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CHALLENGES IN THE SWISS  
REHABILITATION LANDSCAPE AND  
OPPORTUNITIES PRESENTED BY  
THE WHO RESOLUTION

# RESEARCH

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Swiss  
Paraplegic  
Research

UNIVERSITY OF  
LUCERNE



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# STARTING POINTS

WHO Resolution, May 2023:  
the promotion of high-quality  
rehabilitation research

Rehabilitation is “a set of  
interventions designed to  
optimize functioning and  
reduce disability in  
individuals with health  
conditions in interaction with  
their environment” (WHO)

Research on how to optimize  
functioning



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# INNOVATIVE REHABILITATION RESEARCH: SWITZERLAND'S GLOBAL LEADERSHIP



Exploitation of the concept of **functioning**

**Functioning = health & lived health**

- *biological health* – the body functions and structures that constitute a person's intrinsic health state
- *lived health* – a person's actual performance of simple and complex activities in interaction with their environment, other health conditions and personal factors

A screenshot of a Frontiers in Science article page, enclosed in a red border. The page features the Frontiers logo and 'Frontiers in Science' text at the top left. On the right, it indicates 'TYPE Frontiers in Science Lead Article', 'PUBLISHED 31 May 2023', and 'DOI 10.3389/fsci.2023.1118512'. A 'Check for updates' button is visible. The main title is 'The human functioning revolution: implications for health systems and sciences'. The authors listed are Jerome Bickenbach<sup>1,2†</sup>, Sara Rubinelli<sup>1,2†</sup>, Cristiana Baffone<sup>1,2</sup>, and Gerold Stucki<sup>1,2</sup>. At the bottom, there are footnotes: <sup>†</sup>Faculty of Health Sciences and Medicine, University of Lucerne, Lucerne, Switzerland, <sup>2</sup>Swiss Paraplegic Research (SPR), Nottwil, Switzerland.



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## RESEARCH ON THIS

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## A MAIN LINK



### Archives of Physical Medicine and Rehabilitation

journal homepage: [www.archives-pmr.org](http://www.archives-pmr.org)

[Archives of Physical Medicine and Rehabilitation 2019;100:1788-92](#)



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### SPECIAL COMMUNICATION

## Health, Functioning, and Well-being: Individual and Societal



Gerold Stucki, MD, MS,<sup>a,b</sup> Jerome Bickenbach, PhD, LLB<sup>a,b</sup>

*From the <sup>a</sup>Department of Health Sciences and Health Policy, University of Lucerne, Lucerne; and <sup>b</sup>Swiss Paraplegic Research, Nottwil, Switzerland.*

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# THE 360° APPROACH TO HEALTH RESEARCH



The notion of functioning lays the foundation for a **comprehensive, 360° approach** to health research.



It enables a full-circle understanding of health, **integrating both medical and environmental perspectives** to address the complete spectrum of health needs and experiences.

