



School of Health Professions
Institute of
Physiotherapy
Movement as Therapy



<u>Institute of Physiotherapy</u>	4
<u>Chronicle of the Physiotherapy Profession – at the ZHAW and in Switzerland</u>	6
<u>Networking: Theory and Practice – international, interdisciplinary, interprofessional</u>	8
<u>Bachelor of Science (BSc)</u>	10
<u>Master of Science (MSc)</u>	12
<u>Continuous Professional Development (CPD)</u>	14
<u>Services</u>	16
<u>Research Unit for Physiotherapy Science</u>	18
<u>Activities at the Institute of Physiotherapy</u>	20
<u>Social Relevance – Health Care Models of Tomorrow</u>	22
<u>School of Health Professions</u>	24
<u>Contacts</u>	27



Dear Reader

The Institute of Physiotherapy at the ZHAW Zurich University of Applied Sciences is the largest teaching and research institution for physiotherapy in Switzerland. We promote the sustained professionalisation of physiotherapy through our bachelor and master programmes, our research and development activities and our academic continuous professional development courses, both to the benefit of patients and a high-quality of health care.

Excellent teaching, national and European harmonisation, interprofessionality and internationalism are self-evident to us. Our strong connections to national and international organisations, such as associations, research establishments, industrial partners, teaching and practice institutions, as well as political bodies in the health, education and professional arenas, support these goals.

One of the next steps in raising academic and professional standards will be the establishment of PhD opportunities for physiotherapists at Swiss universities. The development of new care models in the health sector will also be stimulated by the active involvement of physiotherapy. In this context, it is necessary to consider the direct access by patients to physiotherapy.

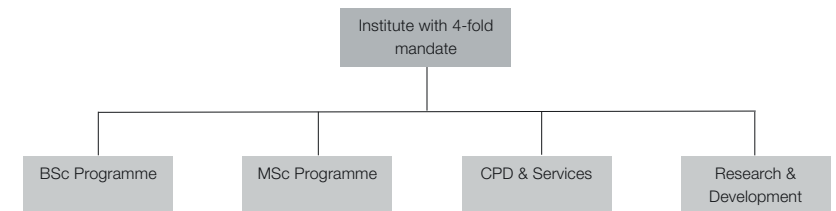
Over the following pages, you will discover the innovative ideas with which the ZHAW contributes to the successful development of the physiotherapy profession.

I hope we have awoken your curiosity.

Prof. Dr. Astrid Schämamm
Director of the Institute of Physiotherapy, ZHAW

Institute of Physiotherapy

The Institute of Physiotherapy follows the premise of a **research and teaching university** with a fourfold performance mandate: teaching at bachelor (BSc) and master of science (MSc) levels; research and development (R&D); continuous professional development (CPD) and physiotherapy services. The combination of teaching and research under one roof is ideal, preparing students optimally for practical, research and teaching functions. This encourages the "new" physiotherapeutic scientific knowledge, acquired through research, to benefit patients and other stakeholders directly.



Institute of Physiotherapy (Status: January 2014)

Number of Employees	74
BSc	480 students in different semesters
MSc	95 students in different semesters
CPD	3 MAS, 16 CAS and various CPD courses
Services	Statistical and specialist advice, mobile movement laboratory
R&D	25 research projects finalised 14 research projects ongoing



“The interdepartmental collaboration between the Centre for Aviation and the Institute of Physiotherapy was an important success factor in the award of the project to us by the Federal Office of Civil Aviation. For the assessment of bodily strain in helicopter pilots and the potential effect on flight safety, our competences complemented each other. A follow-up project to assess ergonomic measures is planned.”

Raphael Monstein
Co-Project Leader, Centre for Aviation, ZHAW School of Engineering

Chronicle of the Physiotherapy Profession – at the ZHAW and in Switzerland

As a result of the political decision in the year 2004 to raise education standards in general of the health care professions in Switzerland to university level, a rapid professionalisation of physiotherapy has been seen.

