E-Poster

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The Impact of Environmental Barriers on Functional Prognosis: A Case Report in Physical Medicine and Rehabilitation

Topic: Miscellaneous

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BACKGROUND

The rehabilitation of patients with severe disabilities is deeply influenced by environmental factors, particularly the accessibility of specialized care and the constraints imposed by healthcare coverage systems. According to the International Classification of Functioning, Disability, and Health (ICF), these factors can either facilitate or hinder recovery. This case report highlights the challenges posed by an unequal distribution of rehabilitation resources and administrative barriers, as well as the pivotal role of flexible healthcare pathways in optimizing functional outcomes.

CASE DESCRIPTION

We report the case of a 15-year-old student, ranked first in his region (Fès-Meknès), who developed acquired encephalopathy. This led to profound functional impairment, leaving him bedridden with severe spasticity, orthopedic deformities, pressure sores, swallowing difficulties, and an inability to speak or write. Initially covered by Caisse Nationale des Organismes de Prévoyance Sociale (CNOPS), the patient lost access to private rehabilitation facilities when his coverage transitioned to Régime d'Assistance Médicale (RAMED), which provides free public-sector healthcare but with significant limitations in specialized services. The lack of well-equipped rehabilitation centers in his region further restricted his access to essential treatments. His situation improved when he was transferred to AMO TADAMON, allowing broader access to public healthcare services. Additionally, the flexibility of his medical team enabled his referral to multiple rehabilitation centers in other regions (Meknès, Fès, Rabat), where he received multidisciplinary care including botulinum toxin injections, robotic rehabilitation, physiotherapy, speech therapy, occupational therapy, and orthotic management. Thanks to this adapted approach, his functional prognosis improved significantly. He regained the ability to stand and walk with a walker, with no major orthopedic deformities. He also recovered sufficient motor control to write, though he continues to experience language deficits and a high risk of falls, necessitating ongoing rehabilitation to prevent complications.

DISCUSSION

This case highlights the major obstacles faced by patients with disabilities in accessing specialized rehabilitation services, particularly in regions lacking well-equipped centers. The administrative constraints imposed by different healthcare coverage systems can drastically influence care pathways, limiting access to advanced treatments. This demonstrates that, despite systemic challenges, an adaptable and coordinated rehabilitation strategy can significantly enhance functional outcomes.

CONCLUSION

This case underscores the urgent need for equitable distribution of specialized rehabilitation services and greater flexibility in healthcare coverage to ensure continuity of care. While interdisciplinary collaboration and resourceful medical teams can partially compensate for these disparities, long-term improvements in rehabilitation access remain essential to optimizing patient outcomes.

Statement of Disclosures

None

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