

ACOTUP Researcher Profile

Name of researcher: Valérie Poulin, Université du Québec à Trois-Rivières

Degrees and professional qualifications (including fellowships):

Ph.D. in Rehabilitation Sciences (2009-2014), McGill University, Montreal

PhD fellowship : Fonds de recherche du Québec – Santé

M.Sc. in Clinical Sciences (2005-2007), Université de Sherbrooke, Sherbrooke

Canadian Institutes of Health Research fellowship

B.Sc. in Occupational Therapy (2001-2004), Université Laval, Québec

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Area of research:

My research program focuses on the following topics:

- Rehabilitation and social integration of adults and older adults with cognitive impairment;
- Knowledge translation and implementation of best practices in cognitive rehabilitation following a stroke or brain injury;
- Leisure and cognitive vitality after stroke

Research related awards and honors:

- Bourse de recherche Anne-Lang-Étienne, Ordre des ergothérapeutes du Québec (OEQ) (PhD project) (2010)
- PhD fellowship, Fonds de recherche du Québec – Santé (2009–2012)
- McGill Provost's Graduate fellowship (2009)
- P.H. Desrosiers fellowship, Master in Clinical Sciences, Université de Sherbrooke (2007)
- Canadian Institutes of Health Research fellowship (2005–2007)

Grants/funding history:

Principal investigator:

- Réseau Québécois de Recherche sur le Vieillissement – Axe Interaction et soutien social (July 2015 – April 2016) : Valérie Poulin (PI), Hélène Carbonneau, Dominique Giroux, Véronique Provencher and Annie Rochette. *Promouvoir l'engagement dans des activités de loisirs favorisant la vitalité cognitive: étude des besoins d'information et de formation perçus par les personnes âgées ayant subi un accident vasculaire cérébral.* (10 005\$)
- Ontario Neurotrauma Foundation / Réseau provincial de recherche en adaptation-réadaptation CRREATE pilot project (December 2014 – June 2015): Valérie Poulin (PI), Carolina Bottari and Deirdre Dawson. *Cognitive rehabilitation information for persons with traumatic brain injury and their significant others: a systematic review of online resources.* (5,000\$)
- Richard and Edith Strauss Canada Foundation (July 2011-July 2013): Nicol Korner-Bitensky and Valérie Poulin (Co-PI), Deirdre Dawson, Franceen Kaizer, & Anita Petzold. *Executive Function Assessment and Intervention Post-Stroke: A Learning Tool for Clinicians, Patients and Families.* (15,000\$)

Co-investigator:

- Programme Québec Ami des Aînés (2016-2019) Giroux, D. (PI), Provencher, V., Sévigny, A., Poulin, V., Guay, M., Dubé, V., Giguère, A., & Éthier, S. *Mieux répondre aux besoins des proches aidants pour un maintien à domicile sécuritaire des aînés en perte d'autonomie.* (299,704\$)
- International Alzheimer's Association (2014-2016) Patrícia da Cunha Belchior (PI), Sylvie Belleville, Serge Gauthier, Gary Naglie, Valérie Poulin. *Sustaining and retraining attention in individuals with MCI.* (100,000\$)

Research collaboration:

I am a regular researcher at the Centre interdisciplinaire de recherche en réadaptation et intégration sociale (CIRRISS), part of Quebec City Rehabilitation Institute. I am a member of the Réseau provincial de recherche en adaptation-réadaptation (REPAR) – as an emerging researcher – and also a member of the Quebec Network for Research on Aging. In recent years, I have developed collaborations with researchers in several universities in the province of Quebec and also in Ontario.

What is the most important thing in mentoring graduate students)?

Mentors and mentees need to establish a good relationship founded on mutual respect, and they also need to clarify their expectations and goals.

Most significant publications:

- Poulin, V., Korner-Bitensky, N., Bherer, L., Lussier, M., & Dawson, D. R. (2016). Comparison of two cognitive interventions for adults experiencing executive dysfunction post-stroke: a pilot study, *Disability and Rehabilitation*, DOI: 10.3109/09638288.2015.1123303
This paper presents the findings from a pilot randomized controlled trial comparing two interventions – Cognitive Orientation to daily Occupational Performance (CO-OP) versus Computer-based Executive Function training – to improve executive function and functional skills after stroke.
- Poulin, V., Korner-Bitensky, N., & Dawson, D. (2013). Stroke-specific executive function assessment: a literature review of performance-based tools. *Australian Occupational Therapy Journal*. 60(1), 3-19.
This review of executive function (EF) assessments focused on measures that reflect real-world activities and that allow clinicians to identify the functional implications of EF deficits post-stroke. We identified and critically appraised standardized performance-based measures of EF according to their psychometric properties specific to a stroke population and their clinical utility
- Poulin, V., Korner-Bitensky, N., Dawson, D., & Bherer, L. (2012). Efficacy of executive function interventions after stroke: a systematic review. *Topics in Stroke Rehabilitation*, 19(2), 158-171.
This paper describes a systematic review on the effectiveness of executive function interventions post-stroke. A structured abstract has also been written for this review to be included in the Database of Abstracts of Reviews of Effects (DARE).

Tips would you give for new investigators:

- Establish a mentoring relationship with a more experienced researcher who can offer guidance and advices for career development
- Planning ahead of time (e.g. planning your research program for the next years, planning for grant applications, etc.)

- Getting involved in committees or other academic and scientific activities that will provide opportunities for learning, developing research skills and networking
- Sharing and getting tips to successfully manage time and set priorities, including balancing research, teaching and family responsibilities
- Setting up successful collaborations with the following key ingredients: good communication, mutual respect and pleasure working together.

Resources/supports/training programs for new investigators:

1. The following website provides interesting resources for the development of early-career scientists: <https://www.hhmi.org/programs/resources-early-career-scientist-development>
2. The following book developed by the Burrough Wellcome fund and the Howard Hughes Medical Institute (2006) offers relevant guidance for new investigators:
Making the Right Moves: A Practical Guide to Scientific Management for Postdocs and New Faculty, Second Edition. It is available online at:
<http://www.hhmi.org/sites/default/files/Educational%20Materials/Lab%20Management/Making%20the%20Right%20Moves/moves2.pdf>
3. Joining early-career networking groups or events