



School of Health Sciences

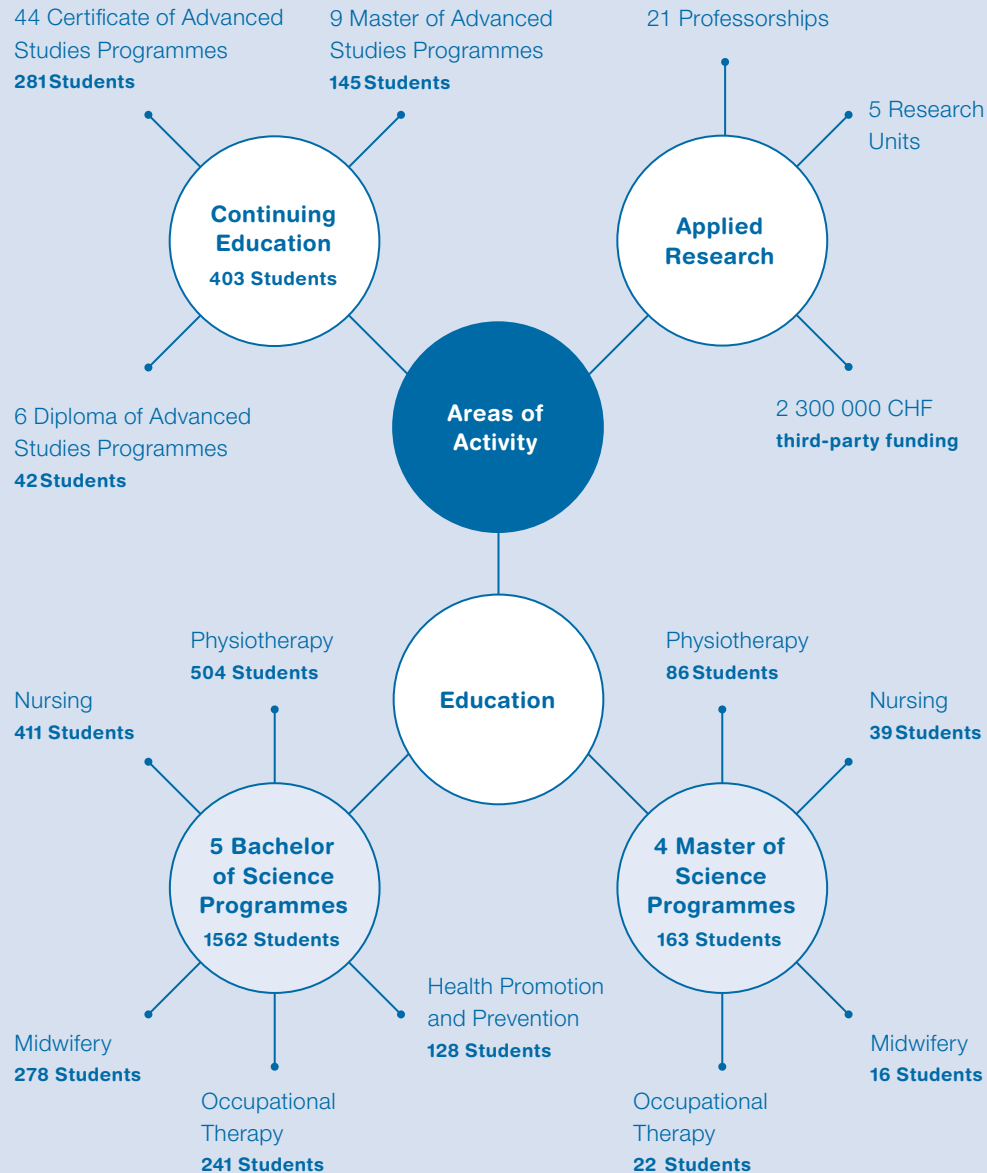


**We Shape the
Health Professions
of Tomorrow**

**International
Relations**

2019

At a Glance



Year of Reference 2018

We Shape the Health Professions of Tomorrow

The School of Health Sciences provides training and continuing education for future professionals in physiotherapy, occupational therapy, nursing, midwifery as well as health promotion and prevention.

