

## ACOTUP Researcher Profile

**Name of researcher:** Annie Rochette, Université de Montreal

**Degrees and professional qualifications (including fellowships):**

PhD (Clinical Sciences), MSc (Clinical Sciences) BSc (OT)

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**Area of research:** Keywords: Social participation; Prevention; Adaptation processes; Support; Information; Education; Applying knowledge; Stroke.

Stroke prevention and rehabilitation from an application of knowledge perspective. My current research program, centred on the cycle of knowledge application, mainly targets clients who have had a stroke, their family members, and healthcare practitioners working with these clients. It contains two components, which are in continuity with my past work. The first concerns the creation of knowledge in regards to preventing a stroke but in a way that has been studied very little up until now (triggers) and where we attempt to answer the question “why that day?”. The second, via the pursuit of developing an internationally recognized website: StrokEngine/Info-AVC ([www.strokengine.ca](http://www.strokengine.ca)), aims to make the most recent conclusive data on stroke rehabilitation available to health practitioners, people who have had a stroke, and their family members.

**Research related awards and honors:**

- Research Scholar Junior 2 (2014-17)
- Research Scholar Junior 1 (2009-13)
- Alfred B Grossman Award (2011)

**Grants/funding history:**

- Rochette A. & StrokEngine team (2014-15). One time grant for the website [www.strokengine.ca](http://www.strokengine.ca). Vice-President, Research, Creation and Innovation, Université de Montreal (\$15,000).
- Rochette A, Swaine B, Kehayia E & Roche L. (2014). Exploring the impact of training for shopping centre workers who interact with people who have functional limitations. Structuring and Innovation Project Centre of Interdisciplinary Research in Rehabilitation (PSI-CRIR) (\$15,000).
- Annie Rochette, Yan Deschaintre, Laurie Chamelian & Lucie Hébert et Philippe Gaulin (2011-14). Stroke triggers according to a phenomenological perspective. Quebec Heart Disease Foundation (\$45,000).
- Annie Rochette, Eric Racine, Hélène Lefebvre & Jocelyne Lacombe (2008-12). Needs of family members and post-stroke ethical issues according to three perspectives. IRSC (\$170,838).
- Annie Rochette, Nicol Korner-Bitensky, Duane Bishop, Robert Teasell, Robert Côté, Gina Bravo, Carole White, Louise-Hélène Lebrun, Sylvain Lanthier, Jean Lachaine, Teri Green, Moira Kapral, Mark Bayley & Sharon Wood-Dauphinee (2008-11). YOU CALL – WE CALL

Trial: Impact of a Multimodal Support Intervention after a “Mild” Stroke. Canadian Stroke Network (\$576,225).

**Research collaboration:** Collaborations with senior researchers who assure a form of mentorship and do not hesitate to offer constructive feedback. They know how to be critical and insightful when it comes to pertinence, scientific quality and feasibility of research projects. Collaborations with health practitioners and managers who reflect the reality of the clinical environment, allow one to see the challenges related to applying knowledge gained from research, and the possible results of our work.

**What is the most important thing in mentoring graduate students?** The importance of a realistic timeline, while remaining flexible toward unexpected events inherent to any research project. The idea being that even though the nature of unexpected events is usually unknown, their presence at one moment or other in the progress of a study is typically predictable.

**Most significant publications:**

- Rochette A, Korner-Bitensky N & Thomas A. (2009). Changing clinicians' habits: is this the hidden challenge to increasing best practices? Disability & Rehabilitation – Clinical Commentary, 31(21), 1790-1794.  
This article aims to challenge the reader’s preconceptions and their manner of practicing as a health professional. It deals with the challenges associated with a change of habits in daily practices in a perspective of changing to adopt the “best” practices. This is not about research results but a reflection centred in a conceptual framework. It is a reflexive article focusing on application of knowledge and challenges to conquer in research, clinical, and academic environments.
- Rochette A, Racine E, Lefebvre H, Lacombe J, Bastien J & Tellier M. (2013). Ethical issues relating to the inclusion of relatives as clients in the post-stroke rehabilitation process as perceived by patients, relatives and health professionals. Patient Education and Counselling, open access:  
<http://www.sciencedirect.com/science/article/pii/S0738399113004692#>.  
This article presents the results of a qualitative study wherein the social environment after a stroke is treated in the perspective of the ethical issues associated with it.
- Rochette A, Korner-Bitensky N, Teasell R, White C, Bravo G, Côté R, Green T, Lanthier S, Kapral M & Bayley M. (2013). The YOU CALL - WE CALL Randomised Clinical Trial: Impact of a Multimodal Support Intervention after a “Mild” Stroke. Circulation: Cardiovascular Quality and Outcomes, online before print Nov 12, 2013:  
<http://circoutcomes.ahajournals.org/content/6/6/674.full.pdf?ijkey=6sLrCIAgLG6F7Or9&evtype=ref>,  
<http://circoutcomes.ahajournals.org/content/6/6/674.full.html?ijkey=6sLrCIAgLG6F7Or9&keytype=ref>.  
This article presents the results of a randomized clinical trial in which the target clientele is not typically referred systematically into occupational therapy despite the presence of persistent occupational challenges for a large proportion of this clientele.

**Tips would you give for new investigators:**

- The first tip, and maybe the only one to remember is: PERSEVERE! When an article finally gets published, or you receive an important grant, it’s rarely on the first try, whether you are junior or senior, and sometimes we forget this.

- Plan several small coherent, realistic and achievable projects rather than one that includes everything. In other words, stay humble facing research objectives to attain.
- Do not hesitate to solicit senior researchers who are experts in the subject or method, for their cooperation, even if you do not know them.
- Publish and present your results.
- Use your mentor to exchange and receive feedback.
- Make time in your schedule to organize your schedule, establish priorities and deadlines.
- As for resources, support and educational programming to recommend, this depends on individual needs. In research as in clinical work, reflexive practice is essential to lucidly identify one's own strengths and aspects to improve.