- Milestones of the Institute of Physiotherapy at the ZHAW
- Milestones of physiotherapy in Switzerland

- 2004** ■ Political decision to generally and comprehensively establish the physiotherapy health profession at university-level of education – with start in 2006.
- 2006** ■ Establishment of the Institute of Physiotherapy and start of the first Bachelor degree programme with 120 students.
- 2007** ■ Launch of a project to allow visually-impaired and blind students to study on the Bachelor degree programme.
- 2009** ■ Following the successful collaboration between the universities and professional associations, the Federal Office of Education and Technology (today, the State Secretariat for Education, Research and Innovation, SBF) enacts a Swiss-wide law regulating the “Subsequent Title Acquisition” for the health care professions. Persons holding the former diploma can obtain the title or BSc qualification through obtaining a post-qualification at a university.
 - Accreditation of the Bachelor degree programme.
 - Start and successful implementation of the project “Definition of Learning Outcomes”.
 - Redefinition of “Practice Trainer Qualifications”, as a prerequisite to the training of bachelor students in practice institutions.
 - Set-up and start of an in-house Movement Laboratory.
- 2010** ■ Approval and start of the consecutive Master degree programme, in the form of a cooperation between ZHAW and the Berne University of Applied Sciences (BFH).
 - Start of the first professional masters, “MAS in Musculoskeletal Physiotherapy”, with over 50 participants.
 - Performance of a large national study on the issue of direct access to physiotherapy by patients: a cooperative project between the ZHAW and HES-SO (University of Applied Sciences and Arts, Western Switzerland). Information was collected on the attitudes of physiotherapists to direct access, their assessment of the model and whether they would be confident to work in this way – based on a translated questionnaire with culturally adapted content (Jette et al. 2006).
 - First graduates of our BSc degree programme – first graduation ceremony.

Networking: Theory and Practice – international, interdisciplinary, interprofessional

- 2011**
- Commencement of the “National Physiotherapy Research Priorities” project: initiated by the Foundation for Physiotherapy Sciences (PTW). Financing was provided by PTW, the Swiss Physiotherapy Association (physioswiss) and the four universities of applied sciences.
 - Termination of the collective tariff agreement with Santésuisse by the Swiss Physiotherapy Association (physioswiss).
- 2012**
- Start of inaugural lectures.
 - The professional masters, “MAS in Musculoskeletal Physiotherapy”, received accreditation from the International Federation of Orthopaedic Manipulative Physical Therapy (IFOMPT) and thus gained international recognition for its quality.
 - First award of the title “Clinical Specialist physioswiss” by the Swiss Physiotherapy Association (physioswiss).
- 2013**
- Foundation of a national students union, Swiss Physiotherapy Students Organisation (SPSO).
 - Petition “YES to Physiotherapy” – tariff dispute.
 - First “I do PT” – International Day of Physiotherapy was held: an open-day for the local public on the subject of Back Health.
 - First graduates of MSc degree programme – first graduation ceremony.
 - Start of the professional masters, “MAS in Paediatric Physiotherapy”.
- 2014**
- Start of the service offer, “Mobile Movement Laboratory”.
 - First “Summer School in Physiotherapy”.
 - Consultation on the law governing health care professions.
 - Start of the professional masters, “MAS Management in Physiotherapy”.
- 2015**
- Enactment of the law governing health care professions planned.

The health care system in Switzerland is facing great challenges. The ongoing professionalisation of the health care professions is a prerequisite to meeting these challenges. Through its teaching, scientific and research activities, the Institute of Physiotherapy is making a significant contribution.

The Institute of Physiotherapy is committed to professional practice that is supported by scientific facts. So that patients can benefit from its implementation, the latest knowledge from research must be communicated as fast as possible to the practitioners of the profession. The close proximity of research and teaching at the Institute of Physiotherapy enables this direct transfer of knowledge into practice. The professionals educated at the institute are in demand in the working world. They are capable of applying their research knowledge to their work environment and, thanks to their high expertise, can assume responsibility and professional leadership.

Higher Quality thanks to Research

The School of Health Professions at the ZHAW has played a pioneering role in the academisation of the health care professions in Switzerland. It has made an important contribution to the catching-up process through the development of its research centre and the start of its Master of Science programme.