The School of Health Sciences is one of the largest educational institutions for health professionals in the German-speaking world. On our campus in Winterthur, we train the next generation of experts in physiotherapy, occupational therapy, nursing, midwifery as well as health promotion and prevention. We offer five Bachelor's and four Master's degree programmes as well as numerous continuing education opportunities. Our research teams work on issues relevant to practice and ensure a quick transfer of knowledge into everyday work. In addition, we offer services regarding health issues to private and public organisations. Our work is based on five core principles:

Innovative

We create innovative solutions to current challenges in the health system. The close proximity between teaching, research and practice as well as our national and international networks enable us to shape the future health system.

Profession-specific

Our graduates are experts in their field. They possess profession-specific expertise in health care and health promotion. By training them, we lay the foundation for needs-based care provision.

Practice-oriented

In our teaching and research, we address new challenges in the health system such as multimorbidity and increasingly individualised needs. We maintain a holistic understanding of illness and health, and take biological, psychological, socio-economic and ecological aspects into account.

Interprofessional

Our training and education programmes are based on the principle of interprofessionality: Our graduates have the tools they need to solve complex issues across professional boundaries and to learn about, from and with one another.

Co-creative

The School of Health Sciences is well-connected nationally and internationally. We maintain long-term partnerships at home and abroad and promote a co-creative exchange between teaching, research and practice.

Crossing Borders

Intercultural competence and the ability to adapt to other perspectives are key for health professionals. The School of Health Sciences participates in international networks and maintains transnational partnerships.

We warmly welcome international students and visiting scholars from our partner universities to Winterthur. Opportunities for students as well as teaching and research professionals are:

- Semester study or clinical placements
- Research collaborations
- Teaching placements/visiting professorship
- Symposia, conferences, congresses
- Summer and winter schools
- Work shadowing

We encourage and support our students as well as our teaching and research staff to spend time abroad to enhance their intercultural competence, improve their foreign language skills and to contribute their expertise to the international discourse. We also organise an International Day once a year, which is a great opportunity for students to learn more about our partner network and the various options abroad.

International networks

The School of Health Sciences is a member of various European and international associations where we are committed to cross-border exchange of experience and transfer of knowledge. We also make valuable contacts for joint international projects and are represented in numerous interprofessional and professional organisations.

Partners across the globe

The School of Health Sciences has cooperative partnerships and bilateral agreements in 13 European countries – with universities, universities of applied sciences and institutions from the practical field. In addition, our constantly growing network includes partnerships in Africa, North America, Asia and Australia.



Winter School

The ability to work across cultural and professional borders is crucial to health and social work professionals. They need to be able to deal with increasingly diverse backgrounds of clients and colleagues. The School of Health Sciences runs an international Winter School on the subject of “Challenges in Interprofessional Health and Social Systems”. It brings together local and international students and lecturers of health and social professions to broaden their perspective internationally, interculturality and interprofessionally.

The Winter School takes place during four weeks each January and is open to students and lecturers from health and social disciplines of our partner universities as well as to students of the ZHAW Schools of Health Sciences and Social Work.

The Winter School offers a unique opportunity to meet students from all over the world and to discuss similarities and differences when collaborating interprofessionally within the health and social system. In various courses, some held in German and some in English, students and lecturers discuss health and social systems in different cultural contexts. Role plays, study visits and interactive lectures give the participants a hands-on understanding of what it means to work together in interprofessional and intercultural teams and how to interact with clients from different cultures.

In addition to the classes, participants get to know each other at social events and have the opportunity to enjoy the Swiss Alps in wintertime. Beautiful mountain areas are within a short travel distance from Winterthur.

www.zhaw.ch/health/winterschool



Careers for Health Professionals

Our Bachelor's degree programmes are an ideal foundation for a career in the health sector. Consecutive Master's degree programmes and a PhD programme open up numerous opportunities in academia.

The School of Health Sciences offers Bachelor's degree programmes in Health Promotion and Prevention, Midwifery, Nursing, Occupational Therapy and Physiotherapy. Uniting the five professional fields under one roof allows for an intensive interdisciplinary and interprofessional exchange in the classroom. The programmes provide practical and science-based training by alternating theoretical training sessions with practical placements in various work areas. During these placements, students and teaching staff benefit from our close connections with professional organisations in Switzerland. Training at the School of Health Sciences leads to a complete vocational education allowing graduates to enter directly into a professional career and to a Bachelor's degree that opens the path towards an academic career.

