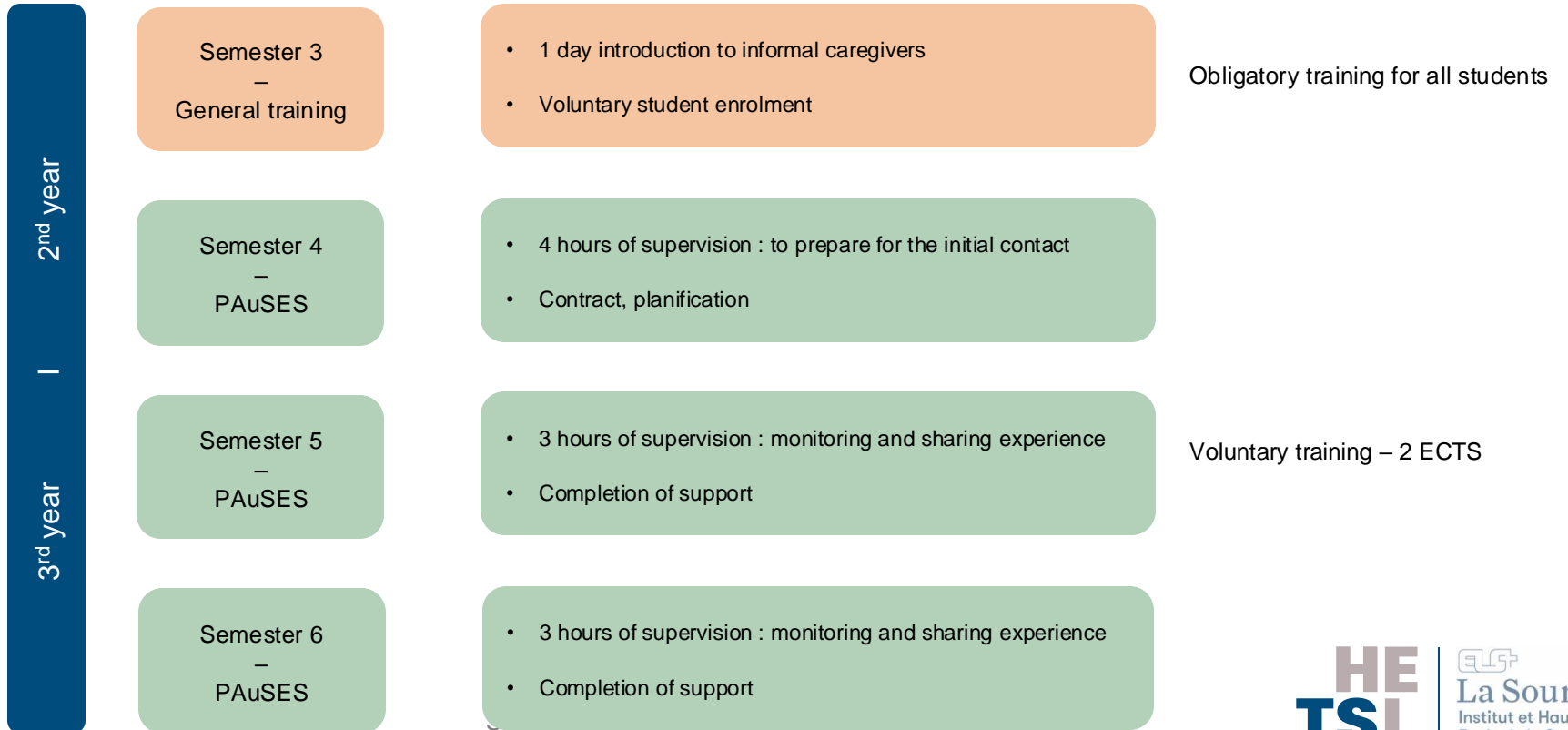


Development of PAuSES : method



PAuSES : the training program

The training program



The training program

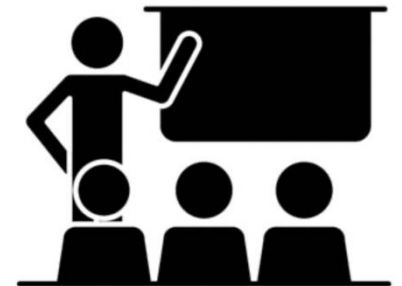
2nd year

Semester 3
–
General training

- 1 day introduction to informal caregivers
- Voluntary students enrolment

Obligatory training for all students

- With all HETSL and ELS second-years students
- Raising awareness of the problems faced by informal caregivers
- Description of the PAuSES programm
- Voluntary students' enrolment
- Voluntary caregivers' enrolment
- Pairing students and caregivers



The training program

2nd year

Semester 4
–
PAuSES

- 4 hours of supervision : to prepare for the initial contact
- Contract, planification

- Students prepare to meet informal caregivers
- Students interview informal caregivers and explore problems
- They agree to a contract

Under the supervision of the teacher

Voluntary training – 2 ECTS



The training program

3rd year

Semester 5
–
PAuSES

- 3 hours of supervision : monitoring and sharing experience
- Completion of support

Semester 6
–
PAuSES

- 3 hours of supervision : monitoring and sharing experience
- Completion of support

Voluntary training – 2 ECTS

- Students complete **40 hours of support**
- Informal caregivers attest to the student's presence
- Students write about their experiences

Under the supervision of the teacher



Feedback and perspectives

The support offered

Support initiatives are offered in the cantons of Bern, Fribourg, Geneva, Jura, Neuchâtel, Valais and Vaud.

Number of students enrolled, Nurse and Occupational therapist	
2018-2021	15 students
2019-2022	41 students
2020-2023	15 students
2021-2024	12 students
2023-2025	20 students

The support offered

Support takes the form of

- Support during all types of activities, with or without the presence of the carer.
- Presence, supervision or care, including for siblings.
- Help in finding information about services or administrative procedures.

Feedback

For students

- Flexibility in providing support
- Gain of 2 credits ECTS
- Immersion in community service – « real training »
- View change, professional training posture and consider informal caregivers as partners

Informal caregivers

- Gain of respite, support, and help
- Appreciates presence and complicity
- Students can sometimes be confidants
- Gives visibility to their difficulties

PAuSES : perspectives

- Develop the scheme within the various HES-SO health training school
 - Replication of the scheme
 - Increased enrollment of students and informal caregivers
- Build links with SCOHPICA research
 - Student participation in SCOHPICA : recruitment and data collection
 - Access to a local contact for qualitative observations
 - Enrollment in a bachelor's thesis





Informal caregivers questionnaire

Open from May to September 2024



<https://scohpica.ch/je-souhaite-participer/>