Bachelor of Science	Start 2006 max. 120 students annually
Master of Science	Start 2010 Cooperation with the Berne University of Applied Sciences BFH
Continuous Professional Development	Start 2008 Status 2014: 3 Master of Advanced Studies (MAS), diverse Certificates of Advanced Studies (CAS) and CPD courses
Research and Development	Start 2006 22 employees

Worldwide Networking

Due to its partnerships with other organisations, the Institute of Physiotherapy is strongly anchored in the health, educational and research landscapes in Switzerland. The institute is also well-connected internationally. It is actively involved in the harmonisation of European curricula, both to ensure the mobility of students and lecturers and to advance the mutual recognition of academic degrees in physiotherapy. All academic degrees and CPD programmes conform to the international standards of the Bologna reform. Staff and students are encouraged to gain intercultural experience and to acquire the relevant skills.



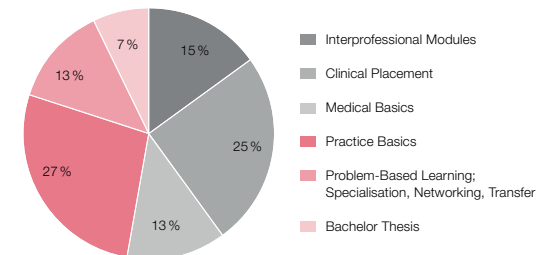
Bachelor of Science (BSc)

Physiotherapists in Switzerland have been educated at university level since 2006. With 120 bachelor students annually, the Institute of Physiotherapy offers the largest undergraduate degree programme in this profession throughout Switzerland. The explicit aim of the BSc in Physiotherapy is to train reflective professional practitioners.

Through its closeness to practice, research and other health professions, the Bachelor degree programme offers an innovative training. Graduates possess a broad range of practical, theoretical and scientific professional knowledge. The strong practical focus eases entry into the workplace.

Complementary: Theory and Practice

Teaching methods are varied; they include lectures, small study-groups, practice periods, eLearning and clinical placements. Theoretical content and training in practical skills are alternated in a modularised, topic-focused structure.



Ready for Practice

Graduates of the Bachelor of Science are well prepared to take on the challenging tasks in the professional world of physiotherapy. As practitioners, they are able to analyse problems independently and systematically, as well as to plan and carry out appropriate treatments. Graduates are encouraged to think critically and to strengthen their teamwork and communication skills.

Facts & Figures

Target Audience	Persons with a professional, vocational or gymnasial Matura or foreign equivalent
Start of Studies	Annually in September, calendar week 38
Duration	4 years (3 years full-time study, plus 10 months full-time clinical placement)
Scope	180 ECTS points
Student Places	120 students per year (Numerus Clausus with aptitude assessment)
Fees	CHF 720 per semester (excl. books / materials)
Degree Title	Bachelor of Science ZFH in Physiotherapy
Teaching Language	German



“I’m studying physiotherapy because it prepares me for a practical medical profession. I enjoy the profession-specific practical lessons, working together with other students, and find it excellent the way that theory and practice are linked.”

Sarina Jakob
Student Bachelor of Science in Physiotherapy

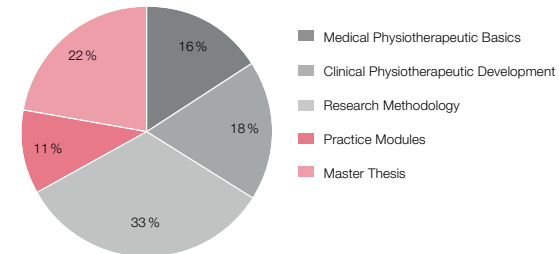
Master of Science (MSc)

On the Master of Science programme students extend and advance their specialist clinical and scientific competences (Advanced Practice). The programme trains qualified professionals and expedites the transfer of research results into practice.

Changes in the health care system are placing higher demands on physiotherapists and creating new areas of professional responsibility; quality standards must be met, innovative and efficient treatment concepts are demanded and new health care models are under development. Integrated health care for people with chronic conditions is becoming increasingly important. The research associated with the MSc generates new knowledge and qualifies graduates to perform these demanding tasks. As a result, the credibility of the physiotherapy profession in the eyes of health insurers, public authorities, politicians, referring doctors, as well as patients, will be raised.

Modular Programme with Diverse Competences

The MSc programme, offered in cooperation with the Berne University of Applied Sciences (BFH), has a modular structure. The modules are run equally at the ZHAW and the BFH. In addition to the main theoretical focus areas, other features of the programme are two practice modules in the fields of science and physiotherapy development (leadership) and the Master thesis.