Our four consecutive Master's degree programmes in Midwifery, Nursing, Occupational Therapy and Physiotherapy are designed to provide students with in-depth professional specialization and advanced research skills preparing for an academic career, roles in management and as clinical experts. Our Master curricula embrace a strong inter-professional orientation with one third of the

programmes being taught in interprofessional student groups.

Master's graduates can obtain a doctoral degree, thereby laying the foundation for a career in research and teaching. Introduced in 2018, the PhD programme in Care and Rehabilitation Science offers all health professionals with a Master's degree the opportunity to obtain a doctoral degree in Switzerland. The programme is run in cooperation with the Faculty of Medicine of the University of Zurich. It fosters high-quality research and offers structured postgraduate training in the fundamentals and methods of research.

All modules in the Bachelor's and Master's degree programmes as well as in the doctoral programme are assigned credit points according to the European Credit Transfer and Accumulation System (ECTS). One ECTS credit corresponds to 25–30 hours of work.

www.zhaw.ch/health/master
www.zhaw.ch/health/bachelor
www.zhaw.ch/health/partners

Degree programmes

	Bachelor's degree programme	Master's degree programme	Doctoral programme
Duration of study	3 years full-time 5 years part-time (available for Health Promotion and Prevention/Nursing for Reg. Nurses)	1.5 to 3 years (full-time/part-time)	3 years full time
ECTS credits required for completion	180 ECTS	90 ECTS	at least 16 ECTS credits plus research thesis and examination
Entry requirements	Federal Baccalaureate, Specialised Baccalaureate or Federal Vocational Baccalaureate, preparatory clinical placement depending on educational background	Bachelor of Science in Occupational Therapy, Physiotherapy, Nursing, Midwifery or equivalent	University Master's degree or an equivalent degree from an University of Applied Sciences *
Admission	Aptitude test	Depending on programme	Application procedure
Language	German	English (Occupational Therapy) English and German	
Registration/ Application Deadline	– Occupational Therapy, Midwifery, Physiotherapy, Health Promotion and Prevention: Mid-January – Nursing: Mid-March	– Physiotherapy / Midwifery: 30 th of April – Occupational Therapy: 1 st of May – Nursing: 31 st of July	30 th of April and 30 th of September
Beginning of semester	– 1 st semester: mid-September (calendar week 38) – 2 nd semester: mid-February (calendar week 8)	– Occupational Therapy: August – Midwifery / Nursing / Physiotherapy: mid-September (calendar Week 38)	

* Applicants with a 90 ECTS credit Master's degree must acquire an additional 30 ECTS credits at a Swiss university or federal institute of technology (credits obtained at a foreign university are subject to individual assessment)

Bachelor of Science in Health Promotion and Prevention

The programme provides comprehensive and cross-disciplinary training for students who wish to become experts in health promotion and preventive policies in a particular setting. They learn to conceptualise, plan and implement projects that benefit the health of the general public. Graduates are able to contribute their expertise to public bodies, the private sector or non-profit organisations.

Main fields of study

Profession-specific modules

- Fundamentals of public health: epidemiology, health sciences, individual/social/economic aspects of health promotion and prevention, health policy, ethics, etc.
- Technical/research methods: public communication, project and quality management, change processes
- Scientific work: qualitative and quantitative research methods, performance management and evaluation

Practical experience

- Practical field study during the first semester
- Placement of six months in an institution in the field of health promotion and prevention

Interprofessional modules

- The role of society, economics, policy and law in the health system
- Collaboration and challenging professional practice
- Management in health care
- Health economics



Scope of the three-year program: 180 ECTS	Profession-specific modules: 114 ECTS	Practical experience: 36 ECTS	Interprofessional modules: 15 ECTS	Bachelor's thesis: 15 ECTS
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Bachelor of Science in Midwifery

Midwives are specialists in the entire spectrum of maternity care. They provide woman-centred, evidence-based midwifery care during pregnancy, childbirth and the postpartum period. They accompany parents in their new role and strengthen their autonomy. Midwives monitor the health of mother and child during pregnancy, childbirth and postnatally.