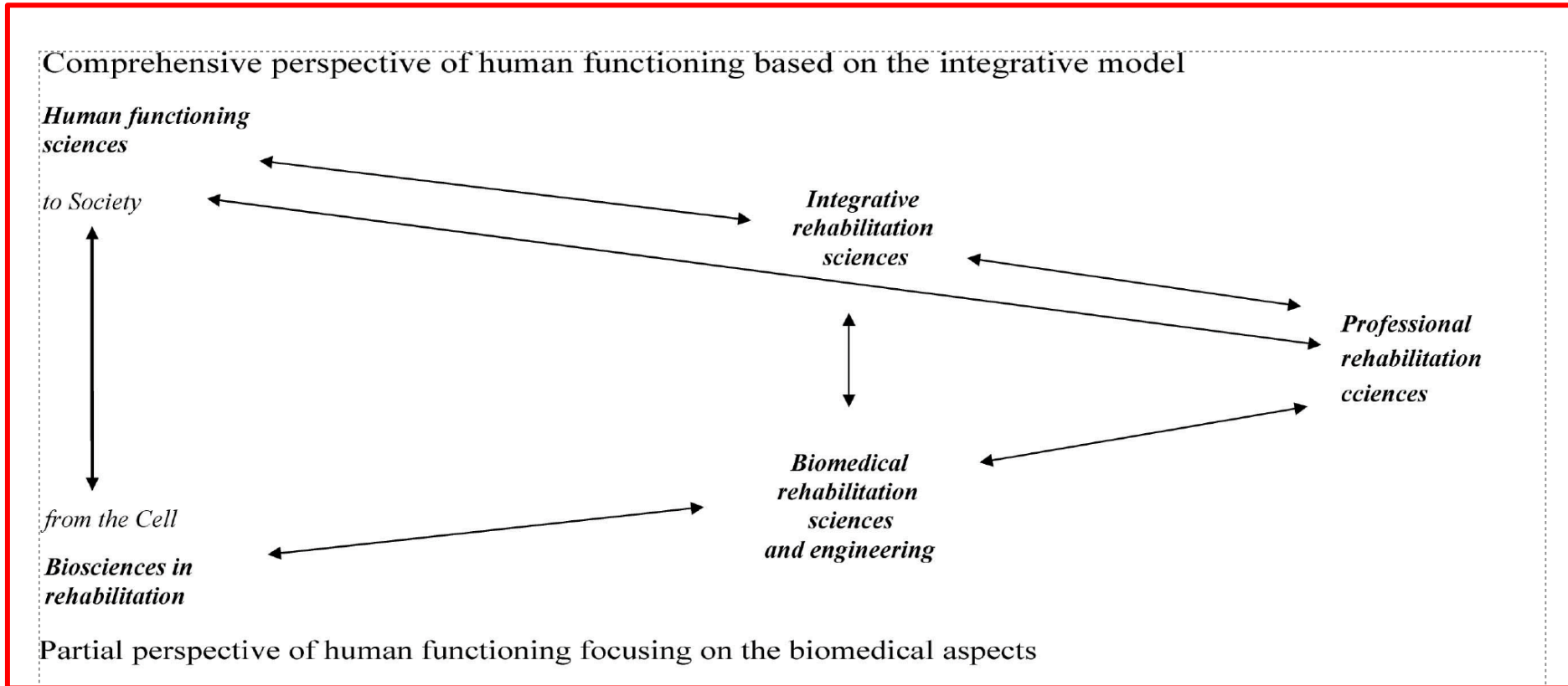


It calls upon the resource of a full range of disciplines, comprising the **biomedical, clinical, and socio humanistic sciences**.



The prospect of **true interdisciplinarity** in health research

**The ICF: the 'glue'** that holds together otherwise disparate scientific perspectives and theories



# SWISS PARAPLEGIC RESEARCH

*Disability and Rehabilitation*, 2008; 30(14): 1063 – 1078

**informa**  
healthcare

REHABILITATION IN PRACTICE

**Developing Swiss Paraplegic Research: Building a research institution from the comprehensive perspective**

GEROLD STUCKI<sup>1,2,3</sup>, JAN D. REINHARDT<sup>1,4</sup>, ALARCOS CIEZA<sup>1,3</sup>, MIRJAM BRACH<sup>1,2</sup>, MARCO CELIO<sup>1,5</sup>, DANIEL JOGGI<sup>6,7</sup>, BEAT VILLIGER<sup>8</sup>, GUIDO A. ZÄCH<sup>9</sup> & WALTER KRIEG<sup>1</sup>





# Swiss Spinal Cord Injury Cohort Study



## Towards a Common Understanding of the Health Sciences

### Überlegungen zu einem allgemeinen Konzept der Gesundheitswissenschaften

Authors

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The Person	Society
<b>general</b>	<b>general</b>
operationalization of health	general works
general	values and goals in the health system
definitions of health	health systems performance
conceptualizations of health	<b>public policy, law and governance in the health system</b>
classifications of health	<b>service provision and finance</b>
measurement of health	<b>service delivery in health professional – person interaction</b>
<b>functioning and health</b>	<b>information in the health system</b>
<b>functioning and health conditions</b>	<b>health interventions</b>
<b>functioning and person</b>	general
<b>functioning and society</b>	medical and surgical interventions
<b>functioning and quality of life</b>	public health interventions
<b>special topics</b>	functioning interventions
	other health interventions
	<b>products, procedures and technologies in the health system</b>
	<b>human resources in the health system</b>
	<b>actors in the health system</b>
	general
	non-governmental organizations in the health system
	general
	reports
	special topics
	public administration in the health system
	general
	reports
	special topics
	private organizations in the health system
	general
	reports
	special topics
	other actors
	<b>other societal systems in interaction with the health system</b>
	general
	labor and the health system
	social affairs and the health system
	education and the health system
	other societal systems