Broad Career Prospects

Students acquire varied competences during the Master of Science programme which, when combined with their professional know-how and experience, open up new fields of activity. Graduates can work as experts in the solution of clinical problems or, for example, in the care of chronically sick people. They are scientifically active in research teams or leadership activities, and are qualified to work as lecturers in continuous professional development programmes. The MSc qualification also forms the basis for doctoral studies (PhD).

Facts & Figures

Target Audience	Persons with a BSc in Physiotherapy (from a Swiss or foreign university) and professional qualification; or persons with a physiotherapy diploma and the “subsequent acquisition of an academic qualification” (NTE)
Start of Studies	Annually in September
Duration	6 semesters, part-time
Scope	90 ECTS points
Student Places	At the ZHAW and BFH with common curriculum
Fees	CHF 720 per semester (excl. books / materials)
Degree Title	Master of Science ZFH in Physiotherapy
Teaching Language	German and English

Direct Contact master.gesundheit@zhaw.ch, Telephone +41 (0)58 934 64 90



“From a scientific perspective, masters students can work on questions from everyday clinical practice, examine the effectiveness of interventions and methods, develop guidelines and support integrated health care. They are an asset to practice institutions and to all their stakeholders.”

Margrith Nagel
Head of Therapy, KZU Competence Centre Nursing and Health, Bassersdorf

Continuous Professional Development

Continuous Professional Development at the ZHAW University of Applied Sciences guarantees optimal orientation to practice and builds a solid foundation for the future. Through the clinical expertise acquired, graduates of the CPD courses at the Institute of Physiotherapy contribute to improvement in the quality of basic care services and towards cost-effectiveness in the health care sector. Our qualified and experienced lecturers impart specialist knowledge. They have strong roots in practice, but are also well-connected to specialist clinical research.

Pronounced Practice Orientation and Clinical Expertise

All CPD courses are part-time allowing students to continue their professional practice and put their acquired know-how directly into practice. In this way, daily clinical work is linked to latest knowledge, evidence, practical advice and newest methods and techniques. The Institute of Physiotherapy offers CPD courses in various disciplines. Students increase their knowledge and extend their clinical and scientific skills in a specialist area with a chosen focus. The following professional masters (Master of Advanced Studies) programmes are offered: “MAS in Musculoskeletal Physiotherapy”, with specialisation in manual therapy, sport physiotherapy, hand therapy, pain or ergonomics; “MAS in Paediatric Physiotherapy”; “MAS Management in Physiotherapy”, with special focus on acute inpatient physiotherapy or chronic care. Graduates are motivated to develop their clinical expertise further and to adapt to the constant changes in their specialist area, as well as to further the discipline of physiotherapy in general.

Courses

MAS in Musculoskeletal Physiotherapy
MAS in Paediatric Physiotherapy
MAS Management in Physiotherapy
CAS Training of Health Professionals
CAS in Ergonomics
CAS in Garden Therapy
CAS Practice Management
CAS in Hand Therapy
CAS Health Sciences and Professional Leadership
CAS Clinical Expertise in Acute Inpatient Physiotherapy
CAS Clinical Expertise in Lymphological Physiotherapy
CAS Clinical Expertise in Musculoskeletal Physiotherapy
CAS Clinical Expertise in Paediatric Physiotherapy
CAS Clinical Expertise in Physiotherapy in Chronic Care
CAS Personnel Management in the Health Care System
CAS Pain
CAS Special Areas in Paediatric Physiotherapy
CAS Special Methods in Manual Therapy
CAS in Sport Physiotherapy
Courses: Current Clinical Topics (various topics)

Information can be viewed at: www.gesundheit.zhaw.ch



“The MAS in Paediatric Physiotherapy offers physiotherapists a unique opportunity to advance their skills to a high professional standard in all areas of paediatrics.”

Jeannette Curcio
President of Physiotherapia Paediatrica, self-employed physiotherapist in Rapperswil-Jona

Services

Services are an integral part of our performance mandate, as enshrined in the law governing the directives on university education (Fachhochschulgesetz). They facilitate the transfer of knowledge between universities and practice/business. Our range of services is aimed at individuals, teams, project groups, companies/institutions and public agencies and includes assessment, consultation and training activities. The knowledge and skills of our faculty and academic staff form the basis of our service-offering. They possess extensive knowledge, based on the latest findings from research combined with longstanding experience.