Main fields of study

Profession-specific modules

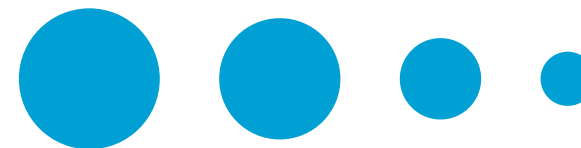
- Medical fundamentals: anatomy, physiology, neonatology, gynaecology, etc.
- Midwifery: women's health, pregnancy, birth, post-natal period, complex obstetrical situations, etc.
- Professional role: occupational image, law, psychology, ethics, midwifery research, public health, public relations, etc.
- Midwifery assessment and interventions: midwifery skills, clinical nursing techniques

Practical experience

- Four clinical placements lasting 10 weeks each in areas such as antenatal care, labor ward or neonatal unit
- Additional module: ten-month clinical placement after the three-year programme

Interprofessional modules

- Principles of communication
- Quantitative and qualitative research methods
- Understanding research and scientific communication
- The role of society, economics, policy and law in the health system
- Collaboration and challenging professional practice
- Health promotion and disease prevention
- Management in health care



Scope of the three-year program: 180 ECTS	Profession-specific modules: 81 ECTS	Clinical placements: 60 ECTS	Interprofessional modules: 27 ECTS	Bachelor's thesis: 12 ECTS
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Bachelor of Science in Nursing

The curriculum in nursing education focuses on people and their health, as well as their psychological and social needs. Registered nurses provide appropriate care and advise patients from all cultural backgrounds and their families. They analyse care processes and develop evidence-based care concepts.

Main fields of study

Profession-specific modules

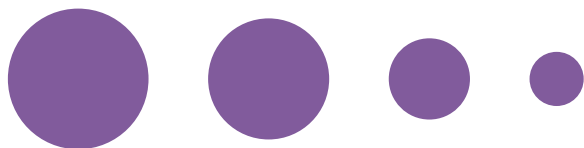
- Foundations of professional nursing: nursing process, pathology/pathophysiology, anatomy/physiology, nursing as a science, caregiving, symptom management, caring for the mentally ill, ethics, transcultural nursing/gender, palliative care, etc.
- Nursing investigation/interventions: clinical nursing techniques, pharmacology, clinical assessment, etc.

Practical experience

- Three clinical placements during the programme (44 weeks in total) in fields such as paediatric ward, Swiss home care association (Spitex), geriatric ward, etc.
- Additional module: ten-month clinical placement after the three-year programme (depending on educational background)

Interprofessional modules

- Principles of communication
- Quantitative and qualitative research methods
- Understanding research and scientific communication
- The role of society, economics, policy and law in the health system
- Collaboration and challenging professional practice
- Health promotion and disease prevention
- Management in health care



Scope of the three-year program: 180 ECTS	Profession-specific modules: 81 ECTS	Clinical placements: 60 ECTS	Interprofessional modules: 27 ECTS	Bachelor's thesis: 12 ECTS
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Bachelor of Science in Occupational Therapy

Getting up, dressing, eating – what if these activities can no longer be taken for granted? Occupational therapists assess and treat people who are limited in their ability to perform everyday activities due to illness, accident, disability or difficult living circumstances. The aim of occupational therapy interventions is to provide support to the patient to participate in meaningful self-care, work and leisure activities.

Main fields of study

Profession-specific modules

- Conceptual foundations of occupation
- Developmental tasks and occupation during life transitions
- Occupation for children, adults and the elderly within different contexts
- Occupation as a means of change
- Occupational therapy in organisations
- Project management

- Assessment methods

Practical experience

- Three clinical placements during the programme (ten to twelve weeks each) in various fields such as work rehabilitation, neurology, psychiatry, etc.
- A project-related fieldwork study

Interprofessional modules

- Principles of communication
- Quantitative and qualitative research methods
- Understanding research and scientific communication
- The role of society, economics, policy and law in the health system
- Collaboration and challenging professional practice
- Health promotion and disease prevention
- Management in health care



Scope of the three-year program: 180 ECTS	Profession-specific modules: 93 ECTS	Clinical placements: 48 ECTS	Interprofessional modules: 27 ECTS	Bachelor's thesis: 12 ECTS
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Bachelor of Science in Physiotherapy

Physiotherapists help patients with acute or chronic illness, disability or injury. They assess functional problems to develop individual treatment plans for their clients and focus on prime consulting activities with the aim of maintaining, regaining or improving independence and functionality.