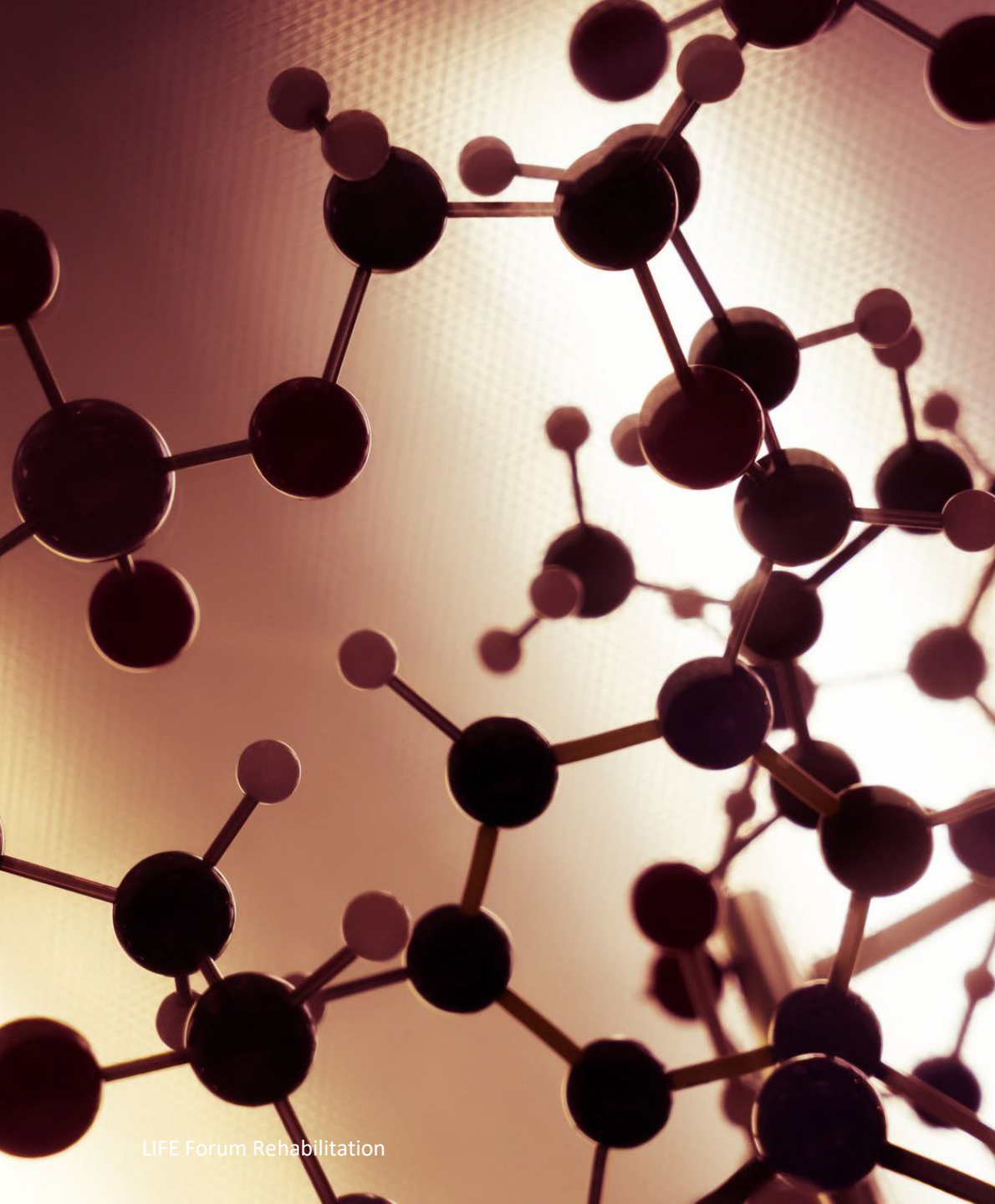
**Table 1** The domains of study of the 2 main areas of the field of health sciences.



**LUCERNE INITIATIVE  
FOR FUNCTIONING, HEALTH,  
AND WELL-BEING**

## **LUCERNE INITIATIVE FOR FUNCTIONING, HEALTH AND WELL-BEING**

Welcome to LIFE, the Lucerne Initiative for Functioning, Health, and Well-being - a global initiative driven by the University of Lucerne. At LIFE, we embrace one of the greatest societal challenges of the 21st century: optimizing functioning, health, and well-being in the face of acute or chronic diseases, injuries, and aging. Our mission at LIFE is to promote a new understanding of health as functioning within society and to implement this understanding in healthcare systems, research, education, and practice.



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# MOVING FORWARD

**Correct** misunderstandings about rehabilitation as a health strategy

**Advocate** for what is functioning, and why it matters

**Shift** from a silos approach to comprehensiveness

With the ‘ethical’ commitment to implementation, **ensure** that research improves real-world health experiences

*This rehabilitation research is not just about advancing science; it's about (re)defining what matters to people with health conditions—empowering them to fulfil their goals and expectations*