Movement Laboratory

The movement laboratory at the ZHAW Institute of Physiotherapy serves to answer questions concerning the quality of movement – both of patients and healthy people. Measurements taken in the laboratory enable more precise insights into human movement than clinical observation would allow. The resulting knowledge leads to improved treatment concepts.

Mobile Movement Laboratory – We deliver our services in the fields of measurement, assessment and consultation to sick and healthy people of all ages on-site: our special focus is on children in school and sport, adults in sport and work, and retirees with regard to their safety and mobility.

Equipment

- 13 infrared cameras and 1 Kinect for recording and analysing movement/disorders
- 4 video cameras for mobile movement analysis (combined with other measurement systems)
- 1 treadmill for gait analysis (combined with Kinect, infrared cameras and video cameras)
- 2 anchored and 1 mobile force plates for recording the forces acting on the body
- electromyography (EMG) to detect muscle activity during movement
- activity meter, accelerometer
- 9d sensor systems (Valedo) for movement analysis of the back
- EEG for measuring brain activity
- 2 GaitRite (mobile system for measuring various gait parameters)
- MFT S-3-Check for measuring balance, Dartfish for movement analysis

Statistical Advice

Our statistics expert provides support to researchers through his advice on research projects, from planning to implementation, through evaluation, interpretation and presentation.

Specialist Advice

Our faculty members provide support to physiotherapists in the treatment of patients with complex conditions.

Ergonomic Consultation for Organisations

Our experts support organisations in the reintegration of employees into their workplace, analysis of their workplace conditions and make individual recommendations with regard to health and safety and health promotion.

Management Advice

Our experts support organisations and chief physiotherapists in the optimisation of physiotherapy, both within their organisations and externally. On economic issues, we work together with the Winterthur Institute of Health Economics.



“Statistics not only play a central role in the scientific domain of physiotherapy, but also increasingly in practice. Without statistical reasoning, it’s very difficult for physiotherapists to competently deal with scientific matters. Since my MAS was clinically-orientated, the opportunity to get statistical advice was very useful.”

Stefan Abt

Graduate of the professional Masters “MAS in Musculoskeletal Physiotherapy”

Research Unit for Physiotherapy Science

Our research team enhances the body of knowledge in physiotherapy through its research projects, consulting and training. It works together with other research groups, other departments, industry, as well as insurers and public authorities. Applied research is an essential prerequisite for the professionalisation of physiotherapy.

The objective of the research team is to solve problems associated with the provision of physiotherapy health care and to achieve an improvement in the health care situation. All projects have social and practical relevance: the transfer of new knowledge into practice takes place through collaboration with practice partners, who convert the results of research into new products and services. The outcomes from the research centre also flow continually into teaching (through the BSc and MSc), as well as into our CPD and services, where they are communicated to appropriate customers.

Versatile and Valuable

The research team uses both quantitative and qualitative research methods. Projects predominantly focus on patient groups with pain and musculoskeletal dysfunction. The development of assessments for physiotherapeutic diagnosis and the investigation of the effectiveness of physiotherapy are of highest importance. The institute's movement laboratory enables in-depth analysis of movement and a better understanding of movement dysfunctions. The well-equipped laboratory possesses both stationary and mobile devices – inter alia, for the measurement of movement and strength and the detection of brain activity.

International and interprofessional

The research centre carries out interdisciplinary and transdisciplinary research. It is well-connected in both the national and international research and health care landscapes. Employees are active in international research projects and publish in scientific journals worldwide.

Selected Projects

- Physiotherapy to improve movement control of the lumbar spine in patients with back pain
 - “Movement in daily life” in care homes in the city of Zurich – development of effective and attractive exercise programmes
 - Evaluation of feedback systems to improve the effectiveness of treatment in automated gait training: ABILITY Switzerland’s LYRATM
 - Pilot project “Physiotherapy Germany” – comparison of conventional physiotherapy with a model similar to direct access to physiotherapy
 - Investigation of physical stress in helicopter pilots (external load with bubble)
 - Pilot of a patient classification system for performance-based tariffs in rehabilitation (PCS)
 - Development of patient classification tariffs for geriatric, pulmonary, cardiac and paraplegic rehabilitation
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“Together with the Research Centre at the Institute of Physiotherapy, we are focussing our efforts to further develop the gait trainer LYRATM. Addressing the needs of therapists and patients is central to this project. We are absolutely convinced that the rehabilitation of mobility-impaired people can be significantly improved.”