Main fields of study

Profession-specific modules

- Fundamentals of biomedicine: physiology, biomechanics, clinical practice, etc.
- Clinical reasoning
- Posture/movement analysis and therapy
- Assessment/intervention for musculoskeletal, respiratory/cardio-vascular and lymphatic/urogenital systems
- Advanced clinical skills in rheumatology, orthopaedics, neurology, etc.
- Communication, ethical, psychological and methodological aspects in complex situations

Practical experience

- Three clinical placements during the programme (12 weeks each) in various clinical disciplines such as orthopaedics, rheumatology, visceral surgery, etc.
- Additional module: ten-month clinical placement after the three-year programme

Interprofessional modules

- Principles of communication
- Quantitative and qualitative research methods
- Understanding research and scientific communication
- The role of society, economics, policy and law in the health system
- Collaboration and challenging professional practice
- Health promotion and disease prevention
- Management in health care



**Scope of the
three-year program:
180 ECTS**

**Profession-
specific modules:
96 ECTS**

**Clinical
placements:
45 ECTS**

**Interprofessional
modules:
27 ECTS**

**Bachelor's
thesis:
12 ECTS**



European Master of Science in Occupational Therapy

Five European universities, including Zurich University of Applied Sciences, offer together a European Master of Science in Occupational Therapy. This unique international training programme provides students with a comprehensive and in-depth understanding of occupation and occupational science. Research methodologies and their incorporation into complex challenges in therapy, teaching and research are at the core of the program. Students receive insights into different health and social systems and build an international network.

Partner institutes / study places

- Amsterdam University of Applied Sciences, The Netherlands
- University of Brighton, Great Britain
- Karolinska Institutet, Sweden
- College Sjaelland, Denmark
- Zurich University of Applied Sciences, Switzerland

Language

English (International English Language Testing Service: score of at least 6.5)

Main fields of study

The programme provides students with the ability to evaluate and develop occupational therapy concepts, methods, assessments, guidelines and models of care and to carry out scientific projects. It consists of five modules, each comprising a preparatory phase, a two week stay at one of the five partner institutes (except module five: one week) and a follow-up phase with certification of achievement. In module 6, participants write their Master's thesis.

Content of the programme:	Module 1 12 ECTS	Module 2 12 ECTS	Module 3 12 ECTS	Module 4 12 ECTS	Module 5 12 ECTS	Module 6 30 ECTS
90 ECTS	Concepts of occupation and research	Qualitative research methods	Quantitative research methods	Socio-cultural perspective of human occupation	Planning a research project	Research project (Master's thesis)

Master of Science in Nursing

The Master's programme in Nursing offers students the opportunity to deepen their understanding of advanced clinical nursing practice, acquire further knowledge of evidence-based care and develop a career towards research and professional development. The aim of the programme is to train Advanced Practice Nurses to provide extended, effective care to patients, families and communities based on the latest scientific evidence and to actively develop the health care system.

Master of Science in Midwifery

The programme is designed to prepare midwives for new roles and competencies in specialised practice, research and teaching. Midwives with a Master's degree are in high demand as professional experts, researchers and lecturers to develop solutions to current and future challenges in interdisciplinary obstetrical health care with user involvement. The programme meets today's professional requirements as well as the needs of women and their families.

Master of Science in Physiotherapy

The programme offers the opportunity to expand expertise in research and to develop public health expertise and skills in clinical reasoning. Students learn to develop new differential diagnostic procedures and to critically assess therapeutic approaches. Equipped with these skills, graduates will be ready to assume an advanced or consultative role in a variety of health care settings or take on functions in research, teaching and leadership.

Future developments

The School of Health Sciences is further developing the Master's degree programmes in Midwifery, Nursing and Physiotherapy: in the future, they will have a much stronger interprofessional focus, and students from the three programmes will work on common themes and skills such as communication, research methods and health policy in shared modules.

Research and Development

The School of Health Sciences is home to five research units: Health Sciences, Midwifery Sciences, Nursing Science, Occupational Therapy Science and Physiotherapy Science.