Christoph Rickert
Member of Management, ABILITY Switzerland AG

Activities at the Institute of Physiotherapy

In all its performance areas, the Institute of Physiotherapy is considered to be an innovative teaching, research and development organisation, whose offers are orientated towards the current and future needs of society. To this end, besides the teaching, research and advisory activities of the Institute, a variety of public relations events are held.

Inaugural Lectures

Following the award of a Professor title, the appointed professor holds a public inaugural lecture, during which he talks about his research focus through the presentation of one or more of his projects.

Summer School

Every two years the institute offers a Summer School on a relevant, highly topical subject. The Summer School is an educational event focussed on physiotherapists which can, depending on the content, also be attended by other health professionals. It serves the further development of both professional and personal skills, offers opportunities for the exchange of ideas and to network with internationally-renowned lecturers and colleagues.

2014 topic: Implementation – Transfer of Research Results into Clinical Practice

I do PT – International Day of Physiotherapy

On the occasion of the World Physical Therapy Day on 8th September, also in a two-year rhythm, the Institute of Physiotherapy organises a public event for the local population in and around Winterthur on diverse health-related issues. The visitors get an insight into the physiotherapist, the physiotherapy profession and its application in different fields. The understanding and awareness of the professional group is raised and its importance to health care provision elucidated. 2013: Back Health; 2015: Mobility in Old Age

Symposia

In a two-year rhythm and alternating with the Summer School, symposia are held. The Institute of Physiotherapy and the Swiss Association of Orthopaedic Manual Therapy (SVOMP) run a joint musculoskeletal symposium. The Symposium for paediatric Physiotherapy is organised together with Physiotherapia Paediatrica.

After Work Lectures (AWOL)

Nationally and internationally renowned personalities hold a one-hour lecture on their teaching and research topics. In the context of national and international networking, the AWOL offers an appropriate presentation platform for our guests.

Strategic Partnerships / Cooperative Activities

The Institute of Physiotherapy continually builds close contacts with nationally and internationally recognised, renowned institutions in the fields of education, continuous professional development, research and development, as well as industry, business, politics and practice. The regular exchange of domestic and foreign lecturers, students and employees is actively pursued. The purpose is to carry out cooperative activities to the benefit of both parties, to share available resources and to promote skills development. Joint projects, such as the International Day of Physiotherapy, offer of clinical placements, employee and student mobility and special symposia and congresses, are developed and implemented. They build the basis for sustainable disciplinary or interdisciplinary and transnational dialogue.



Social Relevance – Health Care Models of Tomorrow

An aging population, together with an increase in chronic diseases, bring many diverse consequences. More therapists are needed, robotics digitised and medicine personalised. These factors, the self-management of patients, health care promotion, together with a quality and evidence orientation, have to be taken into consideration already today in our teaching, further education and research activities.

The future will show to what extent physiotherapy can make progress towards becoming an autonomous operating profession, as part of a changing health care system with an increasingly interprofessional approach to treatment. On the one hand, this implies profession-specific competences and profiles, but on the other, interprofessional concerns with a clear definition of interfaces with other professions. Physiotherapy finds itself, therefore, in a dynamic environment where both physiotherapeutic competences and the limits to its sphere of activity need to be more clearly identified and transparent. Here, the newly defined national “learning outcomes” for roles in health care at bachelor and master levels will be of importance. Legal regulation through the Health Professions Act is the logical conclusion.

Health Care Models of Tomorrow

The definition of “advanced physiotherapy practice”, with its extended sphere of activity, will play a significant role in further developments. This is essential to allow physiotherapists to take a decisive role – for example, a triage (referral) function – in emerging care models, such as integrated health care, managed care or network alliances with medical doctors and members of other professions. This also implies that, in an interprofessional network, physiotherapists are available as a direct point of contact for patients. For certain symptoms, patients would be referred to other professions. In future, it could be possible to directly visit a physiotherapist for assessment, diagnosis and intervention, without need of a medical referral. This so-called “Direct Access” could, as in other countries, contribute to a more cost-efficient and effective health care system and significantly increase the satisfaction of patients, therapists and doctors. In addition to clearer responsibilities in their own sphere of practice, extended competences will be required, such as insurance expertise, policy-making and counselling of other population groups.

Expansion of Research Topics

As a result of the introduction of the Swiss DRG (Diagnosis Related Groups), a move from inpatient towards outpatient care has been seen. This has led to an extension and enhancement of research topics. Research into health care provision will become increasingly important – interprofessional, but also in relation to physiotherapy, through new care models in home care or integrated care.

Career and Career Planning Physiotherapy

Due to the education system, a structured career and career planning is now possible. An increase in professorial positions in physiotherapy is indispensable in this context. In future, structured scientific doctoral programmes (PhD – philosophical doctorate) will be implemented and interested candidates must be accordingly promoted. Here, the solidarity of Swiss universities is essential, in order that interested doctoral candidates need not go abroad for their projects, or be treated as exceptional or individual cases in Switzerland.



School of Health Professions

The Institute of Physiotherapy forms part of the School of Health Professions at the ZHAW – one of the largest and most renowned centres in Switzerland for education, training and research in the health care professions. Through its teaching and research, the School of Health Professions makes an important contribution to constructive changes in the health care system.

Besides the Institute of Physiotherapy, the School of Health Professions comprises the Centre for Health Sciences and the institutes of Occupational Therapy, Midwifery and Nursing. Interprofessionality is of the highest priority to us. Already during their education, students learn how to work interprofessionally and interdisciplinarily, standing them in good stead in their later professional daily lives. Thanks to this multi-institutional structure comprehensive projects from one source are made possible.

Centre for Health Sciences

In June 2014, the Centre for Health Sciences (ZGW) was founded. The ZGW aims to become a national centre of excellence for health care, with focus on public health, health promotion and prevention, corporate health management, interprofessional health care, education and research.

The ZGW complements the nursing, therapeutic, and midwifery orientation of the School of Health Professions on interprofessional issues. It will make a contribution to the changing demands on the provision of health care in our society. Integrated in the ZGW will be some existing organisations, such as the Research Unit for Health Sciences, the Interprofessional centre for Education and Collaborative Practice and the Specialist Health Unit for Collaborative Management, as well as new service areas: a BSc in Health Promotion and Prevention, Continuous Education and Services, as well as a Teaching and Research Outpatient Clinic.

Institute of Occupational Therapy

The BSc in Occupational Therapy at the ZHAW is the only German-language course of its type in Switzerland. The "active person in his personal environment" stands at the focal point of this training. Since 2010, the ZHAW has been a participant in the European MSc in Occupational Therapy, through which students broaden their specific skills and research knowledge. Additionally, the institute offers both profession-specific and interprofessional Continuous Professional Development courses. Profession-specific research activities have also been systematically established by the institute in recent years.

Institute of Midwifery

The ever more complex issues surrounding conception and birth, as well as the greater degree of choice for expectant mothers, requires well-trained professionals who can handle these demands appropriately. The Institute of Midwifery is one of two German-language universities of applied sciences in Switzerland that trains qualified professionals. Graduates with professional experience and training can also work in teaching, perform leadership activities or engage in research. An MSc in Midwifery is also planned. The institute's research team contributes to high-quality care for parents and newborns and has the goal of deriving practice-relevant recommendations.

Institute of Nursing

The BSc in Nursing includes all areas of nursing care and has a deliberate generalist approach. The training of practical nursing capabilities and skills, as well as the acquisition of cognitive and reflective knowledge, stand at the centre of this training. Together with the universities of applied sciences in St. Gallen and Berne, the ZHAW has offered a master's programme since 2010. With specialist nursing knowledge, personal circumstances and diseases can be analysed in order to derive appropriate interventions. The main goal of the research team is to support and participate in the development of high-quality nursing practice.



“Through our teaching and research, we make an important contribution to the professionalisation of the occupational therapy, midwifery, nursing and physiotherapy health care professions. We set great weight on interprofessionalism and interdisciplinarity in order to improve cooperation in health care. Our goal is the provision of high-quality, effective and efficient health care – Swiss-wide and internationally.”

Peter C. Meyer
Dean of the School of Health Professions



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