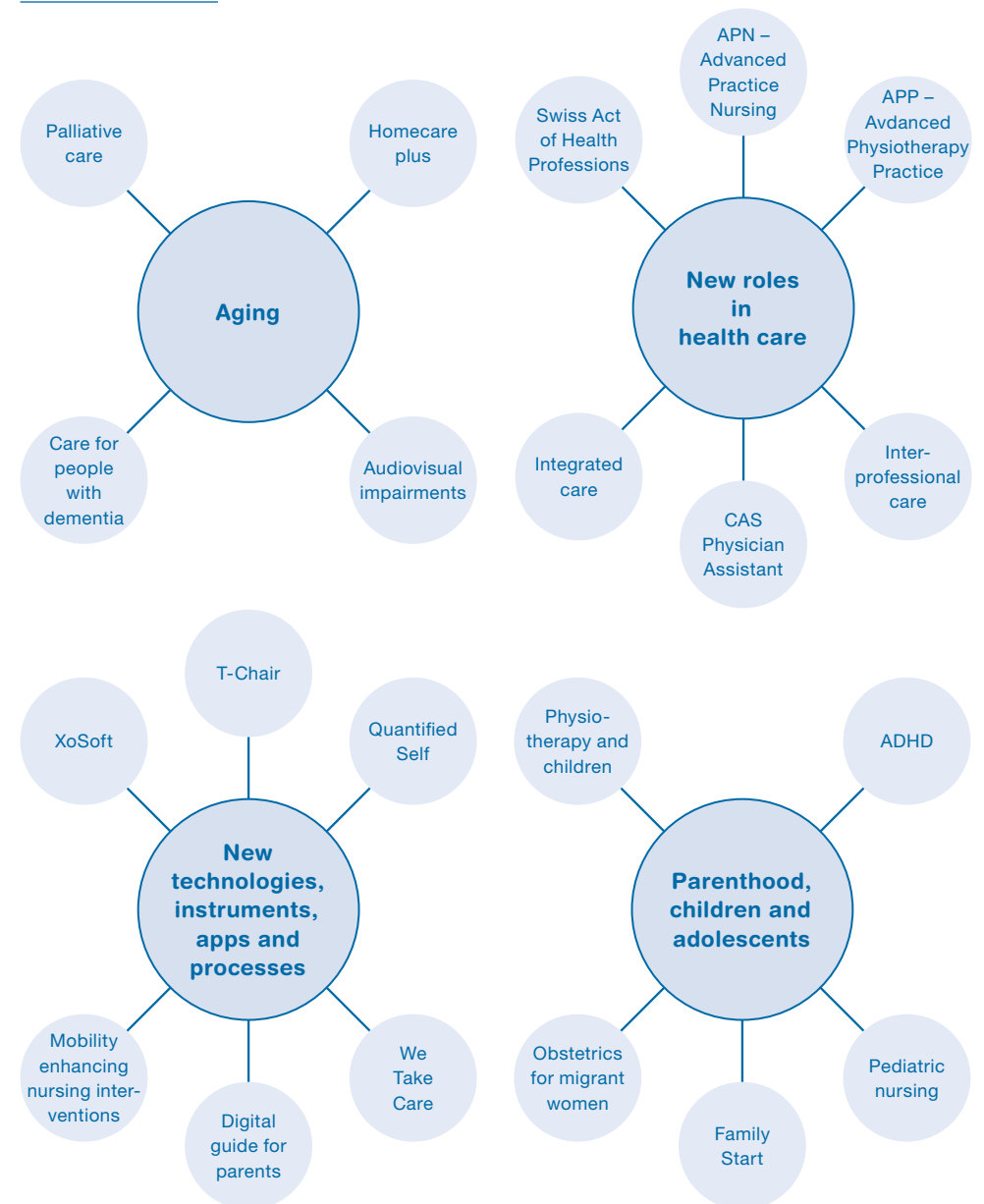
We deal with profession-specific and inter-professional challenges and are committed to wide-ranging issues concerning health systems and patient care. Our research teams are composed of staff members from various disciplines in social and health sciences. They are familiar with qualitative, quantitative and mixed research methods as well as assessments. The focus areas of our practical, practice-oriented and interdisciplinary research can be grouped into four thematic categories:

- Aging
- New roles in health care
- New technologies, instruments, apps and processes
- Parenthood, children and adolescents

National and international collaborations

In order to create an exchange among experts and gain new perspectives, it is necessary to cross boundaries between disciplines, institutions and countries so that innovation can occur. The School of Health Sciences makes use of the diverse disciplines at ZHAW to explore and understand complex issues from an interdisciplinary perspective. We also work closely with our Swiss and international partner universities and collaborate with a variety of other partners, including the Swiss government, care facilities (hospitals, Swiss home care associations), companies (e.g. manufacturers of medical technology or health products) and NGOs.

Research areas



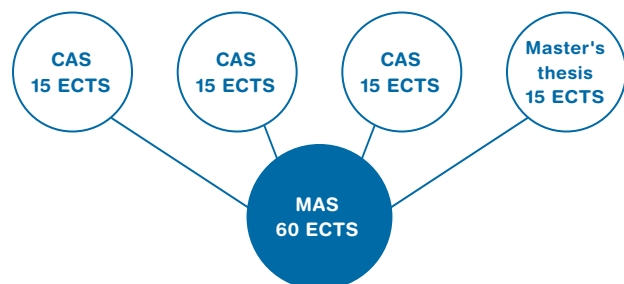
Continuing Education

Our health system is subject to rapid change. That's why we offer a wide range of continuing education programmes which provide health professionals with up-to-date knowledge.

Our modular course structure allows students to attend individual courses or to gradually work toward a Certificate of Advanced Studies (CAS), a Diploma of Advanced Studies (DAS) or a Master of Advanced Studies (MAS). Our continuing education programmes are practice-oriented and organised in part-time modules to meet the needs of working professionals. Newly acquired knowledge can be directly applied to practice by our participants. Along with profession-specific programmes in health promotion and prevention, midwifery, nursing, occupational therapy and physiotherapy we offer a range of interprofessional continuing education courses on topics such as pain management or management and leadership which are also open to other health and social professionals.

All course modules are assigned credit points according to the European Credit Transfer and Accumulation System (ECTS). One credit corresponds to 25–30 hours of work. The MAS programmes are divided into three CAS, which consist of different modules, and a final Master's thesis. All of the modules and CAS can be attended individually.

- We offer 9 MAS programmes
- MAS in Occupational Therapy
 - MAS in Midwifery Skills^{plus}
 - MAS in Geriatric Nursing
 - MAS in Oncological Nursing
 - MAS in Paediatric Nursing
 - MAS Patient and Family Education
 - MAS Management in Physiotherapy
 - MAS Musculoskeletal Physiotherapy
 - MAS Interprofessional Pain Management



www.zhaw.ch/en/health/continuing-education

A New Campus for the School of Health Sciences

In 2020, the School of Health Sciences will move to its new campus, “Haus Adeline Favre” (HAF). The building, which has been named after a pioneering Swiss midwife, is located in the Sulzerareal, a former industrial site in the heart of Winterthur.

HAF will be the largest educational centre for health sciences, midwifery, nursing, occupational therapy and physiotherapy in Switzerland. It will also give the rapidly expanding School of Health Sciences enough space to one day become a Health University, where all health professions and interprofessional skills will be taught in collaboration with other institutions.

Treatment and skills training centre

An important part of the new campus is a treatment and skills-training centre where students will acquire and practise the skills they need in their profession and provide

supervised outpatient treatment for real and simulated patients. In addition, the centre will facilitate interprofessional projects in research and development as well as innovative continuing education programmes. Thereby the centre will promote practice-oriented training and research addressing the needs of society. The treatment and skills-training centre will have two components: the first one will be an outpatient clinic concentrating on the treatment of patients in the areas of diagnostics, therapy and counselling; the second component will be a simulation training centre.



Living and Working in Winterthur

An attractive old city centre, a vibrant cultural and social life as well as nearby lakes and mountains make Winterthur and the greater Zurich area an ideal environment for studying, teaching and research.

Innovation has a strong tradition in Winterthur, a university town with a long-standing and significant role in the history of Swiss industry. Over 100,000 inhabitants currently enjoy living in and around Winterthur's old town, founded in 1180. As one of Switzerland's largest multidisciplinary universities of applied sciences, the ZHAW boasts a vibrant student environment within the city of Winterthur. A wide range of attractive restaurants, bars and clubs can be found to suit all tastes and interests. The city's lively cultural scene with many museums, theatres and music venues enjoys a first-rate reputation.

If Winterthur is not big enough for you, Switzerland's world-famous transport system will take you to Zurich city centre and the lake of Zurich in 20 minutes, to the mountains in 90 minutes or to Zurich International Airport in 10 minutes – with connections to any place in the world.

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